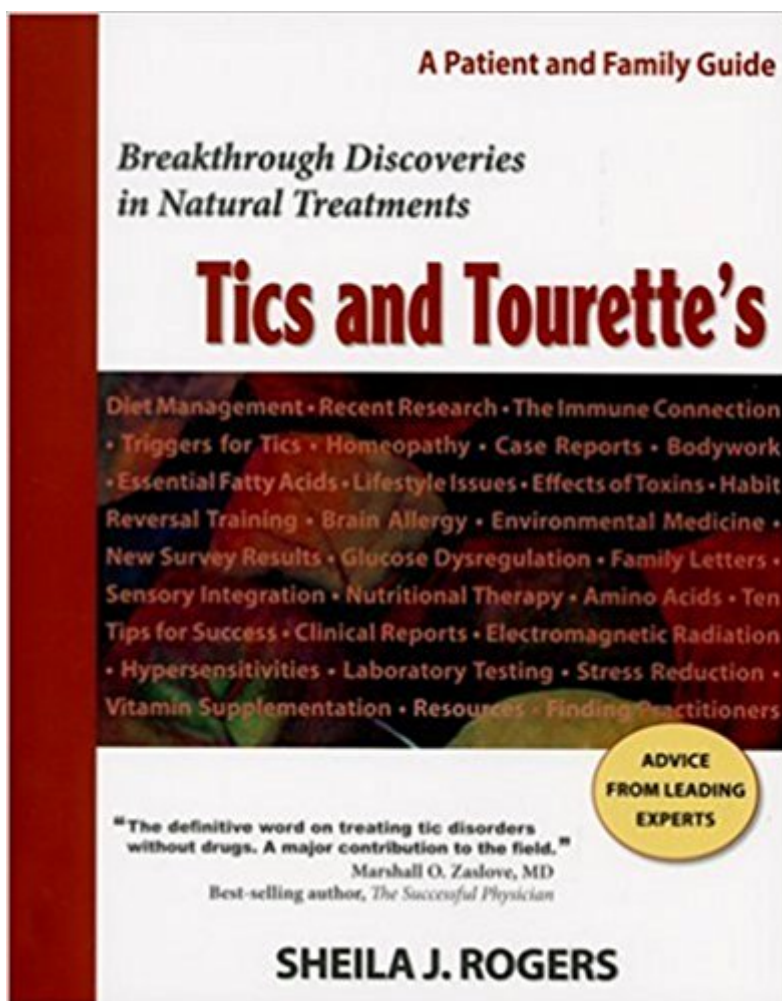


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# Tics And Tourette's: Breakthrough Discoveries In Natural Treatments



## Synopsis

For decades, finding information on alternative treatments for tics has been next to impossible. There's a widespread desire to avoid conventional drugs, yet people have not known where to turn to find safer therapies. This situation took a sharp turn when a group of cutting-edge doctors and determined families started reporting dramatic success in treating tics naturally. Sheila J. Rogers, director of the nonprofit Association for Comprehensive NeuroTherapy (ACN), began investigating these reports and sharing them through the organization. Rogers conducted countless interviews with patients, professionals, and families, and ACN sponsored a large-scale survey that resulted in exciting, new details on the causes of tics.

## Book Information

Mass Market Paperback: 304 pages

Publisher: Association for Comprehensive NeuroTherapy; 1 edition (September 30, 2005)

Language: English

ISBN-10: 0976390906

ISBN-13: 978-0976390909

Product Dimensions: 10.1 x 8.2 x 0.8 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.5 out of 5 stars 69 customer reviews

Best Sellers Rank: #1,893,059 in Books (See Top 100 in Books) #37 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Tourette Syndrome #1237 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #1582 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic

## Customer Reviews

Families will find this book a comfort, an easy-to-read reference, and a lifeline for bringing their child back to health. -- Tamar Chansky, PhD: author *Freeing Your Child from OCD*; *Freeing Your Child from Anxiety* I commend Sheila Rogers for her ongoing efforts to inform the Tourette syndrome community of new ideas. -- Gerald Erenberg, MD: pediatric neurologist and former chairman for the Medical Advisory Board of the national Tourette Syndrome Association Kudos for giving hope to all who know that toxic drugs are not the answer. A major milestone! -- Gary Null: national talk show host, author, and producer of PBS specials

Sheila Rogers, MS, is a leader in the field of integrative therapies for autism, attention deficit

disorders, learning problems, depression, anxiety, and tic disorders including Tourette syndrome. She is founder and director of the international nonprofit organization Association for Comprehensive NeuroTherapy. Rogers also serves on the advisory board for Health Journal Television, hosted by General Alexander Haig. As editor of Latitudes Online she communicates regularly with physicians and organizations around the world to learn and share new findings on treating neurological conditions with integrative and alternative methods. Rogers is author of *Tics and Tourette's: Breakthrough Discoveries in Natural Treatments, A Patient and Family Guide*. A national speaker on Tourette syndrome for educators, families, and practitioners, Rogers is co-author of the recently released study: "Nutritional supplements and complementary/alternative medicine in Tourette syndrome" • (J Child Adolesc Psychopharmacol. 2004 Winter;14(4):582-9). Sheila Rogers is a consultant on the childhood obesity epidemic, and coordinated and produced publications for the Healthy Bodies for Healthy Brains initiative in Palm Beach County. A certified school psychologist, she served as Mental Health Liaison for the School District of Palm Beach County, and was program developer for two successful children's services programs in Palm Beach County: Children's Behavioral Health Initiative and Primary Project. Sheila resides in Royal Palm Beach, Florida.

This is a great book that I highly recommend to parents who have children with tics. As someone who was dissatisfied with the doctors' advice that "tics are hereditary, there's nothing you can do, take these drugs, go away" this book really helped me explore alternative ways to help my 6-year-old. (He did try clonidine and had bad side effects, so we stopped it after 11 days.) This book led us to a gluten-free/dairy-free diet, some testing that turned up high levels of yeast and bad gut bacteria, and a doctor accredited through the American Academy of Environmental Medicine who was able to tailor a plan to help him that included supplements and naturalistic approaches. We are very pleased with his progress 8 months after the purchase of this book. This book helped to narrow my focus and provided a place where lots of strategies are condensed and presented together instead of the yawning, overwhelming chasm of the entire internet!

This book is a wonderful start for anyone who has a tic disorder or whose family member has a tic disorder. I think every person should listen to the advice in this book before turning to synthetic medications. It helped me identify my son's triggers and find ways of eliminating them. I would have liked some more detail in some areas, but I guess the book would have been twice its existing size. Still, it is a great buy which helped me understand this mysterious condition.

This book has really helped me change my paradigm with regard to helping my special needs son. I have gotten lots of new information and finally feel like I can help my son. I no longer feel helpless and out of control of things. Thank you for writing this book.

I found this book very informative. There are many things that I have suspected over the years regarding Tourette's and ADHD and relating behaviors that I was able to read more about. People are sometimes desperate and jump to powerful meds which can snowball the original issue. I recommend this read for curious or frustrated parents and care givers of the people who suffer from Tourette's.

A GREAT resource for anyone trying to find the root cause of their tics/tourettes. A must read if you don't want to just drug up your kid.

I am still in the middle of reading this and there are so many great ideas that I wouldn't have thought of. So glad I bought this book and will finish it to the end . Hard to know if anything will help my son's tic but we are going to try many of the ideas. Well worth the purchase!

Very informative and helpful for people with Tourette's and their families. Recommend this book to medical staff and the public. Good information about real food and the effect processed foods and technology can impact our lives.

Great book. I highly recommend it.

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