Triggers for tics and Tourette syndrome

What everyone should know
My inspiration
“Latitude” means freedom of action or choice

StopTicsToday.org

Latitude$s.org
Webinar Focus

When conventional medicine gets it wrong
Finding triggers means new hope
Discoveries from the tic community
Tips and tools for your search
Natural Treatments for Tics and Tourette’s: A Patient and Family Guide

Tourette Syndrome: Stop Your Tics by Learning What Triggers Them

On Amazon
A note to me from a concerned mother

“Have you met with national organizations or talked with Tourette parents?

Because you have it all wrong”
Background of Sheila’s efforts

School psychologist and mother of a child with Tourette’s

Liaison on natural therapies to the national Tourette Association medical board for several years

Founder and director of ACN and editor of *Latitudes* for 25+ years

Featured in media and at conferences. Met with support groups, co-author on published Tourette research, author of two books on natural approaches to tics and Tourette’s
ACN’s advisory board

Mary Ann Block, MD; Integrative medicine
Marne Glaser, MA; Electromagnetic Safety
Christopher Grayson, MBA; Research compliance
  James Greenblatt, MD; Psychiatry
  Devin Houston, PhD; Enzyme therapy
  Helen Irlen, MA; Scotopic sensitivity
Ricki Linksman, MEd; Accelerated learning
Siegfried Othmer, PhD; EEG Biofeedback
  Mona Rae; Behavioral Interventions
Sherry Rogers, MD; Environmental medicine
ACN’s advisory board, continued

William Shaw, MD; Laboratory research/testing
William Shrader, MD; Environmental medicine
Vijendra Singh, PhD; Neuroscience & Immunology
   Dana Ullman, MPH; Homeopathy
   Judith R Ullman, ND; Homeopathy
William Walsh, PhD; Orthomolecular Medicine and Research
   Rose Winter, AIA; Green Building and LEED Certification
   Mark Young, PhD; Psychology
   Marshall Zaslove, MD; Neurology/Psychiatry
I just finished reading your book on triggers for tics. I want to thank you for your expertise, research, and diet information. . . We still have challenges but you have helped my son tremendously and naturally. So keep doing what you do. It matters.
Your work helped my daughter become tic-free after a diagnosis of Tourette’s. It gave me the courage to take control of her health and find a solution in a world where the best pediatric neurologists were closed-minded. A documentary on this could transform thousands of lives.
Check your mindset
What we want to hear at the doctor’s office

“Let’s find out why you have these tics and see what could help you.”
Instead, what we hear at the doctor’s office

“Hm-m-m Let’s give a diagnosis for those tics”
Diagnosing tics
(Think multiple choice quiz)

1. One or more motor and/or vocal tics for less than a year = **provisional tic disorder**

2. 1 or more motor tics OR vocal tics for more than a year = **persistent (chronic) motor OR vocal tic disorder**

3. Both multiple motor and one or more vocal tics, for more than one year = **Tourette syndrome**
Classic advice for Tourette’s

- It’s genetic and there is no cure.
- Tics will come and go. We call that ‘waxing and waning’.
- Drug side-effects can be worse than the tics.
- There’s really nothing you can do.
- Tell teachers and family. Try to reduce stress.
Time for a reality check
“My brother suffered with Tourette’s while growing up. When my son started having tics I checked to see what was new. Wow. Basically nothing.”
News flash!

The current approach to tics is not helpful

In fact, can be harmful
The #1 most misleading concept if you want to find triggers

The “mysterious” waxing and waning of symptoms
When medicine gets it wrong

Peptic ulcers
Drs. Barry Marshall & Robin Warren

Autism
Dr. Bernard Rimland
It's genetic and there is no cure. Tics will mysteriously come and go. There's really nothing you can do.
Embracing a new paradigm to understand Tourette syndrome.
This advice turned our lives around

*Tics are a symptom. They are the body’s way of saying, ‘Something is wrong inside. Won’t you fix it?’*

Dr. Richard Macdonald
Neuromusculoskeletal medicine specialist
Their NEW findings:

Tourette syndrome is an immune, allergic, and environmental condition
It can’t be environmental. It’s neurological!
Science says Tourette syndrome is a genetic AND environmental disorder.


Researchers suggest:

Tourette’s is 60% genetic and 40% environmental
There’s a saying:

Genetics loads the gun...
and the environment pulls the trigger.
We can’t control what genes we receive
But we can change our environment.
So, what are triggers?
<table>
<thead>
<tr>
<th>ANIMAL ALLERGY</th>
<th>INDOOR ENVIRONS</th>
<th>FOOD AND DRINK</th>
<th>PARENTAL HEALTH/Delivery</th>
<th>CHEMICALS DRUGS</th>
<th>STRESS THOUGHT EMOTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEATHER SEASONS</td>
<td>FRAGRANCE ODORS</td>
<td>TEMP CHANGE HEAT</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>INFECTION</td>
<td>SENSORY INPUT</td>
<td>POLLENS DUST MOLD INHALANTS</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Conditions with recognized symptom triggers

ADD and ADHD, Anaphylaxis, Anxiety, Arthritis/Gout, Asthma, Atrial fibrillation, Autism, Colitis, COPD, Crohn’s disease, Depression, Eczema, Epilepsy, Essential tremor, Fibromyalgia, GERD, Hay fever, Headache, Hives, Irritable bowel, Lupus, Migraine, PANDAS/PANS, Parkinson’s disease, Psoriasis, Rosacea, Trigeminal neuralgia, Ulcerative colitis
Research shows that kids with Tourette Syndrome often have other physical complaints. Unfortunately these aren’t investigated to discover the cause of the tics.

- 4X increase in migraines
- hypersensitivity to light and touch
- headaches
- night terrors
- problems falling asleep and waking
- heat sensitivity
- visual defects
- vomiting
- nausea
- cramps
- “feeling sick”
- aches and pains
- talking in sleep
The first list of triggers for Tourette’s from ACN’s 2004 survey of 1794 people.

Since then hundreds of doctors, patients, and families have shared their findings.
First survey on triggers for tics

- Alcohol
- Artificial colors and flavors
- Artificial sweeteners
- Caffeine
- Chlorine
- Chocolate
- Cleaning chemicals
- Clothing / fabric
- Corn, orange juice, wheat, Dairy
- Dental related
- Dust
- Flashing lights / bright or fluorescent lights
- Foods (numerous)
- Fumes from fuel
- Heat (temperature increase)
- Infections (bacterial/viral)
- Medications
- Miscellaneous toxic chemicals
- Molds
- New carpeting
- Noise
- Paint and thinners
- Perfumes/scented products
- Pets
- Pesticides
- Pollens
- Preservatives/MSG
- Smoke
- Stress
- Sweets/sodas
- Video games
- Yeasty foods
- Vaccines (specific)

Source: ACN Latitudes
Whoa! How can there be so many triggers for tics?
Trigger lists always include items that have aggravated *some* people, but that doesn’t mean they affect everyone.
4x the incidence of migraine
Triggers for migraine

- Aged cheeses
- Alcohol
- Aspartame
- Baked goods
- Caffeinated beverages
- Chocolate
- Dairy foods
- Fruits (avocado, banana, citrus fruit)
- Preservatives
- Processed foods
- Salty foods
- Skipping meals or fasting
- Meats containing nitrates
- Medications: oral contraceptives and vasodilators
- MSG
- Onions
- Peanuts and other nuts/seeds
- Processed, fermented, pickled, or marinated foods
- Sensory issues
  - Smell of perfume
  - Smell of paint thinner
  - Secondhand smoke
  - Bright lights and sun glare
  - Loud sounds
- Other
  - Change in weather/pressure
  - Changes in wake-sleep patterns
  - Intense physical exertion
  - Stress
- Foods with tyramine
  - Chicken livers
  - Figs; certain beans
  - Red wine; aged cheese
  - Smoked fish

Source: Mayo Clinic.com; MedlinePlus (NIH)
Potential triggers to investigate

- Food & Drink
- Allergens
- Chemicals & Toxins
- Infections
From a cardiologist in the 1980s

An exposure to fluorides doubled my daughter’s tics. . . . a diesel motor running increased her tics . . . Exposure to paint doubled her tics for six hours . . . Exposure to paraffin in a small restaurant with many burning candles produced nonstop tics until we left.

continued
From a cardiologist in the 1980s, continued

*In my opinion, her sensitivity to chemicals produces a marked increase in the intensity and frequency of her symptoms.*
I’m a clerk at a Canadian post office, and one night I was sorting bundles of magazines entitled Cosmetics. I was looking at this title word on cover after cover. Then my Tourettic mind started looking at it from a different angle. I saw the title become “cos-me-tics,” pronounced “cause me tics.” And it’s true—they can cause me tics!
Relative research interest in diet

The # of studies found with a PubMed search for the condition and nutritional therapy March 2019

- MOVEMENT DISORDERS: 1191
- AUTISM: 683
- ADHD: 480
- TOURETTE: 13
Relative research interest in environment

The # of studies found with a PubMed search for the condition and environment March 2019

- Movement Disorders: 2990
- Autism: 2345
- ADHD: 1613
- Tourette: 121
Relative research interest in allergy

The # of studies found with a PubMed search for the condition and allergy March 2019

- MOVEMENT DISORDERS: 814
- MIGRAINE: 946
- ADHD: 411
- TOURETTE: 40
Relative research interest in pesticides

The # of studies found with a PubMed search for the condition and pesticides March 2019

- Parkinson’s: 2364
- Autism: 115
- Seizures: 627
- Tourette's: 3
Conventional medicine has ignored the role of diet and the environment in tics. Meanwhile it has little else to offer.
The imbalance in research on tics
So very slow…

“In general, it takes two generations for new ideas to be accepted — perhaps even 50 years in medicine because of the huge monolithic medical establishment that has one mission: to preserve its own territory.”

Abram Hoffer, MD
A Circle Going Nowhere

IT’S GENETIC

IT’S A MYSTERY!

NO ANSWERS

NO RESEARCH
Hypersensory Sensitivities in Tourette’s

Temperature

Touch/Movement

Odors/Chemicals

Visual/Auditory
Food and Drink Influence in Tourette’s

- Food allergy
- Intolerances
- Sugars
- Additives
What vaccine studies say

Tics and thimerosal 1

*Safety of thimerosal-containing vaccines: a two-phased study of computerized health maintenance organization databases.*

. . . cumulative mercury exposure from thimerosal-containing vaccines . . . Results . . . cumulative exposure at 3 months resulted in a significant positive association with *tics.*

What vaccine studies say

**Tics and thimerosal 2**

*Thimerosal exposure in infants* and developmental disorders: a retrospective cohort study in the United kingdom does not support a causal association.

With the possible exception of *tics*, there was no evidence that thimerosal exposure via *DTP/DT vaccines* causes neurodevelopmental disorders.

What vaccine studies say

Tics and thimerosal 3

A two-phased population epidemiological study of the safety of thimerosal-containing vaccines: a follow-up analysis.

... significant associations between cumulative exposures to thimerosal and the following types of neurological disorders: unspecified developmental delay, tics, attention deficit disorder (ADD), language delay, speech delay, and neurodevelopmental delays in general.

What vaccine studies say

**Tics and thimerosal 4**

*Thimerosal exposure in infants* and neurodevelopmental disorders: an assessment of computerized medical records in the Vaccine Safety Datalink.

Consistent significantly increased rates . . . **tics**, attention deficit disorder, and emotional disturbances **with mercury exposure from thimerosal containing vaccines**.

What vaccine studies say

**Tics and thimerosal 5**

*Thimerosal exposure in early life and neuropsychological outcomes 7-10 years later.*

The authors found . . . there was a small, but statistically significant association between early thimerosal exposure and the presence of tics in boys.

Most vaccines in USA since 2001 are thimerosal-free. All are available without the mercury preservative (says CDC)

**Insist on them**

If living in another country be proactive and **check your options**
Questions from the thimerosal studies

1. If ethylmercury can trigger tics, what other toxins can do so?

2. How long do tics, caused by thimerosal, continue?

3. What should be done to remedy a toxic overload?

4. What happens if these children are given a flu shot containing ethylmercury every year? And how does the same shot affect the fetus in a pregnant woman?
Challenges in Trigger Monitoring

- Diet
- Allergens
- Toxins
- Infection
Getting started with diet change
Food additives were causing tics, with artificial colors at the top of the list, artificial flavors next. . . All the neurologists and psychiatrists we saw thought we were imagining this.
Challenges and opportunities at school and other activities.
Your website was enormously helpful to me. I started an elimination diet for my son and we discovered that his tics are brought on by gluten, corn, and cane sugar. MSG does it also.
It’s never too late to find triggers
I discovered that they all contained various amounts of sodium phosphate, sodium erythorbate, and/or sodium nitrate(s). I was obviously sensitive to these chemical additives.
I suggest readers who suffer from tics and Tourette’s be conscious of what they eat, and read the labels of food products. I encourage experimentation with foods and other factors that alter or modify a person’s tics, tensions, and anxiety—and keeping good records.
Nothing produces such dramatic relief as identifying an allergic trigger and eliminating it.

Dr. Leo Galland, *The Allergy Solution*
Is the home allergy-free?
Make bedrooms an allergy-free sanctuary

- Dust-proof beds and floors
- Use natural bedding & furniture
- Check for electronics
- Look for mold
- No scented products or candles
- Pets?
- Consider a quality air purifier
Pollens and molds
Use natural unscented laundry products
Toxic chemicals are used on parks, athletic fields, and golf courses
Beware the new car smell. It has toxic volatile organic compounds. Minimize exposure to gas smells, exhaust and pollution.
Avoid air fresheners, plug-ins, and conventional scented candles.
The electronic challenge: Visual reactions and electromagnetic frequencies from tablets, computers and TVs.
Natural cleaning products are easy to find.
From gerbils to hamsters, and cats to dogs, many pets can aggravate allergies.
Read labels on personal products
Monitor stress and fatigue
5 steps for success

- Don't wait for research on triggers
- Empower yourself
- Seek positive social support
- Get professional help if needed
- Assess and adjust
Natural and Integrative Approaches to Neurological and Behavior Problems

Finding tomorrow’s treatments today

Try Our Premium Membership for Free
Free trigger tools from Latitudes.org
• Computer or tablet
• Sunlight
• Food or drink
• Reading
• Swimming pool
• Being in school
• Feeling sick
• Car or bus rides
• Clothes
• Too hot or too cold
• Allergies
• Watching TV

What makes me tic?
Circle what you think

Name ____________ Date ____________

- Computer or tablet
- Sunlight
- Food or drink
- Reading
- Swimming pool
- Being in school
- Feeling sick
- Car or bus rides
- Clothes
- Too hot or too cold
- Allergies
- Watching TV
Click below to download charts and get helpful links

https://latitudes.org/njcts-triggers
... Please don’t let this letter end up in a wastebasket. I feel strongly others could be helped.
THANKS
QUESTIONS?