

Natural Help 4...

Tic Disorders



What are Tics?

Tic disorders cause **rapid, uncontrollable movements or sounds that a person makes for no apparent reason**. They are involuntary actions and often tend to happen in sudden bouts. Usually occurring on a daily basis, tics are almost always an unwelcome experience for the sufferer.

People with tics may succeed in suppressing them for a short time, but most often not long-term. They are as **difficult to suppress** as the urge to sneeze! Like the sneeze, it can be very uncomfortable to suppress a tic, and many people describe a feeling of relief afterwards.

Diagnosing Tics

Tics are **not always obvious and can be unpredictable** in appearance. They may come and go over a period of months, change from one type to another, or disappear for no apparent reason.

Examples of tic disorders include:

- Eye blinking or darting
- Head jerking
- Finger flexing
- Sticking tongue out
- Touching the nose
- Touching other people
- Smelling objects
- Obscene gestures
- Flapping the arms
- Jumping or twirling about
- Throat clearing
- Yelping
- Sniffing
- Tongue clicking
- Uttering words or phrases out of context
- Coprolalia (vocalizing socially unacceptable words)

Types of Motor & Vocal Tics

Examples of Simple Motor Tics:

- Eye blinking or darting
- Head jerking

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Finger flexing
- Sticking tongue out

Examples of Complex Motor Tics:

- Touching the nose or other people
- Smelling objects
- Obscene gestures or flapping arms
- Jumping or twirling about
- In rare cases, self-injurious actions, including hitting or biting oneself

Examples of Simple Vocal Tics:

- Throat clearing, tongue clicking, yelping, or sniffing

Examples of Complex Vocal Tics:

- Uttering words or phrases randomly and blurting out offensive words

What Causes Tics?

The **cause of tic disorders is often unknown**, although research suggests that [tics](#) are more than likely linked to genetics (meaning you may be predisposed to getting a tic) or related to brain chemical abnormalities. **Tics are usually not harmful**, but they may vary in intensity (simple [tics](#) or complex [tics](#)) and may be worsened by tension, fatigue, illness, recent head injury, excitement, or even some medications. Many of these [tics](#) are exhibited when a person suffers from a [tic disorder](#), known as Tourette's Syndrome.

Help for Tics

One of the problems with treating [tics](#) is that there is **no known cure for them**. As a result, most treatment focuses on the management of [tics](#).

A **proper diagnosis is of the utmost importance** when it comes to treating [tics](#), as they could be the result of other diseases, such as Tourette's Syndrome.

In some cases, prescription drugs may be prescribed, but these are largely only used when [tics](#) are linked to Tourette's Syndrome.

There are a **wide range of treatment options available** for [vocal tics](#) and [motor tics](#), which may involve counseling, learning coping techniques, medication, and natural remedies. The **best results are usually obtained by combining a selection of treatment options**, depending on the individual needs of the sufferer.

Treatment Options for Managing Tics

Natural herbal and homeopathic remedies

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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

As always, a holistic approach which addresses not only the [tics](#) themselves but the individual in his or her social, educational, and family context is always the best approach. There are a number of **herbal and homeopathic ingredients which may be of assistance without the negative side effects** of prescription drugs. Discuss this option with your doctor, or consult a homeopath or naturopath for advice.

Counseling can assist a person with [tics](#) by **getting to the root of where the [tics](#) stems from**, be it anxiety, stress, social anxiety, fear or any other psychological condition. This can be effective in helping patients deal with their [tics](#) by raising their awareness of certain “trigger” situations.

Cognitive behavioral therapy (CBT)

Widely accepted as an evidence-based, cost-effective psychotherapy for many disorders, cognitive behavioral therapy has been used with children and adolescents to treat a variety of conditions with **good success**.

Coping techniques: habit reversal training (HRT)

Intended to increase tic awareness, develop a response strategy to the tic, and motivate the individual to keep a consistent and positive attitude to treatment. Controlled trials have demonstrated that HRT is an **acceptable, tolerable, effective, and durable treatment** for [tics](#).

Coping techniques: relaxation

Exercise, yoga, or meditation may be useful as drug-free approaches to **relieving the stress that may aggravate [tics](#)**. Frequently, the [tics](#) subside with explanation, reassurance, and understanding of the condition in a supportive environment.

[Tics](#) can be, and often are, overcome with time. A combination of effective natural remedies and counseling is often the best recipe for success.

Tips for Concerned Parents

There are many ways you as a parent can **help your child deal with [tics](#)**.

Here are a few examples:

- Understand how the [tics](#) affect your child and make changes at home and school to best accommodate them.
- Keep a record of your child’s [tics](#), (when they get worse, and the events that surround them). This may help identify triggers. Be careful not to cause your child more stress - approach this in a way that makes your child feel secure.
- Realize [tics](#) are not done on purpose. Although [tics](#) may frustrate you, do not punish your child for having [tics](#), and try not to show any frustration you may feel. Doing so may increase your child's anxiety and cause more [tics](#).

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- Alternate household tasks with free time to allow relaxation and prevent stress.
- Encourage your child to increase responsibilities at his or her own pace.

Tips for Educators Teaching a Child with Tics

Teachers can:

- Provide more time for the pupil to take written tests.
- Provide alternatives if [tics](#) affect writing. Allow the child to use a computer, word processor, or typewriter to create assignments rather than handwriting them.
- Provide a quiet place – position a seat where there is privacy and little distraction.
- Allow for frequent rest periods when needed.
- Set a good example for accepting the pupil. It is important for teachers to discourage teasing by responding quickly and firmly whenever it occurs.
- Provide extra tutoring, learning laboratories, or special classes if needed.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the



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term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

MindSoothe: Promote balanced mood and feelings of wellbeing.

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in a compact capsule form, making it easy to take.

MindSoothe can be used to safely maintain emotional health, balanced mood, emotional wellness and systemic harmony in the brain and nervous system, without harmful side effects.

This remedy contains a selection of herbs known for their calming and supportive function in maintaining brain and nervous system health, emotional balance and overall wellbeing.

[Learn more about MindSoothe](#)

PureCalm: Aids nervous system in stress resistance for balanced moods and feelings of well being.

PureCalm is a 100% safe, non-addictive herbal remedy that has been specially formulated by a Clinical Psychologist for adults and children.

PureCalm can be used to safely maintain harmony, health and systemic balance in the brain and nervous system, without harmful side effects and without sedatives. This remedy contains a selection of herbs known for their supportive function in maintaining brain.

PureCalm can especially benefit those individuals needing support overcoming worry, managing stress and to promote inner calm related to certain situations. Natural stress relief products such as PureCalm can be used consistently, without side effects or compromising health.

[Learn more about PureCalm](#)

BrightSpark: Improve concentration, mental focus and calmness.

BrightSpark is a safe, non-addictive, natural remedy containing 100% homeopathic ingredients especially selected by our clinical psychologist. BrightSpark has been especially formulated for children and is a registered OTC homeopathic remedy to provide a balanced physical, cognitive and emotionally healthy climate to support healthy concentration and mental focus.

Many children fail to reach their potential despite the fact that they are **highly creative and intelligent** individuals with a wonderful sense of humor. Parents



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and teachers may be reluctant to suppress this spirit but recognize the need to help their children to improve concentration and conform to classroom standards of behavior. BrightSpark works by assisting the body in the **control of behaviors, emotions, and other obstacles** to effective concentration, thereby reducing distractibility, irritability and restlessness. It may be used to safely maintain health and systemic balance in the brain and [nervous system](#), without side effects.

BrightSpark will help keep your child alert and focused while at the same time encouraging balanced mood and a positive demeanor. It will help with consistency and staying on-track with tasks, thereby improving classroom performance and helping children to reach their potential naturally.

BrightSpark is also particularly helpful for those who struggle with anger outbursts and inappropriate behavior that seems to resist all parental discipline.

This remedy is **registered with the FDA** according to the requirements governing homeopathic over-the-counter medication. All the proven ingredients in BrightSpark are listed with the HPUS (Homeopathic Pharmacopoeia of the United States) and the remedy is manufactured in a registered facility under pharmaceutical conditions.

In combination with a healthy lifestyle and diet, BrightSpark helps children to maintain **healthy consistent behavior, clear focus, and optimum performance** by providing a sound platform to support wellness and vitality. BrightSpark, along with other herbal supplements to support healthy brain functioning, can make all the difference without compromising health.

[Learn more about BrightSpark](#)

MindSoothe Jr.: Promotes emotional and psychological health and balanced mood in children.

MindSoothe Jr. is a 100% safe, non-addictive, natural herbal remedy, especially formulated by a Clinical Psychologist for children.

MindSoothe Jr. supports the brain's **natural ability to regulate emotion and mood** – maintaining production of essential brain hormones and chemicals related to nervous system health and emotional well-being, thereby helping to maintain balanced mood and optimum performance. MindSoothe Jr. can be used to safely promote well being and naturally support health and systemic balance in the brain and nervous system - **without any harmful side effects** or risk of addiction.

Instead of the capsules used in the adult formula, MindSoothe Jr. comes in convenient and easy to administer drop form – making it simple to adjust dosage for different age groups.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about MindSoothe Jr.](#)

Read the testimonials for these quality products [here!](#)

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