Biomedical Treatments

Tourette Syndrome, Tics, OCD & Depression

Once rare, Tourette syndrome and other tic disorders are now common. All neurological disorders are on the rise. Once found mostly in adults, depression now afflicts millions of young children and teens, even preschoolers.

Why this increase in tic disorders?

Genetics has long been considered one of the main reasons for the increase in mood and tic disorders seen worldwide. More recently, biomedical and environmental factors are being recognized as important underlying factors for these disorders. Our increasingly burdened environment contains clues; understanding the interplay of genetic predisposition and the environment in its broadest sense may provide new answers to treating and preventing these conditions.

How a biomedical approach can help

All neurological syndromes have a biological basis, including tic disorders. A biomedical approach to treatment of tic disorders is first a search for underlying physiological imbalances and dysfunctional metabolic processes. Second, treatments are designed to restore the body to balance and optimize function efforts are then made to restore the body to balance and optimal function through nutritional support, diet, detoxification, and reduction of environmental influences. Laboratory testing and environmental assessments can help to identify causal factors and to focus treatment.

What is Tourette Syndrome?

Tourette syndrome (TS) is a neurological disorder characterized by repetitive, stereotyped, involuntary movements and vocalizations called tics. The first symptoms of TS are almost always noticed in childhood. Some of the more common tics include: eye blinking and other vision irregularities, facial grimacing, shoulder shrugging, and head or shoulder jerking. Perhaps the most dramatic and disabling tics are those that result in self-harm such as punching oneself in the face, or vocal tics including coprolalia (uttering swear words) or echolalia (repeating the words or phrases of others). Many individuals with TS experience additional neurobehavioral problems: inattention, hyperactivity and impulsivity, and obsessive-compulsive symptoms such as intrusive thoughts or worries and repetitive behaviors.

Early symptoms of TS are almost always noticed first in childhood, with the average onset between the ages of 7 and 10 years. TS occurs in all ethnic groups and males are affected three to four times more often than females. An estimated 200,000 Americans have a severe form of TS, and as many as one in 100 individuals exhibit milder and less complex symptoms - chronic motor or vocal tics or the transient tics of childhood. Although TS can be a chronic condition with symptoms lasting a lifetime, most people with the condition experience their worst symptoms in their early teens, with improvement occurring in the late teens and early adulthood.

*Ref. National Institute of Neurological Disorders and Stroke

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Tourette’s, Tics, OCD & Depression
Natural & Biomedical Approaches
www.touretteconference.com
Begin to Break the Cycle

Balancing gastrointestinal function, especially treatment of Candida overgrowth, reducing food allergy and intolerance, removing heavy metals, and optimizing individual nutrition all help mitigate tic disorders and associated mood and attention disorders. In addition to chemical environmental pollutants, the electromagnetic environment influences the human nervous system. Artificial lighting and cell phone use are examples of influences that may affect tic frequency and severity and may need to be considered.

Tourette Syndrome, Tics, OCD & Depression
Testing useful for individuals with Tourette Syndrome

The following panel of tests offered by The Great Plains Laboratory assesses metabolic markers, immune functions, and toxic exposure levels relevant to Tourette syndrome. This information can be used to direct treatment that may reduce expression of Tourette’s symptoms.

Any test offered by The Great Plains Laboratory can be ordered individually. The panels are targeted to specific conditions and provide a significant discount over individual test pricing. Each of GPL’s tests stands alone and treatment decisions can be made from an individual test along with the patient’s clinical presentation.

### Core Tourette’s Panel

1. IgG Food Allergy
2. Toxic Metals Hair
3. Organic Acid Test
4. Streptococcus Antibodies Panel
5. Advanced Cholesterol Panel
6. Inhalant IgE Allergy Panel

### Enhanced Tourette’s Panel

*Enhanced Tourette’s Panel

1. Comprehensive Stool Test
2. Urinary Peptide Test
3. Copper/Zinc Profile
4. Immune Deficiency Profile
5. Amino Acids Test

* The Enhanced Panel is best done in combination with the Core Panel (Advanced Panel) or following the Core Panel

### What About Insurance Coverage?

Most of our testing is covered by insurance and we are happy to file your claim. However, we do not currently file for Medicaid plans, GHI, United Healthcare or any HMOs. We are a preferred provider lab for Blue Cross Blue Shield PPO and will submit claims for you. Depending on the state where you live, your BCBS rules may differ as to which tests will be covered.

We advise patients to seek pre-approval from their insurance company prior to testing. You will be billed for what your insurance does not cover. If you wish, you may pay cash for testing and GPL will provide you with a receipt, which you may file with your insurance plan for reimbursement.

### What Type of Allergy Testing is Best?

We recommend the IgE Inhalant Allergy test for allergens such as grass, weeds, dust, dander, etc., and the IgG Food Allergy Test for foods. We also offer an IgE Food Allergy Test. The IgG test includes allergens for 93 foods. All of these tests can be done thru The Great Plains Laboratory, Inc.

### How Can I Use These Test Results to Improve My Health?

We provide detailed reports of results. In addition, we are pleased to provide phone consultations to help you and your physician implement a treatment plan.

### Using The Great Plains Laboratory, Inc. for Your Testing

We make your testing experience as convenient and simple as possible. There are a few steps to go through until you have your results in your hands. Then you can begin working on treatments. It is very easy.

Each testing kit has complete easy to understand instructions for collecting the samples for testing. Blood samples are collected in your doctor’s office, hospital lab, or other clinic and then sent to us free of charge by an overnight delivery service. Urine, stool and hair samples are simple and can be collected right at home. Return sample shipping to The Great Plains Laboratory, Inc. is pre-paid by GPL. There will be a pre-paid stamp on the Federal Express overnight delivery service envelope.

### How Can I Get a Test Kit?

You can contact The Great Plains Laboratory, Inc. via phone, fax, e-mail, or from our website to order a test kit. In just a few days, you will receive the test kits, along with complete shipping materials, sample requirements and instructions.

### Tourette Syndrome

Tourette Syndrome, Tics, OCD & Depression
Sheila Rogers MS is a leading educator in the field of integrative therapies for neurologic disorders. She is founder and director of the international nonprofit organization Association for Comprehensive Neuro-Therapy (ACN) and editor of Latitudes Online. Rogers communicates regularly with physicians and organizations around the world to learn and share new findings on treating brain disorders. Her popular book, “Natural Treatments for Tics and Tourette’s: A Patient and Family Guide” is the first book on treating tic disorders without conventional drug therapy. This groundbreaking book will give you...

- Tips and ideas from experts who have successfully used alternatives to treat tic disorders. Instead of searching in the dark, try methods that others found useful
- Detailed reports of the latest medical research and trends, revealing the science behind these new discoveries
- Inspiring stories from families who conquered tics and improved the quality of their lives with natural approaches
- Fresh insights into the role of the immune system in tic disorders, offering new hope for healing
- A unique checklist of the most common triggers that cause or aggravate tics, dramatically changing the way symptoms are handled
- Handy, practical worksheets help track possible causes and successful therapies

Read more about Sheila Rogers and her organization at her website: www.latitudes.org.
This book is available on amazon.com.

William Shaw PhD, Director of The Great Plains Laboratory.
Excerpt from interview with William Shaw PhD in Tics and Tourette’s by Sheila Rogers.

What is the role of Candida albicans in neuropsychiatric conditions?
As you have discussed in Latitudes, many people with [various] neuropsychiatric conditions, report food sensitivities. [The common] C albicans….. can play a key role in biochemical pathways that involve the central nervous system. Yeast can exist in two forms: as a floating single cell or as a colony form. In the colony form, yeast secrete enzymes…. that break down the lining of the intestinal tract allowing …attachment to the intestinal wall. This results in holes in the intestinal wall, referred to as leaky gut syndrome. In this syndrome, large undigested food molecules that would normally be blocked and broken down instead pass through the lining and are absorbed into the bloodstream; this then elicits food allergies. Neurologic reactions have been associated with these food allergies, thus, healing the leaky gut can reduce food sensitivities for many people.

What tests do you recommend for classic tic conditions, including Tourette syndrome?
In addition to C albicans testing, doctors often screen for IgG food allergies and heavy metals. This includes the blood heavy metals test. We often initially do a hair test because it has high sensitivity, and it is easy to collect the sample. It’s not perfect, and when a person had the exposure to a metal many years before, the test might not indicate its presence, but I’d say that’s my favorite test when you’re only going to perform one test. When you want to be more thorough, you could also do a blood test for heavy metals at the same time.