

Contents



Acknowledgments

Introduction

Section 1

Addressing the Causes of Tics

1. An Overview of Tic Disorders 3
2. Families Find Nonconventional Answers 17
3. The Problem: Diagnosis without Full Examination 51

Section 2

Identifying Triggers for Tics

4. ACN's Survey on Tic Triggers 59
5. Understanding Survey Results 65
6. Letters on Triggers 71
7. Your Search for Triggers 89
8. After the Hunt 97

Section 3

Sensory Hypersensitivities

9. Types of Sensory Hypersensitivities 107
10. Tics and Visual Sensitivities 115
11. Electrosensitivity and Cell Phones 127

Section 4

The Environment and Immune System Connection

12. The Critical Environmental Link 135
13. Tics and Modern Lifestyles: *Joseph S. Wojcik, MD* 145
14. Why Sherlock Holmes Would Be Shocked: *Albert F. Robbins, DO* 151
15. Autoimmunity in Brain Disorders and Mental Illnesses:
Vijendra K. Singh, PhD 163

Section 5

Diet and Nutrition

- 16. The Role of Diet in Tic Disorders 173
- 17. Nutritional Therapy 193

Section 6

Clinical and Research Insights

- 18. Identifying and Treating *Candida Albicans*-Related Problems:
William G. Crook, MD & William Shaw, PhD 211
- 19. Clinical Laboratory Tests as Treatment Guidance: *Jon Pangborn, PhD* 225

Section 7

Additional Therapies

- 20. Behavioral and Counseling Therapies 233
- 21. Other Approaches 241

Section 8

Getting Started

- 22. Finding Professional Help 255
- 23. Ten Tips for Success 259

Afterward 269

Appendix

- References 275
- Resources 279
- Index 293