

# Association for Comprehensive NeuroTherapy

## Quick links to organizations and referral sources

A supplement to *Tourette Syndrome: Stop Your Tics by Learning What Triggers Them*

by Sheila Rogers DeMare

ACN and *Latitudes.org* recommends consulting professionals for significant health problems. Listed below are some sources of integrative or complementary practitioners. We are not familiar with all of them and it is your responsibility to determine which, if any, could be helpful to you. When dealing with tics is it often best to seek an evaluation with a conventional neurologist to rule out any medical condition that could be resulting in tics.

### Food-related groups

- [Feingold Association of US](#): Dietary solutions to behavior, learning and health problems
- [Environmental Working Group](#): Dirty Dozen Additives
- [Food Intolerance Network \(Australia\)](#): Detailed resource on food sensitivity
- [Foods Matter](#): Focus on food allergy and intolerance, celiac disease, recipes
- [Dietary Guides from FoodBabe](#): Foods blog, advocacy and newsletter
- [Tips from Center for Science in the Public Interest](#): Safe food suggestions, additives to avoid, healthy eating

### Side-effects of medications

- [Search side-effects of drugs](#)

### ACN and Latitudes resources:

- [Natural Treatments for Tics and Tourettes: A Patient and Family Guide](#): Our comprehensive book on treating tics naturally:
- [Behavior Charts to the Rescue](#): A helpful guiding source to help you achieve success with using incentive, sticker, and behavior charts.

## Referral sources for professional help

**NOTE: ACN/Latitudes.org cannot be responsible for any particular treatment, clinic, or practitioner you may choose. Be aware that some of the assessment or treatment approaches used may not be covered by typical health insurance plans.**

Professionals with a range of backgrounds may be helpful to you in your trigger search, or when looking for underlying medical issues. Naturally, the type of help you need depends on what your health problems are.

Some of you will be able to find significant help from a licensed naturopath, chiropractor (depending on their specialties), or allergists. Dieticians with a significant background in food sensitivity and food allergy may also be helpful.

Integrative physicians can often assess underlying conditions that may be playing a role in tic disorders. A clinical evaluation, laboratory testing, allergy desensitization, nutritional supplementation, dietary adjustments, immune therapy, and detoxification are all possible approaches, among others.

Do not expect everyone working in integrative health to be familiar with triggers for tics, and for Tourette's specifically. A practitioner will typically aim to find what is causing an imbalance in the body and address those imbalances, whether they are structural, environmental, nutritional, or immune related. You may need to approach your condition from more than one angle.

Some cases are simple, yet many can be complex. In any event, issues are best resolved by getting to the root cause of the problem when feasible.

Practitioners listed for referrals within a single organization can differ widely in their techniques and approaches. This adds a layer of difficulty to finding the person you need. It is often helpful to try to get feedback from others, check people's training and clinical focus, and consider a short phone consultation to see if you are a "fit" with this person.

*It is not feasible for us to list resources for all countries. If you have one you recommend we add, please let us know. We are not posting the names of individual practitioners at this time.*

Meanwhile, check organizations in your own location for referral resources. For example, in Australia, the Food Intolerance Network offers a [list of dieticians](#) who work with the failsafe diet.

## **Organizations and referral sources**

### **Within the United States**

[Academy of Integrative Health & Medicine](#) (Conventional)

[American Academy for Allergy, Asthma, Immunology](#)

[American Association of Naturopathic Physicians](#) (AANP)

[American Academy of Environmental Medicine](#)

[American Chiropractic Association](#)

[American College for Advancement in Medicine](#)

[American Holistic Health Practitioners](#)

[Institute for Functional Medicine](#)

[Integrative Medicine for Mental Health](#)

[International College of Integrative Medicine](#)

[National Center for Homeopathy \(NCH\)](#)

[Suggestions on finding practitioners](#) from National Center for Complementary and Integrative Health

## Outside the United States

Australia [Biomedical treatment Australia](#)

[Australasian College of Nutritional and Environmental Medicine](#)

Australia [Food Intolerance Network](#)

[Belgium Society for Orthomolecular Medicine](#)

[Canadian Society of Naturopathic Doctors](#)

Denmark [Dansk Selskab for Orthomolekylær Medicin](#)

[The Dutch Orthomolecular Education Foundation](#)

[Food Matters](#) UK

Italy [Associazione Internazionale Medicina Ortomolecolare](#)

[Japan Orthomolecular Medical Society](#)

Mexico [Medicina y Nutrición Ortomolecular](#)

Netherlands [Society for the Promotion of Orthomolecular Medicine](#)

[Optimum Nutrition Clinic](#) UK

[Swedish Society for Orthomolecular Medicine](#)