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Tics, Tourettes and food allergies

Andrea Frazer

posted: February 21, 2008, 5:10 pm

in: [Mom Stories](#)

174 comments

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My son has dealt with tics off and on for about 3 years. By tics I mean blinking, or head shrugging. Sometimes verbal, but nothing very obvious unless you're right next to him. The tics tend to come out with excitement and happiness, so it's an interesting dilemma: Do we not throw him a birthday party where he might exhibit more signs, or do we continue to proceed with life as normal? Our general motto has been to cut down on tv and lots of external stimulation, but not cut out the joys of life. Sensible diet, sensible social activities... it's all about balance.

If you're interested in more of a breakdown on tics from my experience, just ask me and I'll do a future post. I am not a doctor, so I can only talk about what I've been through, and it's a very interesting journey to say the least. Like any childhood issues moms are faced with, I am convinced that much is how we handle it. It can be horrific, or it can simply be a part of who our children are... what make them unique. I'm choosing the second, and here's a bit of what I've learned regarding tics:

There are all sorts of tics out there, from transitory tics (meaning they are a part of childhood and don't hang out too long) and more permanent types of tics (meaning they hang out for a long time, sometimes not leaving until a child grows up, or not at all.)

Then there's [Tourettes](#), which is a combo of verbal and vocal tics that change in nature and have to be present for over a year. Many people freak out when they see tics in their kids and immediately find nothing but info on Tourettes on the internet. "My kid is going to be barking and cursing in class! Oh no!" Not so. As it turns out, the media has really done a disservice to Tourettes, showing only the worse case scenarios. As it turns out, less than 10% of children exhibit verbal obscenities.

Also, interestingly enough, more kids have Tourettes than are diagnosed since often times it's not that dramatic in appearance. It's a strange condition that often goes into remission for six weeks at a time before a series of eye rolls, blinks, or vocal tics rise to the surface, lasting up to a week or more. Most kids outgrow it by 18 when the brain frontal lobes close. It affects more boys than girls.

Tourettes is neurological, meaning you're born with it. Or you develop [Pandas](#). I don't know much about that, as research is still being done, so I won't talk too much about that. What I can talk about is my experience in dealing with tics, because they're tricking little buggers. Since I know I can't change the fact that my son gets them, I can



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Hot Topic

Guess which famous families are having Thanksgiving together

Sara McGinnis

November 23,

2014

1:24 pm

[1 comment](#)


Jennifer Garner and Ben Affleck have big plans to spend this Thanksgiving with another celebrity family. Violet, Seraphina and Samuel will have a quartet of playmates to hang out with — the four daughters of Matt Damon and wife Luciana! Ben recently opened up about their holiday plans by sharing, "My mother is staying with..."

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certainly try to suppress the triggers that bring them out.

Some people, including western doctors, have told me I'm wasting my time. But other eastern medicine doctors have encouraged me, with advice like, "If you're a blind person, you aren't going to regain sight. But you don't have to bump into walls. You can carry a walking stick, learn Braille, get a guide dog... live life to the fullest regardless of not having working eyes." I'll take that attitude, thank you very much!

And so, to suppress the tics, I've tried to figure out what has caused them. Environment? (Meaning some chemical in the house, or mold?... Perhaps the Sunday lawn mower? Or the wood cleaner used at school?) Is it psychological – good and bad stressors? Is it not enough sleep? What brings out the tics? Like finding a needle in a haystack, I might never know. It can be very very frustrating to say the least, but what I've tried to concentrate on the past six months is food, and I've had some interesting results, beginning with a visit to a homeopathic doctor specializing in kinseology.

By using vials containing about 10 major food allergies (different than a traditional stick test) the doc was able to see Stink's reflexes in action. It was pretty interesting to see that when Stink had a vial of rice on his chest (at acupuncture points) the doctor was not able to flex Stink's leg – meaning Stink had no reaction to the rice. But when the doc put wheat, oats and eggs on his chest, boom. Floppy legs. He even let me try this, switching up the vials, and we got the same results each time. This sort of testing can be great for kids even who don't exhibit tics, but instead, hyper activity. Kids don't need violent reactions or rashes to have food allergies.

What I liked about my kinseologist is that he is not stopping with just the vial tests. He gave me a sample collection kit to test Stink's blood. Basically, I need to take Stink in for a blood draw, handing the vials to the technician to collect the sample. The blood will react with some "guck" inside the tube, then I get to stick the tube on a frozen brick to preserve it and pack it up in a tidy little box. Then I call DHL and have the tube sent overnight to a lab in the midwest. Then the results will be analyzed by my doc for a more thorough understanding of what Stink is allergic to. (Given I refer to anything scientific as "guck", a more professional analysis is indeed a good thing!)

The doc I saw is **Dr. Leland Carroll**. If anyone lives around L.A., this man is a godsend. He is located in Burbank, highly reasonable (my insurance doesn't cover him so I paid out of pocket) and he was extremely easy going, knowledgeable, great with kids and so adorable to boot! (Sorry to embarrass you, doc, if you're reading... but you really are adorable.) His staff, was beyond helpful also. **818-563-6179**. You can also email him at drcarroll@drcarrolldc.com

As it turns out, since the kinseologist visit, Stink's tics have almost vanished. And we haven't stopped giving him bread (as we want him on the "bad juice" until his blood test is done.) However, my husband made him eggs the other day and boom – some tics came right back. Again, was this because of the eggs, or because Stink was on the cusp of the flu? Illness also brings out tics.

My point – I might never know 100%. But I can do my part to little by little weed things out. We will finish up with the food, I am going to join a support group, and I'm going to keep this kid as mellow as possible.

Oh, in case any moms from [this post](#) are reading and think there might be a correlation to crying it out and my son's tics, rest assured that I never resorted much to Stink crying it out. He was a very mellow baby who went to sleep on his own after his bottle with Mama. My daughter was the high strung one, and yet, nary a tic in sight! Each child is different, and each child lets me know what they need to be happy and healthy.

I hope this was an informative article and not too stream of consciousness. If any of you want a list of tic info I have collected off the internet over the past year and half, you can email me privately and I'll forward it to you. Again, I'm no doc – and some of the info can be overwhelming. But... it did give me a lot of food for thought so I could then go and pursue avenues that were of most interest. After the blood test, for example, the food for thought will be yeast free, gluten free and egg free, but that's another post, another day!

Note: Because I've set up this account for people who want info on what I've mentioned, I'd appreciate that those who email me do so for that reason. If you don't like what I have to say ever, that's really fine. But please keep your opinion on the boards where all can see it. Thank you!

BabyCenterAndrea@Yahoo.com

* Photo of Stink taken today. He is getting over the flu, hence we didn't have our scheduled doc appointment today. He is doing much better, though, and we're all just relaxing at home. A nice change.

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174 Responses to Tics, Tourettes and food allergies

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1. Pam says:
February 21, 2008 at 5:41 pm

It IS all very tricky. My son, who turned six in January, developed vocal and motor tics in the last two to three months. I am only beginning to research, but I keep reading that it is something that can only be diagnosed in retrospect. I will have to wait to see if the ticks last at least a year, presumably.

I am sick today, and he may be developing something as well. He happens to be ticking a lot today – A head bob forward, with a ya, ya, ya sound accompanying it.

He is a nervous, apprehensive boy, bright, and very emotional and sensitive. We have said nothing to him about the tics, except the lip licking. I worry that if his lower lip starts to bleed from constant licking and over-dryness, he could develop a skin staph infection. Probably not likely, but these days I don't want to take any chances.



Andrea Frazer
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I will e-mail for the info. you researched. This is a great article. Thank you!

Hope both kids are feeling better soon and that you don't get it!

2. **Ash** says:

February 21, 2008 at 5:44 pm

My younger brother has Tourettes; thank you so much for pointing out what a bad job the media has done in portraying Tourettes. He is almost 18 now but still has occasional tics. The blessing that has come from this is that he's an incredibly sensitive person who doesn't make fun of differences in other people. I hope you can find the catalyst(s) of your son's tics. He's a very handsome little guy! (If it helps, the triggers for my brother were ritalin and stress.)

3. **Kristina Sauerwein** says:

February 21, 2008 at 8:55 pm

Hi Andrea, you did a great job with this posting.

4. **Susan E** says:

February 21, 2008 at 9:53 pm

Hey Andrea. Well, you know we share the same POV on living with difference. It's there, we deal, and there are wonderful moments too. Thanks so much for sharing this.

5. **Jenn** says:

February 21, 2008 at 10:55 pm

I think the food connection is brilliant. I am a teacher-having worked with so many kids and now having my own, I know how food can have such a huge effect on kids (and adults for that matter!). Its actually a little scary. I'm lucky neither one of my kids struggle with this. Thank you for sharing.

6. **Andrea Frazer** says:

February 22, 2008 at 1:24 am

Thanks all.

Jenn, how old are your kids? And thank you again for not only pointing out my misinformed mama brain on AP, but then taking the revision graciously. I really did learn.

7. **Jessie** says:

February 22, 2008 at 2:20 am

I've had tics for as long as I can remember. I was a very shy little girl and the tics were worse when I was in uncomfortable social situations. My parent's were told by my pediatrician that the tics would slowly start to fade away as I got older and be gone once I reached adulthood. I'm now 27 and still occasionally have some tics.

As parents of children dealing with this embarrassing condition, please remember this: if any one ever said anything or asked about my blinking, winking, head jerking, pointing my finger at the ground, touching a certain spot on the wall, or coughing I would get so self-concious and tense that it would get ten times worse. These are compulsions, and the more I think about not winking the more I have to wink. Your kids can't help what they are doing. As annoying as that throat clearing is (or whatever tic your kid has) DO NOT make an issue of it, he/she cannot stop it.

The only thing I have found that helps is regularly practicing yoga and meditating.

Good luck to you and all your little blinkers! Feel free to contact me with any questions you may have.

8. **Gretchen** says:

February 22, 2008 at 2:22 am

I'm learning, Andrea, that we have to be patient; take what we can learn when we can learn it. Do our best, and then keep re-evaluating along the way. Oh, how I wish I could figure things out in either of my kids "for good", and move on. Turns out, I'm still figuring, and am likely to do so. I believe this is how God is teaching me patience and vigilance.

Stink is so lucky to have such a concerned and involved mom. Blessings in all your follow up with the darling Doctor Carroll.

9. **Kristi** says:

February 22, 2008 at 2:23 am

Good for you on researching everything, Andrea! It's so important that we do this. I'm a big advocate on changing your diet to help your lifestyle too. Not that I do it lately (being that cookies, chocolate, pizza, and coke are my daily addictions) but when I have had problems in the past, it has really worked.

Also, happy birthday!? Today, I think you said? Hope you are having a great one, don't let people get you down!

10. **Pam** says:


February 22, 2008 at 2:34 am

Jessie or Andrea,

Thank you, Jessie, for your input. At what point would it be a good idea for me to discuss it with my son, at least to tell him that what he is doing is involuntary and that he shouldn't worry about it. Today, since he was bobbing his head so much, he actually told me his neck hurt but that he couldn't stop moving his head forward. We have said nothing to him thus far, except to try to get him to stop the lip licking. I don't even know if that is a tic. Can two different tics occur during the same period, or does one always proceed another? He is six years, one month old, and has been ticking about 2.5 months. Thank you!

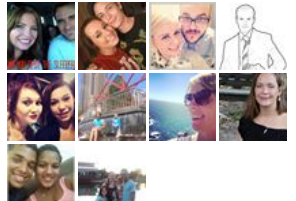
Also, he is a sensitive, emotional boy, who requires a lot of adult attention. He has had ADHD symptoms in the past, but many have subsided and I really don't think he has that condition (never diagnosed, only suspected). Certainly, though, anyone who knows him would describe him as high needs. Do ticks happen more often to sensitive kids, or is the emotional makeup not part of it?

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Sara McGinnis

posted November 22, 2014,
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LATEST IN LIFE & HOME

11. **Jessie** says:
February 22, 2008 at 3:25 am

Pam-

Maybe it's only a coincidence, but I was an extremely sensitive child. I haven't actually done any research on the subject, as I worry that it will only make things worse, so please keep in mind that I'm only telling you what I know from my personal experiences.

Since it sounds like your son has hasn't become self-conscious of his new tics (yet?), now may be the best time to bring it up and let him know that you know he can't help it.

Yes, it is possible to have more than one tic at a time. At bad points I've had 4 or 5 at one time. You may also notice a certain tic going away and reappearing months or even years later. Also, keep an eye open for potentially dangerous tics. Sometimes I feel like I need to touch a particular spot on a pot while I am cooking, no matter how hot it is. Ouch!

My worst tics were winking and blinking and most of the time I didn't even notice I was doing it. I've also had the sore neck from head-jerking and a sore throat from coughing and making little throat noises. It gets frustrating trying so hard not to do something and feeling like you just can't stop. Do your best to be patient with him when he gets angry. It sounds like you're already doing all the right things.

Hope this helps a little.

12. **Pam** says:
February 22, 2008 at 10:06 am

Jessie,

Thank you so much! I have a feeling that talking to someone who has been through/is going through this is in many ways more beneficial than reading studies or talking to doctors. I really appreciate your kindness and willingness to help!!

13. **Andrea Frazer** says:
February 22, 2008 at 11:28 am

Pam and Jessie – if you want to email me privately (if you haven't already) I'd be happy to hook both of you up via email. As long as you share your tips with me when you're all done! BabycenterAndrea@Yahoo.com

14. **Alison** says:
February 22, 2008 at 11:54 am

Andrea, your raves about the doc reminded me of something I'd love to talk to the moms about—What do you moms look for in your ped.? Whether you have a special needs child, a sick child, a well child, or some combination thereof. We're looking to make a change, because we're really disappointed with ours. We thought we asked all the right questions and found a good fit, but now...So what do you love about yours? What do you not like? What's your number 1 deal breaker? I know from reading your blog that you're a fan of incorporating eastern thinking Andrea. We're in the DC area, so that's not much talked about around here, but I'd be interested in hearing more about those experiences too.

15. **Andrea Frazer** says:
February 22, 2008 at 12:18 pm

Alison – Great idea for a future post. Either email me separate with some questions you have, or post again here and I'll do a post next week. We can let the firestorm begin, then break down the most needed topics into future mini posts. sound good?

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16. **Jenn** says:
February 22, 2008 at 2:35 pm

Hi Andrea. My son Peyton is 4 and my daughter Chloe is 14 1/2 months. I really enjoyed the AP discussion and I appreciate you welcoming me into the blog.

Allison-In terms of a ped.-We wanted someone who is open to natural methods(ie-olive oil in ears and other homeopathic methods) but also to know when medicine is needed. We have been very happy with our ped for 4 years now. So she is really a mix. Also-someone who will be honest and straight forward who takes her time. The biggest thing for me is that we needed someone who is open to questions and patient in that area.

17. **Angela** says:
February 24, 2008 at 4:12 pm

Thank you so much for this post. I would love to hear more about your experiences related to tics. My closest friend's son was just diagnosed with them, and they have been going on for nearly a year now, so she's clearly worrying about Tourette's now.

I've just started reading your blog, and I enjoy it very much. Although some people have left very hurtful comments here, just let it be known that you have more than enough fans to make up for their negativity! Keep up the fantastic work!

18. **Mei Ling** says:
February 25, 2008 at 10:31 am

I'd like to say a big Thank You for submitting this post. My son Justin, is 8 this year, and recently developed



13 appetizers for entertaining

Kami Bigler

posted November 22, 2014,
8:14 pm
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Lindsay Weiss

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Sara McGinnis

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7:42 am
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Joyce Slaton

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Sabrina Garbian

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4:37 am
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tics. He jerks his head to the right as if he's shaking something off his head; squints both eyes; screws up his nose; and the latest addition which I observed today – pursing his lips. This has been going on everyday for the past month.

As you mentioned, mostly what I got when I researched the net was about Tourette's Syndrome. Now I'm relieved to know that it might not be the only diagnosis and there's hope in sight. I was feeling wretched not knowing how to help my little boy. Your post showed me the way forward.

Thank you! God Bless You!

19. [Andrea Frazer](#) says:
February 25, 2008 at 11:56 am

Angela and Mei – Glad I could help.

Mei – Just so you know, worst case it is Tourettes, it is not the end of the world. SOOO many people have it and they just don't know it. The best thing you can do, from what I've read and heard from people, is not tell him to stop. It is so hard, but it doesn't work. They are not doing it on purpose. It is neurological, and often in response to stress. Exercise, patience, and understanding – plus keeping their environment as relaxed as possible, is key to suppressing the tics. Healthy diet with no food dyes helps, too. Magnesium, too.... that is a big help I hear. Don't be surprised if the tics go away a few months and then come back. It's the nature, and hopefully, in time, he'll grow out of it. Just love the hell out of him, because he is perfect, tics or not.

20. [Cherie](#) says:
February 28, 2008 at 9:32 pm

Gosh, I know we butted heads on a different topic, but I ran across some info today in the most recent copy of Mothering magazine that I thought you might appreciate. I hope this is taken with the right mindset 😊

There is an article in the MARCH/APRIL 2008 issue of Mothering on pages 58-63 concerning the effects of Thimerisol in vaccines. This article specifically deals with the incident of "tics" and speech problems, as well as other things such as ADHD, Hyperactiveness, and a few other behavioral things. It was at least an interesting lead on some possible causes.

I don't know your stance behind vaccines (nor do I want to... I don't need any ammo and I am personally VERY against them) but I do know that there is a wealth of information out there that is sometimes hard to sift through 😊

21. [Andrea Frazer](#) says:
February 28, 2008 at 10:42 pm

Cherie – I don't have a stand either way on vaccines. I really appreciate your information. There's a lot of stuff out there on research that says Thimerisol has not link to autism, and of course, the opposite, which I assume is where you stand?

Either way, thanks. I really appreciate it.

22. [sheila](#) says:
March 2, 2008 at 12:46 pm

Hi I stumbled on your site by accident and boy am I glad I did! My son turned six last May and had his first tic on Oct. 3. I will be emailing you right after I finish this. I really believe theres more to it and that food allergies play a big part. Thank you for your article.

23. [Shyrah](#) says:
March 3, 2008 at 8:38 pm

My son is 5 1/2 and I have just noticed in the past week a frequent blinking and deep breathing. The deep breaths come when he gets excited. I haven't however seen a correlation yet with the excitement and breathing and I have been watching him like a hawk. I have learned it my research, great posting and thread by the way, that nutrition is a way to combat this. I have read about magnesium and in fact most children's vitamins don't have this because it is difficult to put in a vitamin. Sure enough the label on my son's Gummy Vite vitamin bottle shows no sign of magnesium. I will be going to the health food store today and buying a bunch of whole food snacks, cutting out artificial colors and additives and making have lots of almonds and cashews (great source of magnesium). Fatty acid supplements, plant derived for mild cases and fish derived for more severe cases are great also is what I have learned. I am trusting mother's instinct on this one. It has only been a week but I see something coming on and I am going to do everything in my power to stop it, first being via diet. It will be hard with Easter approaching... Go moms!

24. [Andrea Frazer](#) says:
March 3, 2008 at 10:23 pm

Shyrah – I hear a lot about that fatty oil helping, too. Can you come back and post on your progress later? I'll do the same. Thanks!

25. [Shyrah](#) says:
March 5, 2008 at 3:11 am

Hi Andrea,
Will do. I just found a DHA fish oil for kids from Nordic Naturals. He doesn't really like them but is eating them. I also got a children's multivitamin from the health store and when I put the two bottles side by side the health store vitamin had 2x the amount of various minerals and vitamins than the Gummy Vite. He is begging for candy but I got through today, our first day. I actually made various veggie purees and put carrots in the spaghetti sauce tonight. The breathing wasn't so bad but the blinking was. I'm praying that this is a transitory tic.

26. [Andrea Frazer](#) says:
March 5, 2008 at 3:21 am

Shyrah – Hang in. I know how hard it is. I cried and cried. But I also know that even with all the supplments and exercise, sometimes a ticker is going to tick, whether or not we want them to or not. It's hard, but give



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Stacy-Ann Gooden
posted November 14, 2014,
4:17 pm
4 comments



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Stacy-Ann Gooden
posted November 8, 2014,
10:17 pm
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Stacy-Ann Gooden
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Stacy-Ann Gooden
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yourself the out that "I'm doing all I can" and then let it go. So much of ticking is stress. Who knows if he's still blinking because that's the cycle of the tic (with my son, he'll be fine for 4 – 8 weeks, then tick one week, then it goes away) or if he's maybe stressed out about not having the candy. I swear, I did the "no of everything" thing and that didn't really help 100%. Because the cycle of a tic is that after a little bit, it goes into remission. Was it the lack of candy and all the supplements, or was it the tick? I'm not saying not to do it. I do really think it helps. But... if it really is a neurological thing, we might just be able to control it, but not "cure" it. All we can do is love the hell out of them. Does that make sense? You are doing so great. Please please hang in there. Okay?

27. *Shyrah* says:
March 12, 2008 at 5:05 am

Thanks for the encouraging words Andrea. Yesterday he barley blinked at all then today I saw again just a little here and there. It wasn't as bad as it was before. So it will totally go away with your son for a couple of months then come back? Do you think that they will grow out of this? How old is your son? I have read that they can grow out of the blinking as their eyes finish developing.

28. *Andrea Frazer* says:
March 13, 2008 at 2:24 am

I hear it's different for every child. Yes, some grow out of it. The majority do after they are 18 when the frontal lobes close. The thing to find is "what is the root of the stress?" Good or bad? And then, once you know, how can you alleviate it? For some kids, talk therapy is the way to go. I'm looking into that now for my son. We had a rough week of tics and I'm discouraged, but I'm also not going to give up. Ever. And you won't either. And, as always, we must remember that it's just tics. It's not who they are. So so so important to remember. Check in or write me at BAbycenterAndrea@yahoo.com

29. *Tracy* says:
March 13, 2008 at 9:00 pm

I was so happy to find this... my 4 year old developed tics seemingly out of the blue, although looking back there may have been some mild ones for much longer. We were even in the ER last night because the sniffing/snorting one got so bad he could not catch his breath. We have had a CT scan and blood work, which turned up nothing. His doctor is now saying it is either allergy related or a tic disorder such as tourette's. I have cried every night for a week... I can't help wanting to turn the time back to when my son was not going through this...and I feel so guilty for feeling this way! I also am scared not knowing exactly what it is and how to help him. I am just a mix of emotions and was searching for somewhere like this to find some support and information.

30. *Andrea Frazer* says:
March 13, 2008 at 10:09 pm

Tracy – I promise, he's going to be fine. He really really is. There is SOOOO much you can do to alleviate the tics. And with time, you'll find that when he does have a bad episode, it'll be just that... a bad episode. He'll go for a few weeks with nothing, then something, then nothing. Maybe it's transient. Maybe it's Tourettes. But I promise, even if you eventually get a Tourettes diagnosis, it is not the end of the world. Everyone has something. Everyone. And believe me, it's not what he has, but how you handle it, that makes all the difference. Some of the smartest, most creative kids have tics. The best thing you can do is support yourself, so that your relax, and then can be the best parent to him. The more you say stop, the more he's going to do it if it truly is tics.

Hang in. I'll be back.

31. *Tracy* says:
March 13, 2008 at 10:37 pm

Thanks Andrea. It helps to hear that from someone who has been there. We are being referred to an allergist and a pediatric neurologist. I am really interested in knowing what helps to alleviate the tics. I know he is the same sweet, smart, loving little boy he has always been. We have been really careful to not bring up the tics and to make sure no one is talking about it around him. At this point, he is almost not aware at times it is happening. I just dread the day another kid asks him about it or teases him because he is super sensitive. Do you have experience on how to best handle that sort of thing. I am not sure how old your child is. Thanks again for the advise!

32. *Andrea Frazer* says:
March 14, 2008 at 1:38 am

My child is only 5, and he has been diagnosed with Tourettes. No one has ever asked him about it. In fact, most of my mom friends say they haven't even seen it (and believe me, they're looking.) Of course, on days when his eye rolls get real bad (maybe only 3 days in a row out of every six weeks) they see it. But kids don't ask. I don't bring it up to my son because why should I make him aware if he's not worried? Here's my thinking: Now is the time to make our kids so fxxxin confident that by the time they are more aware of them (if they even last that long... probably in my case given the diagnosis) they are so confident in their abilities to be the great dancer, or singer, or soccer player, or writer, or whatever. I refuse to have the boy who has Tourettes and also is talented. He's going to be talented, and oh, he also has Tourettes. Kids everywhere have something, and if they don't show it on the outside, sometimes they are bursting inside. I am hoping that when my son has to deal with this, and people notice, he will attract a higher quality of person who sees Stink for who he is on the inside, not for a few nose grimaces, or vocal tics, or whatever he goes through at the time. Optimistic? Sure. But what choice do I have? I'll check back next week. Meanwhile, check out Latitudes, TSA.org, and whatever else you can find that is of support. I swear, concentrating on helping relieve the tics is great. But concentrating on accepting what you can't change is great, too, because your boy is still amazing despite a few little differences.

33. *Shyrah* says:
March 14, 2008 at 2:28 am

Hi Andrea, since Stink is 5 this means he began developing tics at 2. Tracy, my sons came totally out of the blue too. One day I noticed. Just like that. For it to be diagnosed as Tourettes he will have had to had the tics for over a year. I totally agree with Andrea. We have to be the strong ones. I DO NOT talk about it in front of him and won't let anyone else mention it. We spell out the word 'blinking'. I do noticed that it comes on when he gets excited. They had a snow day at school today and when I asked him about it he got really

excited and blinked a few times but that was it. I haven't really seen it much tonight. Since we want to do everything in our power to help them it doesn't hurt changing their diet to the healthiest food you can get in them. We should be doing this whether they have a tic or not. I have sent an email to my whole family alerting them to the problem, telling them not to say anything and what foods the kids can have while they are visiting. They may think I am a Nazi but I don't care. I'm doing this for his health and I really believe it is working. I have cut out ALL artificial flavors and coloring, gone all natural—you have to pay more but who cares, its our boy—and bought all the right vitamins and supplements. I too saw an allergist over a year ago because he always sounded so stuffed up I knew something was wrong. To no avail, he wasn't allergic to anything. Finally it was recommended that I see a Pediatric ENT. It took months to get an appointment and within the week he began blinking we saw her. Right when she saw him she knew that he had a breathing problem buy the way he naturally kept his mouth open. She put a snake down his nose with a camera and it was clear that he had over 95% obstruction of his nasal passageway due to enlarge adnoids. He also has fluid in his ears. His teacher said that he has been really tired at school lately. I wasn't surprised since he has trouble sleeping, particularly now for some reason I don't know why the change, due to his difficulty breathing through is nose. I don't know if this is all tied together. His surgery to remove the adnoids and put in the ear tubes is this May and I'm wondering if it will impact the blinking at all. I know it will impact the deep breathing. But then he hasn't been doing that much lately at all, just when he gets excited. SO, as Andrea said we have to love on them as much as we can and nurture their spirit. It doesn't hurt trying to put healthy foods in them as well. Let us know how it goes.

34. Pingback: [BabyCenter: MOMformation » Blog Archive » New life this Easter... new behavior... new food](#)

35. [Shyrah](#) says:
March 25, 2008 at 4:26 am

I thought I would post again. My son's eye blinking has now stopped and it has moved in to his shoulders. He is tensing and shrugging his shoulders. He has seen a doctor and he currently has been diagnosed with transient tics. We'll see what happens next.

36. [Andrea Frazer](#) says:
March 27, 2008 at 1:29 am

Shyrah – My son did that also. How are you doing? Are you freaking or are you okay?

I'm doing a post in a few days about the food allergy testing I'm doing. I have high hopes on this.

37. [Shyrah](#) says:
March 27, 2008 at 3:23 am

Really? The strange thing is that I haven't seen anything today. It started last Friday when he came home from a bday party loaded up with sugar, was bad on Friday and Saturday. Mellowed a little on Sunday and Monday with the neck side to side and the shoulders. Now today it is all gone. I spoke to a neurologist yesterday and they said that this typically happens to boys at this age, it will come and go and come and go and then go away if it isn't tourettes, it is some kind of a growth spurt apparently. I have gotten a probiotic for him and I'm wondering if the last bout of antibiotics that he just finished exacerbated this. He hasn't getting much sleep as he has sleep apnea due to enlarged adenoids (hereditary) and has been super tired through the course of this. He will have surgery to remove them soon but the dr put him on antibiotics because he had some stagnant fluid in his inner ear that was bothering him. But that doesn't address the original blinking. But as of today there is no blinking or neck and shoulder shrugging. Have you had it last for 5 days and then go away and then come back later?

38. [Shyrah](#) says:
March 27, 2008 at 3:33 am

Andrea-have you ever given him DHA? I have gotten the Nordic Naturals DHA and he has been taking it by the spoonfuls for the past week or so. Don't know if this means anything but I have read a lot about how it could be due to a lack of essential fatty acids. The recommended dose is 1/2 tsp but I have been giving him more like a 3/4 and have loaded up on apples, oranges, carrots, nuts, goji berries etc as snacks. Basically over the past week or two, everything going in his mouth has been real food, not processed, until of course the birthday party where he went haywire.

39. [Andrea Frazer](#) says:
March 30, 2008 at 9:16 pm

Shyrah – We should talk. If you're comfortable, email me your # at BabyCenterAndrea@Yahoo.com I will phone you. I of course share that info with no one, as that's a private address.

If you don't want to email me there, just say so on this list and I'll answer your questions this way.

40. [Tracy](#) says:
April 3, 2008 at 12:08 pm

Hi ladies. We went to see a pediatric neurologist on Monday. I was not at all impressed with the visit. We waited for 90 minutes and when we finally saw him he was so eager to get to lunch he rushed through the visit. He acted as if I had no right to waste his time when this has "only been going on for a month" He kept mixing up my husband and my son when we discussed the family history and all... even wrote stuff wrong on the chart. When he asked about family history of depression, I told him I had post partum depression after Joseph was born. He said "I'm not writing that down. My wife is pregnant and driving me crazy with all of her demands. I am sure she will continue to use if afterwards too!" He told us there was "no way" tics are related to allergies and we were wasting our time to see the ENT / allergist (we are still going!) He said to keep an eye on it and if it continues for more than a year, than he would diagnose Tourette's. He said there is no known cause and unless we want to medicate him, no treatment. I really wanted him to tell us some of the different things we might expect to see, how we might make his enviroment better to reduce the tics, etc. He blew off every question I had. I made an appt. with a different group for June... not that they can give us any answers but if we do have to look into treatment ever I am not going back to him! In the meantime I have been reading everything I can find – the sites you suggested were great! I am trying to convince my husband to get on board with trying a healthier diet... he is with him most of the weekdays and he is much more lenient with junk (candy, soda, etc) than I am! It can't hurt to try to get him eating healthier anyway! But you were absolutley right... once I got over the initial shock, it was a lot easier. I don't even notice many of the tics a lot of the times now, even though they are still there. He did begin eye rolling, which had me a little worried. But right now, we are mostly seeing sniffing/snorting nose scrunching and

mouth opening.

41. [kerry price](#) says:
April 4, 2008 at 2:52 pm

Hi,

I wish you all the best for your children's health. Just wanted to share my recent experiences with you regarding her tics. She also has infantile spasms and is intolerant to chemical additives and natural food chemicals such as salicylates and amines. Her tics started only a few months ago when we stopped the ketogenic diet. They were getting worse and worse and I finally realized her diet had become high in oxalates. I reduced her oxalates and the tics stopped.

42. [andreafrazer](#) says:
April 4, 2008 at 10:01 pm

Tracy – Did you write me at my email? BabyCenterAndrea@yahoo.com

If you email me your phone number, I'll call you and tell you everything I know. I learned so much over the past year. Another commenter here called me yesterday with great great info which I'll share with you.

I had the SAME doctor as you. Unbelievable. You must press on and not take them at face value. I am so going to write a book one day about these experiences, because there is so much out there that Western Medicine hasn't studied. I'm not saying we'll cure tics or Tourettes or whatever the case is if there is neurological tendencies... but to not suppress triggers with natural supplements and vitamins? Just go on heavy narcotics? No thank you! That's bs.

Email me so I can talk to you. I have so much info for you. And take care, okay?

43. [Emi](#) says:
April 6, 2008 at 5:44 am

Hi to all,

Well, I have been on a little roller coaster since my son was about 5 months old, it seemed right after his bout with various upper respiratory infections and antibiotics. I don't know if there is a connection, but I guess it doesn't really matter because the "tics" have come and gone since then. I was so alarmed at the time and also a little depressed from post partum, but I found it most difficult to accept that nobody believed me. They said he was voluntarily doing it, or that it was his personality, but most they likely didn't even see them and were just trying to reassure me. I spent a lot of time on the internet, but kept getting info that made me think he was having seizures or presenting symptoms of a rare neurological disease. I was a mess, but it made it worse that nobody seemed to believe me and tended to think that I needed to see a doctor not him. (maybe not entirely untrue) But at the time I was just looking for support. Finally I took a video of an "episode" to a pedi neurologist in Salerno (I live in Italy) and he did EEGs and other tests to rule out epilepsy, the poor guy was in the hospital for a week at 6 mos. but I was determined to put the issue to rest and get some diagnosis. Well, we didn't. And they said "lady, believe us, no diagnosis is the best diagnosis". Well, I really wanted to agree with that, but I really wanted more answers too. The medical staff wrote "peroxisomal movements related to growth that should disappear within the year". Maybe that is a translation for transient tics or the like. Anyway, presently it is bad, he shrugged his shoulders yesterday about 60 times, about 10 times each round. At first I thought he was playing a game and shrugged too. Then, when I saw him imitate my shrugs, I realized the difference between his voluntary (much slower and not so high) movements and his "tic" movements (high up to his ears and more violent). He has other weird movements but I don't know how to explain them. I am so afraid of going "back there" because after the hospital stay I was able to come to terms with a benign diagnosis and rest assured that he would outgrow them. Well, I am not so sure of that now. They have come back with a vengeance. By the way, our pedi just calls them "nervous movements" and seems entirely unconcerned. Has anyone had experience with a tic starting so early in the first year? Should I expect to see a progression of tics, with each bout more severe and complex than the next? I guess I just feel a little lost right now. The only advice I get here is "don't watch him" or "it's all voluntary". I wish it were that simple. Any advice would really be appreciated! Thank you for starting this blog!

44. [andreafrazer](#) says:
April 6, 2008 at 11:25 pm

Emi –

I didn't notice my son's tics until he was close to 3. Sorry about that, so I'm not help.

I do know that even if you don't have a diagnosis yet, support is crucial. Have you contacted the Tourettes Association yet? Let me know. If not, I am in touch with them and will ask them about support groups in Italy.

You really need someone to talk to who believes you, so before you try curing this, I would really try to find someone in person to chat with. Brain centers there? Neurological pediatric units? Anything. What has been your progress there?

Get back to us! And so sorry you are going through this. It's so heartbreaking, but you will get through it and learn so much more than you ever dreamed. That's my promise to myself.

PS: I don't tend to go back to other threads much, but I always check this one, so stay close by, kay?
HUGS.

45. [Shyrah](#) says:
April 11, 2008 at 3:53 am

Hi everyone,

Well my son's tics went away and then after his surgery (removed adenoids and put in ear tubes) on Friday and now another round of antibiotics I am seeing some new ones. To recap, he had blinking tics for 3 weeks, they went away and then he went on antibiotics for an ear infection. This is when I became alarmed with the head from side to side and the shoulders. After doing what I described above they went away and now he isn't doing any of the other tics but has 2 new ones, he stretches his mouth really wide like his face is sticky and he licks his shoulders. These don't happen often but they happen and I find it bizarre. Its as if

these tics are migrating through him. I think you have a point Emi with the antibiotics. I wonder about it myself as there seems to be a correlation between my son's ticks and the medicine. It will be interesting to see what happens when the antibiotics stop.

I'm much more calm about this now that I have discovered what it is that he is going through. Tracy, you have got to get your child off of soda and chips. No artificial colors and flavors. As the neurologist said to me about nutrition, if you can't read the ingredients, don't eat it. What ever happened to a apple or a carrot for a snack? No processed foods. Read ingredients. Your child will model your behavior eventually so you need to eat more healthy too. They may resist for a couple of weeks but they will give in. Keep me posted and I'll update if there are any changes in my son.

46. [Andrea Frazer](#) says:
April 11, 2008 at 6:21 pm

Shyrah – Sorry about the tics coming back, but you seem to handle it really well. Me? I get crazy. I HATE it. I try so hard not to let it get to me, but I don't always succeed. For 2 weeks now, Stink has been almost tic free. But I know it won't last forever. We are on: 1. Nordic Natural fish oil (Omega DHA for brain) 2. Digestion Enzymes after meals 3. Multi vitamin. No artificial colors or flavorings. All natural. sometimes he gets vanilla icecream which is just sugar and milk. No gluten. We'll see!

46. [Tracy](#) says:
April 16, 2008 at 11:09 pm

Andrea – Thanks I will email you!

Shyrah – Thanks for the advice – I really appreciate it! My husband is doing better with having Joseph eat more healthy – I now come home from work to find grapes more often then junk food so it is a good start! We got the book on the natural ways to cure tics I think from a women who runs the Latitudes site if I'm not mistaken and he has been reading it too which is great! I am sorry your son's tics returned! I am interested in hearing how his surgery was though!

We went to the ENT/allergist today! The reason I was going was to talk about his allergies and see if we could not find a connection between them or the meds he is on for them and the tics. However, the doctor wants to remove his tonsils and adnoids. He feels like this is the cause of the chronic ear and sinus infections he has had all his life and would be better for him. He also said he would do allergy testing while he was under anesthesia. I am sort of overwhelmed because I thought we would be talking allergy shots and testing and instead he wants to operate, which most likely won't do a thing to help where the tics are conerned... although most of his tics (snorting, sniffing, nose scrunching, mouth opening wide) are related to the ear, nose and throat. So I am not sure what we are going to do. I want to talk to his pediatrician first and see what he thinks.

47. [Andrea Frazer](#) says:
April 26, 2008 at 8:02 pm

Tracy, if you're reading this, do you recommend the book from the Latitudes lady? Is it Sheila Rogers?

48. Pingback: [BabyCenter: MOMformation » Blog Archive » Fake food, fake moods... nutrition and hyperactivity](#)

49. [Andrea Frazer](#) says:
April 28, 2008 at 10:25 pm

Everyone, I had a rough week for the first time since the allergy food testing. I came here for help and am going to look into this more:

<http://www.latitudes.org/forums/index.php?showtopic=3028&st=0>

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