**What is Tourette's Syndrome??**

Tourette syndrome (TS) is a chronic, neurological disorder. It is characterized by motor and vocal tics. Both motor and vocal tics must be present, though not necessarily at the same time.

With Tourette’s Syndrome, which usually starts in childhood, individuals feel an irresistible urge to make sounds and body movements that are beyond their control. These uncontrollable movements and sounds are called tics.

For people with Tourette’s Syndrome, tics can be extremely distressing, only bringing relief once they have been expressed. In some cases, they might blurt out obscenities - an element of Tourette’s Syndrome that is rare, and one that has been unfairly exaggerated in movies and television shows.

Tics often increase with tension, and decrease with relaxation or when focusing on an absorbing task. Although it is a newly recognized condition, Dr. Georges Gilles de la Tourette (after whom the condition is named) described nine cases in 1885.

Tourette's syndrome is classified as an anxiety disorder characterized by tics — Individuals with this disorder feel the urge involuntary, rapid, sudden movements or vocalizations that occur repeatedly in the same way. Few of the common tics are coughing, throat clearing, sniffing and facial movements, etc to release a build up of tension. The actions they carry out worsen when they are in stress and also when they are self-conscious of their problems and forcefully try to put a stop to them.

Research is ongoing, but it is believed that an abnormal metabolism of the neurotransmitters dopamine and serotonin are involved with the disorder. It is genetically transmitted; parents having a 50% chance of passing the gene on to their children. Girls with the gene have a 70% chance of displaying symptoms, boys with the gene have a 99% chance of displaying symptoms.

**Causes** In most cases, TS is inherited through a gene (or genes). However, some expressions of the gene(s) may be milder tic disorders or obsessive-compulsive symptoms with no tics. Sometimes there are no symptoms.

One of the most complicated questions involves a condition known as “pediatric autoimmune psychiatric disorders” or PANDAS. TS is one of the conditions grouped in PANDAS, and there is much evidence to suggest that, in at least some children, PANDAS (including TS) is associated with Group A streptococcal or “strep” infection of the throat. We do not know yet whether rapid treatment of strep infections or prevention of strep recurrence would reduce the risk of PANDAS. We also do not know yet whether all children are equally at risk of getting PANDAS or whether only children with certain genetic make-up are at risk. In any case strep infections are very common, and if PANDAS is sometimes caused by strep it is likely a very rare consequence.

Other than this possible relationship with streptococcal infection in some children, the cause of the tics has not yet been determined. However, studies show that several brain chemicals, called neurotransmitters, are involved. Dopamine and serotonin are the most likely. In addition, stress and tension often increase tics.

So with that in mind what can we do to support the body?
**BRAIN DISORDERS:**
The fragrance of many essential oils exerts a powerful stimulus on the limbic system—a part of the brain located on the margin of the cerebral cortex, including the amygdala, hippocampus, and hypophysis which interact directly with the thalamus and hypothalamus. Acting together, these glands and brain components combined are the seat of memory, emotions, and sexual arousal. That also govern aggressive behavior.

Essential oils are not simple substances. They are mosaics of hundreds—or even thousands—of different chemicals. Any given essential oil may contain anywhere from 80 to 300 or more different chemical constituents. An essential oil like lavender is very complex with many of its constituents occurring in minute quantities—but all contributing to the oil’s therapeutic effects to some degree.

Diffuse oils alter the structure of molecules that create odors, rather than just masking them. They also increase oxygen availability, produce negative ions, and release natural ozone. Many essential oils such as lemongrass, grapefruit, eucalyptus *globulus*, tea tree, lavender, frankincense and lemon along with essential oil blend (Purification and Thieves), are extremely effective for eliminating and destroying airborne germs and bacteria.

From diffusing oils that are relaxing and calming to the mind it helps to relieve tension and clears the mind. 
- Stimulates the neurotransmitters
- Stimulates secretion of endorphins,
- Improve concentration, alertness, and mental clarity.

**Neurological Diseases:**
MegaCal with Omega Blue Softgels helps provide calcium, magnesium and natural lipids necessary to maintain nerve signal transmissions along neurological pathways.
Sulfur deficiency is often present in nerve problems. Sulfur requires calcium and vitamins B and C for the body to metabolize. Super B, Super C, and Sulfurzyme work well together to help repair nerve damage and the myelin sheath.

**Single Oils:**
Lavender, orange, tangerine, bergamot, vetiver, cedarwood, frankincense, peppermint

**Blends:**
Brain Power, Clarity, Peace & Calming, Cirtus Fresh, Tramua Life, Joy, Valor, Stress Away

**Supplementation:**
Mineral Essence, Power Meal, Omega Blue Softgel, Balance Compete, MegaCal, Sulfurzyme, Super B(1 after meal),Super C.

**Diffusion** 15 min. 4-8 times daily.
Direct 4-8 times daily.

Did you know that the oils are the catalyst of the delivery system within the supplements? Don’t expect the same results unless you are using Young Living Therapeutic Grade essential oils and supplements. Also each person is different so they may not work as well for you as it does for others so try another oil or supplement that would work better for you. Essential oil testimonials are an effective way of learning and sharing. With this knowledge, we can take control of our own personal health. However, we are required by law to state: "These statements have not been evaluated by the FDA. Products and techniques mentioned are not intended to diagnose, treat, cure or prevent any disease." Information provided here is in no way intended to replace proper medical help. Consult with the health authorities of your choice.