



## **TOURETT'S SYNDROME (neurological tic)/OCD**

Nutritional Support Protocol *created by Michael Payne, MS, CRC, CNS*

### **Lifestyle Recommendations:**

1. Look for Streptococcus virus associated with PANDAS.
2. Practice good sleep habits and get between 8-9 hours of sleep a night.
3. Participate in a regular balanced exercise program that includes wearing a pedometer to ensure that you collect steps and move more. High intensity short bursts (20-60 seconds) of activity during the day is recommended to enhance growth hormone release. Also engage in resistance training that works all major muscle groups (work each group at least 2 times a week).
4. Engage in mental exercise by consistently learning new skills and information.
5. Try therapeutic body-based methods such as chiropractic and massage.

### **Dietary Recommendations:**

1. Follow a ketogenic diet. In addition, restrict gluten and casein from the diet.
2. Emphasize omega 3 fatty acids (salmon, mackerel, herring, sardines) and omega 9 fats (olive oil, olives, almonds, hazelnuts, avocados, macadamia oil and coconut oil).
3. Choose lean, clean quality protein at each meal such as chicken breast, turkey breast, lean beef, fish (especially salmon and sardines), eggs and whey protein.
4. Limit or avoid trans fatty acids (hydrogenated vegetable oil, margarine and shortening). Cook with olive oil at low heat.
5. Drink at least 64 ounces of filtered, bottled or non-chlorinated water every day. In addition, drink 2-3 cups of naturally decaffeinated green tea daily.
6. Avoid or limit caffeine, alcohol and other potentially neurotoxic compounds like aspartame and MSG.

### **Supplement Recommendations:**

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

|                         |                           |
|-------------------------|---------------------------|
| <b>Inositol Powder:</b> | 2 grams three times a day |
| <b>5-HTP Synergy:</b>   | 1-2 capsules twice a day  |
| <b>StressArrest:</b>    | 2 capsules twice a day    |
| <b>OmegAvail Ultra:</b> | 2 capsules per day        |

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