



# IS IT MENTAL ILLNESS OR IS IT PANDAS?

## **Compulsions, Obsessions, Aggression, Tics and Anxiety (in Adults or Children!) and How Homeopathy Can Relieve Them**

If you're reading this, most likely you or someone you love is fighting some of the following problems:

- **Anxiety and inordinate worry or fears;**
- **Obsessions or compulsions – maybe about food or textures or organization;**
- **Unusual, over-the-top anger or aggression followed by deep remorse in some cases;**
- **Eye blinking, shoulder shrugs, or other strange movements that seem involuntary;**
- **Sorting or lining up items obsessively;**
- **A sudden change in personality or behavior, including some of the above;**
- **Your child has “always done these things” but you realize it’s not just “cute” any more.**

Or, perhaps you've had an official diagnosis, such as:

- **Obsessive Compulsive Disorder (OCD);**
- **Anxiety Disorder;**
- **Oppositional Defiant Disorder (ODD);**
- **The Need for Anger Management;**
- **Tourette Syndrome, Sydenham Chorea, tics, or other involuntary movements.**

Maybe you've tried drugs for some of the above problems and they either failed to help or the side effects were as bad as or worse than the problem. There are answers. We can help – without pharmaceuticals and their side effects – by naturally helping the body to detoxify and eliminate the burdens causing the problems. This allows the immune system to heal itself.

Or, maybe you are the parent of a child with autism or PANDAS, where your child's aggression or obsessions are out of control and you feel you're at the end of your rope – or at the end of hope. We have seen this before and helped these conditions significantly, even after parents have been told things like, “put him in an institution, take a lot of trips with the rest of the family and forget you ever had him.” With our help, these kids are now adults going off to college, independently living, or taking on jobs, apartments, driving – living life as independent and productive contributors to society.

Another child, an eight-year-old boy, was so aggressive he was compulsively harming his mother and sister. His mother's words on her intake paperwork were, “We have tried virtually everything else out there. If you can't help us, we will have to institutionalize him.” Now, he's grown up, has a job and she calls him “a delight to live with!”

We have changed the lives of entire families who were living in fear of the day when their aggressive autistic child might grow up to be a full-sized adult who could physically endanger family members.

Yet another child couldn't get into the bathroom in time to “do his business” because he had such a long ritual before crossing the threshold to go into the bathroom. Or, he would manage to get into the bathroom, but would then be trapped inside due to the same compulsive, obsessive rituals.

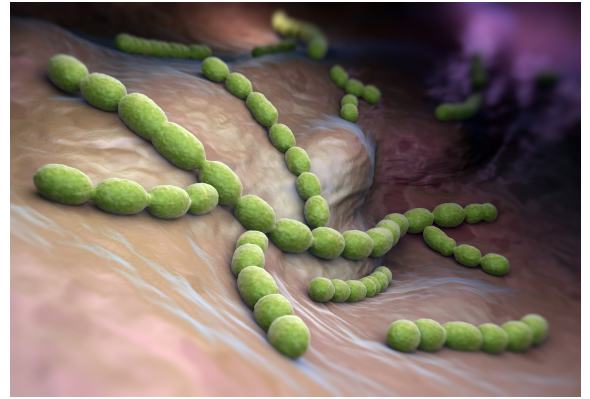
We've helped adults who were so worried every moment about harm coming to their family during the day that they were unable to function. They had to obsessively check with the school or spouse's work to be sure they were okay.

**THE GOOD NEWS:** If any of these situations ring true for you, there is help. You are not crazy. You or your child shouldn't be institutionalized, or written off. Our experience with almost all of our clients fighting these symptoms has proven there are successful, drug-free answers.

Age doesn't matter. Whether we work with children with autism, adolescents with more than typical teen anxiety, adults who are struggling every day to try to cover their problems, or adults who are rendered nonfunctional in their day-to-day responsibilities, sequential homeopathy can help.

## ***What Is PANDAS? And Why Should I Consider It?***

Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (quite a mouthful!) or PANDAS is the term coined by Dr. Susan Swedo at the National Institutes of Health in the late 1980s for a syndrome observed in children who, following a strep infection (treated or untreated), demonstrated sudden changes in behavior. These changes included becoming obsessive, compulsive, angry and aggressive, or developing uncontrollable movements or tics shortly after a strep infection.



In our work with clients, we have also seen these changes in people who are merely exposed to someone in their environment who either had a strep infection (as in: “strep is going around in school”), such as an earache or sore throat, or received or were around someone who had received a pneumococcal vaccine (PCV) just prior to the onset of the behavior change or tic development. The so-called pneumococcal vaccine is actually manufactured from a number of strains of streptococcus pneumoniae. In these cases, the clients who come to us often appear physically asymptomatic, yet their nervous system is clearly very much affected.

We’ve even had a couple of clients whose history indicated the onset was around the time of dental work or while they had cavities. Streptococcus pyogenes literally live in our mouths. When we have a tooth with decay or a crack, it can become a pipeline to the bloodstream – and into the nervous system. One study on mice seemed to indicate that it is possible for pathogens (tiny living organisms that make us sick!) in the sinus cavities to directly enter the brain from the sinuses.

For our purposes, a thorough history, including vaccine record, health history and careful attention to the year or so prior to the onset of the symptoms, usually shows what may be behind the problem.

## ***But I'm an Adult – Can I Have PANDAS?***

Due to the inclusion of “Pediatric” in the name PANDAS, not technically. But, that doesn't mean this doesn't happen to teens or young or even older adults.

We have also worked with adults whose children might have been secondarily exposed and “brought strep home” or who themselves had an infection and after treatment with antibiotics, developed tics and/or anxiety that was suddenly and inexplicably out of control. Sometimes, people start with physical tics, which may go away seemingly on their own. Then, out of nowhere, they go into high anxiety or anger beyond their control – quite literally a sudden and dramatic change of personality.

One of our clients is a young mother of several children, all unvaccinated, as was she. Being involved with her church, her kids' sports and other activities, she was around children besides her own much of the time.

One day, she woke up with a sore throat. She went against her own typical “no meds” approach and took antibiotics for it. The sore throat went away quickly, but a few weeks later, she developed an odd movement – a tic – which she had never had before.

After a few weeks, the tic seemed to subside on its own, but in its place began a nagging feeling that something was going to happen to her husband or one of her children when they left home without her.

This grew to such fearsome anxiety that she found herself calling to check on her husband or the kids several times per day, even doubting her own strong faith in God. Of course, all those pieces didn't come together in her mind as being related until we discussed PANDAS in children with her. Then, all the pieces fit together.

After working with us, almost immediately we were able to get her a little less anxious for a few hours here and there, then more hours at a time. Over a period of several months, the anxiety became more occasional instead of ruling her day, all day, every day. In less than a year, her anxiety was entirely gone, and her life and personality are now back to normal!

## *Do I Need Testing or a Diagnosis for Homeopathy to Help?*

No testing is necessary for sequential homeopathy, nor do we work from a medical diagnosis. The use of some of the terms previously mentioned are merely used because most people are familiar with them. For example, when people hear the term, strep throat, they immediately think of a very sore, inflamed throat, perhaps with white spots on the tonsils or throat area.

But we do not need test results, nor do we diagnose nor need a medical diagnosis. We work from your symptoms and your history, as we demonstrated in the aforementioned cases.

Every person is unique and every life history is particular to that person. Nobody else has lived your life, had exactly your illnesses at the same age, or had the same symptoms.

That's the beauty of homeopathy – we look at more than just symptoms. We look at who you are, things you may like or dislike, what your “triggers” might be, and much more. We also look at your individual history and any events, traumas, illnesses, or treatments that may have preceded or built up over time to create your current health problems.



For instance, if we see a history of ear or throat infections, or any of the commonly known strep-related illnesses, they become part of our analysis and are one way we can determine which direction to go with homeopathy.

## *How Do You Work With My Family or Me?*

Our intake paperwork for those on (or suspected to be on) the autism spectrum, is found [here](#).

For clients without autism, our intake paperwork is found [here](#).

We also request a vaccine record for children, or as best as can be recalled for adults (or we'll figure it out based on your age), and a [timeline history](#). Once we have those in our office, we will contact you to set up your first 90 minute consultation.

The initial consult is an interview type consultation by phone. In it, we can gather additional information about any questions we may have about your timeline, get a good feel for who you are or who your child is currently, and what your most troublesome symptoms are. We will then analyze and create our initial recommendation for the overall short-term relief of immediate symptoms, as well as how we hope to proceed through the timeline history leading up to current health.

After the initial consultation, we will put together the items that we will need you to have, with a priority of trying to help calm the most immediate and troublesome problems and symptoms first. The products will be shipped to your door within a few days and then you can start yourself or your child on the way to true health.

About once per month, we will have a follow-up session of 30 minutes where we will take your report of the events, changes and symptoms experienced over the previous month and plan the next month's remedy needs. We will set your next appointment at the end of each consultation, with the timing determined during the course of that day's follow-up reports and discussion.

## ***Can Homeopathy Help? A Checklist of PANDAS-related Symptoms We Have Helped***

- ✓ Anxiety
- ✓ Fears
- ✓ Obsessive thoughts
- ✓ Compulsive behaviors
- ✓ Repetitive “stuck” speech patterns
- ✓ Repetitive “stuck” interests
- ✓ Repetitive ritualistic behaviors
  - ✓ Hand washing
  - ✓ Need to touch something before moving on
  - ✓ Inability to cross thresholds, go through doors, etc.
  - ✓ Need to turn light switches on and off
  - ✓ Any other compulsive “ritual”
- ✓ Obsessions with spinning objects
- ✓ Textural sensitivities
- ✓ Sound sensitivities
- ✓ Light sensitivities
- ✓ Bed-wetting
- ✓ Difficulty falling asleep or staying asleep
- ✓ Shrieking for no apparent reason
- ✓ Eating anxiety
- ✓ Eating fears and disorders
- ✓ Body image concerns (weight obsessions, etc.)
- ✓ Eating too much
- ✓ Eating too little
- ✓ Fears of food, drink, or environment being contaminated
- ✓ Intensive gag reflexes
- ✓ Aggression
- ✓ Extreme anger followed by extreme remorse
- ✓ Flipping between anger and happiness
- ✓ Self-harming behaviors
- ✓ Physically biting or pinching others
- ✓ Throwing things in anger
- ✓ Throwing things compulsively to see them crash, obsessively

- ✓ Repetitive Obsessions with
  - ✓ Elevators
  - ✓ Trains
  - ✓ Certain videos
  - ✓ Certain songs
  - ✓ Certain lines of songs or videos
  - ✓ Replaying same video or song or portion of one repeatedly
  - ✓ Single subjects with inordinate and obsessive interest in talking about it
  - ✓ Things that spin
  - ✓ Lining up
  - ✓ Sorting (toys, remote controls, etc.)
  - ✓ Constant organization of items of all sorts
  - ✓ Many more obsessive interests and activities
- ✓ Extreme meltdown tantrums
- ✓ Ear pain
- ✓ Throat pain
- ✓ Sudden onset fevers
- ✓ Tics
- ✓ Visual stimuli or “stims”
  - ✓ Flashing lights on and off
  - ✓ Flicking or shaking hands in field of vision or peripheral vision
  - ✓ Staring at spinning objects (fans, tops, etc.)
  - ✓ Turning anything that will spin into a top, over and over
- ✓ Many more symptoms



## ***What If My Child or I Don't Exhibit All of the PANDAS-related Symptoms?***

Our checklist of PANDAS-related symptoms is not a full listing of every specific behavior found in PANDAS, nor does everyone have all of these or the same combination of symptoms. Again, we are not diagnosing anything, we are helping you determine whether you'd like to consider homeopathy, since we have helped many dozens of people with all sorts of combinations of the PANDAS-related symptoms.



As homeopaths, we do not diagnose and we do not claim that we “cure” PANDAS or strep infections. However, we have clearly reduced or eliminated many different symptoms for many people with various combinations of PANDAS symptoms. Far too many people may be looking for psychological or mental illness treatments, when there may be physiological reasons behind these behaviors that can be successfully improved, even eliminated, through homeopathy.

Every person is unique and every manifestation of any illness is unique. Homeopathy focuses on that very uniqueness in order to find answers to the specific symptoms each person may exhibit. Homeopathy works by signaling and harnessing the body's own detoxification and healing mechanisms. Even if it is not necessarily PANDAS or if you don't have a diagnosis, typically, homeopathy can help.

Remember, we don't treat “diseases” with homeopathy. We help people with problems specific to them.

## TIPS AND TRICKS TO HELP PANDAS RIGHT NOW

- Check your probiotics for a strain called *Streptococcus thermophilus* on the ingredients panel. Avoid this strain. Because of typically high body burden and sensitivity to strep, this strain can increase any of the previously mentioned behaviors if the problem is related to PANDAS. Aggression and anger are two of the major behaviors triggered by *Streptococcus thermophilus*.
  
- Avoid commercially made yogurt and kefir. Even the organic and dairy-free ones, such as coconut or other alternative milk-based products, have *Streptococcus thermophilus* in them. And believe us, you are better off with a good probiotic because due to the pasteurization process, all those promised probiotics in your yogurt died a long time ago! If any survived, it's probably not enough to be therapeutic.
  
- Avoid foods with: MSG (Monosodium glutamate), artificial colors, artificial preservatives
  - An excellent resource for what foods, restaurants and products are glutamate-free is: [www.msgtruth.org](http://www.msgtruth.org)
  
- In our experience, many clients started having some of the previously listed symptoms after a sore throat or ear infection, after taking antibiotics for strep or other infections, after getting a PCV vaccine, or being around someone with a strep infection or a recent PCV vaccine.
  
- Start thinking about whether or not you or your child might have been ill recently (e.g., fevers, headaches, malaise, sore throat, ear pain, itchy rashes, etc.) or been around someone who was prior to the onset of your symptoms. If so, this will help us with our analysis on how to progress with homeopathy.

For more information, we hope you will [watch our video](#).

And if you are ready to help yourself or your child to get healthier and lead a more satisfying, less anxious, angry, or frustrating life, don't waste precious time. Let us help you recover yourself or your child. Click the appropriate link below to start the process toward becoming our client.

**There is hope. You aren't crazy. Your child isn't crazy. Let us help TODAY!**

**HELP MY CHILD NOW**

**HELP ME NOW**

\*The timeline is a chronological history that includes your information about physical and emotional traumas, illnesses, vaccines, injuries, drugs, etc. that you (or your child) have experienced in your lives. It begins with "prebirth" such as family history and pregnancy health concerns such as vaccines or illnesses in the mother before birth, labor and delivery, etc., thru childhood illnesses, injuries, emotional traumas, vaccines, etc., up to current time.

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