

Letter to the Editor

Tourette's Syndrome: A Plea for Orthomolecular Nutritional Help!

To the Editor:

I am hoping this Letter to the Editor will be published as there is a basic purpose in mind. Orthomolecular nutritional psychiatry has been and is being successfully applied to many diseases afflicting human beings.

Might your approach be applied to individuals with a condition known as Tourette's Syndrome? Briefly, this syndrome has many symptoms similar to Huntington's Disease (Chorea), but Tourette's *is* not degenerative, deadly, or affecting mental abilities. The most common symptoms in this rare condition (600 diagnosed cases and perhaps another 1,000-2,000 undiagnosed cases) are tardive dyskinesia, eye blinks, body tics, barking noises, and foul language. Tourette's Syndrome is currently being treated with Haldol which although controlling the symptoms, has serious side effects. In Tourette's Syndrome there is suspected an excessive amount of dopamine caused by, in my opinion, either (a) excess production of dopamine, (b) deficiency of choline leading to (a), (c) disturbance in dopamine metabolic machinery, (d) inability to get rid of excess or normal amounts of dopamine which have accumulated.

What I am requesting is that I would like any Orthomolecular nutritional psychiatrist or practitioner who has had any experience and some success, knowledge, interest, and willingness in treating children or adults with

this Syndrome to correspond with me or to a lovely mother of a child with this condition. This courageous lady is Mrs. Erica Feinholtz, 40-05 Patterson Street, Fair Lawn, New Jersey.

I have recently had the privilege of being invited to serve as a consultant to Mrs. Feinholtz and have expressed my opinion that Orthomolecular nutritional psychiatry is the most likely professional group to have an effective therapy for this condition.

My appreciation is gratefully expressed to any and all of you who take the time from your busy practices to respond to our request. We firmly believe that Orthomolecular nutritional psychiatry will lead the victory march toward the solution of Tourette's Syndrome as it has in so many other previously considered "hopeless" conditions.

My sincere thanks,
Philip Jay Hodes
144 Keer Avenue
Newark, N.J. 07112

P.S. I would like to form an Orthomolecular Nutritional Task Force to combat Tourette's Syndrome. Would those interested please submit your names, addresses, and phone numbers so that parents of children with Tourette's Syndrome could have someone to bring their youngsters to for proper help.