

Theresa was determined to help Daniel, now 15

Doctor Mum

# Hypnosis cured his Tourette's

Her son Daniel suffered from Tourette syndrome but Theresa Gray, from Kent, found the answer

Daniel was diagnosed with ADHD (attention deficit hyperactive disorder) at 10 and I was told his tics and odd 'face-pulling' were part of the condition.

But I became very worried and when he was 12, I took him to my GP. He referred him to a psychologist, who told me Daniel's strange movements were a mild form of Tourette syndrome, which doesn't always show itself as

shouting and swearing. He was prescribed medication, but his tics got worse. One weekend when he was 13, Daniel started barking like a dog, even in his sleep. He had good friends at school, but was being ridiculed in the street.

I'm an ordinary mum, but I became determined to find an answer. I went on the internet and left messages on forums. Then I came across a book, *Is That My Child?* by Dr Robin Pauc, a child neurology expert who claims one in five children with Tourette's can be cured by a healthy diet and brain-stimulating exercises.

Daniel was eating lots of fruit and veg, but I stopped him having school dinners, made him healthy sandwiches instead and gave him omega-3 fish oil capsules, which he still takes. I also visited health shops for advice, and bought whatever they recommended.

Then my husband Maurice suggested hypnosis, so I found a local therapist called Lynda Hudson, who treats

children. After one 90-minute session, Daniel's 'barking' had lessened. After another, it was almost gone. Two years later, you'd hardly know Daniel ever had Tourette's. It's fantastic.

If not for hypnotherapy I fear Daniel would have ended up like Pete in *Big Brother*. His appearance has made Tourette's less of a taboo – but I can't bear to see him struggling with the condition.



Tourette sufferer Pete from *Big Brother*

#### What she tried:

##### The Internet.

Posting messages on website forums.

Reading self-help books

Stopping school dinners

Introducing omega-3 & 6,

Chinese herbal drops

from America and

multivitamins

##### She spoke to:

Her GP, referred to psychologist; psychiatrist, medical charity helpline counsellors and health store staff.

• Lynda Hudson  
consultant hypnotherapist  
020 8402 1928  
[www.firstwayforward.com](http://www.firstwayforward.com)  
• Tourette Syndrome (UK)  
Association 0845 4581252  
[www.tsa.org.uk](http://www.tsa.org.uk)

Your story could help others. Write to us or email [womanhealth@ipcmedia.com](mailto:womanhealth@ipcmedia.com) marking subject box 'Dr Mum'