



What is Tardive Dyskinesia?

Tardive dyskinesia (TD) is a **disorder of the central nervous system** characterized by involuntary, repetitive muscle contractions. This disorder can affect any part of the body such as the limbs, neck, trunk, eyelids, facial muscles and vocal cords.

Research shows that approximately a third of all people who use antipsychotic drugs for several years are affected by tardive dyskinesia. Older people and people with [mood disorders](#) are more at risk. People who develop [Parkinson's disease](#) are particularly at risk as drugs used to treat this condition are associated with tardive dyskinesia.

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Diagnosing Tardive Dyskinesia

Common features of the disorder include rapid movements of the shoulders, arms, legs and trunk, tongue protrusion, grimacing, **lip smacking, puckering and pursing**. The eyes may also blink very quickly, and fingers move involuntary – when this occurs it seems as though the person with TD is playing an invisible piano or guitar.

During the early stages of this disorder, the movements may be very subtle (licking of lips or blinking of the eyes) and often the person affected as well as the people around him or her may not notice these symptoms. These movements may become noticeable in later stages, and is physically and socially disabling.

What Causes Tardive Dyskinesia?

The primary cause of tardive dyskinesia is the long-term use of anti-psychotic drugs. These drugs are generally prescribed to **treat psychiatric disorders** such as schizophrenia, [manic depression](#) and severe [depression](#). Sometimes these types of drugs may also be prescribed for neurological or [gastrointestinal disorders](#).

Symptoms of tardive dyskinesia may start up again once the medicine

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

has been discontinued. If tardive dyskinesia is managed correctly, symptoms may improve over time. Occasionally, tardive dyskinesia may occur in people who have never even been treated with anti-psychotic drugs.

Drugs commonly associated with tardive dyskinesia

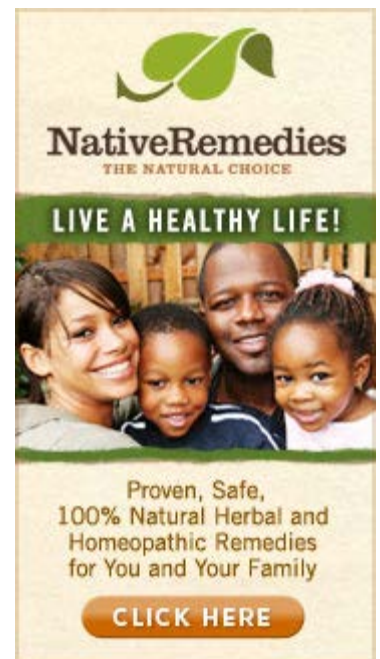
- Antipsychotic drugs such as neuroleptics or tranquilizers
- Levodopa or L-dopa, which is used to treat Parkinson's disease – however, high doses of L-dopa may actually help control tardive dyskinesia
- Tricyclic antidepressants used to treat depression and other mood disorders
- Antiemetic medicines used to control [nausea](#) and [vomiting](#)
- Other medicines that block dopamine

Help for Tardive Dyskinesia

The main aim of treatment is to stop or minimize the use of the antipsychotic medication. However, this option is not always possible as **patients with psychiatric disorders** cannot simply stop taking their medication. Switching to a new antipsychotic medication or lowering the dosage level to reduce movements may help some patients.

New antipsychotic medicines such as clozapine do not cause tardive dyskinesia, while benzodiazepines, adrenergic antagonists, and dopamine agonists may also be helpful. Vitamin E is also extremely beneficial for patients who have had tardive dyskinesia for less than five years.

Natural treatments such as herbs and tissue salts can also help to reduce the symptoms of tardive dyskinesia. These treatments are safe and gentle on the body's system and can be used in conjunction with prescription medication. Use tissue salts regularly to **promote systemic balance in the brain**, spinal cord and the entire nervous system. Herbs such as Silybum marianus (Milk Thistle), Taraxacum



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to

officinale (Dandelion) and Verbena officinalis (Vervain or Wild Hyssop) are excellent for the [liver](#) health and help it resist damage from toxins and disease.

get you an answer within 24 hours.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being."



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A vertical advertisement banner. At the top is a circular portrait of a smiling woman with dark curly hair. Below the portrait is a green horizontal bar. Underneath is a white circular area containing the text "Monthly Specials" in bold black font, followed by "Up to 25% Savings!" in orange font. At the bottom of the white circle is the text "CLICK HERE!" in blue. The entire banner has a blue background with a green leaf graphic at the bottom right corner.

This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make



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