

AussieSalesGuy

My youngest grandson has had huge difficulties actually going to sleep since he was very young. His parents can put him to bed at 7pm and he is still awake at 10pm or even later. They have tried many methods to help him sleep. When he was about 4 he started to develop abnormal blinking. Now he is 6 it's almost developed to the stage of being a twitch. Although it's basically just eye movement. They are extremely worried.

Doctors first thought it was a dry eye issue (medication ineffective), then they tried allergy meds and it had no effect either. The optometrist says he can find nothing wrong with his eyes. Although they can all see his eyes often look inflamed. My daughter is now taking him to see the best pediatric neurological ophthalmologist she can find in Sydney (hope I've got that title correct). My daughter and husband are getting very worried even thinking it may be Tourette Syndrome. Anyone got any ideas ?

Posted On 04/05/2017

stanleybecker

hi there - I have no ideas per se - but when reading your post I thought your grandchild was stressed with all the involuntary eye movement - and then you mentioned your daughter's stress - stress in a family setting can be contagious - my focus would be on how to relax your daughter's stress levels - this will relax your grandson's stress symptoms - music training might help if the teacher is not an ogre - walks in nature - plenty of cuddles - consistency of emotional attitude - believing that the answer might lie in medical attention might increase the stress - sugar and Junk Food will definitely increase attention deficit syndrome - find a solution that does not include the prescription of Ritalin - a pet dog or cat might really help - visits to the library and/ or theater - the fascination with books might offset some of the possible smothering attention that might be involved - good luck

Posted On 04/06/2017

UKlynn

Hi Aussiesalesguy! Please may I suggest switching off ALL electronic gadgets, no charging mobiles at night, no wifi, no cordless phones. Two hours before bed no tablets, TV, computers, Wii, mobile phones etc....the blue light stops melatonin production. Downloads f.lux onto all electronic gadgets - this dims the 'blue light' giving the screen an amber hue. The microwaves from these devices keep the brain awake at night and stop melatonin production. My friends son stopped sleeping altogether when they installed 4G mast near their home-after 2 weeks he had a seizure, they then learned about e-smog and Electro Hyper Sensitivity. Please watch on vimeo 'Resonance-Beings of Frequency' I cannot sleep in presence of wifi, mobiles etc..please try this-switching it all off-what is there to lose? Some people even switch off the mains at the fuse box at night as there is also Dirty Electricity. These are High Frequencies that are carried in on the house wiring that can also affect us.Solar Panels can also cause this. Big problem now is the roll out of 'Smart Meters' very unsmart. Constant microwaving day and night, people's health will fall off a cliff. Microwaves open up the Blood Brain Barrier allowing toxins and pathogens in that normally are blocked...I could go on.....Oh yes...baby monitors..these also use radio frequencies so this may have been the start, satellite TV, disconnect every night. If in doubt ban everything electrical from the bedroom and preferably turn mains off at night-try for one week and see if there is a difference. First few nights everyone may sweat a lot and feel unwell/groggy the next day as body can now release toxins.Drink plenty of water, Epsom salt baths will help speed up detox. xx

Posted On 04/06/2017

kefa55

AussieSales..your grandson is toxic. If he detoxifies his body all of his problems will be gone. Doctors know nothing on detoxification because we are not told the truth in the medical school so they cannot help. All that the doctors know is to further poison the body by implementing toxic medicaments. More toxicity, stronger the symptoms and more health problems will pile up. Love and light.

Posted On 04/06/2017

Krofter

Aussie - I agree with stan, UK and kafa. Your son is not medicine deficient. Dr. Mercola has stated many times in his articles that food represents 80% of our health, the rest being exercise/activity and a happy social situation. So I'd make sure his diet is right before doing anything else. No processed foods (nothing out of a can, bag, box or package), no sugar (no fruit juice), low carbs, high fat - all things Dr Mercola talks about all the time.

Posted On 04/06/2017

realfoody

A quick search online says twitching can come from fatigue. Maybe it is tied to his inability to sleep well? Watch this video from Mama Natural; she is a follower of Weston Price and thinks like us. She found a simple way to get her 4YO to sleep. I also use the product she suggests and find if I forget a day, I don't sleep as well, either. Here's the link, and best wishes to you! www.youtube.com/watch

Posted On 04/06/2017

iamblessediam

Hi realfoody -- Tart cherry juice normalizes uric acid levels in all age groups and works particularly well with hypertensive children - whatever that "label" stands for: [www.drdauidwilliams.com/tart-cherry-is-an-effective-gout-treatment] and [www.hindawi.com/.../747082]. Me thinks everyone everyone suffers from some form of hypertension - it's called STRESS! Love, blessings and peace!

Posted On 04/06/2017

EDEC079

Have they had his iron levels checked? Low iron disrupts the body's ability to produce melatonin, if I recall correctly (not to mention many other important functions). Cow's milk doesn't have much iron and sometimes kids do not eat much meat (preferred iron form).

Posted On 04/06/2017

Luvvy

Hi AussieSalesGuy, I suggest you look into the GAPS diet, and Dr. Natasha Campbell-McBride. She has had much success treating children and adults with all kinds of conditions including tics and sleep issues. This is a good article by Dr. M. Wishing your family all the best.

articles.mercola.com/sites/articles/archive/2012/05/12/dr-campbell-mcb..

Posted On 04/06/2017

totalemfsolutions

He is sleeping in a high EMF area. Kids all over the country are developing Tourette Syndrome and everyone is ignoring all the cell towers, WiFi, and dirty electricity they are exposed to, especially when at school. www.youtube.com/watch

It's a medical mystery when the cause is ignored. This scenario is similar to when doctors made fun of Ignaz Semmelweis for washing his hands between surgeries. It's called the semmelweis reflex.

en.wikipedia.org/.../Semmelweis_reflex

Posted On 04/09/2017

joymoeller

The eye movement may be involved with the tongue not functioning correctly. I would have your daughter find a myofunctional therapist and have the lingual and labial frenums checked and have the chewing, swallowing and breathing evaluated. There is no research on the eye movements and myofunctional disorders but I do know they are doing research on movement disorders and myofunctional therapy now. I have seen the eye movements normalize after therapy.

Posted On 04/06/2017

Lillicures

10 years ago, I was suffering from sleep apnea. It was really terrifying to wake up gasping for air. During this time, I started to practice yoga and became very aware of how my body felt and decided to become vegetarian. This improved my health. Then I became vegan. As a result, my sleep apnea went away. For me, not eating animal products improved my health. One thing I want to add is that we are not all the same and what works for one, may not work for another. But one thing I know, is that eating rotting flesh just can't be a good thing. Many great athletes are also becoming vegan because they see the results. Eating a plant based diet, getting exercise, doing hot sauna, and having a good sense of humor was my solution. I also make sure to not have phones and tablets in my bedroom.

I am thankful to this site for helping me discover that I was celiac and once I gave up gluten, most of my health problems went away. The thing I like even more, are the people who take the time to comment here. I am grateful to you all and pray for your good health. Forbiddenhealing is my #1 favorite. I know Dr. Mercola is always going on about fish, eggs, and bone broth and while those things are good for other people, being vegan not only saved my life but I can now actually enjoy life and all my test results show I am in excellent health. My dentist even noticed that I don't have as much plaque as I did in previous years. I am not preaching to anyone to become vegan. I am simply sharing my own experience.

For those seeking to find a solution for their sleep apnea, perhaps not eating animal products for a while is a good test. It is not easy and it takes much effort to make sure you get the proper nutrients, but for me, it is worth it and I have restful sleep now.

Posted On 04/06/2017

titaniumquartz

My son's severe sleep apnea was solved with one single visit to the certified osteopath. (After removing tonsils, then removing adenoids showed absolutely no results).

Posted On 04/06/2017

helpothers

I had to wean my son at 6 weeks for health reasons. He had allergies and became a mouth breather. I took him to an orthodontist to have a palate expander when he was 9 or 10 because another orthodontist wanted to pull several of his teeth and I had already learned that was a bad idea - I myself had 4 teeth removed for orthodontics at 18 and I didn't want that for my kids. This dentist was aware of the breathing/facial development issue but his solution was to recommend my son have his tonsils and adenoids removed because they were having an affect on his airway. Me being my inquisitive self (and not wanting to compromise my son's immune system) researched why his adenoids and tonsils might be inflamed and took him to an ND who did an allergy test. We ended up doing immunotherapy SLIT and that reduced his adenoids and tonsils so we didn't have to have the surgery. Sadly, he already had the mouth breathing habit and that was never resolved so he did end up with all his nice straight teeth, but a small lower jaw and long face. Alternatively, my youngest child who I breastfed until she was 2 1/2, had a nice wide palate and didn't need expansion or teeth removed. So to me the breastfeeding thing seems to make sense as well as the airway remaining uncompromised. I've watched a few videos online from Dr. Mew (orthotropics) and he seems to indicate that even as adults we have some ability to change facial structure if we correct the underlying muscle dysfunction. This also seems valid to me as I recognize a person with an permanently injured leg can develop a functional scoliosis later in life due to that imbalance. If the skeleton replaces itself every 7 years, I believe it should be possible to recreate permanent change if a person can accomplish finding the underlying cause of the problem.

Posted On 04/06/2017

Kato109

I am in the middle of the process of changing at 59 and I think its so important to understand that you can make huge changes even late in life. And Buteyko method can change you from mouth breathing to nose breathing at any age. It might not entirely remodel your face but it can make a huge difference.

Posted On 04/07/2017

MDG

This is interesting to me, because my mother was unable to breast feed me due to problems with her breast milk. She wasn't producing enough or something, can't recall the exact details, but she didn't breast feed my older brother because at the time (late 60's), doctor's recommended against breastfeeding for some reason. My mother then tried to breast feed me two years later, not because she was told to by doctors but because she felt that she missed out on something important with my brother (mother's intuition I guess). After a couple weeks, I was anemic and she had to switch me to a bottle.

I bring all this up because neither I or my brother have ever had any problems with our jaw or teeth. I believe my brother did have braces but I never needed them. Neither of us have ever had sleep apnea, though 10 or so years ago, when I was very overweight, I was told that my snoring was quite loud. I still snore now, by my partner tells me it's quite soft and intermittent (I never stop breathing and always feel rested when I get a good 7 - 8 hours of sleep).

Anyway, it makes me think there is more going on than just lack of breastfeeding. Thankfully, my son was breast fed for the first year or two of his life, though he sometimes got the breast milk from a bottle, due to his mother only getting a couple months of maternity leave (requiring her to use a pump so I could feed him while she was at work). He has not had any issues with teeth or jaw and doesn't snore at all.

Posted On 04/06/2017

kefa55

MDG...your observation is correct. The problem is always the same when health issues are in question and that is toxicity. Mothers milk can be toxic if mother eats incorrectly. When woman does not produce enough milk, often the reason is insufficient amount of water in her body. This also produces a toxic environment within the body so it will reflect on the quality of her milk.

Posted On 04/06/2017

Mikke5

Sleep Apnea shortens people life , make people fat , depressed ,sick and insulin resistant .

Posted On 04/06/2017

4Catherine

My husband and I have used an oral device before, from well-known S. Ca dentist ... I called it a torture device. Tried it a couple times, but it was a saliva choking hazard - better off just snoring. Wish there were good solutions, since most of us can't go back to babyhood to breastfeed to get a better start in life and with facial development.

Posted On 04/06/2017

joymoeller

There are solutions for adults as well as children with myofunctional therapy. We un-do the damage of not breast feeding, or not breast feeding long enough by re-patterning all at the muscles in the head and neck. We teach proper chewing, swallowing and breathing. And form will change by changing the function. We work in collaboration with dentists and physicians. It is hard work but it is worth it. Sometimes we include a few didgeridoo lessons as well.

Posted On 04/06/2017

lindalonia

I breastfed my first child and thought breastfeeding would be easy with the next child. However, my second child had difficulty latching on. Her "biting" me caused a breast infection which led me to give up and bottle feed. As an older child in the back seat of the car on the way home from school, this child would fall asleep with her mouth open. She is an adult now, does not have sleep apnea, but tends to fall asleep with an open mouth. In hindsight I wish I had known about lactation consultants when she was born; A lactation consultant could have helped with repositioning her tongue. Is it possible to sleep with the mouth open yet breath normally during waking hours?

Posted On 04/06/2017

Guillermou

Also consider that obesity not only increases the risk of sleep apnea, but sleep apnea can also contribute to many of the same diseases that obesity causes. Research shows that sleep apnea negatively affects multiple organ systems and is associated with cardiovascular disease, insulin resistance, systemic inflammation, visceral fat deposition, and dyslipidemia. pubmed.ncbi.nlm.nih.gov/20202954 (2012) www.mayoclinic.org/diseases-conditions/sleep-apnea/symptoms-causes/syc.. www.usa.philips.com/c-e/hs/better-sleep-breathing-blog/better-sleep/wh.. draxe.com/.../sleep-apnea (2020) Long-term complications of sleep apnea may include an increased risk of heart disease, stroke, diabetes, obesity, depression, memory problems, viruses, and sexual dysfunction.

Sleep disturbances have also been correlated with traffic accidents, poor work performance, poor grades in school, and increased susceptibility to the common cold and flu. The impact of variations in sleep duration, sleep-disordered breathing, and chronotype on cardiometabolic function spans a wide range of disturbances ranging from obesity, insulin resistance, type 2 diabetes, metabolic syndrome, and the risk and mortality from cardiovascular diseases in both adults and children.

pubmed.ncbi.nlm.nih.gov/17233651 (2007) www.ncbi.nlm.nih.gov/.../PMC5003523 (2018) Sympathetic activation and baroreflex and chemoreflex impairment seem to be the main pathophysiological factors that cause sleep apnea to activate several mechanisms that cause cardiac and vascular damage. link.springer.com/.../s40292-021-00484-4 (2021)

Posted On 02/28/2024

MMaster

If a mother cannot breastfeed and must use a bottle, she can use a Nuk nipple, which is shaped like the breast in the baby's mouth. It also restricts the flow of milk so the baby has to suck properly. The best milk for bottle fed babies is raw goat's milk. (We fed our failure to thrive baby raw goat's milk, alfalfa sprouts, fresh carrot juice, a Tbsp of oil, and kelp tablets (?) for awhile. He began to grow, the plaque on his teeth fell off, his hair became shiny, and his sleeping dropped from 16 hours to 8.

Now 6' tall, healthy.) I should also make note of the fact that I breastfed all seven of our children, and only one for less than a year (he weaned himself at 11 months). We adopted two children, and I breastfed them as well. I ran a test to see if I could produce milk for an adopted baby; I was not lactating at the time. I stimulated my nipples as if I were going to express milk manually. After doing this for a week or so, I got what appeared to be colostrum. If an adoptive mother wants to breastfeed, she can consult La Leche League for help with "re"-lactating.

Our children's first pediatrician told me that in Africa, grandmothers breastfeed. They take the baby to bed with them, drink plenty of water, and allow feeding on demand for two days. Of course, westerners don't have tough nipples because we wear clothing, so that needs to be taken into account, to prevent sores on the nipples. Babies not adopted as infants may not be willing to breastfeed.

I don't know the answer. We got both of our adopted children straight out of the hospital after birth, so that was never a problem. Again, La Leche League should be able to help. If a mother wants to breastfeed but thinks she "can't", she should contact La Leche League. Doctors sometimes give drugs to mothers to dry up their milk, often without their knowledge and against their will. I consider that a form of assault. But that is why the mother who wants to breastfeed should seek help to re-lactate.

Posted On 02/28/2024

TRitchie

It can be done. I've nursed my child for 4 years (voluntarily ceased). La Leche League International can help.

Posted On 02/28/2024
