

# CBD for Tourette Syndrome

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Studies indicate that one in every 162 children may be experiencing Tourette syndrome.

Tourette syndrome, though relatively rare, is a neurological disorder characterized by tics manifested by repetitive involuntary movements and/or vocalizations. Unfortunately, like most prescribed medications, treatments for TS come with several unwanted and potentially dangerous side effects. Research has suggested that TS may be caused by a dysfunction to the frontal lobes of the brain.

## How CBD Works To Relieve Symptoms of Tourettes

Small surveys have been conducted which are now leading to studies, like the Hanover Medical School in Germany, into the effects of CBD on TS patients. The "ECS" or Endocannabinoid System is the messenger system in the body. The system regulates many functions. CBD is a super cannabinoid that activates receptors to help manage the symptoms of TS.

CBD tends to help the ECS balance and/or modulate actions in the nervous system and this may lead to a reduction in involuntary tics. CBD will not cure Tourette syndrome, but people already using CBD for TS symptoms stand as living proof, through their testimonials, that CBD is capable of providing a marked reduction in tics. Fortunately CBD contains none of the psychoactive properties associated with its sister marijuana, so it can be used without restrictions.

### Dosing Thoughts

Research studies have used doses from 15mg to as high as 600mg. Typical CBD supplements provide **20mg to 25mg**. When taking CBD for Tourette syndrome, dosing can vary widely depending on the severity of the symptoms you are experiencing. One goal to consider is to use CBD to supplement or possibly replace pharmaceuticals you might be taking. CBD is an all-natural alternative that does not build up in your system and cannot be overdosed.

May we suggest trying one of our CUBED Hemp based CBD Tinctures. Available in 1200mg or 3600mg concentrations, mixed with our exclusive Extra Virgin Olive Oil from Italy or with All Natural Hemp Seed Oil. Our Graduated Dropper makes it simple to dose properly.

It is important to consult with your healthcare provider before starting any supplement program. Most prescribed medications cannot and should not be stopped all at once.

It has been suggested to start with a dose of **10mg to 15mg** of CBD twice a day. After a few days, you may want to reduce prescribed meds incrementally while increasing your CBD dosage the following day. Steps of **10mg** are suggested to help monitor changes. Monitor your symptoms; be aware of how you feel. Don't hurry the process. Wait 2 to 3 days between changes. This will allow you to determine the dosing that your body requires to meet your goals, while documenting how your medications interact.

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