Frank Tortorici describes himself as a renaissance man and it is an accurate description of this 30-year-old personal trainer, holistic life coach, actor, model, rapper and health food entrepreneur. Frank invites kids and teens with TS interested in his super healthy lifestyle ideas to e-mail their questions about diet and exercise to him directly at: rebrib028@hotmail.com.

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Frank: My parents were very supportive and they did their best. They are some of the best parents in the world! They took me to doctors and to a TSA gathering, but it didn't resonate with me. I wanted a role model, people who were successful in the world and dealing with TS.

Frank: No. Ironically, I know there was one other kid in my class in high school on Long Island with TS and at least two others in my town and the next one over. I still keep in touch with two of them. One does nothing about it (TS) and it hinders his life in dating and work. The other bombards himself with medications. I give them pointers, but many people are afraid to address the core. TS is physical, but it's also spiritual and emotional. TS was the 'cancer in my soul.' It was feelings of being unworthy. I had to heal my soul and give back to people. Bruce Lee said, "I'm here not to teach you, but to help you explore yourself."

Frank: In 2000 I bombed at an audition. I could not focus and I broke down. It was a turning point for me; a breakthrough. I just kept hiding my TS and masking it for so long. Having TS was a block and I was never able to tap into my true creativity. In school I'd been a great student, but I couldn't take tests. I was afraid of who was looking at me. And this fear of twitching was rolling over into my audition process. That audition was the breakthrough. I realized I had to let go and find a solution to my problem.

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Frank: My parents were very supportive and they did their best. They are some of the best parents in the world! They took me to doctors and to a TSA gathering, but it didn't resonate with me. I wished I had somebody to talk to who was younger and not a pot bellied doctor with glasses in my face. There were everyday people at that meeting; people who lived with TS. But I wanted a heroic figure. I wanted a role model, people who were successful in the world and dealing with TS.

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TS: When were you diagnosed?

Frank: When I was in third grade I was the star pitcher on my baseball team. I was called on to pitch in high-pressure situations. My coach noticed a nervous twitch and told my mom. I started to develop facial twitches and I was sniffing my hand. By fourth grade I was diagnosed with TS.

TS: What kind of impact has TS had on your life and work?

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TS: Does anyone else in your family have TS?

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TS: Do you have any advice for kids with TS?

Frank: Most people walk through life asleep. A disorder makes you stand out and look in the mirror. It’s an opportunity to find a solution, not be a victim. Focus on the good and the ladder is there for you to climb out of the hole.

Eat for nutrition not just for taste. I’ve gone into high schools in LA with hip hop stars and actors to talk about pure foods. My dream is to hit that MTV audience. I plan on shaking the world with my message.

Become a Member of the TSA Legacy Society

While creating or updating your estate plan, please consider becoming a member of the TSA Legacy Society. It’s a great way to protect your estate for your heirs while providing much-needed support for the future of TSA. You may name TSA in your will or include TSA as a beneficiary of an insurance policy, annuity or trust. In many cases, IRS regulations can provide significant tax relief at the time such irrevocable gifts are created. Gifts of any size are gladly accepted and appreciated. For further information, please contact Mark Levine in the Development Office at ext. 230. All communications concerning this program are confidential.