

## Antidepressants -- The Ugly Truth

We've become a nation of antidepressant users but Big Pharma's "happy pills" are more likely to kill you than cure you. Between 1999 and 2012, the percentage of Americans taking antidepressants nearly doubled. One in eight Americans uses antidepressants. The bigger problem is that these drugs don't work. Research shows that only one in seven people benefit from the most popular type of antidepressants-selective serotonin reuptake inhibitors (SSRI's) like Celexa, Lexapro, Paxil, Prozac and Zoloft.

Worse, a growing body of research shows that these so-called "happy pills" can worsen mental health issues.

Studies have linked SSRIs to birth defects in children born to women who took antidepressants while pregnant, breast cancer, bleeding in the brain, hallucinations, heart disease, mania, mass shootings, organ damage, psychosis, skyrocketing suicide rates and violent behavior.

The good news is that many people don't need these dangerous drugs. It's possible to cure depression naturally.

The common link between many of the world's mass shootings and antidepressants is that antidepressants can cause a depressed person who has harbored suicidal thoughts for years to finally act on those thoughts.

When people are depressed, they turn inward. They isolate themselves and are tormented by endless, negative thoughts often about harming themselves or others.

Because depressed people tend to lack energy, they are usually not physically capable of acting on those thoughts, however, when a depressed person starts taking Paxil, Zoloft or another drug, the SSRI artificially raises the level of the "feel-good" chemical serotonin in the brain. The theory is that this should make people feel less depressed but unfortunately when the depressed person has an increase in energy some people use that energy to put their negative thoughts into action including using a gun to do stupid things.

*The British Medical Journal* published a link between SSRI's and violent crimes. The researchers found that people who take SSRI's commit more violent crimes than those not on antidepressants.

The researchers also found that young people age 15 to 24 were 43% more likely to commit homicide or other serious crimes if they were taking SSRI's. This is serious stuff. Big Pharma is killing us.

### ***Birth defects.***

CDC researchers found that women who took Prozac and Paxil during their first trimester of pregnancy, or the month before they became pregnant, were substantially more likely to have

children with significant birth defects. Do you know someone who is pregnant? Make sure they are aware of this info.

These poor children had up to 3.5 times greater risk of obstructed blood flow from their heart to their lungs, holes in their heart walls, missing pieces of their brains and skulls, and irregularly shaped skulls. Abdominal wall defects were also a possibility. We must put an end to the endless drugging of America.

### ***Breast cancer.***

70% of cancerous breast tumors increase in size when estrogen levels rise. Paxil has been found to have an estrogen-like effect on the body. I say it is likely that Prozac, Zoloft, Lexapro and Celexa can escalate your risk of breast cancer just like Paxil does.

### ***Heart problems.***

SSRI's Celexa and Lexapro are linked to dangerous heart rhythm abnormalities. Norpramin is a common brand that can cause sudden cardiac deaths.

### ***Liver damage.***

French researchers found that people who took antidepressants had signs of liver damage. The researchers discovered that this damage could begin within a few days of first taking a wide variety of antidepressants. Older people appear to be most vulnerable -- no matter what dosage was taken.

### ***Mental Health Problems.***

People need to understand that the drugs designed to alleviate one mental condition may create more mental conditions. There is evidence linking antidepressant use to anxiety, delusions, hallucinations, mania and psychosis. Antidepressant drugs shut down brain connectivity within three hours. Research shows that a single SSRI dose can reduce connectivity. SSRI drugs can create an emotionally blunted, lobotomy-like effect in some people. It is amazing that anyone is stupid enough to ingest this stuff. Whatever happened to learning how to deal with life issues instead of brain becoming numb to reality?

Depression is not a disease. It is a sign of a deeper problem that needs to be resolved. Depression has a variety of causes. You may be susceptible to seasonal affective disorder (SAD) caused by long winter days without sunshine. You may have thyroid disease or another hormonal condition. Depression may be an emotional response to complex problems that need to be understood and conquered. It may be natural way of coping with stress or emotional trauma.

## Tips to Defeat Depression

Don't underestimate the power of your own Mind when it comes to alleviating depression or any other illness.

*MemGram<sup>®</sup> Processing:* Before antidepressants were invented, people used to deal with depression by talking about their problems. But now, psychiatrists believe they can replace this proven method with a pill. They're wrong and research proves it. Danish researchers published a study involving about 5,000 people who were so severely depressed that they had attempted suicide. The study participants were divided into two groups. The group that underwent only six to 10 psychological counseling sessions had 26% fewer suicide attempts over the next five years, compared to the group that didn't have any counseling.

So if you're depressed, talk about your problems. A licensed counselor is ideal, but there are also benefits in talking to your family, friends or clergy.

Knowing Your MemGram<sup>®</sup> is an absolute necessity for a depressed person. Knowing The Plan Against Your Life is a valuable tool for moving from “poor me” to being-doing-having everything you desire. (<http://memgram.biri.org>)

*Light therapy.* Spending time in front of a light box is an effective approach for people with seasonal affective disorder (SAD). Studies show it may also alleviate other types of depression. I recommend sitting in front of your light box half an hour daily shortly after you arise or perhaps while eating a healthy breakfast.

*Spending time in nature.* Studies show that getting out in the fresh air daily can improve your health and help reduce depression.

*Exercise.* Countless studies show that simply moving helps lift depression. Spend 30 minutes daily walking or exercising.

In one study, researchers gathered 126 people who had been taking SSRIs but still felt depressed. After four months of mild exercise, nearly one-third of the people reported that their depression had disappeared. Amazing what just a little exercise will do for your attitude.

*Eating right.* Mainstream psychiatrists now admit that good nutrition can prevent mental health problems, including depression. Consider doing the BIA<sup>®</sup> (urine/saliva test) to determine what foods you should or should not be eating. (<http://www.bia.biri.org>)

### EMOTIONAL BALANCING NUTRITION:

Eliminate sugars and processed carbs like white bread and pasta

Eat 7-8 servings of fruits and vegetables daily

Eat protein with every meal. Mood-boosting proteins are eggs, meat, organ meats and seafood.

Include olive or nut oils in your daily diet.

*Supplements.*

Vitamin D Drops – ([www.healthyhabits.com](http://www.healthyhabits.com))

Cataplex B – ([www.biri.org](http://www.biri.org))

Omega-3x – ([www.healthyhabits.com](http://www.healthyhabits.com))

Zinc A & C Formula ([www.healthyhabits.com](http://www.healthyhabits.com))

Magnesium Oil ([www.healthyhabits.com](http://www.healthyhabits.com))

ZENEX - This product is amazing for mood balancing, energy and weight management. (<http://zenex.longevity-formulas.com>)

Hair Mineral Analysis - The Hair Mineral Analyses (HMA) is an easy test to do. Order the HMA specimen kit and return it with a hair specimen. Mineral levels in your body are an all-important factor for establishing overall wellness of the body. Everything comes from minerals. Minerals are the basic building blocks of the body. So go your minerals, so goes your body -- often ending up in a disease state when in reality it all started with improper mineral ratios that should have been noticed and corrected years earlier. Minerals are the FIRST domino. Most symptoms later in life are the result of unbalanced mineral ratios earlier in life. If your mineral ratios are out of balance, no amount of right anything is going to have a lasting effect until you fix those ratios.

You cannot get this info from blood, urine or saliva. For example, the body will "rob Peter to pay Paul" for years to keep the blood normal. Blood is your lifeline. The body will rob from less critical areas to provide what the blood needs to remain normal. This may create symptoms, like the ones you are reporting, but they won't be life-threatening symptoms like it would be if your blood falls out of normal ranges. This is why you can feel terrible and still have a blood test that is "normal." <https://www.biri.org/hair>

You may order the specimen kit from BIRI ([www.biri.org](http://www.biri.org)), or from Healthy Habits. The specimen kit from Healthy Habits includes a pre-paid personal consultation with my office: <https://www.healthyhabits.com/product/hair-mineral-analysis-kit/>