

Setting Our Sights Even Higher

What if we decided to actually tackle the true source of our problem: That millions of adults, (and more recently even our children), are unnecessarily being placed on psychiatric drugs that are proven to be dangerous. The true source of the problem is the very companies that both produce and aggressively promote these dangerous drugs to both doctors, and to their patients. A prime example of just how effective their crafty marketing schemes really are, is portrayed in this recent article from the *Los Angeles Times*, by Alan Zarembo:

Primary care doctors are easily persuaded to prescribe antidepressants – even unnecessarily – when a patient mentions having seen television advertisements for them, researchers reported Tuesday.

In an unusual experiment in which actresses posed as mildly depressed patients who did not need medication, doctors were five times more likely to write them prescriptions when an ad for a specific drug was mentioned.

Drug companies spend about \$3 billion a year on direct-to-consumer advertising, fomenting sharp debate over how much sway the advertisements have over doctors. The study showed the effect is significant.

“When patients ask for a drug, they tend to get a drug regardless of whether it is appropriate for them,” said Joel Weissman, a health policy expert at Harvard Medical School who was not involved in the research. *“That is a fascinating finding.”*

Surveys have shown that in up to 7 percent of doctor visits, a patient requests a prescription based on an ad – a rate that experts say can significantly boost sales.

In the study, published in the current issue of the Journal of the American Medical Association, the patients were actresses all playing the same part: a 45-year-old divorcee who had recently lost her job and was suffering from stress, fatigue and back pain. Those are symptoms of adjustment disorder, a mild, event-induced depression in which medications are thought to be of little value.

Each actress used these lines to request Paxil, a popular antidepressant: “I saw this ad on TV the other night. It was about Paxil. Some things about the ad really struck me. I was wondering if you thought Paxil might help me.”

Out of 49 such visits, 27 – or 55 percent – resulted in a prescription for an antidepressant, most often Paxil.

By comparison, patients who did not mention an ad were prescribed antidepressants just 10 percent of the time.

*Critics of direct-to-consumer advertising say **it leads to needless prescribing.***

The news media is often used to underhandedly stimulate sales. Shortly after the discovery was made that hormone replacement therapy (HRT) increased the risk for heart attacks and strokes, one lady just happened to mention “on the national news” that after stopping her HRT she discovered that Paxil™ seemed to help relieve her hot flashes! You can rest assured that, just that one announcement on the national news stimulated a lot of requests for Paxil™. The problem is, many women wouldn’t have a clue that Paxil™ is actually a very serious antidepressant, even more potent than Prozac™. And most importantly, it never actually took conducting any study to arrive at the conclusion. It just took “one woman” willing to make a statement! It is also promoting the off-label (non-FDA approved) use of a dangerous drug, for a common menopausal symptom that can easily be controlled with natural supplements.

Speaking of off-label use, another deceptive example is Eli Lilly’s attempt to disguise Prozac™, in a pretty pink and lavender pill, with the feminine-sounding name “Sarafem” for PMS! Few women would realize they were being placed on a dangerous antidepressant just for a “temporary” hormonal condition. They often create a dependency, (remember they are just Prozac™), and are all too often left on them for years.

Dr Glenmullen, author of *Prozac Backlash*, tells of a beauty operator who was placed on Paxil™ by her doctor just because she was “biting her fingernails”! Her only concern was the appearance of her fingernails. The problem is, she soon developed the Parkinson’s-like symptoms of uncontrollable jerky movements, and for over a year she wasn’t able to work! There is actually a very good explanation for what she (and others) experienced. Paxil™ appears to be the most potent version of the Selective Serotonin Reuptake Inhibitor (SSRI) antidepressants. Proof is, according to Dr. Ann Blake Tracy, author of *Prozac – Panacea or Pandora?*, when combining another SSRI, Prozac™ with alcohol, it potentiates (increases) alcohol by “ten times”. It’s basically like drinking ten drinks when you drink only one. Proof that Paxil™ is even more potent than Prozac™ is, according to Dr Tracy, every drink of alcohol is actually “equal to forty” when taking Paxil™! And they are attempting to promote it for hot flashes? Although these companies are fully aware of the inherent risks associated with these dangerous drugs, they are not about to divulge that information to the general public (or their doctor).

Although the SSRIs are by definition “selective” to the hormone serotonin only, according to Dr Glenmullen, they actually suppress the very important hormone dopamine by at least 50% as well! That could explain the Parkinson’s-like symptoms some experience, especially from the more potent SSRI Paxil™. That would also explain just one reason why a potential side effect associated with this medication is depression. Basically if, or just how soon, a person might possibly experience the typical Parkinson’s-like symptoms, depends on several variables, such as: 1) the

dosage prescribed, 2) if a person is also drinking alcohol, 3) if a person has the candida yeast infection (it ferments sugar into alcohol in the intestine), 4) other medications a person might be taking along with Paxil™, 5) the condition of the person's liver, 6) the person's metabolism (thyroid function), 7) the person's age, and finally, 8) the person's size. All these variables can determine the actual dosage a person will receive, of not only Paxil™, but their other medications as well. Also, even something as simple as eating grapefruit, or drinking the juice, can suppress the action of the P450 enzyme in the liver that attempts to detoxify, and eliminate not only these antidepressants, but also alcohol.

Our bodies are perfectly aware that these drugs are toxins. This is an inherent problem associated with medications in general, which basically increases their risk and unpredictability, and thus the greater likelihood of experiencing an overdose. That's the very reason there is such a broad range of potential side effects associated with each medication, as so many variables determine just how many you might possibly experience. For instance, according to Dr. Tracy, there are actually "575 potential side effects associated with Prozac™ on file with the FDA," who somehow deemed it perfectly safe for our children! What a terrible travesty, and absolute proof that the FDA is not actually functioning as a true regulatory agency as intended, in order to protect the public from any potential harm.

We already have ample proof that these drugs are potentially dangerous. I can provide well-documented proof, sufficient to prove beyond a doubt, that these drugs can be very dangerous. I believe I can also prove that they are totally unnecessary, as there is a sufficient number of natural, and perfectly safe, supplements that are not only less expensive, but normally even more effective than these potentially dangerous medications. The obvious solution should be to ban them, just as we did cocaine, heroin, and LSD, which we can thank the pharmaceutical industry for introducing and producing, and then aggressively promoting to the public, just as they did with the first SSRI antidepressant Prozac™ when it was introduced.

If we can prove, beyond a doubt, that there is absolutely no possible reason to subject the public to such dangerous drugs, (backed by well-documented proof), as there are much better, perfectly safe, solutions, the FDA could no longer justify not including them in the "illegal drug" category where they belong! If they chose not to, then the next step might be to initiate the necessary legislation to completely restructure the FDA, in order to eliminate the obvious collusion with the pharmaceutical industry. I just happen to have a plan for how the proposal might possibly be structured.

I have traveled extensively over the years, and thus I appreciate this country that some tend to take for granted. I also want to help assure that it remains the greatest nation in the world. We could begin by addressing the obvious corruption in medicine, which is a major concern that, in my opinion, absolutely must be stopped. Unfortunately, the pharmaceutical industry has been instrumental in corrupting medicine for decades, by using their tremendous financial power to influence the direction that medicine has gone over the years, and just for the sake of profit. They have assured that our doctors were

not trained in disease prevention or proper nutrition, (which should be the primary focus in healthcare). They have instead crafted a very effective plan to promote their “extremely profitable drugs,” and to date have been very successful in doing so.

The question is: How much longer can we continue to ignore this obvious travesty of deliberately perverting our medical system? Millions of lives are at stake, and we can make our voices heard, and make a difference! Just imagine the tremendous potential we have for saving millions of lives! This is obviously a very timely issue, and thus something that might even be considered as a priority. I have done extensive research on depression the past few years, thus other than possibly conducting a study sufficient to prove that depression can be controlled and eliminated very effectively, (without antidepressants), I believe we already have all the proof we need.