

Evaluating Psychiatry

Psychiatry is not, and likely never will be, an exact science. It involves a lot of opinions, which often vary considerably, even between the psychiatrists themselves. Where do their opinions come from, we might ask? They are mostly based on their own personal religious and ethical values or beliefs, combined with their professor's opinions, along with that of the authors in their college texts. It has absolutely no scientific basis, but instead an unproven theory, and thus we have a lot of varying opinions that can, at times be outright dangerous to their patients. The greatest concern is when they are our children.

That is especially a serious concern when the conclusion is, all too often, that some potentially dangerous psychiatric mind-altering drug might be the best solution. The other option would be, years of counseling, which is very profitable, although seldom effective. The late psychiatrist, Dr. Carl C. Pfeiffer, Ph.D., M.D., stressed that very issue. He discovered how important proper nutrition is to the brain, and that a deficiency or imbalance in nutrients can have a major influence on our mood. He indicated that only 1% of practicing psychiatrists considered the nutritional component, (or you might say, the true source of the problem).

Our brain is basically just another organ with nutritional requirements. It doesn't need some psychological diagnosis; just proper nutrition! In fact, due to its complexity, and wide range of functions, it is particularly dependent adequate nutrition and a sufficient supply of oxygen. Most medications on the market are actually creating a deficiency in the very nutrients that are especially critical for normal brain function. Some hypertension (high blood pressure) medications are also preventing the brain from receiving an adequate supply of oxygen.

According to Dr. Pfeiffer, food allergies can upset levels of hormones and other key chemicals in the brain, resulting in symptoms ranging from depression to schizophrenia. He indicated that heavy metal toxicity is another possibility. Both hypoglycemia and a hypothyroid condition can, and often does, contribute to depression and mood disorders as well.

As Dr. Joel Wallach so plainly states, *"We're just doing too many bad things, and not enough of the good things,"* and that definitely applies when it comes to mental disorders. Only by addressing the brain's nutritional and hormonal requirements, can we truly resolve any mental disorder. Some of the most popular antidepressants, such as Prozac™, actually damage the brain neurons (due to the elevated cortisol), and then start shutting down the serotonin receptors (due to excess serotonin), and finally suppress the very important hormone dopamine by over 50%, disrupting the delicate hormonal balance in the brain, leading to the bipolar disorder. Then we also have hypoglycemia, diabetes, adrenal fatigue, and sexual disorder, not to mention sleep disorder, and that's just a few of the 575 potential side effects listed with the FDA.

Worst of all, they are aggressively promoting them for our kids, and very successfully I might add.

I recall once reading of one very interesting and quite telling study, which attempted to determine just how effective psychotherapy really is. It involved both certified psychiatrists, and impostors posing as psychiatrists. The idea was to evaluate a group of patients' opinions of the benefit they experienced from different therapists. The results of the evaluations were a real eye opener. Surprisingly, the imposters (or fake psychiatrists) rated much higher in every single case, regarding the actual benefit the patients experienced from their therapy. They basically needed a caring individual with a sympathetic ear, and not someone attempting to dig up stressful events from their past. Dr. Pfeiffer (a psychiatrist himself), states that psychoanalysis can be an endless drain on the financial resources, with little more than a slim chance of help. He quoted one patient, after years of psychoanalysis, as saying *"I may know myself a lot better, but I'm still mentally ill!"* That, in my opinion, pretty much sums up the benefits of psychiatry. Not that scientific, (definitely not very cost effective), nor I might add "effective."