

Prozac™ - The Ultimate Deception

It's Risks "Far Outweigh" Any Potential Benefits!

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DISCLAIMER:

Every effort has been made by the author to ensure that the information in this book is as complete and accurate as possible, although the author cannot, and does not render judgment or advice regarding a particular individual. As our bodies are each unique, we will not always experience the same results that another might from the very same therapy.

The author believes in both prevention and the superiority of a natural non-invasive approach over drugs and surgery.

The information herein is presented by an independent research scientist, whose sources of information include 45 years of his own personal experience, along with researching the world's medical and scientific literature, and other clinical and anecdotal reports for decades.

The leading cause of death and disability today appears to be the lack of awareness of natural therapies, by both doctors and their patients, known to prevent and treat many common degenerative diseases. This ebook is dedicated to making as many as possible aware that they no longer need to suffer with depression, and that antidepressants are not the solution. Unfortunately, the general public is seldom aware of many valuable resources available for preventing or effectively eliminating any health condition, as they are often suppressed due to their lack of profitability.

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Introduction

Due to the critical nature of the information provided within, and the fact that Eli Lilly is known to aggressively defend their drugs (due to their “huge” profit potential), I have done my utmost to substantiate all my claims. I have also done my very best to keep it as simple as possible. Some of the bolding and underlining of text is mine, in order to accentuate what I consider some of the more important issues.

Although I recently wrote and published a book titled *Antidepressants, Antipsychotics, and Stimulants – Dangerous Drugs on Trial*, focusing on the sixteen psychotropic drugs currently being aggressively marketed for our kids, I decided to write an exposé on one of the most popular antidepressants of all. Prozac™, which is being promoted for everything you could imagine, and for everyone possible, (including young kids). I also decided to just give it away for free, so absolutely everyone could afford it.

All I ask is that, after reading it, and if you also feel as I do, that Prozac™ is far too dangerous to remain on the market, please pass it on to everyone you know, (including doctors prescribing it). Eli Lilly, (the makers of Prozac™), appears to have a special relationship with the FDA. Proof is, the painkiller Vioxx™ was recently pulled for “far less”! Yet Prozac™ has remained on the market for over two decades, in spite it’s well known hundreds of potential side effects, and tens of thousands complains of serious reactions from Prozac™ use, filed with the FDA. And possibly worst of all, Prozac™ is now being aggressively marketed to our kids, (innocent victims)! The obvious question is, why? And, what can we do about it?

Exposing The Prozac™ Nightmare! And the FDA's Claim That It's Perfectly Safe For Our Kids

You are about to learn many of Prozac's dirty little secrets, which have been deliberately hidden from the public's view, for decades. Once Prozac's secrets have finally been exposed, the next step should be to put a stop to the obvious deception, before any more of our kids' lives are unnecessarily destroyed. Especially at such an early age! And it doesn't just stop there, as many adults have been exposed even longer, (especially the elderly). Both the young, and the elderly, are at the greatest risk of all for a drug overdose, often resulting in serious reactions, such as the increased risk for suicide.

Once you learn the many little-known facts about Prozac's dark side, you will likely wonder if the FDA really knows what it's doing, (or if it truly cares). I believe you will be convinced that one or the other has to apply – beyond a doubt. Although most drugs on the market today actually provide far more risk than any real benefit, in my mind Prozac™ actually tops the list of “the worst of the worst”, and that's saying something! As we progress in our discovery, I believe you will soon see why.

So let's get started on our journey of discovery. First and foremost, every single molecule of Prozac™ (fluoxetine) actually contains 3 molecules of the “highly toxic” fluoride, (a major issue)! That's also what makes Prozac™ unique, regarding antidepressants in general. You will soon discover just how toxic the fluoride in Prozac™ (classified as an environmental toxin) can actually be once it's ingested in such a high concentration, (3 to 1 ratio).

Secondly, according to Dr. Ann Blake Tracy, Prozac™ causes a 200% increase of the stress hormone cortisol, which is known to contribute to multiple conditions, (another way Prozac™ is unique).

Then, another obvious concern is the extensive list of 16 crucial nutrients Prozac™ depletes, which include vitamin B₁, vitamin B₂, vitamin B₃, vitamin B₆, vitamin B₁₂, folic acid, vitamin C, vitamin D, coenzyme Q₁₀, calcium, magnesium, manganese, selenium, sodium, zinc, and glutathione, (one way Prozac™ is not unique). Only by becoming aware of the important part that each nutrient depleted actually plays, could you fully appreciate that concern. Incidentally, they are all discussed in the back of my book *A Drug-Free Approach To Healthcare*.

Then, although Prozac™ is classified as an SSRI antidepressant, (selective to serotonin only), according to Dr. Glenmullen, the author of *Prozac Backlash*, that's not really true. He claims that just one of Prozac's many dark sides is its suppression of the major neurotransmitter dopamine,

which he refers to as the “Prozac™ backlash”! It’s also important to keep in mind that Prozac™ doesn’t actually produce serotonin, nor does it in any way stimulate the production of serotonin. That’s just not what Prozac™ does. Its primary focus is to fool the brain into thinking that it has more serotonin than it really does, (similar to most illegal drugs). Rather than allowing the brain to regulate the amount of serotonin the receptors receive, (a critical process), Prozac™ instead overrides that normal process, and floods the receptors with serotonin. The problem is, that eventually results in serotonin resistance, as some receptors begin shutting down, (the brain’s defense mechanism). Serotonin resistance is similar to insulin resistance in the body, when the cell receptors are exposed to an excessive amount of glucose, (basically, type II diabetes). Although in this case, it’s instead excess serotonin.

Although Prozac’s intended target is the brain, it actually creates a lot of damage along the way. It’s also interesting to note that at least 90% of serotonin is actually produced in the intestinal tract. Thus, an intestinal disorder can contribute to a serotonin deficiency. Serotonin also has other functions in both the body and brain, such as the storage of energy. Prozac™ prevents the efficient use of serotonin by unnecessarily wasting it, thus creating a deficiency. These are critical issues that drug companies chose to ignore, and assume that neither you, nor your doctor, will ever discover, (although now you know) – and believe me, we’re just getting started! Unfortunately, most doctors don’t have a clue as to the serious risks they are exposing their patients to. The problem is, most doctors don’t have adequate time to fully research the many different drugs that they prescribe daily, although I do. Doctors often deal with dozens of patients on a daily basis, and they also have hundreds of drugs to choose from, not to mention dealing with insurance companies, and running a business. The doctors are often victims of the pharmaceutical industry, (as unfortunately are their patients).

Just addressing the problems associated with a deficiency of each of the nutrients depleted by Prozac™, and tying them to the literally hundreds of potential side effects associated with Prozac™ alone, would likely be overwhelming for you. Especially as, according to Dr. Tracy, there are a total of 575 side effects associated with Prozac™, listed with the FDA! More than any other drug in history, yet knowing that, the FDA still concluded that it’s perfectly OK for our kids, and pregnant mothers!

Considering how many potential side effects are associated with Prozac™, it’s easy to understand the “typical domino effect”, which Prozac™ is so effective at initiating. It’s basically a drug company’s gold mine, and the beginning of millions of unsuspecting children’s nightmare,

(and they trust us to make decisions that are in their best interest)! But who really cares? The FDA obviously doesn't, nor does Eli Lilly, who created one of the best selling, yet most deceptive drugs on the market! They even disguise it in a pink and lavender pill, (with the exact same ingredients), and promote it for women with PMS, (which is a typical hormone imbalance that Prozac™ can't fix). They decided to name it Sarafem™. It looks and sounds feminine, and even rather innocent. Yet, few women are aware that they are actually taking Prozac™ – an obvious deception! Why don't they at least tell them the truth? Likely because it doesn't have the negative connotation that an antidepressant would. Not only that but, "Sarafem™" doesn't sound nearly as risky, although it obviously is.

Not only does the fluoride in Prozac™ deplete one of the most critical minerals, magnesium, but it even "**lowers** serotonin"! So, Prozac™ doesn't just deplete dopamine, but even serotonin, (quite amazing, I would say).

Any benefits that Prozac™ might "appear to have", would be relatively short-term, (which is also typical with all illegal drugs, as well). I believe that once you learn the dark side of Prozac™, you will likely wonder, as I, why Prozac™ still remains legal.

Then the study that Eli Lilly used to seek FDA approval didn't allow adequate time for all the many troubling side effects to begin showing up. And they conveniently excluded the one study that discovered that Prozac™ had little more benefit than a placebo! As usual, with drugs in general, there are far more risks than any real benefit, (if there truly were any), and that is especially true regarding Prozac™.

Yet they all somehow received FDA approval anyway. The obvious question is, why? It's basically double jeopardy – absolutely no benefit, yet worsening our health, (which all drugs are so well known for). Antidepressants are one class of drugs that doctors often prescribe as a placebo, or for killing pain. Although in my opinion, they are much better at killing people, than pain. They not only increase the risk of committing suicide, or incidences such as school shootings (and killing others), but they also contribute to diseases that greatly reduce the quality of life.

Drug companies often conduct several studies concurrently, and do their utmost to influence the outcome of each – often deliberately hand-picking those who will be included in a particular study, and which study results to submit. Yet, once the FDA approves them, those at the greatest risk (such as the elderly or young children) are placed on them. Their primary objective is getting a drug approved, and generating income ASAP. A drug's safety is definitely secondary. That was without a doubt true, regarding the FDA approval of Prozac™.

Interestingly, according to an article published in the December 30, 2008, issue of the *New York Times*, “**Experts say most drugs, whatever the disease, work for only about half the people who take them. Not only is much of America’s approximately \$300 billion annual drug spending wasted, but countless patients are being exposed unnecessarily to side effects**” (<http://iht.nytimes.com/articles/2008/12/30/business/30gene.php>).

The truth is, if all the known facts were finally exposed, regarding each of the hundreds of FDA-approved drugs on the market today, few would likely pass the utmost test (of providing more benefit than risk). That should become obvious, if you just listen closely to the commercials. And as usual, that’s not quite the whole story either. Interestingly, during commercials, they invariably attempt to provide some sort of visual “diversion”, while discussing the bad news. It’s just a requirement that they would rather you ignored. It appears that most drugs attempt to resolve one problem (often some symptom) and create several others in the process – often far worse, as well. We will now begin unfolding the mystery of how Prozac™ somehow managed to receive FDA approval, (where it all started).

According to an editorial, by *Life Extension* magazine’s editor Saul Kent, “**A meticulous dissection of FDA documents reveals that there is no proof that Prozac works better than tricyclic antidepressants – or that it works at all**” (*Life Extension* magazine, 1997, April). Kent continues, regarding author Peter Breggin and his book *Talking Back to Prozac*, stating that “**One of the main studies the FDA used in approving Prozac is based on data from only 11 patients! And it was conducted by a doctor who has been accused of fraud in other trials.**” Had this study received the least bit of scrutiny by the FDA, and had their conclusion been based on science, rather than obvious outside influence, we likely would never heard of, nor would millions been needlessly exposed to, Prozac™!

In addition, “**None of the studies lasted for more than 6 weeks, and patients frequently rated Prozac as no better than placebo.** There are millions of people taking this drug, trusting that clinical trials proved its safety, its efficacy, and long-term benefit, yet there is apparently no such data.”

Another important issue that the Breggins points out is that:

None of the patients who participated in the Prozac studies were suffering from severe depression. While some of this type of thing might occur in a large study, what the Breggins show is that juggling the data, and “**cookin’ the books**” was the norm for the Prozac studies.

One can only conclude that the real clinical trials for Prozac are being done on the American public – without its knowledge.

And the trial continues, yet the FDA has totally ignored the results for years, even though they are fully aware of its hundreds of side effects, and that tens of thousands have notified them regarding serious reactions from taking Prozac™! What good are all the complaints filed over the years, if the FDA just chooses to ignore them?

Then, once Eli Lilly was able to successfully expedite Prozac's approval by the FDA, without any valid scientific analysis, or "appropriate" clinical trials, they were on their way to placing a new class of antidepressants (the SSRIs – specifically Prozac™), on the market. The next step would be turning Prozac™ into a blockbuster, with tremendous income potential, (actually, nothing to do with any real benefit). Just a lot of hype they used the media to launch. And believe me, the media did a superb job of promoting a drug whose only real potential was creating havoc through both the body and brain. Yet without any real proof, Prozac™ was promoted as some miracle drug, as you will soon discover.

Creating Demand – The Deception Begins

Sounds A Lot Like Cocaine and LSD, When They Were First Released

In his book *Prozac Backlash* (2000), Dr. Glenmullen states that Prozac™ was on the cover of *Newsweek* (March 1990), boasting that the **“medical breakthrough”** had already been prescribed for so many conditions in addition to depression that now, **“even healthy people have started asking for it.”** And, *New York* magazine called Prozac™ a **“wonder drug”** and the *National Enquirer* described it as a **miracle diet pill**. Another cover of *Newsweek* announced, **“Beyond Prozac: How Science Will Let You Change Your Personality with a Pill”** – seemingly, the voice of the scientific establishment (p. 13).

This is a typical example of how drug companies are able to use the media to launch a brand new “miracle drug”! The influence of such announcements made by the media, can be tremendous. The best possible way to stimulate the demand for a newly released drug! In this instance, it encourages millions to ask their doctor to prescribe Prozac™ for them, for “non-FDA approved” conditions, something doctors are free to do, and without any justification, (and absolutely no accountability) – one major flaw!

Then, although drug companies are not allowed to promote drugs for non-FDA approved uses, (which would dramatically increase their sales), they instead find ways to circumvent that process. The above news releases, following the launch of Prozac™, are typical examples. It’s also perfectly legal for a doctor, (who can often be purchased for a price), to encourage other doctors to prescribe drugs for non-FDA approved uses. It’s obvious who is in control, and the source of the deception – those with the most money.

Not only that but, the news media are not required to validate any claims made by such announcements, nor to warn the public of any potential side effects, as drug companies are at least supposed to do in their commercials. Although drug companies do mention “some side effects” during commercials – many are still not discussed. Two ways that drug companies are able to undermine any real drug regulation. Thus, FDA approval provides no real protection whatsoever for the public. The same also applies to the pharmaceutical reps’ influence with doctors, as their objective is to sell drugs only, not discuss their risks. They are highly trained, well-paid salesmen and women, who receive bonuses based on drug sales, and not for informing doctors of any potential risks.

Possibly even worse, in one study, 70% of doctors admitted to prescribing drugs (including antidepressants), as a placebo, when there appeared to be no identifiable condition. What other option do most doctors normally have? Especially when either they, or their clinic, normally allow

about ten minutes or less for an office visit, and the patient expects to get something for their money. Although now they have another excuse, (prescribe Prozac™ to change their patient's personality)! It's basically similar to promotional claims that were made for the drugs cocaine and LSD, (now considered illegal), when they were first launched. And it all started with drugs for which we can thank the pharmaceutical industry for creating and promoting. Drugs that were once considered as legal, and aggressively promoted, as Prozac™ was, following its release. And now that they are no longer legal, we have an epidemic of "illicit drug" use, and are thus fighting a very expensive war on drugs, which incidentally we seem to be losing. Yet the drug companies who created the illegal drugs, are not about to assume any responsibility whatsoever for solving the problem. The question is: Could Prozac™ possibly pose as great a threat, just in a different way? I believe so, although I'll let you decide.

The fact is, cocaine, LSD, (and Prozac™), were all approved by the FDA, which proves there is an obvious flaw in the FDA drug approval process. It's often the result of short-term studies, very little oversight, and allowing drug companies to conduct their own studies, along with the obvious corruption within the FDA. It's normally the long-term use of drugs, (that might initially make you feel better), that eventually come back to haunt you. That's when their dark side begins to emerge. Just ask any drug addict hooked on LSD or cocaine. They often resort to crime to support their very addictive habit. The question is: Could some people possibly become addicted to Prozac™? Apparently some can, as one of Dr. Tracy's patients discovered, and stressed, ***"I wanted to stop using Prozac, but I was addicted. How could I be addicted to a drug that my family practitioner gave me?"*** I would guess there were many others as well. Incidentally, Dr. Tracy didn't prescribe Prozac™ for her patient. Her objective was to warn of their dangers, and assist them in safely withdrawing. In my opinion, something all doctors (armed with the facts) should also do.

We will soon discover how Prozac™ can totally change your personality, although it's definitely not a new personality that anyone would ever want to trade for! That "changed personality" is often responsible for unexplainable anger, contributing to increased crime, road rage, and even the recent rash of school shootings. Most importantly, their behavior is often totally out of character, (often validated by friends or family), and all too common, (when on Prozac™).

And, in the long term especially, Prozac™ is definitely not a diet pill, as implied by the *National Enquirer*. Although just implying something, (no matter how ridiculous), by the media, is often all it takes to stimulate sales, even though one side effect of Prozac™ just happens to be "weight gain"! Not

only that but, the real problem actually begins when one of Prozac's side effects (the bipolar disorder) soon begins showing up, creating the need for another drug for the bipolar disorder, (the typical domino effect).

Eli Lilly was fully aware of the bipolar disorder that eventually emerges while on Prozac™, (basically creating an imbalance in the brain). Thus, they in turn, created the antipsychotic drug Zyprexa™, which soon became a popular drug for the bipolar disorder. Eli Lilly appears to have an excellent marketing staff, as well as an exceptionally close relationship with the FDA, (obviously a distinct advantage).

Zyprexa™ is well known for causing **highly elevated blood sugar**, not only contributing to diabetes even more rapidly than Prozac™, but also “rapid weight gain”! One contributing factor could be that both Prozac™ and Zyprexa™ deplete the extremely important mineral magnesium. And according to Dr. Mark Sircus, *“Obese children had much lower magnesium levels in their blood than lean children. Children with lower magnesium levels had a higher insulin resistance.”* Not only that but, he goes on to point out that *“extra body fat can prevent the body's cells from using magnesium to break down carbohydrates”* (*Magnesium For Life*, 2006).

So if anyone started taking Prozac™ for weight loss, they might eventually join the thousands of victims, who have already sued Eli Lilly for their rapid weight gain and diabetes, caused by Zyprexa™, (and won)! Not to worry – Eli Lilly just happens to produce diabetes medications as well, (once again, they have you covered)! Then, diabetes and obesity greatly increase the risk for developing cardiovascular disease, as well as many diabetes-related conditions, such as amputations, in the future.

And it can all start with Prozac™. And that's not all, as you will soon discover there is “much more” damage related to Prozac™ that we have yet to consider. Even if you were one of the thousands who sued Eli Lilly, (and won), the question is, would it really be worth it, if you became obese and diabetic? Both are major contributors to nearly every disease, as well as greatly reducing your quality of life – for the remainder of your life!

Then, according to Dr. David G. Williams, we find ***“the long list of conditions made worse by excess weight includes arthritis; diabetes; gall bladder disease; heart disease and stroke; breathing difficulties, including asthma and sleep apnea; and a variety of cancers, including those of endometrium, breast, and colon”*** (*Alternatives* newsletter, February 2009, Vol. 12, No. 20, p. 157).

For example, it was also found that ***“rising obesity rates have been linked to a four-fold increase in strokes”*** (retrieved from <http://seniorjournal.com/NEWS/Health/2008/8-02-21-ObesityLinked.htm>). And according to the American Heart Association, ***“when people with diabetes***

