What Does the 'Best Evidence' Say About Antidepressants?

Analysis by Dr. Joseph Mercola Fact Checked

July 28, 2022

STORY AT-A-GLANCE

- In June 2022, 22.4% of American adults reported symptoms of depression, compared to 7.1% in 2017. When the numbers were broken down in April 2022, half of young adults ages 18 to 24 reported feeling depressed; 22% ages 45 to 64 had depression symptoms; 9% of people age 65 or over reported feeling depressed
- Antidepressant drugs — the most widely used therapy for depression — are also among the least effective, and often make the situation worse, especially in the long term
- Studies have repeatedly shown antidepressants work no better than placebo for mild to moderate depression
- A 2017 systematic review of 131 placebo-controlled studies found that "all trials were at high risk of bias" and that clinical significance was questionable
- Antidepressants are neurotoxic and possible side effects include worsening depression, self-harm, violence and suicide, increased risk for diabetes, heart disease, heart attack, stroke and dementia, and depletion of various nutrients (depending on the type of drug you take)

This article was previously published April 4, 2019, and has been updated with new information.

In June 2022, 22.4% of American adults reported symptoms of depression, compared to 7.1% in 2017.[1] When the numbers were broken down in April 2022, half of young adults ages 18 to 24 reported feeling depressed; 22% ages 45 to 64 had depression symptoms; 9% of people age 65 or over reported feeling depressed.[2] While the rapid rise in depression has been attributed to the COVID-19 pandemic, the symptoms of depression have not changed.

Depression can interfere with personal and work relationships, reduce work or academic performance and affect physical health by impairing your ability to properly care for yourself and make good health decisions, including decisions about nutrition and sleep. Imbalances in nutrition, weight fluctuations and poor sleep habits may in turn compromise your immune function.[3]

The condition can also be lethal, as depression is a contributing factor in up to 70% of all suicides.[4] In 2016, 44,965 Americans committed suicide.[5] In 2020, 45,959 Americans died by suicide.[6] Depression can also lead to self-harming behaviors such as drug or alcohol abuse,[7] and 90% of people who struggle with suicidal thoughts experience a combination of depression and substance abuse.[8]

Unfortunately, antidepressant drugs — the most widely used therapy for depression — are also among the least effective. In fact, statistics suggest that far from being helpful, psychiatric drugs are making the situation worse.

According to research[9,10] published in February 2017, 16.7% of the 242 million U.S. adults (aged 18 to 85) included in the survey reported filling at least one prescription for a psychiatric drug in 2013.

Twelve percent reported using an antidepressant; 8.3% used anxiolytics, sedatives and hypnotics; and 1.6% used antipsychotics. With nearly 17% of the adult population in the U.S. taking psychiatric drugs, it would be prudent to evaluate the larger ramifications of these types of medications.

In 2022, more than 24% of Americans (about 50 million) are taking a prescription mental health drug.[11] And, while prescription rates for antidepressants and anxiolytics increased early during pandemic in 2020, they decreased near the end of that year, with researchers speculating that the decrease may have been due to fewer in-person doctor visits.[12]

Sadly, no matter what the prescription numbers are, statistics overwhelmingly fail to support the use of these drugs, yet they continue to be the leading form of treatment.

Medication Madness — A Psychiatrist Speaks Out

In a segment of Full Measure (above), award-winning investigative journalist Sharyl Attkisson interviewed psychiatrist and director of the International Center for Patient-Oriented Psychiatry, Dr. Peter Breggin. He is known to many as "the conscience of psychiatry," as he was instrumental in preventing the return of lobotomy as a psychiatric treatment in the early 1970s.

Breggin is also the author of "Medication Madness," in which he details the many hazards of psychiatric drugs. In his 50 years of practice, he has never placed a patient on drugs. In fact, he specializes in getting people off them, and wrote a book on psychiatric drug withdrawal, "Psychiatric Drug Withdrawal: A Guide for Prescribers, Therapists, Patients and Their Families."[13]

When asked what he thinks people don't know about psychiatric treatment, and ought to, Breggin responds, "They don't know that all psychiatric drugs are neurotoxins. They don't know that they aren't correcting biochemical imbalances, they are causing biochemical imbalances."

Prozac was the first selective serotonin reuptake inhibitor (SSRI), approved by the U.S. Food and Drug Administration (FDA) in 1987.[14] Over the years, Prozac became the target of a number of lawsuits, as patients suffered all sorts of ill effects, from birth defects to suicide and serotonin syndrome, a condition caused by excess serotonin in the brain, leading to agitation, confusion, high blood pressure and more.[15]

Already by 1996, 35,000 complaints about the drug had been lodged with the FDA.[16] In the early 1990s, Breggin was appointed by a federal court as the medical and scientific expert for the plaintiffs in all combined lawsuits facing Eli Lilly with regard to Prozac, a role that gave him access to corporate records.[17] Breggin tells Attkisson:[18]

> *"Prozac … had amphetamine affects. The chief investigators said and wrote, 'this drug has amphetamine like effects. We need to put this into the label. It can make depression worse, can make people agitated, make them angry, might increase the suicide rate,' but the FDA wouldn't allow onto the label what it's chief investigator into adverse effects was telling them.*
>
> *So, from the beginning, it was all a house of cards. And, as for it's being useful, I looked it over, carefully analyzed the statistics and said the drug actually doesn't work. It's about as good as placebo.*
>
> *Now, placebo will help anywhere between 40% and 80% of people, so it's a huge effect and that especially with depression, because depression is not about a biochemical imbalance. It's about hopelessness. Depression is part of the human experience."*

In Breggin's view, "There is no promising medical treatment and probably there never can be," for the simple reason that depression is primarily rooted in the complexity of human emotions and experiences. He believes one needs to avoid numbing and escapist behaviors such as drug and alcohol use, and implement strategies to support healthy brain function instead, in order to "be able to deal with your issues."

Contrary to Popular Opinion, Antidepressants Don't Work

Download Interview Transcript

In 2010, I interviewed medical journalist and Pulitzer Prize nominee Robert Whitaker about the use of psychiatric drugs, as he has written two books on this topic. I've included that interview here for your convenience. In it, Whitaker details the science showing antidepressants don't work — and what actually does.

The available science has also brought Jacob Stegenga, a philosophy of science lecturer at the University of Cambridge and author of "Medical Nihilism," to the same conclusion. In a recent essay, he notes:[19]

> *"Diving into the details of how antidepressant data are generated, analyzed and reported tells us that these drugs are barely effective, if at all … The best evidence about the effectiveness of antidepressants comes from randomized trials and meta-analyses of these trials.*
>
> *The vast majority of these studies are funded and controlled by the manufacturers of antidepressants, which is an obvious conflict of interest. These trials often last only weeks — far less than the duration that most people are on antidepressants.*
>
> *The subjects in these trials are selected carefully, typically excluding patients who are*

elderly, who have other diseases, or who are on several other drugs — in other words, the very kinds of people who are often prescribed antidepressants — which means that extrapolating the evidence from these trials to real patients is unreliable.

The trials that generate evidence seeming to support antidepressants get published, while trials that generate evidence suggesting that antidepressants are ineffective often remain unpublished …

To give one prominent example, in 2012 the U.K. pharmaceutical company GlaxoSmithKline pleaded guilty to criminal charges for promoting the use of its antidepressant Paxil in children (there was no evidence that it was effective in children), and for misreporting trial data … When analyzed properly, the best evidence indicates that antidepressants are not clinically beneficial."

What Does the 'Best Evidence' Say About Antidepressants?

While some psychiatric drugs may be helpful for a small minority of people with very severe mental health problems, such as schizophrenia, it's quite clear that a vast majority of people using these drugs do not suffer from the type of psychiatric illnesses that might warrant their prudent use.

Most are struggling with sadness, grief, anxiety, "the blues" and depression, which are in many ways part of your body's communication system, revealing nutritional or sunlight deficiencies and/or spiritual disconnect, for example.

The underlying reasons for these kinds of troubles are manifold, but you can be sure that, whatever the cause, an antidepressant will not correct it. In fact, as noted by Breggin, studies[20,21,22] have repeatedly shown antidepressants work no better than placebo for mild to moderate depression.

Irving Kirsch, associate director of the Program in Placebo Studies at Harvard Medical School, has conducted several meta-analyses of antidepressants in comparison to placebo, concluding there's virtually no difference in their effectiveness. According to Kirsch, "The difference is so small, it's not of any clinical importance."[23] For example:

In a 1998 meta-analysis[24] that looked at 19 double-blind studies, Kirsch and colleagues noted that:

> *"These data indicate that virtually all of the variation in drug effect size was due to the placebo characteristics of the studies.*
>
> *The effect size for active medications that are not regarded to be antidepressants was as large as that for those classified as antidepressants, and in both cases, the inactive placebos produced improvement that was 75% of the effect of the active drug. These data raise the possibility that the apparent drug effect (25% of the drug response) is actually an active placebo effect."*

Research published in 2008 found major discrepancies between published and unpublished research makes antidepressants appear far more beneficial and effective than the sum total of the research actually reveals them to be. Of 74 FDA-registered studies, 31% were never published.

As noted by the authors, "According to the published literature, it appeared that 94% of the trials conducted were positive. By contrast, the FDA analysis showed that 51% were positive … Selective reporting of clinical trial results may have adverse consequences for researchers, study participants, health care professionals and patients."

A 2010 meta-analysis[25] concluded that "The magnitude of benefit of antidepressant medication compared with placebo increases with severity of depression symptoms and may be minimal or nonexistent, on average, in patients with mild or moderate symptoms."

In a 2011 paper,[26] Kirsch notes that six-week trials have a higher success rate than eight-week trials — 55 versus 42% — which suggests long-term use of antidepressants is likely ineffective.

In a 2014 paper,[27] Kirsch notes that "analyses of the published data and the unpublished data that were hidden by drug companies reveals that most (if not all) of the benefits are due to the placebo effect." In this paper, he notes that two of his earlier meta-analyses[28,29] actually revealed that when both published and unpublished trials were included, the placebo response accounted for a whopping 82% of the beneficial response to antidepressants.

A major benefit of evaluating FDA trial data was that all of the trials used the same primary measure of depression, which made the drug-to-placebo effects very easy to identify and compare. The primary measure of depression used in these studies was the Hamilton depression scale, a 17-item scale with a possible score of 0 to 53 points.

The higher your score, the more severe your depression. Importantly, the mean difference between antidepressants and placebo was less than 2 points (1.8) on this scale. To illustrate just how insignificant of a difference this is, you can score a 6-point difference simply by changing sleep patterns without any reported change in other depressive symptoms.

Simply fidgeting less results in a 4-point decrease in your depression score, so as noted by Stegenga in his essay,[30] "a drug that simply made people sleep better and fidget less could lower one's depression score by 10 points."

What's more, clinical guidelines in the U.K. require antidepressants to lower depression scores by a mere 3 points,[31] and this too reveals why and how the benefits of antidepressants have been overestimated and oversold.

Most recently, a 2017 systematic review with meta-analysis and trial sequential analysis of 131 placebo-controlled studies found that "all trials were at high risk of bias and the clinical significance seems questionable. SSRIs significantly increase the risk of both serious and non-serious adverse events. The potential small beneficial effects seem to be outweighed by harmful effects."

None of the trials, even when reporting a positive result, met the threshold for clinical significance of 3 points on the depression score.

Long-Term, Antidepressant Users Fare Much Worse

What's more, research has shown that patients who do not take antidepressants fare better in the long term compared to those taking drugs,[32] and research[33] comparing exercise and drug treatment for depression suggests those not taking drugs have a lower risk of relapse. This risk is also addressed in Kirsch's 2014 paper[34] on antidepressants and the placebo effect.

> *"The serotonin theory is as close as any theory in the history of science to having been proved wrong. Instead of curing depression, popular antidepressants may induce a biological vulnerability making people more likely to become depressed in the future,"* Kirsch writes.

Known Side Effects of Antidepressants

In addition to not working better than placebo, antidepressants also come with a long list of potential side effects, which include but are not limited to:[35,36]

Worsening depression
Self-harm, violence and suicide
Increased risk of developing Type 2 diabetes,[37] even after adjusting for risk factors such as body mass index[38]
Thickening of the greater carotid intima-media (the lining of the main arteries in your neck that feed blood to your brain),[39] which could contribute to the risk of heart disease and stroke. This was true both for SSRIs and antidepressants that affect other brain chemicals
An increased risk of heart attack, specifically for users of tricyclic antidepressants, who have a 36% increased risk of heart attack[40]
An increased risk of dementia; as the dose increases, so does the risk for dementia[41]
Depletion of various nutrients, including coenzyme Q10 and vitamin B12 — in the case of tricyclic antidepressants — which are needed for proper mitochondrial function. SSRIs have been linked to iodine and folate depletion[42]

Depression Treatments That Actually Work

If you're at all interested in following science-based recommendations, you'd place antidepressants at the very bottom of your list of treatment candidates. Far more effective treatments for depression include:

Exercise — A number of studies have shown exercise outperforms drug treatment. Exercise helps create new GABA-producing neurons that help induce a natural state of calm, and boosts serotonin, dopamine and norepinephrine, which helps buffer the effects of stress.

Studies have shown there is a strong correlation between improved mood and aerobic capacity, but even gentle forms of exercise can be effective. Yoga, for example, has received particular attention in a number of studies. One study found 90-minute yoga sessions three times a week reduced symptoms of major depression by at least 50%.[43]

Nutritional intervention — Keeping inflammation in check is an important part of any effective treatment plan. If you're gluten sensitive, you will need to remove all gluten from your diet. A food sensitivity test can help ascertain this. Reducing lectins may also be a good idea.

As a general guideline, eating a whole food diet as described in my optimal nutrition plan can go a long way toward lowering your inflammation level. A cornerstone of a healthy diet is limiting sugar of all kinds, ideally to no more than 25 grams a day.

In one study,[44] men consuming more than 67 grams of sugar per day were 23% more likely to develop anxiety or depression over the course of five years than those whose sugar consumption was less than 40 grams per day. Certain nutritional deficiencies are also notorious contributors to depression, especially:

- **Marine-based omega-3 fats —** Omega-3 fats have been shown to improve major depressive disorder,[45] so make sure you're getting enough omega-3s in your diet, either from wild Alaskan salmon, sardines, herring, mackerel and anchovies, or a high-quality supplement. I recommend getting an omega-3 index test to make sure you're getting enough. Ideally, you want your omega-3 index to be 8% or higher.
- **B vitamins (including B1, B2, B3, B6, B9 and B12) —** Low dietary folate can raise your risk by as much as 300%.[46,47] One of the most recent studies[48,49] showing the importance of vitamin deficiencies in depression involved suicidal teens. Most turned out to be deficient in cerebral folate and all of them showed improvement after treatment with folinic acid.
- **Magnesium —** Magnesium supplements led to improvements in mild-to-moderate depression in adults, with beneficial effects occurring within two weeks of treatment.[50]

Vitamin D — Studies have shown vitamin D deficiency can predispose you to depression and that depression can respond favorably to optimizing your vitamin D stores, ideally by getting sensible sun exposure.[51,52] In one study,[53] people with a vitamin D level below 20 nanograms per milliliter (ng/mL) had an 85% increased risk of depression compared to those with a level greater than 30 ng/mL.

A double-blind randomized trial[54] published in 2008 concluded that supplementing with high doses of vitamin D "seems to ameliorate [depression] symptoms indicating a possible causal relationship." Recent research[55] also claims that low vitamin D levels appear to be associated with suicide attempts. For optimal health, make sure your vitamin D level is between 60 and 80 ng/mL year-round. Ideally, get a vitamin D test at least twice a year to monitor your level.

Light therapy — Light therapy alone and placebo were both more effective than Prozac for the treatment of moderate to severe depression in an eight-weeklong study.[56] Spending time outdoors in broad daylight is the least expensive and likely most effective option.

Probiotics — Keeping your gut microbiome healthy also has a significant effect on your moods, emotions and brain.

Emotional Freedom Techniques (EFT) — EFT is a form of psychological acupressure that has been shown to be quite effective for depression and anxiety.[57,58,59,60] For serious or complex issues, seek out a qualified health care professional who is trained in EFT to guide you through the process.

That said, for most of you with depression symptoms, this is a technique you can learn to do effectively on your own. In the video below, EFT practitioner Julie Schiffman shows you how.

Other Helpful Treatment Strategies

Here are several additional strategies that can help improve your mental health:

Minimize electromagnetic field (EMF) exposure — In 2016, Martin Pall, Ph.D., published a review[61] in the Journal of Neuroanatomy showing how microwave radiation from cellphones, Wi-Fi routers and computers and tablets not in airplane mode is clearly associated with many neuropsychiatric disorders.

These electromagnetic fields (EMFs) increase intracellular calcium and trigger the production of extremely damaging free radicals by acting on your voltage gated calcium channels (VGCCs), and the tissue with the highest density of VGCCs is your brain.

Once these VGCCs are stimulated they also cause the release of neurotransmitters and neuroendocrine hormones, which contribute not only to anxiety and depression but also neurodegenerative diseases like Alzheimer's.

So, if you struggle with anxiety or depression, be sure to limit your exposure to wireless technology. Simple measures include turning your Wi-Fi off at night, not carrying your cellphone on your body unless it's in airplane mode, and not keeping portable phones, cellphones and other electric devices in your bedroom.

Clean up your sleep hygiene — Make sure you're getting enough high quality sleep, as sleep is essential for optimal mood and mental health. The inability to fall asleep and stay asleep can be due to elevated cortisol levels, so if you have trouble sleeping, you may want to get your saliva cortisol level tested with an Adrenal Stress Index test.

Adaptogens, herbal products that help lower cortisol and adjust your body to stress, can be helpful if your cortisol is running high. There are also other excellent herbs and amino acids that help you to fall asleep and stay asleep.

Optimize your gut health — A number of studies have confirmed gastrointestinal inflammation can play a critical role in the development of depression.[62] Optimizing your gut microbiome will also help regulate a number of neurotransmitters and mood-related hormones, including GABA and corticosterone, resulting in reduced anxiety and depression-related behavior.[63]

To nourish your gut microbiome, be sure to eat plenty of fresh vegetables and traditionally fermented foods such as fermented vegetables, lassi, kefir and natto. If you do not eat fermented foods on a regular basis, taking a high-quality probiotic supplement is recommended. Also remember to severely limit sugars and grains, to rebalance your gut flora.

Visualization — Visualization and guided imagery have been used for decades by elite athletes before an event, successful business people and cancer patients — all to achieve better results through convincing your mind you have already achieved successful results.[64,65] Similar success has been found in people with depression.[66]

Cognitive behavioral therapy (CBT) — CBT has been used successfully to treat depression.[67,68] This therapy assumes mood is related to the pattern of thought. CBT attempts to change mood and reverse depression by directing your thought patterns.

Make sure your cholesterol levels aren't too low for optimal mental health — You may also want to check your cholesterol to make sure it's not too low. Low cholesterol is linked to dramatically increased rates of suicide, as well as aggression toward others.[69]

This increased expression of violence toward self and others may be due to the fact that low membrane cholesterol decreases the number of serotonin receptors in the brain, which are approximately 30% cholesterol by weight.

Lower serum cholesterol concentrations therefore may contribute to decreasing brain serotonin, which not only contributes to suicidal-associated depression, but prevents the suppression of aggressive behavior and violence toward self and others.

Ecotherapy — Studies have confirmed the therapeutic effects of spending time in nature. Ecotherapy has been shown to lower stress, improve mood and significantly reduce symptoms of depression.[70] Outdoor activities could be just about anything, from walking a nature trail to gardening, or simply taking your exercise outdoors.

Breathing exercises — Breath work such as the Buteyko breathing technique also has enormous psychological benefits and can quickly reduce anxiety by increasing the partial pressure of carbon dioxide in your body.

Helpful supplements — A number of herbs and supplements can be used in lieu of drugs to reduce symptoms of anxiety and depression. These include:

- **St. John's Wort (Hypericum perforatum) —** This medicinal plant has a long historical use for depression, and is thought to work similarly to antidepressants, raising brain chemicals associated with mood such as serotonin, dopamine and noradrenaline.[71] However, never mix St. John's Wort with prescription antidepressants as it can cause dangerously high levels of serotonin.[72]
- **S-Adenosyl methionine (SAMe) —** SAMe is an amino acid derivative that occurs naturally in all cells. It plays a role in many biological reactions by transferring its methyl group to DNA, proteins, phospholipids and biogenic amines. Several scientific studies indicate that SAMe may be useful in the treatment of depression.
- **5-Hydroxytryptophan (5-HTP) —** 5-HTP is another natural alternative to traditional antidepressants. When your body sets about manufacturing serotonin, it first makes 5-HTP. Taking 5-HTP as a supplement may raise serotonin levels. Evidence suggests 5-HTP outperforms a placebo when it comes to alleviating depression,[73] which is more than can be said about antidepressants.
- **XingPiJieYu —** This Chinese herb, available from doctors of traditional Chinese medicine, has been found to reduce the effects of "chronic and unpredictable stress," thereby lowering your risk of depression.[74]

Guidelines for Safe Drug Withdrawal

If you're currently on an antidepressant and want to get off it, ideally, you'll want to have the cooperation of your prescribing physician. It would also be wise to do some homework on how to best proceed.

Breggin's book, "Psychiatric Drug Withdrawal: A Guide for Prescribers, Therapists, Patients and Their Families,"[75] and/or "The Antidepressant Solution: A Step-by-Step Guide to Overcoming Antidepressant Withdrawal, Dependence, and Addiction"[76] by Dr. Joseph Glenmullen can be helpful.

You can also turn to an organization with a referral list of doctors who practice more biologically or naturally, such as the American College for Advancement in Medicine at www.acam.org. A holistic psychiatrist will have a number of treatment options in their tool box that conventional doctors do not, and will typically be familiar with nutritional supplementation.

Once you have the cooperation of your prescribing physician, start lowering the dosage of the medication you're taking. There are protocols for gradually reducing the dose that your doctor should be well aware of. At the same time, it may be wise to add in a multivitamin and/or other nutritional supplements or herbs. Again, your best bet would be to work with a holistic psychiatrist who is well-versed in the use of nutritional support.

If you have a friend or family member who struggles with depression, perhaps one of the most helpful things you can do is to help guide them toward healthier eating and lifestyle habits, as making changes can be particularly difficult when you're feeling blue — or worse, suicidal.

Encourage them to unplug and meet you outside for walks. We should not underestimate the power of human connection, and the power of connection with nature. Both, I believe, are essential for mental health and emotional stability.

If you are feeling desperate or have any thoughts of suicide, please call the National Suicide Prevention Lifeline, a toll-free number: 1-800-273-TALK (8255), or call the new, federal suicide and crisis hotline at 988.[77] Or, simply go to your nearest hospital emergency department. You cannot make long-term plans for lifestyle changes when you are in the middle of a crisis.

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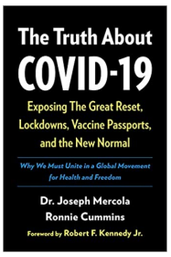

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All FDA drug studies are supervised and paid for by the pharmaceutical companies themselves, using doctors and research teams of their choice. The pharmaceutical companies do everything possible to ensure that the studies go well. The mentality of a person seeking the advice of a psychiatrist is often desperately anxious for a change in their lifestyle. This could only be the reason to improve the mood. Some people who take Prozac experience a detachment from emotion and a departure from the everyday world. This causes a greater risk of suicide. It seems that today people are more willing to put themselves at risk by taking antidepressants that are willing to take care of themselves naturally. serendipstudio.org/exchange/serendipupdate/prozac-toxic-miracle-drug (2002).

Alastair Hay, Professor of Environmental Toxicology at the University of Leeds, wiped away his tears when he told the forensic court in Leeds that after the death of his wife, he began to investigate the links between the use of Prozac and suicidal thoughts. Dr. Hay told the research that his wife was unsafe and developed a lack of self-esteem and brain buzzing. The full story in this link: www.independent.co.uk/life-style/health-and-families/health-news/scien.. (2003). Also Paxil, the second most prescribed antidepressant in the world after Prozac, is related to serious psychiatric effects, including suicidal and homicidal behaviors. 85% of Paxil users become addicted quickly articles.mercola.com/sites/articles/archive/2017/12/09/paxil-second-mo.. (2017)

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A modern diet high in calories, cereals, sugars, pesticides and trans fats and other toxic industrialized society, cause intestinal pathologies, including intestinal permeability, which potentiate mental disorders such as depression. The microbiota, the intestine and the brain communicate through the microbiota-gut-brain axis in a bidirectional manner involving the autonomic nervous system. The vagus nerve (VN), the main component of the parasympathetic nervous system, is capable of detecting metabolites of the microbiota through afferent pathways.

This communication between the brain and the microbiota is bidirectional, through multiple pathways: neuronal through the VN and / or spinal cord, endocrine, through the hypothalamic pituitary gland, hypothalamic-pituitary-adrenal axis HPA, immune responses (cytokines) and metabolic, originating neuroactive compounds released by bacteria such as short-chain fatty acids, tryptophan, γ-aminobutyric acid (GABA), serotonin, dopamine, acetylcholine, etc., and act essentially locally in the enteric nervous system of the digestive system (intestinal brain) and reach the large brain through the blood and circumventricular organs of the brain, or through NV, to transfer this information from the intestine to the central nervous system and generate a response. The Vagus Nerve at the Interface of the Microbiota-Gut-Brain Axis www.ncbi.nlm.nih.gov/.../PMC5808284 (2018)

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The relationship between chronic stress, depression and anxiety is powerful. Stress increases insulin in order to keep glucose levels under control, promoting weight gain and type 2 diabetes. Chronic elevation of glucocorticoids (mainly cortisol) which is a potent suppressor of the immune system and precursor of inflammation and origin of chronic and degenerative diseases, dull the brain's sensitivity to serotonin, change the physical structure of the brain with alterations in mood, memory, and impairs neurogenesis. Chronic stress also causes an increase in glutamate in the brain. Glutamate is a neurotransmitter that, in excess, is known to cause migraines, depression and anxiety. www.sciencedirect.com/science/article/pii/S1896112616300372?via%3Dihub (2017)

The VN stimulation, which has anti-inflammatory properties, is of interest to repair homeostasis in the microbiota-gut-brain axis. Meditation, cognitive behavioral therapies, deep breathing, and physical activity, etc., is of interest to restore an intestinal microbiota-brain axis. In people with fatigue, sensitivity to food, anxiety, depression, stress, intestinal problems, brain fog, the vagus nerve is almost always in the game. These people have the lowest vagal tone, which means less ability to perform their duties.

The mechanisms involved in the action of the vagus nerve stimulator include a decrease in synaptic activity in the amygdala, hippocampus, and other parts of the limbic system and an intermittent increase in the release of noradrenaline, and serotonin. Working our mind and emotions with positive practices, such as meditation or equivalents, help health and longevity. If we feel an anxiety, depression or have a lot of stress, learning techniques of stimulation of the vagus nerve can be very helpful. 32 Science-Backed Ways to Stimulate Your Vagus Nerve www.well-beingsecrets.com/vagus-nerve-stimulation (2018)

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Depression is a multifactorial disease, related to neurochemical and metabolic imbalances. SAMe, folic acid, B12, B6 and 5-HTP, improve the serotonin supply. SAM helps the production of creatine, glutathione, taurine, L-carnitine, and melatonin. A lack of vitamin D is associated with seasonal depression. Insulin resistance is associated with depression. Fish oil (DHA) is a great food for cognitive and anti-inflammatory functions.

Magnesium has a calming effect on the nervous system. Ancestral diet, and the regulation of blood sugar: magnesium, berberine, chromium and green coffee extract favor the state of mind. Decreased blood zinc levels are associated with depression. Antioxidant effects of lipoic acid, NAC, curcumin and selenium help fight free radicals and reduce inflammation. Studies Show Beating Depression Naturally with SAM-e universityhealthnews.com/daily/depression/studies-show-beating-depress.. (2018)

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juststeve

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Gui, If you hurt your right hand take a hammer & pound the dickens out of your left hand until you can't feel the pain in the right hand, problem solved, no more pain in the right hand. It's like the old story the man asked the other man why do you hit yourself in the head with a hammer? Hammer man says, because it feels so good when I stop. Another area to underscore we do not have a real Health Care system. The whole notion we are not supposed to feel our sadness or absorb the trauma of a situation is in itself "nut's." In this area with its once small, rural, farm folk, back in the 70's, when things first started breaking down, we had our first murder in 50 years.

Now it's something every week all year long as a huge expansion in a neighboring county has brought in all kinds of work & money for big operators, yet locals, who don't have the infrastructure get little of that, the area loses out as wealth vampires suck the life out of the area. Big franchises many see as a symbol of modernity crippled the long time the family was the business.

The loss of extended families, the brain drain of our youth, destroys the social fabric that helps, support, to heal most. There are of course those who fall off the deep end & who need more than family, or a community can heal. But this current non health system with drugs to dampen down or distract symptoms is more of a convenience for the medical profession not to have to deal with an individual. There is a Dr. Amen, I believe who has done brain scans of patients, the head med's & much of his research yet again, show the drugs do not work as advertised.

Most of us are best served standing & facing the pain. Others a good psychologist can walk people through their internal wilderness. Others fall into the extreme category & the reality is most are just thrown into prison where they definitely are not going to get any meaningful treatment. They may not need to be in the general public, but jail is fuel on a fire.

Mark as Spam | Posted On 4/4/2019 5:58:16 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Yes, JUST, the law of contrasts is a great reality. If one day it is very hot and the other is very cold, we will feel colder. The important thing is to feel comfortable with what we each have. Enjoy being alive, contemplating nature, having company. Today on television they have given death helped by her husband, a woman who had been 20 years with multiple sclerosis. The face of suffering caused by this woman's illness was terrible. He has recorded the scene according to her, to help prove the Euthanasia Law in cases of serious suffering, and when there is no solution, given the serious deterioration of the woman. It is a dignified death facilitated by the love of her husband. She died with a smile.

In this life it is a great satisfaction to find a job that is a great hobby, a happy ending, and an existence with improvements in the quality of life. For a job to produce a complete satisfaction must have a personal and social recognition. In our inner world we have the intrinsic satisfaction, the joy for the result obtained, the pleasure of the goal achieved, that is, everything we obtain supported by our personal effort. In our existence the dissatisfaction that appears with certain frequency, is a when the things that we have obtained do not cover our expectations. In this world of permanent stress to reach goals, all people suffer from a feeling of dissatisfaction, which can be healthy, because it helps us to try to improve behaviors and progress in our hierarchy of priorities, in search of self-realization. From this perspective, dissatisfaction is a good and necessary emotion, which drives us towards personal growth. The problem arises when we present high levels of chronic dissatisfaction, which are maintained at different times in their life, interfering significantly in our profession or our social life.

Mark as Spam | Posted On 4/4/2019 10:07:26 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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The most frequent cause of chronic dissatisfaction are mood problems, which can even lead to depressive disorder, especially when there is a social impediment or circumstances that prevent reaching a desired goal, then dissatisfaction occurs with high levels of frustration , sadness and apathy. The dissatisfaction is also in very proactive people who constantly seek goals but who tire of their achievements, and lose interest in them. In the case of you, satisfaction is full. Personally in my professional life it has always been a great satisfaction for me to explore new ways of learning, to be self-taught to achieve the maximum intellectual potential. Neuroscience also has development in mindfulness, used to pay dispassionate attention to thoughts, emotions, bodily sensations and the surrounding environment, and for the management of emotions, anxiety and developing skills for conflict resolution.

Yes, JUST, a good psychologist can be a great help. A recent study highlighted the importance of humor can help decrease negative emotional reactions in people vulnerable to depression. Study author Anna Braniecka, assistant professor at the SWPS University of Social Sciences and Humanities in Poland, says: "Humor has been widely recognized as beneficial to health for years, and many psychotherapists believe it is a powerful treatment technique. Although there are increasing research reports that the use of humor in the face of adversity involves a number of adaptive regulatory mechanisms, the effect of humor on negative emotion in people at high risk of depression is needed to be scientifically determined. "
www.psypost.org/2019/03/study-suggests-humor-could-be-an-emotion-regul.. (March 10, 2019)

Is it worth turning to trigger into a joke? Humor as an emotion regulation strategy in remitted depression
onlinelibrary.wiley.com/.../brb3.1213 (2019)

Mark as Spam | Posted On 4/4/2019 10:07:47 AM

Like Dislike

Almond

Joined On 2/26/2008 4:23:33 PM

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How many mass murderers have a history of using psychotropic drugs whether prescription or illegal? My last count was not quite 100%. What does that tell you? These drugs relieve anxiety by neutralizing (destroying) the conscience. Then, completely immoral solutions to problems begin to sound very expedient.

The best solution I have found for even the most severe mental problems is the Bach Flower Essences. However, any therapy is only as good as the diagnosis, proper dose of the correctly chosen remedy and expertise of the practitioner. Yet, I have literally seen miracles with the BFEs when all other treatments have failed. Even schizophrenia, maybe esp. schizophrenia.

My thoughts are that the majority of mental health problems and depression are due to the following causes. Toxicity. Adulterated foods and poor diets. A lack of proper upbringing that teaches a child reasoning skills, creative problem-solving-ability, coping skills and moral teaching. Avoiding exposure to environmental factors such as fluorescent lighting. Not only sunshine and fresh air, but also vitamin D and activity. My husband and I have turned around troubled teens by placing them in the wilderness, feeding them wholesome food and giving them physically demanding work to do alongside adult role models where whining and laziness are not tolerated. When they actually accomplish things, they take pride in themselves. No participation trophies.

Each person needs to develop the confidence to make decisions and believe they are in control of their lives and destiny. Nothing is more discouraging than feeling like a trapped and helpless victim with no options.This is a problem that requires hard work, patience, planning and direction. A person may start out behind, but there is no law that says they have to stay there. People can change, improve their situations and better themselves. The lack of energy seen in depression usually involves various causes of mitochondrial dysfunction.

Reply | Mark as Spam | Posted On 4/4/2019 1:50:54 AM

Like Dislike

Islander

Joined On 3/26/2007 12:55:12 AM

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I agree with Almond, who is usually right on point. This passage is key: "My husband and I have turned around troubled teens by placing them in the wilderness, feeding them wholesome food and giving them physically demanding work to do alongside adult role models where whining and laziness are not tolerated. When they actually accomplish things, they take pride in themselves. No participation trophies."

A cross-section of U.S. society would demonstrate that the majority of us lack purpose and motivation; are trapped in boring, unproductive jobs, or in schools that lack interest and challenge; rarely spend time outdoors doing physical work; are socially isolated; other than organized sports, are rarely involved in team projects where cooperation is required to achieve a goal. Looking back, the U.S. was happiest and most productive during World War II when all our citizens were united with a common purpose against a common enemy. Many supplies were limited/rationed, especially gas and specific foods like butter. People were encouraged to grow their own food in "victory gardens," so that more would be available to feed our troops overseas. Gardening feeds us, gets us outside, keeps us active and exposes us to sunlight. Call me opti-pessimistic, because I foresee similar conditions prevailing with the coming collapse, when everyone from children to grandpas and grandmas will be occupied with the means for survival. It won't be pretty, but it will be labor-intensive and motivational.

Mark as Spam | Posted On 4/4/2019 7:40:37 AM

Like Dislike

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tireguy

Joined On 4/27/2011 9:51:42 PM

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Almond, I also agree with your statement about mass shooters. In my readings, many researchers have claimed that over 90% of the mass murderers have been on or withdrawing from psychotropic drugs. Along with Dr. Breggin, you can read the articles by retired doctor Gary G. Kohls, MD, at duluthreader.com. Dr. Kohls discusses the overdrugging of Americans and also provides evidence of psychotropic drugs used by the many mass killers, not just in our country, but in other countries, in a series of articles posted on the duluthreader.com on October 5, 2017 titled "Drugs and Guns Don't Mix: Medication Madness and Mass Shootings", and "Psych Drugs and Guns Don't Mix", published on April 5, 2018. The mainstream press has betrayed the public trust by not discussing the issue of psychotropic drug use by mass murderers and even sometimes suppressing the information because pharmaceutical companies provide 70% of the news media's advertising income.

Besides Dr. Breggin's book, another series of books are by Dr. Peter C. Gotzsche "Deadly Medicines and Organized Crime: How Big Pharma has corrupted healthcare", which I just finished reading, and "Deadly Psychiatry and Organized Denial". In the book I just read, I learned that the DSM, Diagnostic and Statistical Manual of Mental Disorders is a total fraud with made up diseases to sell psychotropic drugs.

Mark as Spam | Posted On 4/4/2019 11:32:05 AM

Like Dislike

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stanleybecker

Joined On 11/12/2012 3:21:48 AM

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hi there tireguy - a good reading list - but the Big Daddy of the anti psychiatry movement in the USA is the psychiatrist Dr Thomas Szasz - he wrote the ground breaking books - " The Myth of Mental Illness" - "The Manufacture of Madness" - " The Medicalization of Everyday Life " - "The Myth of Psychotherapy" - " Ceremonial Chemistry: the Ritual Persecution of Drugs" - " Ideology and Insanity: the dehumanization of Man " - Thomas Szasz wrote these and many other titles - apart from being highly articulate Szasz is also a fantastic writer who is a joy to read -

Mark as Spam | Posted On 4/4/2019 3:03:54 PM

Like Dislike

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tireguy

Joined On 4/27/2011 9:51:42 PM

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Thanks, Stanley. I'll sure add your suggestions to my books to read list.

Mark as Spam | Posted On 4/4/2019 8:31:05 PM

Like Dislike

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stoneharbor

Joined On 6/30/2008 1:05:17 PM

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Yes, mass shootings, plus many other homicides and suicides are immediately tied to psych drugs, usually anti-depressants, that the perpetrator is on at the time. The problem is drugs being prescribed for depression that is caused by one of several very well defined conditions. Anti-depressants are only of some small value when prescribed for one of these conditions: under-methylation. The drugs still aren't the best approach, but they have some positive effect for this one genetically determined cause of depression.

For all other causes of depression, among which we have: over-methylation, Pyroluria, toxic overload (not an exhaustive list), an anti-depressant not only doesn't work, but is proven to drive one often to taking lives and self-destruction. I'm not making this up. The science of treating depression as a metabolic disorder has been known and refined for dozens of years. I'm surprised no one else here is writing about this! There are complete clinic's that treat depression as a metabolic disorder with great success.

The truth is, though Dr. Mercola mentions many "depression treatments that actually work", and "other treatment strategies", there are now known to be specific treatment strategies that are prescribed for each of the specific causes of depression. It's time this information is made known to the public! The drug industry and the doctors prescribing the drugs are not going to reveal this information to you. Treatment of depression, and other mental illnesses as a metabolic problem is available and often gives results in a few weeks: westcoastintegrativehealth.com/biotypes-depression-walsh www.walshinstitute.org/clinical-resources.html www.mensahmedical.com/about-us-integrative-care Read the book by Dr. William Walsh: Nutrient Power - Heal your biochemistry and heal your brain

Mark as Spam | Posted On 4/5/2019 8:33:26 AM

Like Dislike

BiomedMom1

Joined On 8/30/2012 7:19:31 AM

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Every time I hear of a horrendous crime, I often wait for the report of whether or not the individual was on any psychotropic medication ... the overwhelming majority were. News reports often state that the individual was being "treated" for such and such disorder, and then they move on to say we need to do more to help those w/mental illness. They've got it so backwards! It is often the drugs that drive many of these folks. The psychiatric industry would have us all believe that normal, human emotion is a sickness, and the media follows suit. I am very familiar w/Dr. Breggin's work, having read all his books ... he is a true hero, imo. Once you understand what these drugs really do, there is no way in hell that anybody would go near them.

Reply | Mark as Spam | Posted On 4/4/2019 6:06:54 AM

Like Dislike

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breathoflife

Joined On 1/28/2015 4:02:37 AM

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There will be in the next generation or so a pharmacological method of making people love their servitude and producing dictatorship without tears, so to speak, producing a kind of painless concentration camp for entire societies so that people will in fact have their liberties taken away from them but will rather enjoy it. Aldous Huxley

Reply | Mark as Spam | Posted On 4/4/2019 9:24:09 AM

Like Dislike

DelamerDuverus

Joined On 3/28/2019 10:32:28 AM

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With that many people taking antidepressants, there must be a lot of urine going into the water system with antidepressants in them, and we wonder does it get cleaned up at the water treatment plant? Water tests in the UK showed it doesn't. This means we might all be getting antidepressants unless we really filter our water well.

Reply | Mark as Spam | Posted On 3/28/2019 10:34:26 AM

Like Dislike

AnnaZeez

Joined On 11/25/2015 4:00:18 AM

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The suggestions in here seems to me good. For me, depression was best addressed by spending time outside, activity, 5=htp, and a tryptophan rich breakfast (egg, avocado). None of these things were enough on their own, but together, they were, and continue to be an effective strategy. I spent my childhood and young adulthood almost permanently depressed until I realised that this combination worked for me and could arrest depression quite fast. In particular, I think we massively underestimate the effects of daylight on our mood and cognitive function. Russell's Foster's work is interesting in this regard. The article refers to the effects of good sleep on depression, and I'd like to mention our Zeez Sleep Pebble as a tool which can support sleep, and therefore incidentally, help depression. There's a you tube clip of a woman called Bettina talking about this. Website is www.zeez.org.uk

Reply | Mark as Spam | Posted On 4/4/2019 2:38:59 AM

Like Dislike

MDG

Joined On 3/25/2007 5:17:02 PM

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I agree about daylight. When I was suffering from depression, I was something of a night owl.....mostly awake at night, slept much of the day. Once I made it a point to get up early and see the sun all day, it made a huge difference for me (along with supplementing vitamin D in the winter).

Mark as Spam | Posted On 4/4/2019 7:27:06 AM

Like Dislike

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epi-cure

Joined On 5/12/2012 7:02:04 PM

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Regarding a reader quote on this thread questioning psyche meds as inducement to mass murder, when has that question ever been posed by our vetted "news" media? I dare say never. If it were, then scrutinizing the firearms controversy might redirect in no small part the onus to the drugs that helped perpetrate these horrific crimes. And casting aspersions on our pharmaceutical sponsors is just plain bad for business says media so come hell or high water the spotlight stays forever on the guns.

Reply | Mark as Spam | Posted On 4/4/2019 12:44:10 PM

Like Dislike

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forbiddenhealing

Joined On 2/21/2011 9:51:43 AM

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Could metals make ya crazy? Try a hair analysis...Got Hg, Cd, Pb, Al? then try Mega C/baking soda and chlorella as you heal gut...Give it a week and see.

Reply | Mark as Spam | Posted On 4/4/2019 8:07:34 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Good advice FOR. The public health burden of psychiatric disorders such as depression and anxiety is enormous. An estimated 450 million people worldwide suffer from psychiatric disorders. Lead, mercury, assenico, aluminum cadmium, etc., are all metals that can have harmful effects on the human body with overexposure and cause depression. Prenatal and neonatal lead and cadmium exposure have been documented to cause common and widespread neurological and psychological effects such as depression, anxiety, mood disorders, schizophrenia, etc. Lead, a potent neurotoxin, can affect numerous cellular functions, including the release of neurotransmitters such as dopamine and serotonin.

In patients with mitochondrial diseases, psychiatric symptoms have been reported, including bipolar disorder, major depressive disorder, psychosis, anxiety disorders and personality changes. Lead affects the brain systems that regulate social / emotional functioning. Physiologically, lead can alter the functioning of the hypothalamic-pituitary-adrenal (HPA) axis, The Role of Lead and Cadmium in Psychiatry www.ncbi.nlm.nih.gov/.../PMC4158644 (2015)

Toxicity, mechanism and health effects of some heavy metals www.ncbi.nlm.nih.gov/.../PMC4427717 (2014) Prevalence of exposure of heavy metals and their impact on health consequences onlinelibrary.wiley.com/.../jcb.26234 (2017) Toxicity and Depression ndnr.com/.../toxicity-and-depression (2012) Toxic Metals that Contribute to Depression www.aplaceofhope.com/toxic-metals-that-contribute-to-depression/ (2015) Can heavy metal toxicity lead to mental health problems like depression or anxiety? www.cabothealth.com.au/heavy-metal-toxicity-can-lead-mental-health-pro.. (2018) How to detoxify Heavy Metals www.balancingbrainchemistry.co.uk/peter-smith/28/Heavy-Metal-Toxicity-.. (2015)

Mark as Spam | Posted On 4/4/2019 11:43:29 AM
Like Dislike

MDG
Joined On 3/25/2007 5:17:02 PM
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When I was 26 I was prescribed Prozac for depression (mine was mainly seasonal, but it was pretty debilitating for me). In my case, it seemed to work, though in retrospect I think it was probably the placebo effect. My desire to not be miserable anymore was what led me to talk to my father's doctor in the first place, so I think I had finally become aware of what was happening to me for 8 months of the year. What I didn't know then, was that what I really needed was vitamin D. I only took the Prozac for 6 months, then stopped, because I felt it had "cured" me, but more importantly I couldn't really afford to get more at the time. I think I cured myself in actuality. After that, I still had some seasonal depression but it was manageable. Once I found out about the importance of vitamin D (from this very web site) and started taking large doses and getting my levels tested, I never had any sort of depression again. I consider myself lucky that I stopped and that I had no noticeable side effects (though I did have some after taking it for a few days, I felt spaced out, couldn't talk to people, and felt even more depressed.....that only lasted a couple days though, then those side effects went away for me).

Reply | Mark as Spam | Posted On 4/4/2019 7:23:53 AM
Like Dislike

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billstri
Joined On 6/8/2008 9:16:45 PM
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My understanding is Prozac was not invented for depression, but for OCD and/or circular thinking. That is where instead of going to sleep at night, you stay up and try to fix the social problems that are not yours to fix. For example, a boss that shoves his beliefs about you or your job down your throat and you can't live with it. So you spend your time coming up with everything that supports your point of view. But in your state of lack of sleep and the work atmosphere, all you do is make it worse and worse for yourself. In very low doses like 10mg/day helped me at one point in my life. But the doctor wanted to increase that to 30 to 60 mg/day for depression.

The more I increased the dose, the more depressed and anxious I got. I did not get relief until I got the dosage down below 20 mg/day. It is difficult for a doctor to tell exactly whether or not you have some variance of depression or anxiety and which drug may work as getting the wrong drug can be disastrous and make things a lot worse as it did for me. Getting off Prozac later is very difficult and will create more mental issues and could keep you chained to Big Pharma for the rest of your life. You have to decrease the dosage slowly over a few or several months. Going from 2.5mg/day to 1.0mg/day to getting fully off of it created periods of rebound bouts of circular thinking and I did not get fully back to normal for 1 to 2 months after I reached zero.

Takes lots of will power to dis-connect from Prozac and I assume other mental health drugs. That was many, many years ago and I am very glad to be fully disconnected from Big Pharma. What I know now, I would be instead make sure I get a full dosage of magnesium, Ashwaghanda, time restricted eating, and a few other supplements Dr Mercola has talked about. Having one or more support groups of friends helps a lot. When you are having mental issues, it is hard to make friends or join support groups and getting mental issues makes friends abandon you.

Reply | Mark as Spam | Posted On 7/28/2022 11:35:10 AM
Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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Walking 3-5 miles a day is a good adjunct to mental health therapy. Find something to do--pick up litter, pick wildflowers, forage, walk a

dog, etc. Make your life purposeful.

Reply | Mark as Spam | Posted On 4/4/2019 4:16:33 PM

Like Dislike

Karolina99

Joined On 5/15/2021 8:43:59 AM

Add as Friend | Send Message

100% true, it works for everybody who can walk.

Mark as Spam | Posted On 7/28/2022 5:43:06 AM

Like Dislike

NRiehl

Joined On 1/16/2013 7:44:37 PM

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Mercury poisoning, from amalgam fillings, blocks receptors, causes hypothyroidism, and causes depression. My brother, now 62, has reported that since having his mercury fillings replaced over the past few years, his depression has lifted. He had approximately 14 huge amalgam fillings placed in his teeth in his teen years by a dishonest dentist. My brother probably had few or no cavities, but the dentist saw a means of making a bundle, and our family was too naive to get a second opinion. Imagine living with overwhelming depression for 50 years or more. So, profound depression can be caused by a toxin such as mercury. No amount of "talk therapy" is going to relieve you of its deadly effects. Dr. Mercola has many good articles about mercury's dangers.

Reply | Mark as Spam | Posted On 4/4/2019 11:43:21 AM

Like Dislike

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njlady

Joined On 11/21/2006 8:03:31 PM

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I suffered for 8 yrs with acute anxiety and panic disorder, which was with me 24/7. I finally was prescribed the anti depressant imipramine. I was almost normal within 6 weeks. I did suffer nasty side effects which I still have some problems with although I got off the drug after 8 yrs..I should never have been on the drug for that long but it was in the 80's and I really didn't know much about alternative medicine back then. But I was so sick, I'm really not sure any supplement or therapy would have been sufficient enough for me. So I have to say it did help me, but a naturopathic MD helped wean me off them using amino acids. I have weird problems with my brain now, and I'm not sure the cause is from the med, the chronic anxiety or lyme and fibro . On the other hand, my husband saved our neighbors life when he tried to kill himself by filling his car with the exhaust. According to his mother, he gets suicidal when they get his anti depressant dosage wrong..So I guess it's all in the individuals biological reaction to those chemicals, which is why there are so many different side effects.

Reply | Mark as Spam | Posted On 4/4/2019 8:20:33 AM

Like Dislike

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rrealrose

Joined On 11/10/2011 8:59:01 AM

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Thanks Dr M! I was not aware of Dr Peter Breggin's work.--- Several years back, while listening to a summit, it became clear that many on these drugs are lacking access to proven ways to get off them. For anyone interested, Dr Datis Kharrazian is offering a 6-week, online course called "Save Your Brain" on methods to regain brain health...Dr. Datis says he assembled this information to help people understand where they are now, and learn different methods and if interested, gather background needed to look for a practitioner best suited to their needs. Here's a link: drknews.com/save-your-brain-optin (not a sales rep, rather have seen large numbers of requests on how to get off these drugs).

The reason I dropped this in earlier is because a lot of women with thyroid issues like Hashimoto's often get mis-diagnosed or not diagnosed and instead are given SSRIs or similar, to adjust an endocrine system disruption? This is not going to go away without important lifestyle changes.

Reply | Mark as Spam | Posted On 4/4/2019 6:45:51 AM

Like Dislike

Dennij

Joined On 8/9/2009 9:25:41 AM

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I went undiagnosed with thyroid issues/Hashimoto's from at least 1989-1995 and then not treated with the T3 I needed till 2018! In 1990, I was put on antidepressants. I posted my story. I wasn't depressed just sleep deprived. My post is under Dennij

Mark as Spam | Posted On 4/18/2019 9:32:00 AM

Like Dislike

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forbiddenhealing

Joined On 2/21/2011 9:51:43 AM

Add as Friend | Send Message

Detox metals with Mega Vitamin C/chlorella..Check magnesium/potassium/sodium electrolytes..Nicotine and cannabinoids not mentioned? Saturated fats/probiotics?....Happiness is also a choice, destress, go parasympathetic....raise body/brain voltage!

Mark as Spam | Posted On 7/28/2022 7:57:55 AM

Like Dislike

I.M5384

Joined On 7/21/2013 6:41:20 PM

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The Mad w/ Medication video (05;40 mark). she closes w/ the FDA claims all drugs are safe & effective. Then why do the 2-Botox commercials claim it improves skin appearance and decrease head pains? But then claim the drug may cause head pains or death. Most all medication ads on TV have a trade off that may cause death or serious side effects. A cancer drug claims to offer "a chance" to live longer. A chance... Like what, 2%, %50? How about saying the same thing the other way. A CHANCE to die sooner (98% / 50%). How is that safe? Some of the words out of these government agencies mouths is like a take from the movie Idiocracy. Milk, it does a body good? It never states the HUMAN body. Similar claim... Drugs are safe & effective. They safely make the industry $$$ and they are effective in their intended goal? An unstated goal. A comment that is a nonsequitur to the ad, claim or image/s being shown.

Reply | Mark as Spam | Posted On 7/28/2022 3:42:29 AM

Like Dislike

Otorongo

Joined On 4/16/2008 12:33:32 AM

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I.M: I couldn't agree more!

Mark as Spam | Posted On 7/29/2022 4:06:57 AM

Like Dislike

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jdarnall64

Joined On 12/24/2009 9:45:21 AM

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The world is really messed up. We have many in the psychiatric field to blame. Our system for helping is broken. Even in traditional medicine it's more about drugs. Cholesterol drugs and drugs for diabetes are all bogus and can create more problems. Why are so many regular doctors so against breaking from their own brain washing? This is especially true when it comes to statin drugs for cholesterol. They all think people should be on them. Better stop here, I am starting to get away from the subject above. As I said earlier, the world is messed up and many that are supposed to be helping people are hurting people. Not good!

Reply | Mark as Spam | Posted On 4/6/2019 7:03:10 AM

Like Dislike

Cubbyblue2016

Joined On 4/4/2019 4:11:08 PM

Add as Friend | Send Message

Dr Mercola, thank you for this article. I was diagbosed in 2018 with Neurotoxicity and resulting dementia from an antidepressant and frustrated more articles don't exist discussing it. Until today when I read this article that is.

Reply | Mark as Spam | Posted On 4/4/2019 4:13:08 PM

Like Dislike

SunGlows

Joined On 7/22/2022 7:13:47 PM

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If I use any product with Jojoba Oil in it, I get extremely depressed. I confirmed this when I used undiluted Jojoba Oil on my face. Also, I was using a lot of Alcohol wipes and that made me depressed. I'll bet the overuse of Hand Sanitizer is causing issues for a lot of people and it may explain some of the rise in depression in children. Also, lack of vitamin D is a cause. Taking Carlson Vitamin D drops have helped me. Cod Liver oil also helps. I also need to maintain a low dairy diet.

Reply | Mark as Spam | Posted On 7/28/2022 4:59:42 PM

Like Dislike

PathNotes

Joined On 12/25/2012 3:44:06 PM

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SSRIs, PPIs, Statins, NSAIDs, Anti-histamines, Vaccines, COX-2 inhibitors, OxyContin... There are no shortcuts to good health. Well-being always starts with diet and lifestyle improvement.

Reply | Mark as Spam | Posted On 7/28/2022 12:02:34 PM

Like Dislike

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lobos

Joined On 6/19/2006 7:59:45 PM

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People need to read Dr Joe Dispenza's, The Placebo Effect. It has amazing and true stories of surgeries and drug trials. The Placebo effect is real and Big Pharma knows it and uses it for their profit. They and the media are merchants of fear. Better profits over a better world.

Reply | Mark as Spam | Posted On 7/28/2022 12:01:07 PM

Like Dislike

Karolina99

Joined On 5/15/2021 8:43:59 AM

Add as Friend | Send Message

EMPowerplus from www.truehope.com and magnesium will help everyone with depression, even schizophrenia.

Reply | Mark as Spam | Posted On 7/28/2022 5:41:56 AM

Like Dislike

Dennij

Joined On 8/9/2009 9:25:41 AM

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My 30 year experience with SSRIs: I was put on an SSRI nearly 30 years ago- about when they first came out. I wasn't depressed. My 6 month old didn't sleep at night but was up every 45 minutes (and this continued till he was 5 1/2 YEARS old, being diagnosed with ADHD). I didn't know anything about antidepressants back then, but even my husband thought it helped me/us with PMS but noticeably dulled all emotions but made living 'easier'. I continued using it. I slowly went off whatever SSRI I was taking at the time when peri-menopause was over and was taking 5 HTP for a year or so till my brain exploded (including pain) and my more recent doctor put me on a newer SSRI. I've been on 4 or 5 SSRIs as they become ineffective and I get the head exploding/pain attacks after a few years. I've been on generic effexor for 7 years now.

I've been sick with Hashimotos/Lyme now since 2013 and am waiting till I feel better enough or stable enough with both to slowly reduce the dose of my SSRI with my doc and see how I do, maybe having to go back on 5HTP, which my ADHD now 30 year old also takes along with GABA. My daughter (33) is using counseling and celexa the past 5-6 years due to all the stress (law school and those first few years of work & a recovering alcoholic for a husband) and feels she does very well with it. Indeed, I forgot to mention the 30 lbs weight gains for both of us that do not come off with exercise, diet or either.

Reply | Mark as Spam | Posted On 4/18/2019 9:27:53 AM

Like Dislike

BrianFraser

Joined On 6/17/2020 3:32:33 AM

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In 1985 I was suffering from hypothyroidism. I started taking Armour thyroid pills. Nothing happened for the first 6 weeks. After that I started feeling MUCH better--like I was being resurrected from the grave. Eventually I topped out at 8 grains (!) of Armour thyroid. Then my Internal Medicine doctor started prescribing antidepressants, because of possible hypothalamic origin of the hypothyroidism. I eventually dropped to 4 grains. After a few years on that, I was able to get down to 3 grains. That was as low as I could go. I still have to take about 20 milligrams of fluoxetine with the thyroid. But I have lived a very normal life for over 30 years.

Mark as Spam | Posted On 7/28/2022 3:28:53 AM

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billstri

Joined On 6/8/2008 9:16:45 PM

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My opinion is study the many safe supplements you could take like magnesium and pro-biotics that cannot possibly interact with your prescriptions. They may take many months with the supplements before they can help as reversing a multi-decade deficiency can take years to get the full mental benefits of some supplements. Also, make big improvements on diet and daily exercise or long walks. I tried Celexa for ADHD and it just made me sick for two months and I gained 25 pounds in 2 months without any change in my eating habits. A new doctor (a doctor specializing in ADHD) immediately got me off Celexa. The real fix for me for ADHD is Time Restricted Eating. That means you immediately go to eating all of the food you eat in a day within a 12-hour window most days of the week and fasting starting at least 3 hours before bedtime and lasting until the next morning.

Then slowly over time as your digestive track adapts, decrease the eating window to under 8 hours per day. My eating window is usually 5 to 6 hours per day most days. Over time, that fixes your digestive system and can drastically improve many other seemingly unrelated problems like ADHD, thyroid issues, and insulin resistance. Took me two years to get where I am now with slow improvements over that two years. I have not lost weight by dieting or starving down.

But under Time Restricted Eating, I have lost 20 pounds in 2 years with no effort to cut the amount of food I eat. But I have mostly given up grains, vegetable based manufactured seed oils like Canola, and now I eat a serving of fish or sardines at least 3 times per week. After two years on TRE, my AIC has remained the same, but my 16-hour fasting blood sugar has gone from 65 to 101 giving me tons of extra energy for hiking in the mountains and bike riding after 12 hours of zero food, which can only be explained with the fact that I am using extra body fat for my fuel. My triglycerides have also plunged as the body converts it to glucose to burn.

Mark as Spam | Posted On 7/28/2022 12:12:05 PM

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HealingMindN

Joined On 5/1/2007 5:34:02 PM

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The "counselors" at my only nephew's high school put him on zoloft starting his freshman year. After my nephew graduated high school and a few months into college, he was found lifeless in his parent's garage in January 2005. We found out he was playing the "choking game."

Reply | Mark as Spam | Posted On 4/4/2019 3:54:31 PM

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Almond

Joined On 2/26/2008 4:23:33 PM

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Can counselors do this without parental permission or was he in an 18-year old majority state?

Mark as Spam | Posted On 4/4/2019 10:47:27 PM

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HealingMindN

Joined On 5/1/2007 5:34:02 PM

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I'm sure the counselors got his parents' approval.

Mark as Spam | Posted On 4/5/2019 4:42:58 AM

Like Dislike

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kroyals

Joined On 11/23/2011 10:41:09 PM

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Good article but missing Meditation and Sunshine!!!!! Also try CBD oil.

Reply | Mark as Spam | Posted On 4/4/2019 10:59:35 AM

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