

The Drugs May be the Problem

Inconvenient Truths about Psychotropic Drugs and the Pharmaceutical Industry

- 1) "FDA approval" doesn't mean a psychotropic drug is safe or effective *long-term*.
- 2) The FDA doesn't test drugs, it only reviews studies – and most often these studies are designed and paid for by the very drug companies that will profit by the approval of these drugs.
- 3) Typically, the SSRIs and the neuroleptic drugs are only tested on humans for 8–12 *weeks* before being granted marketing approval by the FDA. (Then patients are often told they may have to take these drugs for the rest of their lives).
- 4) The claim that there is such a thing as a "brain chemistry imbalance" has never been proven and therefore remains a theory; in fact, psychotropic drugs commonly deplete natural brain chemicals and alter the anatomy of the brain.
- 5) It is absurd to claim that antidepressant drugs work like insulin for diabetics; there is no such thing as a Prozac deficiency.
- 6) The so-called "discontinuation syndrome" that is so common with SSRI antidepressants, in most cases is not a relapse into a previous illness, but is actually a *drug withdrawal syndrome* which only happens with dependency-inducing (addicting) drugs.
- 7) Ritalin works very much like cocaine, but it is longer acting.
- 8) All psychoactive drugs are brain-altering / brain-disabling and are NOT brain *healing*.
- 9) Mental "illnesses" almost always can be revealed, if enough time is spent with the patient, to represent a decompensation because of an emotionally overwhelming crisis situation in a person's life (from the past or present) and therefore are potentially curable UNLESS psychiatric drugs are applied and continued for the long-term.
- 10) Psychotropic drugs are probably the major cause of permanent disability because of mental illness.
- 11) There is much evidence in the literature that many commonly-prescribed psychiatric drugs are brain damaging with long-term use, especially the anti-psychotics.
- 12) It is NOT bipolar disorder when someone experiences mania from an agitation-inducing antidepressant.
- 13) There is no psychiatric drug that is FDA approved for the prevention of suicide. These psychiatric drugs, including the SSRIs, actually increase the incidence of suicidality.
- 14) All of the infamous homicidal and suicidal "school shooters" (at least the ones whose medical files haven't been sealed) had been taking psychiatric drugs, either SSRIs such as Prozac or psychostimulants such as Ritalin.
- 15) Studies have shown that 4–8% of people under the age of 18 will become psychotic, suicidal or homicidal from SSRIs.
- 16) Pharmaceutical drugs have obscenely high profit margins - as much as 569,958% in the case of Xanax.
- 17) The CEOs of the major pharmaceutical companies earn yearly salaries in the tens of millions of dollars per year but have public approval ratings nearing the single digits.
- 18) Cholesterol is vitally important, indeed essential, for a healthy central nervous system.
- 19) The Standard American Diet is so deficient in essential nutrients and so poisoned by synthetic food additives and preservatives that brain malnutrition and toxicity is epidemic.
- 20) There are a number of very affordable, non-drug, brain-healing nutrients (including amino acids, essential fatty acids, vitamins, minerals and antioxidants) that are safe, highly effective and even curative for many neurological and mental health conditions.