

The Drugs May Be The Problem

Inconvenient Truths About Psychotropic Drugs and the Pharmaceutical Industry

Presenter: Gary G. Kohls, MD

2008 Minnesota Social Services Association (MSSA) Conference 03-28-08 8:30—12:00

Presentation Outline

Introduction / Background / Overview of Lecture

Review of Resources (handout)

The Roots of “Mental Illness” and the Traumatic Stress Spectrum of Disorders

- 1) Bio-psycho-social-spiritual stressor-induced mental ill health
- 2) PTSD
- 3) Toxic food, psychotropic drug-induced neurotoxicity, brain malnutrition

The Myths of Mental Illness

- 1) That mental ill health is inherited, has no known cause and is incurable
- 2) That brain chemical imbalance causes mental ill health
- 3) That psych drugs can balance the >60 known brain neurotransmitters
- 4) That psych drugs are safe, nontoxic and effective long-term
- 5) That psych drugs have been thoroughly and sufficiently studied
- 6) That psych drugs are not dependency-inducing (i.e. addictive)
- 7) That withdrawal syndromes represent “relapse”

Brief Q & A and Break

The Science of the Body-Mind Connection— at the Synapse Level

Dangerous Brain-Altering Chemicals— at the Molecular Level

- 1) The Problem with Prozac
- 2) Ritalin is Not the Answer
- 3) The Neurotoxicities of “Atypical” Antipsychotics
- 4) The Addictive Benzodiazepines

The Withdrawal Syndromes

- 1) Antidepressant drug withdrawal
- 2) Antipsychotic drug withdrawal
- 3) Benzodiazepine withdrawal

Non-Toxic, Non-Drug Alternative Approaches that Can Heal a Toxic Brain

- 1) Nutritional Therapy
- 2) Psychotherapy
- 3) Preventive Psychiatry
- 4) Body work, naturopathy, homeopathy, acupuncture, other

Closing and Q & A