The Dangers of Antidepressants

January 14, 2011 By Djehuty Ma'at-Ra

One cannot talk about antidepressants (SSRI antidepressants) without talking about depression, which is the mental health disorder antidepressant drugs are prescribed for.
(NOTE: SSRI = Selective Serotonin Reuptake Inhibitors.)

So within this blog article I will cover both the dangers of antidepressant drugs and the disease and disorder of depression.

I am very qualified to talk about depression, well, at least in my personal opinion, because it's something I saw often as a little boy growing up, plus, I have helped many people (mostly women) overcome depression naturally through dietary modification (vegan and raw/live foods), herbal compounds, positive thinking exercises, affirmations, and other natural modalities.

A very popular antidepressant drug of choice is the drug 'Valium.' As a health researcher, I clearly know why of all the depressive mood states and suicidal tendencies. Like many antidepressant drugs on the market, 'Valium' induces suicidal tendencies and thoughts. So does Prozac! I learned this from my research back in the late 1990s. It's clearly documented too.

As depression rates soared in the United States in the last decades, new pharmaceutical antidepressant drugs have hit the market. Antidepressant drugs such as Prozac, Celexa, Zoloft, Lexapro, Sarafem, Zyban, Luvox, Wellbutrin, Effexor, and Serzone to name a few have ended up as prescriptions for millions of Americans, including the late great pop icon Michael Jackson.

Many antidepressant drugs are unnecessarily prescribed, like in the case of female menstruation whereby doctors are now prescribing antidepressant drugs such as Prozac for teen girls and women to combat their PMS (premenstrual syndrome).

Statistics in the Matrix suggest that 7 out of 100 people will suffer from depression after age 18 at some point in their lives; and presently, 1 in 33 children and 1 in 8 adolescents suffer from clinical depression.

Statistics also show that 6 million people are affected by late life depression; and that only 10% receive treatment or help. However, most people diagnosed with major depression receive a diagnosis between their late twenties to mid-thirties.

For every one man that develops depression, two women will develop depression, regardless of

racial or ethnic background or economic status. And the depression and suicide rates of young African-American males are startling. You hardly hear anything about this. Perhaps it's because African-American males are already so expendable in the eyes of so many in our society, so why should anyone be alarmed at this revelation? Starling or not, it is a reality and black medical and health organizations and authorities should start looking into this.

Statistics also reveal that more than half of all people caring for an older relative show clinically significant depressive symptoms. And for some strange reason (which I know serves a purpose), it is projected that by the year 2020, depression will be the 2nd most common health problem in the world.

If depression is going to be the 2nd most common health problem in the world, then people all around the world are about to get ready to see some very bad stuff take place in the world. Depression doesn't just fall out of the sky. Depression is a reaction to something.

Depression is a serious challenge to optimal health and wellbeing. It is also a symptom of other health challenges.

Twenty-five percent (25%) of cancer patients suffer from depression, and understandably so.

Eighteen percent (18%) of post-stroke patients suffer from depression.

Approximately one of every two patients with an eating disorder suffers from major or clinical depression.

Twenty-seven percent (27%) of persons with substance abuse disorders (both alcohol and other substances) experience depression.

Major depressive disorder is the leading cause of disability in the United States for ages 15-44.

Clinical or major depression is the top cause of disability throughout the world for persons 5 and over.

In the United States alone, businesses may spend anywhere from 12 to 70 billion dollars caring for or paying for the medical expenses of employees that have depression or suffer from related mental illness.

SSRI Antidepressants and Suicide

If you think depression is a problem, just start taking some pharmaceutical antidepressant drugs and watch your problem(s) get worse. If depression is bad, what is suicide murder?

It is safe to say that SSRI antidepressants KILL! Why would the FDA approve of such harmful drugs? Can you say: profits? The criminal and nefarious FDA allows these harmful medications on

the market despite the harm they do.

You need to know that Prozac, Zoloft, Paxil, Luvox, Celexa, Sarafem, Fen-Phen, Redux, Meridia, Effexor, Serzone, Wellbutrin, Zyban, or any one of the other SSRI antidepressant drugs, induced every one of these tragedies. This is happening right under our noses; people are dying everywhere; but, it's not brought to you on your evening news. It's just horrible that we're not being told what is going on.

And you should know this, as well: When the big pharmaceutical companies settled these court cases, the agreements included gag orders. These families can't tell you what I'm telling you here. So, while the families get some compensation for their loss, there is no justice. No responsibility or guilt is ever officially attached, and these companies are allowed to continue on, business as usual."

Again, it is safe to say that SSRI antidepressants KILL! Why would the FDA approve of such harmful drugs? Can you say: profits? That's right! Profits over human life!

Folks, there's a reason why we are seeing and hearing about so many murder/suicides today. Pharmaceutical drugs! Not Nature's herbs, but these darn toxic and poisonous pharmaceutical drugs that have no place in the human body. People are shooting up their families, shooting up schools, shooting up their place of employment, shooting up churches, shooting up hospitals, and shooting up colleges and universities.

Causes of Depression

First, lets define what depression is, at least from a medical perspective, so as to be able to understand it. You can't heal any disease, disorder, or dysfunction unless and until you first understand what the disease, disorder, or dysfunction is - it's source or origin, its nature, and its purpose.

Depression is a mental disorder that is medically defined as: "1. A decrease of vital functional activity. 2. A mood disturbance characterized by feelings of sadness, despair, and discouragement resulting from and normally proportionate to some personal loss or tragedy. 3. An abnormal emotional state characterized by exaggerated feelings of sadness, melancholy, dejection, worthlessness, emptiness, and hopelessness that are inappropriate and out of proportion to reality." (Mosby's Medical Dictionary)

The medical term 'depression' derives from a Latin word 'deprimare' meaning "to press down." Depression results when there is lack of inspiration, optimism, and enthusiasm in life. It is also the result of the spirit being deflated.

People become depressed when hope is lost or perceived to be lost.

People become depressed when they feel lonely or perceive themselves to be lonely.

People become depressed when they don’t feel loved or perceive to have lost love.

People become depressed when they don’t see a way out of a dark situation.

People become depressed when they don’t feel good about themselves over a long period of time.

People become depressed at the loss of a loved one to death.

People become depressed when they don’t have any money or are constantly broke, especially women.

Natural Healing For Depression

Depression can be healed by greatly modifying the diet. A nutrition-rich diet is key. Lack of certain nutrients that nourish the brain and neurological system must be added to the diet. To make sure the body and the brain are getting certain nutrients that are greatly needed, it’s best to eat a diet consisting of various vegetables and fruits, in their raw form but also in the form of herbal extracts, teas, and capsules.

A raw foods diet alone will cause a tremendous positive change in a depressed person. Why? Well, because raw foods are filled with life. Raw foods are live foods and live foods are enzymatic in nature. Enzymes are what give life to raw foods. Cooked and processed foods lack enzymes and this is why cooked and processed foods are dead or lifeless.

Raw foods are not boring! They are not bland! They are not devoid of protein! Raw food is not just lettuce and carrots. It’s a whole lot of wonderful veggies, fruits, seeds, nuts, and grains. Don’t think so? Then just visit our “Dietary Choices” section on our site (within the next few weeks) and see for yourself.

Avoid meat and dairy products as well as processed and refined products. They contain many harmful chemical additives that impair the brain and nervous system.

Avoid all chemical sweetening agents: sugar, saccharin, aspartame, Nutra Sweet, Equal, high fructose corn syrup, corn syrup, dextrose, Ace-K, etc.

Avoid all beverages that contain the synthetic amino acid ’phenylalanine.’

Avoid all commercial brand energy drinks, i.e. Red Bull, Full Throttle, etc.

Avoid all alcoholic beverages: beer, wine, champagne, etc.

Drink plenty of good water - distilled, spring, or alkaline water are best! Alkaline water is best!

By all means, avoid ALL chemical and pharmaceutical meds (drugs), especially antidepressants. Antidepressant drugs such as Prozac, Celexa, Zoloft, Lexapro, Sarafem, Zyban, Luvox, Wellbutrin, Effexor, and Serzone to name a few have ended up as prescriptions for millions of Americans, including the late great pop icon Michael Jackson.

THERAPEUTIC AGENTS

Aromatherapy is highly recommended for the healing of depression.

Beneficial essential oils that can aid in reversing and healing depression include: Davana, Neroli, Rose (Bulgarian/Otto), May Chang, Orange Peel, Lemon Peel, Mandarin Orange, Linden Flower, Frankincense, Lavender (French), Valerian Root, St. John's Wort, Champaca, Sage, Jasmine, Ylang Ylang, Nutmeg, and Rosemary.

Essential oils can be inhaled or sniffed through the nose (from the bottle or an inhaler or inspirant) or burned in a diffuser or nebulizer.

Nervine herbs that can be consumed to help reverse depression include: Kava Kava, Valerian Root, Jatamansi, Lavender Buds, Linden Flower, Catnip, Skullcap, Passionflower, Chamomile (very mild effect), Wild Lettuce, St. John's Wort (very mild effect), Blue Vervain, and Hops.

Crystals that help reverse and heal depression include: Pink and Purple Lepidolite (which contains lithium, Nature's antidepressant).

I also highly recommend the following practices which could be helpful to you:

Listen to uplifting music!

Perform yoga!

Perform deep breathing exercises!

Have your chakras evaluated and balanced.

Hang out in Nature - at the beach, in the woods, at a lake, etc.

Nobody has to die from depression. Depression is a symptom that simply conveys a much deeper message, usually on the spirit and soul levels of existence.

Thank you for reading!

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