



## Anti-depressant madness

January 2010.

Article by Marek Doyle, [www.blueprintfitness.co.uk](http://www.blueprintfitness.co.uk)

So, what we had suspected for some time has now been confirmed. A study published this month in the *Archives of General Psychiatry* show that SSRI anti-depressants are now the most widely prescribed drugs in the Western world. The study showed that there was a 40.1% increase the prescription of these drugs between 1996 and 2006.

By studying more than 13,000 visits to a psychiatrist, researchers found that the likelihood of a patient being prescribed medication jumped from a massive 42.6% to a simply shocking 59.8%. Whats more, the proportion of visits that resulted in *three* or more prescriptions leapt from a worrying 16.9% to an incredible 33.2%. This prescribing of multiple psychotropic drugs is what has drawn most attention; you and I may call this madness – the industry calls it *psychotropic polypharmacy*.

“Doctor, I feel a bit down.” What does the doctor ask here? Does he ask you if you are getting any sunlight/vitamin D? Enquire as to how often you are exercising, or what your omega 3 intake is like?

“Doctor, I'm having trouble sleeping.” Are you asked about your magnesium intake? Is there any assessment of adrenal function made? Are you asked if you are currently taking a multivitamin?

Not a chance. He gives you psychotropic drugs. Psychotropic drugs that are not even proven to work: “Because scant data exist to support the efficacy of some of the most common medication combinations, such as antipsychotic combinations or combinations of antidepressants and antipsychotics,” said the researchers, “prudence suggests that renewed clinical efforts should be made to limit the use of these combinations to clearly justifiable circumstances.” In other words – cocktails of drugs are being pushed on patients by doctors who haven't got a clue what they will do.

A CDC report shows that, of the 230 million people in America that take SSRIs, 80% say they have some level of 'functional impairment' as a result of taking the drugs, and 27% say it is 'extremely difficult to do everyday tasks'. This is the price of taking those little pills – little pills that have regularly been shown to be about as effective as placebos in treating depression!

Side effects include an increased risk of diabetes, a suppression of the immune system and a six-fold increase in suicidal thoughts. Theres also the mind-bending effects; clients who have come off the SSRIs under my care have reported 'seeing colours again' and the 'volume being turned back up'.

Meanwhile, omega-3 supplementation has long been shown to eliminate depression in most cases. Vitamin D therapy is a reliable eliminator of seasonal affective disorder, although both fall short compared to the effects of exercise on depressive states. If modulation of neurotransmitters is required, St Johns Wort has been shown to be more effective than pharmaceutical agents in double-blind trials, without the side effects.

Essentially, the thought processes in the psychiatry industry show a systematic avoidance of evidence-based practice and a consistent disregard for patient well-fare.

Visit a psychiatrist? You must be mad.

#### References:

Jurcic J, Pereira JA, Kavanaugh D (2007). St John's wort versus paroxetine for depression. *Can Fam Physician*. 53(9):1511-3

Knubben K, Reischies FM, Adli M, Schlattmann P, Bauer M, Dimeo F. A randomised, controlled study on the effects of a short-term endurance training programme in patients with major depression. *British Journal of Sports Medicine*. 2007 Jan;41(1):29-33

Mojitabai R, Olfson M (2010). National trends in psychotropic medication polypharmacy in office-based psychiatry. *Archives of General Psychiatry*. 67(1): 26-36.

Logan AC (2004). Omega-3 fatty acids and major depression: A primer for the mental health professional. *Lipids in Health and Disease*, 3:25.

Tuunainen A, Kripke DF, Endo T (2004). Light therapy for non-seasonal depression. *Cochrane Database Syst Reviews*. 2:CD004050.

**Marek is a personal trainer, nutritional therapist and allergist operating in Kensington, Chelsea, West London and Basingstoke. He is the director of Blueprint Fitness, [www.blueprintfitness.co.uk](http://www.blueprintfitness.co.uk)**