

W.H.O.s on First? David Christopher, M.H.

Recently I was honored to have as a guest on my [radio show](#), the foremost authority on anti-depressives, Dr. Ann Blake Tracy. In a pre-interview with Ann I inquired as to the source of information that we were discussing. She answered, "who's source." I replied "the documentation sources." She then made it clear that the figures came from W.H.O. - the World Health Organization. Many times we are all clueless as to where health news originates. Unfortunately, anyone who has read and believes news articles on the safety and effectiveness of anti-depressives has sadly been deceived. These news articles originate from studies paid for by the giant pharmaceutical conglomerates that manufacture and greatly profit from these drugs. Patients and doctors are lied to by pharmaceutical reps and thus they are prescribed. Doctors are also wined, dined, pampered and bribed into prescribing these drugs. Reps will send birthday gifts, flowers, buy meals, set up expensive retreats for receptionists and other clinic workers all in the name of boosting sales. It is a shame that all these efforts aren't used in making safe products.



Today's anti-depressives are in a class of drugs called S.S.R.I.s or specific serotonin reuptake inhibitors, including but not limited to Prozac, Serafem, Zoloft, Paxil, Luvox, Celexa, Lexapro, Effexor, Serazone. The drug giant Eli Lilly who produced the first of this class of drugs was also responsible for producing the synthetic form of LSD. Prozac works the same way as LSD by blocking the re-uptake of serotonin thus creating a potential for overdose while blocking the body's own defense mechanism. This pooling of neuro transmitters creates the perfect storm for psychotic behavior. Never in the history of the world have we had an epidemic of new mothers killing their babies. Nor have we experienced the dearth of mass shootings combined with suicides. All cases have involved SSRIs which have a warning on the label that they could cause suicidal tendencies in adults younger than 25. So I ask why the U.S. Military is dispensing these drugs like candy to our young men serving in Iraq and Afghanistan. We now find out that these returned soldiers are committing suicide at the rate of 20 per day, every day of the year. I can add 1 and 1 and get 2 why can't our leaders? They authorize a drug that causes suicide and then wonder why their soldiers are committing suicide?

Utah has one of the highest rates of teen suicide and also is one of the largest SSRI using states in the nation. Can anybody else besides me see a correlation?

If in fact depression is caused by a deficiency in serotonin, shouldn't we look at what the body needs to make serotonin? The science is already there. Fact, the body needs the precursor Tryptophan, which is

an amino acid easily obtained from eating legumes, nuts , seeds, avocados, endive, oats, eggs, chicken, tuna and of course turkey.

If we let nature take its course our bodies will make neuro-transmitters like serotonin from the foods we eat, and we can avoid the terrible, unsafe and un-effective drugs pushed on us by money grubbing big pharma. For more information on anti-depressives log on here <http://www.drugawareness.org>