



Psychotropic drugs usually cause the diseases they should heal



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The use of antidepressants has risen dramatically in the past decade in most OECD countries. In some countries more than one out of ten adults is now prescribed an antidepressant. Iceland, Australia, and Canada are leading in this statistic. In 2011 in Iceland the prescribed daily dosage was around 100 per 1,000 inhabitants. In the year 2000 this figure had only been 70 daily doses per 1,000 inhabitants. Also in Germany the number of prescriptions has increased significantly: from only 20 daily doses per 1,000 inhabitants in 2000 to 50 daily doses per 1,000 inhabitants in 2011.

The term 'Depression' describes a mental disorder with three main symptoms: gloomymood, loss of interest or sadness, and a lack of motivation or increased fatigability. How did it come about that mental illnesses, such as depression, were ever treated with drugs?

Since the end of the 19th century psychiatrists have searched for ways to classify mental disorders. They documented their efforts in various editions of the "Diagnostic and Statistical Manual of Mental Disorders" (DSM). This was published for the first time in 1952 by the "American Psychiatric Association" (APA) the major U.S. professional organization of psychiatry.

The description of mental disorders was not based on a scientific method, but on a written vote of ten percent of psychiatrists who were APA members. When drugs – such as the sedative Valium – came onto the market, the APA looked for a biological explanation for the prescription of drugs for mental disorders. The psychiatrist Dr. Joseph Schildkraut published the following theory in 1950. I quote: "Mental health problems may be due to a biochemical imbalance of neurotransmitters, which are messenger substances in the brain."

But the theory of chemical imbalance with depression was refuted as early as in 1984. It was then that scientists were for the first time able to measure the cerebrospinal fluid of depressed patients. The serotonin value, a messenger substance in the brain, was sometimes high and sometimes low, regardless if the people were depressed or healthy. Further scientific studies confirmed this. A study was published in 1994 in the 'Journal of American Medical Association', a medical journal. It showed that a reduction of serotonin in untreated depressed patients did not worsen the depression.

In 2001 the 'British Journal of Psychiatry' published another study in which these experiments were repeated. There researchers measured the serotonin concentration in the brain. They proved that a serotonin-low nutrition lowers the serotonin concentration in the brain. However, this did not result in depression for healthy people.

This means that there is no chemical imbalance of messenger substances in the brain while having a mental illness. Nevertheless, since about 1952 mentally ill patients have been regularly treated with drugs that modify the inner serotonin metabolism in the brain.

But what damage are psychiatric drugs going to cause the brain? In 1996 Stephan Hymen, former director of the world's largest research center for mental disorders, published a study related to this in the "American Journal of Psychiatry". It showed:

- Psychiatric medications produce disorders of the neurotransmitters, the messenger substances in the brain.

- In response to this, the brain develops a series of adjustments in order to maintain its balance.

- As a result – within a few weeks – the brain will no longer function in the way that it would normally.

Thus, one must come to the conclusion that psychiatric drugs – at least in many cases – actually cause those diseases which they should heal.

This has also been confirmed by other studies that compare the progress of the disease of mentally ill patients with and without drug therapy. In these comparisons it is noticeable that patients receiving regular medication relapse more often than those who were treated without medication. This is referred to as a 'revolving door syndrome'. The relapse rate increased with administration of drugs from 55% to 69%. In addition, these relapses were more severe than with those patients that had not taken the medication.

What conclusion must be drawn from these facts? After years of research on this topic Peter Götzsche, a professor of clinical research design, and Robert Whitaker, an American journalist, summarize it as follows.

'Psychiatric drugs do not eliminate any chemical imbalance ... they cause it. If one takes them for longer than a few weeks they will cause the very disease that they should heal. Psychological disorders - that in earlier days had often just been temporary diseases – we have made to be chronic disorders by the medications we use.'

from ch.

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