Thousands of people go to a doctor every day to get what they hope will be help for the number one emotional problem in the world—anxiety. What they get is a prescription for what their doctor calls a chemical imbalance and now in addition to the anxiety they have another problem, a drug that does not resolve the problem and is possibly addictive.

Researchers believe anxiety may be caused by imbalances in brain chemicals known as neurotransmitters, the chemical language of the brain. Imbalances in three major neurotransmitters; serotonin, norepinephrine and dopamine can cause neurons (nerve cells) to misfire and brain communication is disrupted. This can cause a biochemical imbalance, but the imbalance is of the chemicals that are already in the brain, they are not psychiatric drugs, which can impair brain function. According to Peter Breggin, M.D. in his book Brain Disabling Treatments in Psychiatry, “At present, there are no known biochemical imbalances in the brain of typical psychiatric patients until they are given psychiatric drugs.” Dr. Breggin addresses the issue stating that an irrational or emotionally distressed state in itself amounts to impaired brain function is simply false. To get an even deeper understanding anyone who is even considering SSRI’s, antidepressants or neuroleptics should read Toxic Psychiatry by Dr. Breggin.

Using Dr. Breggin’s extensive research over the years to help patients at the Pain & Stress Center has been invaluable. “At this time all currently available biopsychiatric interventions can cause direct harm to the brain and the mind without correcting any known malfunctions.” Drugs modulate the activity of a variety of brain chemicals, each of which intersects with many others. According to Dr. Eric Nestler of Yale University School of Medicine, drugs are like sledge hammers; they profoundly alter many pathways in the brain. The major cause of imbalances or deficiencies is stress, anxiety, depression, grief and chronic pain. All of these stress factors use available neurotransmitters. If the stress cycle continues not only do imbalances occur and alter mind, mood memory and behavior, the neurotransmitter demand increases.

Neurotransmitters control every emotion and though, memory and learning experience; they carry the signals between the nerve cells and neurons in the brain. Psychiatric drugs can disrupt neuron activity by stopping the chemical reactions that create neurotransmitters. Drugs known as MAOI’s (Monoamine Oxidase Inhibitors) break down dopamine in the brain. Dopamine is associated with feeling of in control, well-being and pleasure. SSRI’s (Selective Serotonin Reuptake Inhibitors) such as Prozac, Zoloft, Wellbutrin and others affect the serotonin level, the master controller in the brain. Drugs only attach to receptors. They do fill them. The drug companies call the GABA receptor the benzodiazepine receptor for drugs such as Xanax. Why would a person want a substance that only attaches to brain receptors when you can fill it with what belongs there. Dr. Loren Koran states, “A physical disease incorrectly diagnosed as a mental disorder can lead to a lifetime on psychotropic drugs, loss of productivity, physical and social deterioration and shattered dreams.”

Dr. David Kaiser points out, “Patients have been diagnosed with chemical imbalances despite the fact that no test exists to support such a claim.” There are no biological imbalances and there are no lab tests that can support it. Dr. Sidney Wolf, director of Public Citizen’s Health Research Group stated we tell our kids to just say no to drugs but take Ritalin and you will do better in school. There are thousands put on Ritalin because of their inability to pay attention and focus. According to Dr. Doris Rapp, a pediatric allergist and author of Is This Your Child, if the children were tested properly the problem could be resolved. Dr. Rapp found hundreds of children who came to her office had multiple food allergies and other problems with chemicals. When the proper adjustments were made the children’s behavior improved and drugs were never needed. What Dr. Rapp corrected was nutrient imbalances in the brain that included amino acids, vitamins and minerals.

All of the drug company’s literature clearly states their medication will correct a chemical imbalance in the brain. Imbalances do not exist until you take the drugs. If drugs are suggested ask questions—it’s your brain and body. Make sure you know the long-term...
side effects. Doctors, when prescribing SSRI drugs tell patients that they are not addictive, and yet Joseph Glenmullen, M.D. states in his book, Prozac Backlash; “When people try to withdraw from serotonin boosters—especially Zoloft, Paxil, and Luvox—they may experience debilitating withdrawal symptoms.” Educate and inform yourself before you take anything or give it to your children. Remember there is no such thing as a Ritalin, Prozac, or Xanax deficiency. Drugs don’t mask symptoms and can cause great harm.

**Suggested Nutritional Support**

**Brain Link OR SBNC** (Super Balanced Neurotransmitter Complex). Brain Link and SBNC are amino acid complexes that create the neurotransmitter link (chemical messengers) for enhanced brain function. Either item is safe for adults and children. Recommended amounts are based on weight and printed on the can.

Serotonin is a neurotransmitter in the brain that helps you feel calm, relaxed, and in control. To increase your serotonin level adults take **Mood Sync** - 2 capsules twice daily. If under 125 lbs take 1 capsule twice daily. Teenagers take **Teen Link** - 1 or 2 capsules three times a day. Children can take **HTP10** - one capsule twice daily.

**Liquid Serotonin** - 10-12 drops 2 to 4 times daily.

*Caution: DO NOT use with SSRI or MAO prescription medications. Check with your pharmacist.

**References**

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