



Monday, December 3, 2007

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ANTIDEPRESSANTS: **A better understanding of the condition they claim to treat and their dangerous side effects**

Among the hustle and bustle of the Christmas season, depression manages to affect many people during this time of joy. For some, chronic depression plagues them all year long.

Medical doctors have compared depression to chronic illnesses such as diabetes or asthma, suggesting there is no medical solution for either. The most they can recommend for their patients are prescription drug regimens to maintenance the masking of symptoms. And despite numerous studies on the disease, no one is closer to a permanent and lasting solution.

People experiencing depression usually feel hopeless and a sense of worthlessness. They experience a loss of interest in everyday activities such as work, hobbies or physical intimacy. Christians are not immune to it, as counselors sometimes recommend clients to see a doctor who can prescribe antidepressants. Even Dr. James Dobson, a champion for Christian rights and biblical standards, has promoted antidepressants on his programs.

The rising use and cost for antidepressants demonstrates their lack of effectiveness. People experiencing depression don't simply want relief; they want freedom.

Many factors can trigger depression such as loss of a job, serious illness, divorce, poor school performance, or the death of a loved one. Some prescription drugs and most illegal drugs can cause depression. And sometimes there is no apparent trigger.

The brain communicates with itself through the use of special chemicals called neurotransmitters such as "serotonin" and "norepinephrine".

There are correlations between the amount of these chemicals in the brain and a person's mood. Low levels of serotonin and norepinephrine haven't proven to cause depression, but it is widely believed that elevation of these chemicals is associated with improved mood in depressed people, particularly with proper counseling.

Doctors use antidepressants to try and elevate these brain chemicals with the use of drugs. The most common groups include

selective serotonin reuptake inhibitors (SSRI), tricyclic antidepressants, and monoamine oxidase inhibitors (MAOI).

SSRI drugs increase the brain's level of serotonin and are associated with mood improvement. SSRI's are sometimes used in treating obsessive-compulsive disorder and some forms of severe shyness. These drugs come with strong warnings when children take SSRI's. Some of them engage in self destructive thoughts, like suicide.

Some common SSRI side effects include heartburn, drowsiness and loss of appetite. The lack of nutrients from a proper diet would only make depression symptoms worse. Arguably, an improved diet would improve the neurotransmitter function in the gut, which would improve function of the brain and lessen depression. Common SSRIs include Lexapro (escitalopram oxalate), Celexa (citalopram), Luvox (fluvoxamine), Paxil (paroxetine), Zoloft (sertraline) and Prozac (fluoxetine).

Tricyclics were first discovered in the 1950's, prior to which depression was

Merry Christmas
AND A
JOYFUL NEW YEAR!
with love from the
King Institute, Inc.

Upcoming TKM® Classes

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For more information on classes or to register, visit
the Calendar page at www.kinginstitute.org.

TKM®: Level 1 & 2

PLUS EMT Special

Date: January 15-19, 2008

Location: Carrollton, TX

Instructor: Glenn King, PhD

Tuition: \$800 **Deposit:** \$400

TKM®: Self Help

Date: January 25-26, 2008

Location: Sebring, FL

Instructor: Jim Robertson, ND

Tuition: \$300 **Deposit:** \$150

TKM®: EMT

Date: January 26, 2008

Location: LaPorte, TX

Instructor: Patrick Jackson, ND

Tuition: \$175 **Deposit:** \$85

TKM®: EMT

Date: February 9, 2008

Location: Houston, TX

Instructor: Jana Smith, RN, CNOR,
CRNFA

Tuition: \$175 **Deposit:** \$85

TKM® Special Topic: Develop a TKM® Practice - Strategies for Success

Date: February 14-16, 2008

Location: Carrollton, TX

Instructors: Glenn King, PhD

Jim Robertson, ND

Linda Kane, ND

Jana Smith, RN, CNOR, CRNFA
and others

Tuition: \$400 **Deposit:** \$200

TKM®: Level 3 & 4

Date: February 26-29, 2008

Location: Carrollton, TX

Instructor: Glenn King, PhD

Tuition: \$700 **Deposit:** \$350

TKM®: Self Help

Date: March 7-8, 2008

Location: Jackson, TN

Instructor: Linda Kane, ND

Tuition: \$300 **Deposit:** \$150

commonly treated with barbiturates or shock treatment. This class of drugs is associated with troublesome side effects such as drowsiness, dry mouth, constipation, weight gain, sleepiness and drug interactions. Overdosing is dangerous, because of the suicidal tendencies associated with this drug, doctors usually prescribe the smallest number of pills possible at a time.

Tricyclics are increasingly being replaced by SSRI's. They commonly include include Adapin (doxepin), Endep (amitriptyline), Norpramin (desipramine), Anafranil (clomipramine), Pamelor (nortriptyline), Sinequan (doxepin), Tofranil (imipramine), Vivactil (protriptyline), Elavil (amitriptyline), Pamelor (nortriptyline), Pertofrane (desipramine) and Surmontil (trimipramine).

MAOI's have potentially life-threatening drug interactions and food interactions. If you are taking a MAOI drug, it is important to consult with your doctor before taking ANY other medicines and find out which foods to avoid. MAOI's have increasingly been replaced with SSRI's or Tricyclics.

Because of the severity of antidepressant side effects, most are not recommended for children and adolescents. And yet these powerful drugs are still prescribed, sometimes along with counseling. And still then, some patients are recommended to continue taking antidepressants even when they feel fine, which can add to prescription

drug costs.

Antidepressants are powerful drugs and should never be taken without a doctor's prescription. Self-treating depression (even if you're a doctor) could be disastrous. And discontinuing antidepressants without the guidance of a trusted health care professional can also be dangerous.

TKM® has proven in the past to help people dealing with depression. When TKM is properly administered with the cooperation of the client, even chronic depression and sometimes "generational depression" has resolved in a reasonably short period of time. TKM® patients suffering from depressions have seen results in about three weeks, although rare and severe cases can take several months.

While TKM® is an effective, safe, and economical treatment option, the cause for depression can be addressed even without it. Most depression is a perspective issue when our attention is focused primarily on ourselves and our problems. Everyone has problems, some bigger than others, yet those who are not depressed knowingly or unknowingly choose to focus on solutions and hope for a good outcome. They don't deny their problems. In fact, they face them.

Especially at this time of year, we remember and celebrate the fulfilling of the prophet about God Who came specifically with freedom on His mind. 🕊

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