

Depression Medication - a Real Killer

Most legally prescribed depression medications are of course an invented product of the 20th Century pharmaceutical industry and a misguided branch of “medicine” and the doctors who prescribe them.

Of course there are some more extreme cases of mental disease and illness such as true bipolar syndrome that can be helped by very very carefully applied and monitored drug treatment but the success rate is still quite low as many go off their meds and commit suicide anyway. However, though these people are usually able to function better on treatment, they are seldom fully functioning humans.

One has to ponder why depression is so prevalent in the developed world and even more so in a few of the G8 countries while completely missing in third world countries. And why has depression grown per capita by leaps and bounds since the second world war. Why weren't the same percentages of people depressed during the depression years. Perhaps for the same reason depression does not occur in third world countries, When people are preoccupied with daily survival

they do not have time to get depressed and if they do give in to despair, death follows. They use their energies to fight to survive instead.

Canada has one of the highest rates of medicated depression in the developed world. Is it possible depression goes hand in hand with consumerism. Perhaps it works something like this- We work to earn. Earn to spend. Spend to fill a void. When the sense of gratification does not last. We repeat the cycle. As well, we fill our lives with partying, and frivolous activities like celebrity and sports watching. After a period of time we feel guilty about our gratuitous, basically useless way of life. We label it depression and then medicate ourselves numb.

Those who judge others for abusing alcohol, marijuana or other illegal drugs to numb, mask and hide from these feelings are surely hypocritical.

The ONLY thing that can ease or eliminate depression and substance abuse (including prescribed drugs) is a huge change in lifestyle and of course jumping off the consumer treadmill as well as avoiding commercial TV and media advertizing.

Lance Read - A Canadian in Cuba