



IMAGE AWARENESS WELLNESS INSTITUTE

Lights Out

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ANTI-DEPRESSANTS

I received an email after my newsletter on anti-depressants suggesting that the problems with some of those who engage in violent behavior is associated with not taking the anti-depressants. This is a possibility.

A recent article by Salamander Davoudi of the Financial Times is of interest. The article discusses the fact that researchers at the University of Hull in England reviewed 50 clinical trials on the new-generation anti-depressants and concluded that these drugs worked no better than placebo for mildly depressed patients. Even the trials on the most severely depressed patients produced little convincing evidence.

Dr. Irving Kirsch suggested that patients could improve without chemical treatments. In view of the risks of side-effects this might be worth considering.

This data was based on studies of four widely prescribed drugs submitted to the US Food and Drug Administration to obtain approval for the drugs. All of these drugs are Selective Serotonin Reuptake Inhibitors (SSRIs). Among the drugs reviewed were Prozac, Efexor, and Seroxat.

The article points out that physicians rarely recommend outdoor exercise which has proven itself a very

effective treatment for depression.

At least one in five people will experience depression at some point. Natural approaches should be considered.

Environmental and dietary changes should be carefully examined when looking at depression. Those born before 1914 were 100 times less likely to be depressed than those born after 1945. This change parallels an increased intake of seed oils high in omega-6 fats and a decline in the intake of omega-3 oils.

Dr. Andrew Stoll found that many of his patients improved when fed fish oils. The DHA found in fish oils is a primary building block of healthy brain and nerve cells. One researcher even called fish oils "fertilizer for the brain." The GNLD Salmon Oil Plus is excellent in this regard because it is tested for 160 different brain or neurotoxic chemicals with requirement of none detectable. The supplement also contains all 8 of the master molecules of the omega-3 family with an added dose of DHA for brain health.

There are 765,000 suicide attempts in the United States each year and 30,000 suicides. The size of the problem is indicated by the fact that only 10-15 percent of those with major depression will attempt suicide.

REFERENCE

Davoudi, Salamander, Study casts doubt on anti-depressants, *FT.com*, February 25, 2008.

Stoll, Andrew, *The Omega-3 Connection*, New York: Simon and Schuster, 2001, 106-10.

A BRIGHT IDEA?

Congress has mandated the end of the common incandescent light bulb by 2012. Now the Environmental Protection Agency is warning that the replacement low-energy bulbs contain toxic mercury—one of the most dangerous substances on earth.

If bulbs are broken it could require cutting out pieces of carpet to remove the toxic substance. Children and pregnant women are at particular risk. Researchers found that after a bulb is broken mercury vapor exposure exceeded federal guidelines by as much as 100 fold. Toxic fumes often remained even after cleanup was attempted.

Vacuuming should never be used to clean up the mercury as it disperses the toxic substance through the air. Some states ban the disposal of the bulbs in trash and others treat them as hazardous waste.

What a strange world we live in. We take a measure to prevent "global warming" and result in potentially exposing our children to one of the most toxic substances on earth.

REFERENCE

"New light bulbs can poison you," *Worldnet daily.com*, February 26, 2008.



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TOXIC PARKS

A recent study (the Western Airborne Contaminants Assessment Project) reveals just how exposed we are to toxic substances. Some of the most pristine wilderness areas in the United States, including northern Alaska and the high Rocky Mountains, were found to be contaminated with pesticides, heavy metals and other airborne contaminants. Dangerous and toxic levels of these substances were found in plants, animals, and fish. Much of this contamination came from overseas and travelled via air currents.

The universal presence of contaminants which can cause nervous system damage, dampened immune responses, and lowered reproductive success in humans, suggests it is wise to consider protective measures. Toxic pollutants were so high in some of the parks that male fish developed female organs.

GNLD has the great legacy of Dr. Arthur Furst who was responsible for the early development of the American College of Toxicology. He developed the Betagard and Phytodefense supplements to improve human ability to withstand the high levels of toxins to which we are exposed day by day.

Betagard is a broad spectrum natural antioxidant complex. Dr. Furst did the work which resulted in the removal of butter yellow from the marketplace. This was a yellow dye used to make margarine look like butter. Dr. Furst found that when he fed animals butter yellow he could predict the day they would develop cancer and the kind of cancer they would develop. He also found that if he fed them the nutrients in Betagard they would never develop cancer even if they consumed butter yellow on a daily basis. Betagard is a powerful detoxifying supplement of great importance for surviving the toxic world in which we find ourselves.

Phytodefense contains Carotenoid Complex, Flavonoid Complex, and Cruciferous Plus. This supplement contains concentrates of fruits and vegetables which have been shown to reduce the risk of developing cancer and slow its growth if it does develop.

He also believed that everyone today should obtain adequate B complex vitamins. I once asked him, "How are we supposed to survive when all our food is sprayed with pesticides?"

He replied, "I don't know how

people do it who do not supplement with B complex."

REFERENCES

Brown, Matthew, "Study: Contaminant levels high in parks," *Associated Press*, February 26, 2008.

Western Airborne Contaminants Assessment Project: http://www.nature.nps.gov/air/Studies/air_toxics/wacap.cfm

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