



BP - Rethinking "Mental Illness"

## Serotonin and depression: The marketing of a myth (a LinkedIn discussion)

Ronald B Cohen, MD

The lowered serotonin story took root in the public domain rather than in psychopharmacology. This...



### Is the Link Between Depression and Serotonin a Myth?

Though antidepressants are a common treatment for depression, psychiatrists still don't have a clear understanding of how exactly they work. A new paper suggests that some explanations persist thanks to clever marketing by Big Pharma

[View Discussion](#)

*"I want to know more about what it means for him to be on two medications, and no one can really tell me."*

**JOELLE KENDLE**, whose 6-year-old son's behavior problems continued after he started a stimulant. She and his doctor have considered adding an antipsychotic, despite little evidence on how such drugs would interact over time. (NY Times Nov 15)

*"Regarding the latest edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), "[Two] former editors joined a long list of professionals signing petitions against approval of the document who worried that DSM co-authors were in bed with the pharmaceutical industry. Big Pharma, the claim goes, will not rest until every man woman and child in America is given a diagnosis (two would be better) that in turn requires a pill to remedy." Kent Sepkowitz, A Swarm of Angry Shrinks, Newsweek Dec 17, 2012.*

*"In short, the whole business of creating psychiatric categories of 'disease,' formalizing them with consensus, and subsequently ascribing diagnostic codes to them, which in turn leads to their use for insurance billing, is nothing but an extended racket furnishing psychiatry a pseudo-scientific aura. The perpetrators are, of course, feeding at the public trough."— Dr. Thomas Dorman, internist and member of the Royal College of Physicians of the UK*

*"I believe, until the public and psychiatry itself see that DSM labels are not only useless as medical 'diagnoses' but also have the potential to do great harm—particularly when they are used as means to deny individual freedoms, or as weapons by psychiatrists acting as hired guns for the legal system." —*



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**Dr. Sydney Walker III, psychiatrist**

*"The way things get into the DSM is not based on blood test or brain scan or physical findings. It's based on descriptions of behavior. And that's what the whole psychiatry system is...When I entered my psychiatric residency, I believed that research had shown that schizophrenia is primarily a biomedical brain disease. This view was almost universally accepted and I never heard any serious criticism of it while in training. It was by a gradual process that I became more and more aware of the cognitive errors pervading clinical psychiatry."* **Colin Ross, MD** of Southwest Medical Center in Dallas

## **MORE**

*"...I believed the dogma (biology is the science of psychiatry)...when I read [Alvin] Pam's work [Pseudoscience in Biological Psychiatry], I felt my entire education as a psychiatrist was called into question...I was shocked to find not a single "landmark" study emerged as methodologically sound."*

**Susan Kemker, MD** of North Central Bronx Hospital

NIMH, the US agency in charge of funding research for the study of mental illnesses openly admits that the causes of schizophrenia, depression, mania, anxiety, and hyperactivity are unknown.

*"...genetic markers are passed along regardless of whether or not there is a gene for a particular illness connected with them. Therefore, if a certain number of family members are diagnosed as manic-depressive, they will also inherit a similar set of markers since they all share the same genetic material. Just because similar genetic markers exist in each of the kindred and are passed along, however, does not mean that there is a gene for manic-depression...geneticists will continue to find such markers, and magazines and newspapers will continue to feature such headlines, even though there is no solid evidence that emotional disorders are genetically based...yet after combing the world for the most ideal populations (Amish or in Denmark for example) researchers have found nothing to prove that mental illness is genetically inherited." - Ty Colbert, PhD*

*"No biochemical, neurological, or genetic markers have been found for Attention Deficit Disorder, Oppositional Defiant Disorder, Depression, Schizophrenia, anxiety, compulsive alcohol and drug abuse, overeating, gambling or any other so-called mental illness, disease, or disorder." — Bruce Levine, PhD, psychologist and author of Commonsense Rebellion*

*"Unlike medical diagnoses that convey a probable cause, appropriate treatment and likely prognosis, the disorders listed in DSM-IV [and ICD-10] are terms arrived at through peer consensus." — Tana Dineen Ph.D., psychologist*



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Dr. Thomas Szasz is Professor of Psychiatry Emeritus at the State University of New York Health Science Center, Adjunct Scholar at the Cato Institute and a Lifetime Fellow of the American Psychiatric Association. He is perhaps the world's leading social critic of the moral and scientific foundations of psychiatry, having authored more than 35 books on the subject, starting with *The Myth of Mental Illness*, a book which rocked the world of psychiatry upon its release more than 50 years ago. <http://www.cchrnt.org/videos/experts/thomas-szasz/>

Szasz called much-needed attention to psychiatric abuses early in his career...insisting on a fundamental distinction between actual, biological diseases and metaphorical diseases of the mind...

END OF MORE

## ADHD

ADD is also caused by 1) kids being bored to death by many topic they have zero interest in and will never pursue, 2) having emotional issues that get ignored in school (instead focusing on behaviors) and interfere with concentration, 3) too much processed and sugary foods that conspire against calm focus, 4) too many gadgets and distraction make kids stimulation addicts, 5) not enough physical play time to release energy 5) breathing shallowly in the chest (as opposed to diaphragm) causes fight or flight physiology with secretion of chemicals to make kids jumpy and unable to focus.

<http://www.worldpublicunion.org/2013-03-27-NEWS-inventor-of-adhd-says-adhd-is-a-fictitious-disease.html> The man who invented ADHA has declared it was a made up / fictitious disease.

ADHD in childhood linked to adult obesity, study finds NY TIMES Health Alan Schwarz  
ADHD Seen in 11% of U.S. Children as Diagnoses Rise Nearly one in five high school age boys in the United States and 11 percent of school-age children over all have received a medical diagnosis of attention deficit hyperactivity disorder, according to new data from the federal Centers for Disease Control and Prevention.

Listen to Robert Whitaker (Author of the ADHD Epidemic) talk about the US. He has done well to collate the available research evidence and he seemed surprisingly measured. <https://www.youtube.com/watch?v=gigZD4RIXhg>



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## Part 4: Children & ADHD - Robert Whitaker - Psychiatric Epidemic - May 14, 2014

<https://www.youtube.com/watch?v=gigZD4RIXhg> Robert Whitaker looks at the research that specifically deals with Children - especially ADHD but also so-called Bipolar Disorder. The evidence is clear: the ethics behind the use of these toxic medications.

### MORE

Marilyn Wedge is the author of *Pills Are Not for Preschoolers: A Drug-Free Approach for Troubled Kids*

Documented Side Effects of ADHD Drugs:

Aggression/hostility

Agitation

Blood pressure changes

Changes in vision or blurred vision

Depression

Dizziness or faintness

Fever

Hallucinations

Heart attack

Hives

Hypersensitivity

Impotence

Increased irritability

Insomnia

Involuntary tics/twitching

Irregular heartbeat

Liver problems

Loss of appetite

Mania

Mental/mood changes

Muscle/joint tightness

Nausea

Nervousness

Painful menstruation

Psychosis

Restlessness

Seizures

Sexual dysfunction

Slow/difficult speech



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Stomach pain  
Stroke  
Stunted growth  
Sudden death  
Suicidal thoughts  
Swelling of face or throat  
Tourette's Syndrome  
Toxic psychosis  
Unusual bleeding/bruising  
Unusual sadness/crying  
Violent behavior  
Vomiting  
Weight loss  
"Zombie" demeanor

Science..... or hideous experiment?

## END OF MORE

"The chief aim of education should be to make our nervous system our ally instead of our enemy." **William James**

As Marcia Angell, former editor of *The New England Journal of Medicine*, **observed** last year in *The New York Review of Books*, "there are no objective signs or tests for mental illness—no lab data or MRI findings—and the boundaries between normal and abnormal are often unclear. That makes it possible to expand diagnostic boundaries or even create new diagnoses in ways that would be impossible, say, in a field like cardiology." In other words, mental illnesses are whatever psychiatrists say they are.

How "scientific" is that? Not very. In a 2010 *Wired* interview, Allen Frances, lead editor of the current *DSM*, **despaired** that defining mental disorders is "bullshit." In an online debate last month, he **declared** that "mental disorders most certainly are not diseases."

Dr. Niall McLaren, a practicing psychiatrist for 22 years, explains what is wrong with the psychiatric profession: That this is an industry which cannot take criticism, for fear the entire model of biological psychiatry will unravel. That there is no science to psychiatric diagnoses, no brain based diseases. And that psychiatry only pushes mental disorders as biological disease in order to convince people to take psychiatric drugs, causing a host of dangerous side effects.

[https://www.youtube.com/watch?v=nzdu3WQyIZg&feature=player\\_embedded](https://www.youtube.com/watch?v=nzdu3WQyIZg&feature=player_embedded)



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Shane Ellison has a master's degree in organic chemistry and is a two-time recipient of the prestigious Howard Hughes Medical Institute Research Grant for his studies in biochemistry and physiology. Here Shane exposes the inner workings of the psycho/pharmaceutical industry, the manufacture and marketing of psychiatric drugs and the fact that the psycho/pharma industry is well aware their drugs do not cure anyone. He previously worked for both Array BioPharma and Eli Lilly.

[https://www.youtube.com/watch?v=fOT5DSIUTOY&feature=player\\_embedded](https://www.youtube.com/watch?v=fOT5DSIUTOY&feature=player_embedded) **MORE**

Whistleblower Allen Jones gained international press coverage after uncovering pharmaceutical industry payments to government officials for the purpose of implementing a national mental health screening/psychotropic drug treatment plan. In this video interview, Jones describes the pharma funding and psycho/pharma agenda behind mental health "screening" of schoolchildren. He is a former investigator for the Pennsylvania Office of the Inspector General.

[https://www.youtube.com/watch?v=7GhBfDMW2Fo&feature=player\\_embedded](https://www.youtube.com/watch?v=7GhBfDMW2Fo&feature=player_embedded)

THERE ARE NO TESTS IN EXISTENCE THAT CAN PROVE MENTAL "DISORDERS" ARE MEDICAL CONDITIONS. PSYCHIATRIC DIAGNOSIS IS BASED SOLELY ON OPINION.

There is no medical "mental illness test." The psychiatric/pharmaceutical industry spends billions of dollars a year in order to convince the public, legislators and the press that psychiatric disorders such as Bi-Polar Disorder, Depression, Attention Deficit Disorder (ADD/ADHD), Post Traumatic Stress Disorder, etc., are medical diseases on par with verifiable medical conditions such as cancer, diabetes and heart disease. But unlike medical disease, there are no scientific tests to verify the medical existence of any psychiatric disorder. Despite decades of trying to prove mental disorders are biological brain conditions, due to chemical imbalances or genetic factors, psychiatry has failed to prove even one mental disorder is due to a faulty or "chemically imbalanced" brain. There are virtually no psychiatric disorders that can be verified medically as a physical abnormality/disease.

CORRELATION IS NOT CAUSATION

In fact the "brain scans" that have been presented as evidence that schizophrenia or depression are brain diseases, have been disproven as valid research. Most have not been done on drug naive patients, meaning someone who has not been on psychiatric drugs such as antipsychotic drugs, documented to cause brain atrophy (shrinkage). Other brain scans have shown the brains of smaller children to show smaller brains in comparison to larger/older children and then claimed children with ADHD have smaller brains. None have been conclusively proven to verify mental disorders as abnormalities of the brain.

Something interesting that popped up recently on Mental Health: <http://www.bbc.co.uk/news/health-22570857>

An excerpt: "Controversy and criticism has surrounded work on the fifth version of the Diagnostic and Statistical



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Manual of Mental Disorders (DSM-5). Critics say the rulebook turns normal behaviour, like grief or childhood temper tantrums, into mental illness."

The Difference Between a Medical Disease and a Psychiatric Disorder

If there were such verifiable brain scans, or in fact any medical/scientific test that could show a physical/medical abnormality for any psychiatric disorder, the public would be getting such tests prior to being administered psychiatric drugs.

This is fact: There are no genetic tests, no brain scans, blood tests, chemical imbalance tests or X-rays that can scientifically/medically prove that any psychiatric disorder is a medical condition. Whereas real diseases are discovered in labs, psychiatric disorders are invented by committee and voted into existence.

**END OF MORE**

**[A Comedian Talks About Her Experience In A Mental Institution. It's Funny. Mostly.](#)**