

Hello from Dr. Herrin.

I've been reading on a subject I am particularly passionate about, and thought I'd pass on the info so that you or a family member/friend can educate yourselves. It's a topic that I have personal history and experience with in my own family, with depression affecting myself and family members, ultimately leading to the death of my younger brother several years ago (overdose of "black box warning" SSRI drugs). I've told many of you about this story and how it has spawned a hunger and thirst in me for knowledge and a BETTER way to deal with depression and mental disorders. I wish I could have helped my brother then, but now I want to pass on information and treatments that I've found that helped me and has helped others! This is not to say, if you're on an SSRI, that's it's not appropriate in your case. But educate yourself at the very least so that you can make a truly informed decision.

But first, a couple of eye-opening websites that you can research to help understand the potential risks and dangers of SSRI options:

<http://www.ssristories.com/> -- This website is extremely informative and jaw-dropping, with over 3,000 press releases/articles on events associated with ssri's

<http://articles.mercola.com/sites/articles/archive/2004/03/27/antidepressant-deaths.aspx>

http://www.naturalnews.com/026895_suicide_drugs_suicides.html

There's a lot more, but that's a good start. As far as alternative treatments go, there are many! This can begin with nutritional in nature: giving your body/brain the building blocks - proteins, amino acids, essential fatty acids, etc -- necessary for cells to produce neurotransmitters and support healthy brain function themselves and not need to depend on a drug. There are many behavioral and negative thought repatterning techniques. One of these promoted by Dr. Mercola is EFT (Emotional Freedom Technique). I use several books such as Feelings Buried Alive Never Die as well as other techniques. There are seminars such as Landmark Education that are excellent in helping a person make powerful and intentional decisions. Do some research! It could change your life and the lives of those you love.

If you have any questions or comments, please let me know! And please, if you are thinking about discontinuing SSRI drug use, be extremely careful! The withdrawal effects are dangerous. Go to your prescribing physician and let them know of your intentions so that it can be controlled. I do NOT take anyone off of drugs, it's illegal for me to do that. But I can assist in that choice in co-managing with an MD.

Lastly, keep on learning! Keep yourself adjusted! Keep your nervous system in optimal function and overall wellness will follow!