

How to Step Away from Antidepressants

by Hyla Cass

Never stop taking prescription antidepressants cold turkey. Intense depression and other dangerous side effects might result. It can cause severe depression, anxiety, intense agitation and even suicidal thinking.

As suggested in my book, *The Addicted Brain and How to Break Free*, it's best to slowly wean off the medication with the help of a qualified prescribing healthcare practitioner. The process may take several months, but it's time well spent and safer.

- Consistently eat a healthy diet rich in antioxidants, healthy fats and clean protein.
- To help create a firm nutritional base, add a basic supplementation program with a good multivitamin, vitamin C, optimal amounts of B vitamins and omega-3 fats like those found in clean fish oil.
- Consider supplementing with curcumin, rhodiola or 5-HTP to ease the transition.

GMOs Link to Depression

Monsanto's genetically modified organisms (GMO) go hand-in-hand with the company's patented Roundup-ready crops, and therein lie the seeds of depression, says Jeffrey Smith, founding executive director of the Institute for Responsible Technology and producer of the award-winning documentary, *Genetic Roulette: The Gamble of Our Lives*.

Several studies—beginning with one published by German researchers in 1980 and most recently reinforced by Massachusetts Institute of Technology scientists—show that glyphosate, the active ingredient in Roundup weed killer, ingested with our food, disrupts the shikimate pathway. “Monsanto has bragged for years that the shikimate pathway is why Roundup kills plants, but has no impact in humans, since we don't have the shikimate pathway,” says Smith. But our gut bacteria do use this pathway to produce the amino acid building blocks for mood-lifting brain chemicals.

“Since glyphosate blocks the shikimate pathway, it can impair the ability of intestinal bacteria to produce the ingredients for the production of the neurotransmitters serotonin, melatonin and dopamine. Their deficiencies are linked to depression and other serious health problems,” he explains.

Consumers need to understand that Roundup is sprayed on nearly all GMO crops to control weeds, and the doses continue to increase; it's further used on wheat, rye, rice, lentils, barley and numerous other non-organic crops just before harvest to accelerate drying. Glyphosate has been widely found in water, rain and air samples, plus in breast milk, blood and urine, meaning virtually everyone has been exposed to this toxic chemical.



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