



What are the current recognized treatments for depression?

The World Health Organization (WHO) claims that depression affects about 121 million people worldwide and is the leading cause of disability worldwide. The WHO also claims that it can be treated but fewer than 25% of people affected have access to effective treatments.

But what is considered “effective treatment”? Some swear by their anti-depressant medications. Yet low serotonin has never been proven to be the cause of depression. Several years ago, the medications used to keep serotonin levels up in the brain were combined with medications to keep norepinephrine up in the brain as well. Now they even combine these medications with medications used to regulate dopamine levels as well. (These are the drugs used for schizophrenia.)

Why do these pharmaceutical changes keep happening when many of the actual researchers claim that it has never been proven that a chemical imbalance in the brain even causes depression?

Did you realize that it has never been proven that low serotonin causes depression? Even when low serotonin levels are correlated with depression, research indicates that there are variables that may be causing it.

See: <http://onlinelibrary.wiley.com/doi/10.1002/mds.870030308/abstract>



Further, there are way too many studies indicating that other issues are at play. Wikipedia even claims that Intensive investigation has failed to find convincing evidence of a primary dysfunction of a specific monoamine system in patients with major depressive disorders. Experiments with pharmacological agents that cause depletion of monoamines have shown that this depletion does not cause depression in healthy people nor does it worsen the symptoms in depressed patients.

See:

http://en.wikipedia.org/wiki/Biology_of_depression

Or we can look at what Dr. Mercola claimed in the following ...

(<http://articles.mercola.com/sites/articles/archive/2011/04/06/frightening-storybehind-the-drug-companies-creation-of-medical-lobotomies.aspx>)

Investigations were done to see whether or not depressed people actually had lower serotonin levels, and in 1983 the National Institute of Mental Health (NIMH) concluded that, "There is no evidence that there is anything wrong in the serotonergic system of depressed patients."

The serotonin theory is simply not a scientific statement. It's a botched theory—a hypothesis that was proven incorrect.

Or how about Dr Joseph Coyle, a professor of neuroscience at Harvard Medical School. "Chemical imbalance is sort of last-century thinking. It's much more complicated than that...It's a really outmoded way of thinking."

See: <http://www.npr.org/blogs/health/2012/01/23/145525853/when-it-comes-to-depression-serotonin-isnt-the-whole-story>

Now you can learn all about all the different causes of depression and what you can do about it to bring you back into health.

If you have more questions and want to contact Dr. Holly directly, email her at holly@choicesunlimited.ca.

