

ANTECEDENTS

Serotonin - classically considered the "happy chemical" -- but likely part of a much larger chemical terrain, impacted by myriad other factors, yet unknown

Manufactured in the raphe nucleus in the brain

TRIGGERING EVENTS

Long-term effects of psychiatric drugs is highly problematic...

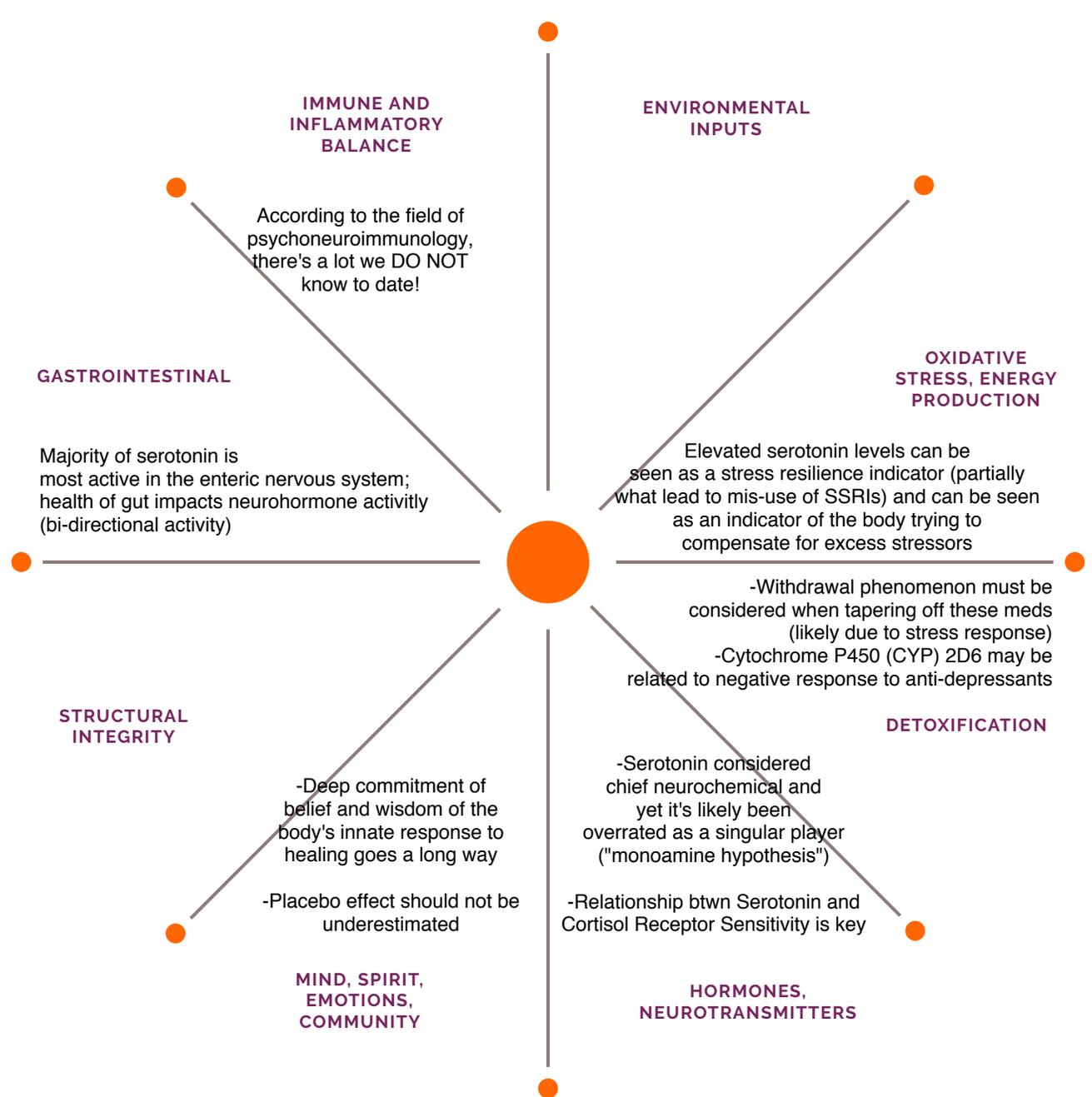
SSRI's can lead to potential harmful behaviors (we do not clinically know in whom these behaviors manifest); thus posing unknown risks

Psychiatric drugs can be making people chronically ill

MEDIATORS

Short-term effects of anti-depressants may be tied to glutamate response to synaptic uptake suppression rather than serotonin itself

Is there a place for SSRI's?
No - too problematic!



SLEEP/RELAXATION

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EXERCISE/MOVEMENT

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NUTRITION/HYDRATION

* Power of diet and lifestyle modification is NOT secondary to that of a pharmaceutical in addressing hydration.

STRESS/RESILIENCE

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RELATIONSHIPS/NETWORKS

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Prescriber and health team have an obligation to inform the patient of risks and benefits of any anti-depressant