

## Are You on Zyprexa, Wellbutrin, Xanax Zoloft or other Psych Drugs?



### The Flip Side of Psych Meds

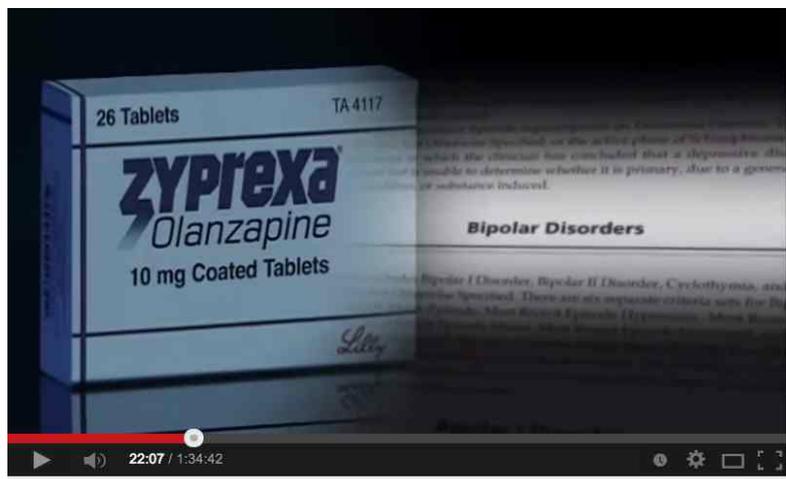
I was talking to a friend of mine who is a Doctor of Chiropractic today. He told me about a 15 year old girl who is the daughter of a patient with depression.

He was deeply frustrated because he knew chiropractic could support normal nervous system function in this child, but she was placed on meds for no other reason that the primary care doc (untrained in psychology) recommended the drugs.

He knows and I know that these drugs are not safe. We know that there are long term deleterious effects; like damage to the brain: problems like tardive dyskinesia, gut disorders and increased risk of suicide & psychotic breakdowns. It is a known fact that all the cases where mass murders took place (Columbine, Sandy Hook and the Aurora Theater shooting) all happened under the influence of psychotropic drugs.

### Watch This Video: Making A Killing

Link: <https://www.youtube.com/watch?v=UDIH9sVOIHU>



What these parents do not know is that they are putting their kids at risk when much safer alternatives exist; including natural methods to raise neurotransmitters and counseling sessions that are transformative in nature.

Without clear methods to evaluate chemical imbalances using lab work all that can be said of psych medication use is that it is guess work at best and highly speculative at worst.

In Health,

Joseph Olejak DC

References:

<http://www.cchr.org/quick-facts/psychiatric-drugs-side-effects.html>



Like us on Facebook! Receive weekly updates on cutting edge health information.



Have a LinkedIn? Connect with or endorse Dr. Olejak.

## Natural Alternatives For Supporting Neurotransmitter Production and Brain Function.

If what you've read and seen makes you concerned about these kinds of drugs, I hope you will consider alternatives.

The first question that needs to be asked is where do neurotransmitters like GABA, Serotonin, Acetylcholine, Dopamine and Norepinephrine come from? The answer is that these compounds are proteins and the precursor molecules are actually B vitamins. Many people are not aware that if they have been on drugs in the past most drugs deplete B vitamins. In addition the Standard American Diet (SAD) is so poor that many people are deficient in B vitamins and don't have the raw materials necessary to make the normal amount of neurotransmitters.

The second question that needs answered is what is the source of the so-called "chemical imbalance?" Is it just low serotonin? What about the levels of other neurotransmitters? Without a complete knowledge of what is going on in the brain it seems irresponsible to pump people full of drugs that can alter brain chemistry. A much smarter approach is to provide the body with the right nerve supply (the chiropractic adjustment) and the right precursor molecules and let the innate wisdom of the body decide where to make the adjustments in biochemistry.

Providing precursor molecules like inositol, the B vitamins sourced from natural organic foods and herbs like Oat Seed, St. John's Wort and Kava have been shown to have beneficial effects not only on calming the nervous system, but also on normalizing brain function.

Of course all the high quality nutrition in the world is not going to make a difference unless you have an empowering context for your life. Getting into a transformative conversation with (someone other than yourself) someone trained in how to do that is essential to lifting the veil on negative thinking, bad attitude and thoughts that lead to a downward spiral.

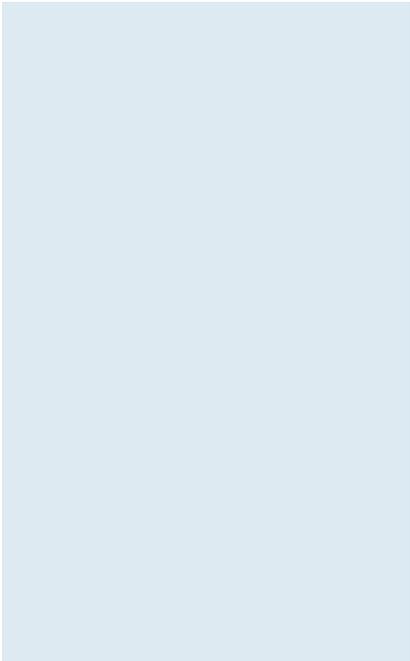
References:

<http://www.latimes.com/science/sciencenow/la-sci-sn-antidepressants-brain-structure-20140918-story.html>

***Have a Health Concern? Call Dr. Olejak for a Nutritional Assessment***

***518-439-5077***

***drjoseph.olejak@gmail.com***



***Did You Find This Useful?  
Share This Email With A Friend***

Anyone can receive this eNewsletter for free by just emailing Dr. Olejak