

## Must see video

Every one should watch this video. Allan Savory shows how to stop desertification using the ways of nature – by increasing livestock and moving them the way predators used to. By mimicking this natural cycle he has created lush pastures and forests from deserts.

The best side effect is that it creates enough meat to feed the world (*Vegans won't enjoy that part, but I don't give a shit, because their massive mono-cropping of grain is part of the desertification process of our lands. Mono-cropping destroys the land and the wild life that lived on it, so vegans are killing animals by the tens of thousands each day – it's just not animals they care about. like snakes, turtles and insects – many are endangered species*)

Savory's way works, I know that for sure. When I first bought my farm, about ten acres had been desertified by years of orange groves. I live in Florida where the soil is mostly sugar sand and refuses to hold water. After two years of having cattle grazing and moving the herd from one field to another, that land is now one of the most lush pasture land in the county. When I had the property appraised, the county rated my field as a meadow (A difficult rating to get), but that's how beautiful it is – and it was all done by cattle – I did nothing but move them.

Livestock add carbon to the soil by tampering their manure into the soil. This creates a barrier which allows the soil to hold water and the urine and manure adds nitrogen and many other minerals and nutrients. Since the cattle improved the land, many other species of animals have made my pasture their home, gopher tortoise, indigo snakes and 400 other species which use the holes the gopher tortoise abandon. That's nature's way!

Savory's plan would end starvation and turn every desert into a lush grassland, virtually ending many wars over richer and more productive lands. But people will not listen, because assholes, like vegans, like to scream that cattle are ruining the atmosphere with their farts and would fight any attempt to increase their numbers – even though they are all city dwellers and know nothing about nature or science.

I advise you to watch this wonderful speech by a very knowledgeable and passionate scientist. He receives a well deserved standing ovation at the end. It's well worth your time and his conclusion may be man's only hope for the future. I hope we can spread his message.

*(By clicking the button on the bottom right of the screen while video is playing, the video will play at full screen)*

[ted id=1683]

*I would like to thank all those who have been writing me with concern for my health, It meant a lot to me and I was overwhelmed at the amount of readers that I have and surprised at the amount of people who have really missed me writing new articles. I did have a rough time the last few months for several reasons which I will explain in an up coming article. I have been answering comments the entire time, so those reading comments knew I was still alive. I will begin writing again. I am doing much better now. Thanks again.*

*On the other side, I have been saddened and tore apart by the comments and emails I have received from those that lost loved ones needlessly to colonoscopies and also from those who have lost their intestines and are dying on TPN and are in need of a transplant. I have been able to put some of those people in touch with my surgeon and hopefully they will get a transplant soon. This is one of the hard parts of what I do, because I know what it is like to lie in a hospital bed hooked up to a pump pushing TPN directly into your heart – doctors telling*

*you every day you will die within months.*

*TPN feeds everything, because it is high in sugar, amino acids vitamins and minerals, so fungus and bacteria thrive on it. I suffered two line infections (very common) that went systemic while on TPN and nearly died twice as a result. Both times I went into septic shock with fevers above 105.5 degrees F and my blood pressure dropped below 44/28. I had no intestines at that time and TPN was the only thing keeping me alive.*

*Some people who have written are suffering the same thing, so it is urgent that they get a transplant. I am doing all I can to assist these unfortunate people, but this is all very emotionally taxing, especially given the fact the many people in the same group as me at Jackson Memorial Hospital and got transplant at the same time, have recently died. We had all become very close during our recovery, but I will write more about this in an up coming article.*

*I have missed writing for you and can't wait to get back to it. I have been very encouraged by all the letters and comments I have received. Sorry I have been away so long and many of you were frightened that maybe I was very sick or possibly died. Not yet! I am doing very well – I am Wolverine! I bounce back from any injury. (It was nurses and doctors who gave me that name, they say I heal twice as fast as a normal person)*

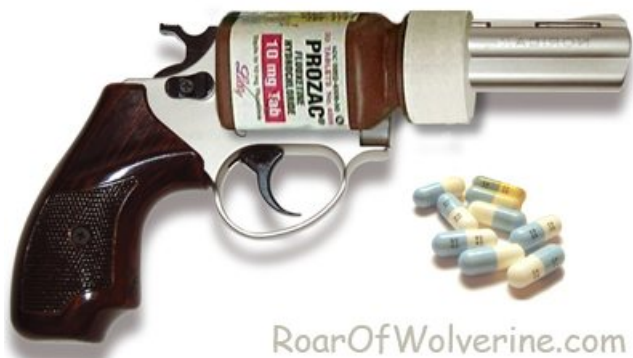
*I have survived 4 bouts of septic shock, over 20 feet of necrotic bowels in me for three days, an intestinal transplant, followed by the worst septic shock, which put me in a coma for 2 weeks while simultaneously having a collapsed lung (punctured during intubation) and most recently, cancer (Multiple Myeloma, which is in total remission now). I will write more about this in an upcoming article. You can see that I have a lot to write about.*

*Love you all and can't wait to get writing again. Thanks*

again for the wonderful letters of encouragement.

---

## Why Is Everyone So Depressed? The SSRI/School Shooting Connection



In my last post, I attempted to shed some light on the obvious association between SSRI medications (antidepressant drugs, like Prozac) and the recent wave of wholesale shootings/suicides. The correlation is so profound that it should at least warrant some serious investigation, yet all is quiet on that front as the politicians instead rush to blame a very old technology for a very new problem. This is a sickening exploitation of the death of children, simply to prop-up bad legislation that offers no real solutions to the problem, but instead rekindles long-standing, irrelevant battles between Special Interest Lobbies and Congress.

More than 1 in 10 Americans take at least one of these SSRI

drugs regularly. Why suddenly, does everyone need to be on antidepressants, when humans have thrived for tens of thousands of years without them? Are people actually becoming more and more depressed and mentally ill? If so, then why? These are the questions that I would like to take a look at in this article

I certainly do not believe that everyone prescribed these drugs are clinically depressed nor in need of any chemical sedation. As I mentioned in the last post, my wife and I were both offered these drugs by doctors, even when we were not expressing any feelings of depression. These new wonder pills are just another fad drug (similar to Valium in the 1970s), which are being prescribed for anyone with a complaint, but no real disease. Even though I believe they are given out to perfectly healthy people, I do believe that depression has been on the rise in the last few decades, but handing out SSRI medication certainly does not answer the question as to why.

It appears to be the goal of modern medicine to treat a symptom, rather than the cause of a disease, perhaps because it is far more profitable to establish life-long treatments than simply finding a prevention or cure for a disease. I believe that there is a root cause for the massive amount of clinical depression arising in the western world and it is not simply because of a poor economy, terrorists and every other excuse being tossed around. Humans have had to deal with everyday stress of survival for millions of years and very few americans are actually affected by terrorists – only through the scare tactics shoveled out by the media.

The rise in the rate of depression seems perfectly in sync with the evolution of the American diet. Depression has been on a steady incline since the 1970s ([depression in woman has doubled since 1970](#)), which was also when the hysteria concerning high cholesterol began to take hold of America. Each decade following has pushed the desired cholesterol levels lower and lower and lower. The most recent

advertisements for Crestor now claim that your doctor's goal for your cholesterol is below 100 mg/dl – that's suicide – literally!

Low cholesterol, depression and attempted suicide appear to go hand in hand in every clinical study. The association is undeniable. This article from [Psychology Today](#) ([full article](#)) plainly states:

*As low cholesterol is linked to depression, low cholesterol is also a risk factor in suicide attempts.”*

Of course, like any modern medical publication, they paint a dichotomy by echoing the rhetoric about high cholesterol causing heart disease, even in spite of a 2009 study published in the American Heart Journal that showed that [75% of heart attack victims admitted to emergency rooms tested with low to normal cholesterol levels](#). Read what Dr. Dwight Lundell, a heart surgeon who has performed more than 5,000 open heart surgeries, has to say concerning the role of cholesterol in heart disease [here](#). Why would nature evolve us to be “damned if we do, damned if we don't” – it wouldn't. So, one of these theories has to be wrong and I believe that the evidence for cholesterol causing heart disease is far weaker than the link between low cholesterol and depression.

This all tends to make sense once you realize that the [brain accounts for 25% of the body's total cholesterol](#). Your brain and nervous system are made predominantly of this molecule. Then again, we have the fact that most of our [hormones are also constructed from cholesterol](#) and it becomes obvious how low cholesterol can cause mood problems. Little wonder why [vegans tend to be extremely moody and temperamental?](#)

The human body is completely incapable of making many of the essential hormones without cholesterol, including the male hormone testosterone – perhaps explaining the need for Viagra

and Cialis in our zero cholesterol society? Studies have proven that low testosterone not only [causes a lower libido](#), but can also [cause severe mood swings](#). Many children today are placed on low-fat diets from birth. Human breast milk is very high in cholesterol by nature, much higher than cow's milk; I guess this was just another mistake that evolution made.

Now, babies are fed very low-fat formulas at the point in life that the brain begins developing – remember, the brain is made predominantly from cholesterol, which might explain why human milk is so high in it. Cholesterol is so important to our health, that not only is it manufactured in the liver, but every cell in the human body can synthesize cholesterol if necessary. This is why the pharmaceutical companies had to create certain drugs in order to pound cholesterol down to the unnaturally low levels they recommend. Very few people realize that the [American Heart Association even scoffed at Ancel Key's "Lipid Hypothesis" up until the year that he was appointed to their board of directors](#). [Click here for a great breakdown on the history of how the bogus Lipid Hypothesis came into being](#).

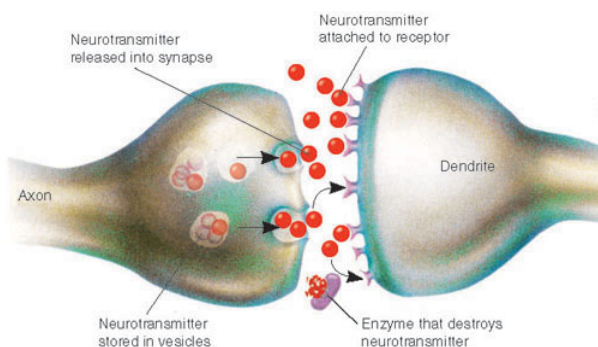
Once the AHA foolishly adopted Keys erroneous theory, the drug companies ran to manufacture drugs that could lower cholesterol. This would ultimately become the 30 billion dollar a year industry that is presently their leading cash cow. Cholesterol lowering drugs are the top money-maker for the pharmaceutical industries, is it any wonder why they are the driving force behind perpetuating the lie that is the "Lipid Hypothesis" and bury any evidence to the contrary?

Most of everything that your doctor believes, was taught to them by the pharmaceutical companies and their less-than-honest studies. Here are just a few pieces of evidence of the drug companies influence over medical schools [here](#), [here](#) and [here](#). Even many years after leaving medical school, nearly every [lecture, conference or piece of literature](#) that

your doctor is provided is paid for by the pharmaceutical companies – they are the core of modern medicine and doctors are strictly the licensed vehicle they need to distribute their wares.

Now we see that SSRI medications are beginning to close in on the profits of statins by garnering some 19 billion dollars in revenues. The pharmaceutical companies are double-dipping on this one. As long as they continue to perpetuate the myth that cholesterol causes heart disease, people will lower their cholesterol, thereby becoming depressed – not to worry, they have the answer for this with another magic pill – a pill that also causes thoughts of suicide! How long until they invent a pill that will attempt to prevent the suicidal side-effects of the SSRI? That's how the pharmaceutical game works. Let's take a look at just how SSRI work to prevent depression – at least in theory.

SSRI stands for "[Selective Serotonin Re-uptake Inhibitor](#)", which means that the drug increases the amount of [serotonin](#) available at the synapses of the nervous system by inhibiting the body's ability to re-uptake the excess serotonin. These nerves also include the brain. The synapse is a fancy name for the gap between nerve endings. As a signal is sent along a nerve, it ultimately reaches a nerve ending, where the signal must be relayed across this gap or "synapse". This relay is achieved by the secretion of certain chemicals, like [acetylcholine](#), serotonin and [glutamate](#) called neurotransmitters.



Any one of these neurotransmitters in extreme abundance can be considered an [excitotoxin](#), because they will keep the nerves constantly firing, which we are not designed to do. This action can eventually cause cell damage to the nerve. Do any of those



chemical neurotransmitters sound remotely familiar with any ingredients in the American diet? How about glutamate – as in Monosodium Glutamate (MSG) – does this ring a bell? MSG became a necessary ingredient in most processed foods the minute that the fat was removed. Food without fat can become rather flavorless and boring to eat. Flavor enhancers, such as sugar, salt, MSG and aspartame made up for the loss of fat and excited the nerve endings, which creates a pleasurable experience in the brain when eating this non-nutritious garbage.

Glutamate is used in literally thousands of food products from frozen pizzas to chips and cookies. It is hard to know all the products that contain MSG, because the federal government allows manufacturers to list it as “natural flavorings” in their ingredients list – but Americans are consuming a butt-load of this chemical. So, is the real problem with the rise in depression caused by a lack of serotonin or is it too much glutamate? High glutamate levels have also been associated with [OCD](#) and other brain disorders [in some studies](#). Glutamate is also manufactured in our bodies from blood glucose, so it has been found to be very high in those with type 1 diabetes, also causing depression ([source](#)).

Whenever any of these neurotransmitters become out of balance, depression is sure to follow. It is very apparent after a little study that the modern problem of depression is rarely that serotonin levels are too low, but that glutamate levels are far too high and that is easily associated with the modern diet of processed foods, which jack-up blood glucose levels and dump tons of excitotoxins, such as glutamate and aspartame, into our children’s bloodstream. The following is a must-see report on flavor enhancers aired 60 Minutes. They are quite candid on what the manufacturers are trying to achieve when designing these chemical cocktails.

They admit that their goal is to create an addiction and

design flavors to not “linger”, so you will want to eat more and more, never being satisfied – how ethical is this practice in a nation suffering from a rising obesity problem? By every definition, these flavor enhancers behave more like a drug and just like street drugs, they continue to get more powerful as the technology progresses.

The medical industry’s solution is very similar to their solution to the imbalance of fatty acids, also caused by the modern diet. The medical community would have us believe that humans do not get enough omega 3 fatty acids, DHA and EPA, in their diet and therefore why they constantly push fish and flaxseed oil to patients. But, the reality is that americans consume far too much omega 6 fatty acid via vegetable oils (actually seed oils, because they came from grains or beans).

This again is a mainstay of processed foods and is also recommended as being more heart healthy than saturated fat. Rather than have people cut down on the amount of plant derived oils, the insanity is now to attempt to match the over-consumption and resulting inflammation of omega 6 fatty acids with an over-consumption of omega 3 fatty acids.

In a similar way, these same geniuses are attempting to offset the high glutamate levels, caused by a diet high in processed foods, by jacking up the serotonin levels at the synapse of the nerves. This is a complete over excitement of the nerve cells and is little wonder why this experiment is beginning to back-fire. Their logic reminds me of the children’s song, where the old woman accidentally ate a fly and then she decided to eat a spider to catch the fly. She continues to eat larger and larger animals to get rid of the last one, until ultimately eating a horse, which finally kills her ([lyrics here](#))).

I don’t think you can cheat nature this way – excess is excess, but no entity of commerce would dare advise anyone to

reduce the consumption of any product, when they can double their profits by advising you to double your consumption of something else. It's like telling you to eat a pound of poison and not worry, because I have a pound of antidote. Who would do this? The old woman in the story would be proud of this logic, unfortunately she's too dead to enjoy it.

I am sure that the people who have very low cholesterol and are inundating their bodies with all these excitotoxins do feel better when first taking these drugs, but we can see that it leads to a much larger meltdown as time passes. It also appears that the problem becomes even worse when someone on these SSRI medications withdraws from them. These drugs are extremely addictive and create a dependence by taking away the body's natural ability to "feel happy" or "good" without the drug.

Not unlike [methamphetamines](#), this dependence seems to become permanent or at least have withdrawal symptoms so long that few people make it without going back to the drug or committing suicide. It would seem that the dopamine receptors are severely crippled after long-term damage to the nerve cells, so with or without the drug, the patient experiences a hopelessness and inability to feel good about life anymore.

With methamphetamines, the dosages must be continually increased in order to achieve the happy feeling the user desires – ultimately the drug no longer delivers the happy feeling at all, but the drug must be continued just to prevent falling into a feeling of total desolation. Without the drug, their life becomes a dark and miserable place. I think we are seeing evidence that these SSRIs can produce a similar result and a similar feeling of despair in some users when the drug is no longer taken.

Some of these maniac shooters had stopped taking their medication prior to their explosion. This leads many to believe that these people were insane to begin with and that

the SSRI medication made them civil. Once they stopped taking the medication, they went back to being nuts. This could be a possibility, but that theory begins to fall apart when we see how many of the shooters were still on their medication when they went postal and the fact that very few of them had shown any signs of violent behavior towards others prior to being on the drugs. ([Here is a list of shooters and the drugs they were on or withdrawing from at the time of the shootings](#))

We will never know the answer, because no one cares to investigate this problem. The politicians, news media and Hollywood know-it-alls see these shootings as an opportunity to further other political agendas they hold dear – they also hold the megaphone with which to shout their opinions much louder than the rest of us and draw all attention away from this problem.

Though I believe that many doctors prescribe these drugs to people who are not depressed or are just going through a temporary depression with an obvious cause (death in the family, divorce, loss of job, etc.), but there is a growing population of people who are manic-depressive, and that number is most likely growing because of the deterioration of the American diet. As the medical professionals continue to push the recommended cholesterol level lower and lower and the manufacturers of these flavor enhancers continue to make them more powerful, this problem will become worse.

Each generation of children are raised on more highly processed diet than the previous one – food lower in fat and higher in exitotoxins. Younger and younger children are being placed on these drugs as a result. Our government has pretty much taken over the diet of the American children through the school system. There are some states who have begun to make the [school lunch program mandatory](#), not allowing parents to send their children to school with a homemade lunch.

I have read other stories of some schools that inspect the lunches sent from home and have [confiscated any foods that their diet guidelines doesn't agree with](#) (the confiscation was claimed to be a misunderstanding, but this is the type of problems that will arise once the genie is let out of that bottle).

This next video is a good illustration of just how fake our modern food can be. Remember as you watch this, according to the story of the confiscated lunch in North Carolina, the chicken nuggets were the school system's replacement for the turkey sandwich. Let's see what our government considers a superior food.

I am not sure how American parents are going to take back control of the food that their children eat, but if something is not done soon, this problem will continue to grow, no matter how many weapons that the government decides to ban. The school lunch mandate also included fruit juice, which may as well be soda as far as quantity of sugar and artificial flavoring. If a parent does not want their child drinking this liquid candy, what right does a school have provide it to the child?

### **In Summary**

It seems quite clear that the problem begins with this American diet that is low in healthy fat and cholesterol, yet high in sugar, starch and flavor enhancers (excitotoxins).

Low cholesterol and high glutamate levels is a recipe for depression, OCD, and ADHD. This leads to a visit to the doctor, who will no doubt prescribe one of these drugs, further elevating the level of excitotoxins at the nerve synapse, which will ultimately cause cell damage to the nerve endings and dependence on stronger and stronger doses. Given the fact that these drugs are being administered to people at

a younger and younger age, even at the point where a child's brain is still growing and developing, how are we surprised when these kids go off the deep end? And why is it that our leaders in both politics and medicine cannot see this pattern and refuse to investigate?

I think this is the appropriate time to say, "follow the money". The pharmaceutical companies have an endless goldmine propping up the lie that cholesterol is deadly and setting the desired level far too low to achieve by diet, thereby needing their cholesterol lowering drugs to smash cholesterol down to a level that nature never intended (remember, their statin drugs work by crippling the liver's ability to manufacture cholesterol – like everyone's liver decided to take out a contract on our hearts). This accounts for 30 billion dollars per year for statin drugs. Perpetuating this lie for profit has also caused the American people to reduce their fat intake, even to their children, whose developing brains need cholesterol far more than an adult.

This all leads to depression, onset by the lack of cholesterol, coupled with the high intake of excitotoxins. The fact that children consume more junk food than adults, further complicates the problem as junk foods are inundated with these flavor enhancers. Now we finish off the poor child's brain by tossing in more excitotoxins in the form of drugs in an attempt to offset the ones in the highly processed foods. Using flavor enhancers is far cheaper to produce processed food and the removal of fats also extends their shelf life, so it is far more profitable to the food manufacturers to continue this pattern.

Then we have the fact that the politicians not only receive huge contributions from both of these entities (pharmaceutical companies and processed food manufacturers), but they also have other agendas that expand federal government power by taking away the liberty of the people to make their own

choices. It was not only the talk of gun bans (the dream of every politician), but there was also a lot of rhetoric concerning the expansion of mental health – translation: MORE POWERFUL DRUGS and easier access to them.

Given the fact that Obama's goal is "Mandate people to behave" (according to his interpretation of behavior), may we also see court ordered medications for those deemed mentally ill in our near future? Possibly even those deemed physically ill? A heart attack victim may be ordered by the court to take statin drugs once Obamacare becomes the law of the land.

Why people continue to place the welfare of their children into the hands of a government that has lied to its people so many times and been flat-out wrong in many of its assumptions, boggles the mind. It is actually not so hard to understand once you see the fear that is created and maintained by our leaders and the media by the corporations and special interest groups that support them both.

I plan to cover this in greater detail in an upcoming post in my newest category called "Fear Mongering". Creating fear is the favorite tool of commerce and it is through that fear that we surrender our right to make choices for ourselves and do what we're told by the media and their sponsors. Americans must find the courage to take charge of their own lives and decisions, before we completely lose the ability or freedom to make those choices.

---

**[The Unasked Questions About](#)**

# School Shootings (Sandy Hook)



I have been working on several articles, two of which I hoped to release in the next week. Unfortunately, I have put them on hold for a couple of days in order to write this very controversial post concerning the debates that will no doubt rage throughout the holiday season, because of the horrific shootings that happened in Newtown, Connecticut last week.

These kinds of crimes simply boggle the mind and leave everyone with their jaws agape, trying to make some sort of sense out of such an event. So, everyone does exactly what they always do in these situations, which is why they continue to happen. The media rushes in and plasters the identity of the shooter across the global satellites, when this type of infamy was likely his motive and sends a clear advertisement to the next wacko who is seeking attention, that he too will be martyred (which is why I refuse to mention his name in this article).

And though the media will make this killer as notorious as he wished to be, there is no need for a criminal investigation, because the politicians have already convicted the firearm as the responsible party, the shooter was just another victim of the easy access to guns. Blaming the gun, or more accurately, the freedom to attain guns as the reason for these crimes is not only misplaced justice, but is not even asking the right question. The question should be; what would make someone want to shoot and kill defenseless children, irregardless of the weapon they use? Is it strictly access to firearms that is the root cause of all of these school shootings?

Americans have had access to guns ever since the American Revolution and there are far more gun restrictions now than there ever was in U.S. History, and Connecticut has some of

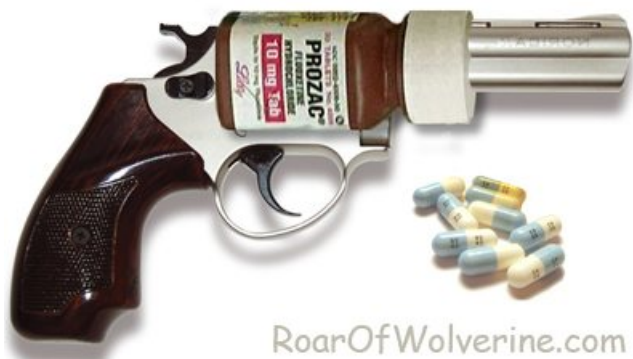


the strictest. Why have we never seen these type of senseless shooting sprees (without motive) prior to the last 20 years? [Billy The Kid](#), [Jesse James](#) and [John Wesley Hardin](#) did not shoot as many people in their entire criminal career as this nut-job killed in one day. One argument says that it is because people now have access to more powerful weapons which can fire large capacity magazines. Is this truly the cause?

In the 1920s, just about anyone could walk into a Hardware Store and purchase a [Thompson submachine gun](#) (which could hold 100 rounds of .45 ACP ammunition in its drum magazine and was FULLY automatic). "Tommy Guns" were used in the "[Saint Valentines Day Massacre](#)", where it is said that some of the victims were nearly cut in half by the enormous spray of bullets. Bonnie and Clyde preferred to use the BAR ([Browning Automatic Rifle](#)), which had the capability of shredding through the heavy iron in cars of that period with its .30-06 rounds. So the idea that today's weapon are more powerful and capable of a higher rate of fire is a completely erroneous one.

But even though there were bloody shootings in those times, all of the crimes committed had very clear motives. They were either based on greed (robbing banks or trains) or fights over gangland territory – never just for the execution of unarmed children, followed by the suicide of the shooter. If automatic guns were truly the source of the problem, then we would have expected to see similar school shootings/suicide from the periods of 1890s to the 1930s. Most of the violent crime from 1920 till 1933 was the result of the prohibition on alcohol. This prohibition actually increased crime in the 1920s in the same way that the "War On Drugs" not only helped to create an underworld, but has increased the size and power of such organized crime and placed more drugs on the street as a result – but I'm sure that the prohibition of guns will not have that same effect.

The school shooting/suicide that we see today are unlike any crime we have seen in the past. These shootings are completely senseless – the work of an animalistic and suicidal mind. So the other proposal that has been talked about all week has been government offering better care for the mentally ill. Yet again, we have always had mentally ill people here in the U.S., yet we have never seen these type of wholesale murders, with no apparent motive, happen with such frequency. Why does this new brand of mental illness seem even crazier than before? We should be looking for something new – something that did not exist more than 30 years ago. There is one difference that has yet to be discussed by any politician or anyone in media – and for good reason.



Though the politicians and media will bring the gun control debate straight to the headlines, it will be many months from now, when the people have lost interest in the story, that the real truth will slip its way onto page 14

of a paper or news website. This is what has happened in every other shooting. In [over 90% of these completely senseless shootings](#), it is later found that the perpetrators were not only mentally unstable, but had been on antidepressants, mainly [SSRI medications](#), for many years prior to going totally apeshit.

Please click on this [link](#) to see a list of school shooters and what antidepressants they were taking. That's a pretty comprehensive list – and much longer than expected, wasn't it (around 4,800)? All SSRI medications list the possibility of suicidal tendencies as a side effect and research has shown that these suicidal effects are much more pronounced in the [younger patients that take them](#). Seniors have the least negative effects, but the younger the patient, the stronger

the thoughts of suicide tend to be. Some of these shooters had stopped taking their SSRI, which are highly addictive drugs and can cause greater difficulties when sudden cessation of the drug is attempted. A person on these drugs must be removed from them gradually or really bad things can result.

Absence of these mind-altering drugs seems to be the only marked difference between killers of the past and these modern school shooter/suicide killers, whose actions of violence are totally mindless and suicidal. When these kids start mixing these pharmaceutical monsters with alcohol or illegal street drugs, like [methamphetamine](#) or [Bath Salts](#), you have a real recipe for death and mayhem. The fact that this most recent shooting incident has created a knee-jerk [outcry for better mental health care](#), means that the pharmaceutical companies will have more funding with which to create even more potent antidepressant drugs.

The correlation between these drugs and the total mental meltdowns we see are so strong that it begs the question, why is no one in the media, or the crying President, talking about this possible connection? Pharmaceutical conglomerates are major sponsors of the news media. Have you ever noticed the thousands of pharmaceutical advertisements inundating the local and national news media? Since when does anyone in the media speak ill about the practices of the pharmaceutical companies or the ease with which doctors prescribe these medications to children?

Because doctors have been elevated to a god-like status in our country, these drugs are always considered the solution to the problem, so people are incapable of considering them as a contributing factor ([cognitive dissonance](#)). The national media will always toss guns into the center of the debate while everyone's emotions are running high, thereby putting up a smokescreen to where the real truth lies – because guns frighten people and prescription drugs don't – even though you have a 6,200% better chance of being killed by a doctor than

you do a gun. 290 people are killed each day in the U.S. by prescription drugs, and that only includes direct deaths from the drugs, not the deaths of those who may be killed by the one under their influence (shooter, driver, etc..). In order for gun deaths to eclipse the deaths from pharmaceuticals, there would have to be an Aurora, Colorado, Batman movie massacre take place every hour of every day, 365 days a year.

The pharmaceutical companies contribute millions of dollars to elected officials and until one of their concoctions kills thousands of people in a way that can no longer be hidden, then, and only then, will the FDA reluctantly pull one of their poisons from the shelves. The drug [Vioxx](#) killed nearly 60,000 people before the FDA finally took action. It is in the best interest of the pharmaceutical giants to protect the doctors, because it is only through the doctor's license that their chemicals are distributed. Just between the years 1996 to 1997 the amount of children on antidepressants rose from 8,000 to over 40,000 and nowadays number continues to rise.

There has [no long-term study](#) on the effects of these drugs on the developing brain of a child (mostly adult studies). These SSRIs are being handed out like candy on Halloween and not just by psychologists, but even General Practitioners have gotten into the act. These drugs are not only easy to get, but doctors seem to insist on everyone taking them. Here are just some of my experiences:

All of the intestinal transplant recipients were automatically placed on antidepressants (Prozac), because the doctors claim that 100% of them go into depression (I found that most people will take whatever a doctor gives them, so all of the other patients I know still take the antidepressants). When I refused them, a nurse told my wife that I was showing "classic signs of depression" (why does a nurse feel she can diagnose that?). Next, they secretly sent in a psychologist to examine me. The shrink found that I was not depressed and they finally got off of my back. I told them that I knew I wasn't

depressed, because if anything, I have high anxiety (probably from being cooped up in a hospital for more than a year) and they told me that the SSRIs would help with the anxiety also and still attempted to give them to me.

What? It seems like anxiety and depression are like polar opposites, yet, somehow this magical elixir can cure both.

Years before I met my wife, she told me she had went to a doctor simply to get a blood work-up. The doctor ran the blood test and told her she was healthy, but then suggested that he write her a prescription for SSIRs. When she refused, he began to ask her personal questions – just digging for a reason to give her the antidepressants. She became offended by his questioning and never went back to that doctor.

I still suffer some chronic abdominal pain (most likely caused by surgical adhesions). When I described the pain to my primary physician, she wrote me a prescription for Prozac. I figured she was insinuating that the pain was all in my head, but she claimed that antidepressants also have pain relieving properties (what can't they do?). Of course, I refused the medication. She then offered to write my wife a prescription for SSRIs, just because she was in the office with me – I am not kidding. She thought that my wife could use them because of all the stress she went through while I was in the hospital, yet my wife never asked for them, nor did she accept the offer. This is how easy it is to get these drugs.

Doctors seem to automatically place everyone on them for any reason. It would certainly appear that there is some sort of incentive for doctors to write scripts for these pharmaceuticals.

Any child diagnosed with ADHD will ultimately end up on these SSRIs. Children, especially teenagers, can go through a lot of mood changes – it's called adolescence. No one gave us drugs for that when I was young. As a matter of fact, one of the best drummers I was in a band with was a guy who was very hyperactive as a child. He had trouble paying attention

in school, because of the ridiculous amount of energy he had.

In today's time they would say he had ADHD and placed him on drugs. Back in the 1970s, the doctor told his mother to get him into sports or buy him a drum set, so they bought the drums. He had been beating on those things since he was eight years old and damn, did he get good – and had endless stamina.

That's how they dealt with children back then, they tried to turn a negative to a positive – now we give them drugs and turn them into killers.

I have been doing a lot of research on this subject, even prior to the recent shooting. I have a grand-nephew who has been diagnosed with ADHD and is always getting sent home from school. I have a suspicion that his behavioral problems could stem from a wheat allergy, which seems to run in my family. I have seen him at family functions perfectly behaved until about twenty minutes after stuffing his face with tons of bread, cakes, pies or cookies. At that point he becomes a terror – totally out of control and unable to listen to authority – like someone on drugs. I know that all children love cookies and cakes, because I have 2 nephews, 6 nieces, 3 grand nephews and 2 grand nieces, but his craving for wheat is unlike anything I have seen in any of the other children. It is not just for sweets, he can't get enough bread, and if he is not watched, he will eat an entire meal in bread.

Some studies have shown that a wheat protein called gliadin can cross the blood-brain-barrier and bind to opiate receptors in the brain (please read [here](#) for much more detail from Dr. William Davis on gliadin). This protein in the wheat can cause the addiction that some people suffer when trying to quit. My sister (my grand-nephew's grandmother) claims that she had a horrible addiction to wheat and literally suffered drug-like withdrawals while trying to quit, including cravings. I have a friend whose daughter is autistic and he claimed that her condition improved greatly after her doctors took her off of gluten. So, I asked my niece to at least try

to remove her son from wheat and see if he improved before submitting him to a life of drugs. Of course, her doctors insisted on the drugs and that seemed a lot easier to her. He is only eight years old and already on some mind-controlling drug. How many years will they be effective before he needs a stronger drug? All of these behavioral drugs have proven to be very addictive and become less effective over time, thereby making it necessary to increase the dose or move to a stronger drug.

I'm not sure if he is on [Ritalin](#), but it is some drug similar to Ritalin. From articles I have read, many of these shooters started out on drugs like Ritalin when they were very young. By the time they were 14 to 16, they needed to be placed on much stronger behavioral drugs, like [Prozac](#) or some other SSRI. There are more than [four times the amount of children on these drugs](#) now than there was just ten years ago. Are we to believe that the entire human race has suddenly become depressed and in need of these modern drugs? Has the human race suddenly become deficient in Prozac? If these drugs were actually warranted and effective, then we would expect to find that all of these shooters were people who were not on SSIRs and that all the children on them were functioning citizens. I could accept the fact that a very small percentage of the population may benefit from some of these drugs, but there are millions of people taking these concoctions and many of them started taking them as children. I believe that they are over-prescribed and in many cases just an easier way for parents to handle their children than proper discipline, exercise and a healthy diet.

There certainly seems to be a pattern emerging, but the media ignores it and the President and other politicians could care less, because they only use tragedies to further political agendas – never solutions that would actually reduce or stop the problem. After 9/11, every politician ran to push forward some bill that expanded government power and robbed us of more

liberties – usually some bill that they had been unsuccessfully hawking for years, including a national ID card. Something as unconstitutional as the “Patriot Act” (completely shredding the 4th ammendment) could not have passed had it not been pushed through while emotions were high following the attacks of 9/11. No one can exploit a tragedy like a government can.

Even though there is quite a history now of school shooters who were life-long pharmaceutical addicts, it will be completely ignored by the authorities and the media. Obama will use this tragedy to pen an executive order and force another ban on some semiautomatic assault weapons, which will do absolutely nothing to slow down these school shootings.

When the next shooting transpires, the entire media circus will start again and they will find a new gun to blame for the shooting and more money will be dumped towards mental health medications, which will be shoved down the children’s throats before any long-term testing will be performed.

I am not trying to make any political statement on guns here, so don’t start littering my comments with anti-gun propaganda.

I am only pointing out that the politicians are not out to fix the problem. They seize these opportunities to further party agendas and in this particular case, it’s gun control.

After 9/11 it was personal privacy that was targeted (because the hijackers used box cutters. Had they used guns, then guns would have also been targeted). I guarantee you that a ban on semiautomatic rifles will not make this problem go away as long as these children’s minds are being twisted by these SSRI drugs of the pharmaceutical companies or the withdrawal from them. The same way that any kid can get their hands on any illegal drug if they wish, they will always be able to gain access to guns or other weapons if they so desire – no matter how many laws you write. The U.S. spends billions of dollars per year attempting to enforce the drug laws, yet any teenager knows where they can score drugs if they want them. Stop



kidding yourself about the wonders of contraband and how ineffective we are at enforcing the laws that already exist.

Just like with my grand-nephew, many of these problems start with food allergies and poor health from the horrible American diet of processed foods. If these highly inflammatory foods, loaded with MSG, aspartame and other [exitotoxins](#) are not damaging enough on their little developing minds and nervous system, we then begin shoving highly addictive and mind altering pharmaceuticals into their mouths at very young ages.

I expect the problem to get much worse, no matter how many weapons we ban. Any weapon is only as dangerous as the mind that wields it. As modern food, environmental toxins and pharmaceutical drugs continue to get worse and worse, we may see a level of crazy scarier than anything we have seen to date. That one psycho in Miami that [ate the face off a homeless guy](#) is just a taste of where we may be headed if everyone continues to ignore the real source of the problem and continues to trust these doctors and pharmaceutical companies to make your children behave. That zombie guy didn't need a gun. He was so insane that he simply used his teeth.

Let's face it, the mind that would shoot other innocent children in such a horrific nature as we have seen in recent years, is not a mind that has gone mad by any natural means.

We are seeing mental illness on a whole new level not seen since [Vlad The Impaler](#) or fictional bad men like Hannibal Lecter. I could be wrong, but I believe that they will find that this latest crazed idiot had been on these antidepressants since he was as young as the children he targeted. So far, the history of these type shootings have proven that to be the case.