

Essential Energy...for daily living

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Warnings about Anti-Depressants

Information compiled from Dr. Gary Young's lectures and training tapes and from Dr. Ann Blake Tracy's lectures...printed in North-West Newsletter from Diana Buhr, RN

Dr. Tracy has lectured and attended several Young Living Conventions and is a renowned expert on anti-depressant medications and for the last ten or more years has been called in as the expert witness in murder cases in which anti-depressant medication played a role. Two of the cases that you would have heard about were Columbine High School and Jessica Yates.

Since anti-depressant meds are often prescribed when people experience depression, I think it's important to have a little information on how they can affect the body.

Anti-depressant drugs influence the serotonin levels in the body. As serotonin levels build up—in addition to sleep disruption, it can cause depression, anxiety, shortness of breath, chest pain, tension, sudden road rage, etc. Anti-depressant medications also raise cortisol levels—and cortisol is known as the 'death' hormone. Dr. Young says, "As cortisol levels increase, the body deteriorates."

To further validate the dangers of these drugs, on March 22, 2004, the FDA issued a warning about the possibility of worsening depression or suicidal thoughts in people, particularly children, who take any of the 10 popular anti-depressants, especially in the beginning of treatment or when the doses are increased or decreased. The FDA has sent a letter to drug manufacturers requesting labeling changes on these anti-depressants—warning of possible suicide, worsening depression, anxiety, and panic attacks in adults and children. Anti-depressants involved in this warning label request are: Prozac, Zoloft, Paxil, Luvox, Celexa, Lexapro, Wellbutrin, Effexor, Serzone, Remeron. "We don't know that the drugs are responsible for these behavioral changes, but nonetheless we're telling physicians and families to be aware of this and that if the behaviors do emerge, to get treatment right away," said Russell Katz, a director with the FDA's Center for Drug Evaluation and Research.



Joy and Stress Away FREE This Month with a 175 PV order. Call Cindy or Leann for details or help with ordering.

Testimonial—Joyful Living...No More Anti-Depressants!

This is my story and I would like to share it with you. I am not a doctor and do not recommend that you should go off of your medication. For myself, I learned to co-create with the help of 'teachers', essential oils and an acceptance that my body has an innate understanding and ability to self-correct imbalances. Several years ago I endured a personal trauma in my life. We all receive these learning lessons and this one was an incredible wound that I could not recover from at the time. I asked for anti-depressants when I went into see a doctor. They were freely given to me. They made me feel anxious, uncomfortable, sluggish and overall more depressed. I was prescribed another kind and then another and then was instructed maybe I should double the dose. I did. I became completely isolated within myself and only felt complete doom.

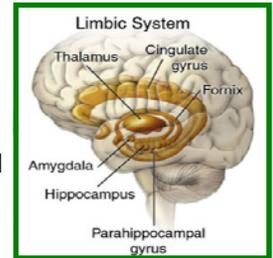
When a healing occurred with a friend of mine it became my first opening into getting well. I approached my chiropractor and she offered her assistance in helping me 'get off' the anti-depressants. At that time also I reacquainted myself with essential oils through my dear friend Cindy. I learned to shave off a portion of my pill each day in slow increments. At the same time I exercised more often and applied, inhaled and ingested essential oils several times daily. Some of the oils included **Harmony**, **Forgiveness**, **Inner Child**, **Present Time**, **Release** and **Valor**. Today, I am completely free of any type of prescription drug. It is my belief that we all have the ability to manifest healing with the universe by offering our intentions and receiving. *Leann L., Hartford*

March Recipe—Uplifting Ginger and Jasmine Body Scrub

1/4 c. Sea Salt
1/4 c. Epsom Salt
1/3 c. YL V-6 Oil
3 drops YL Ginger EO
4 drops YL Jasmine EO
2 drops YL Peppermint EO
2 drops YL Rosemary EO

Use this one in the morning as the essential oils are invigorating. Mix salts. Combine warmed oil and essential oils then mix with dry ingredients. Use in the shower or standing in the tub. Apply in circular motions, working from the extremities inward, working towards the center of the body and the heart. Rinse with warm water. Gently pat dry. Your skin will feel smoother and have a nice glow.

THERE IS HOPE—Dr. Joseph LeDoux from New York University has been able to trace the neural pathways of an emotional memory. In researching ways to clear stored trauma, he discovered that the amygdala gland plays a major role in storing and clearing emotional trauma and that scent is the way to access and clear stored trauma in the limbic system of the brain. This area is reached through the olfactory nerve as one inhales a therapeutic quality essential oil.



Here are some basic things that can be done in place of taking anti-depressants. We do recommend you consult your physician before stopping any medication.

Essential Oil Topical Applications—start with Joy and Stress Away (this month's special), or use any single oil or blend with calming and soothing properties that your are attracted to.

Diffuse Oils—this can be very helpful for lifting the mood or improving the emotional climate of the home

Exercise—we all know this!

Adequate Rest & Sleep—this is so important and often overlooked

Laughter—incorporate activities—funny movies, books—or just laugh outloud when you feel the urge!

Modify Your Diet—raw fruits and vegetables—and ideally, use organic produce and meats to lessen your exposure to toxic chemicals, antibiotics and/or growth hormones.

"Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give."

Eleanor Roosevelt