

CHOOSE: LIVE STRONGER LONGER, OR ...
HAVE YOUR BRAIN HI-JACKED BY SSRI DRUGS

Your Diphasic Nutrition Plan will build around each patient a protective fortress lasting a lifetime --- “Live Stronger Longer”. The benefits to your patients are felt symptomatically almost immediately, and, not only the quality but the length of life is enhanced. Your patients feel better, live longer, and get the most for their nutrition dollars. Meanwhile, you get the satisfaction and the well-deserved income from offering a nutrition regimen that, to you, is not only satisfying and profitable, but easy to administer.

- You know how and to whom to administer the plan.
- You know how to personalize the plan based on a patient’s age.
- You know how to do the Balancing Procedure to determine the ideal balance between OXY TONIC and ELECTRO TONIC and/or OXY D+.
- You know how to personalize the plan to account for special conditions such as asthma, cardiovascular disease, diabetes, irritable bowel, etc.
- You know how to intrude powerfully in even severe pathological conditions by recommending Diphasic A.M. (ADAPTO-MAX), Diphasic P.M. (OXY-MAX), TAURINE, and an IMMUNO-SYMBIOTIC specifically chosen for each patient’s needs.
- Finally, you know that there are certain medications that must be considered “Red Flags” --- certain to be dragging your patient down. These medications include:
 - Statins
 - Estrogen
 - Calcium Channel Blockers
 - Tylenol
 - SSRIs
 - Proton Pump Inhibitors
 - Aspirin (as a blood thinner)

You already have at your disposal Articles (on your NUTRI-SPEC website) detailing the destructive effects of these drugs. You must refer your patients to these Articles on the website or, better yet, print out copies to distribute to your patients when appropriate. Your patients must understand that these are devastating (and even dangerous) drugs. They will never enjoy life when under the influence of these medications.

Nothing you do for these patients will have the lasting benefit you have come to expect from NUTRI-SPEC as long as they continue on these medications. You must have these Articles available as handouts to distribute to your patients taking these drugs.

[You also have available to you the protocol to responsibly get your patients off many of these medications. Some of them can be stopped immediately without withdrawal or other consequences; some, on the other hand need to be withdrawn slowly. Contact the NUTRI-SPEC staff for the details on how to assist any patient who has decided to get out from under the metabolic burden of these nasties.]

This Article will be devoted to educating you (and your patients) on the SSRI family of antidepressant drugs.

The story on SSRI's is a fascinating example of pharmaceutical industry propaganda. Here is the story in a nutshell:

SSRIs are purported to work by increasing the level of serotonin in the brain. It is true these drugs do temporarily increase serotonin, and it is also true that these drugs do relieve symptoms of depression in a select patient population. However, what you are about to learn is that the sometimes beneficial symptomatic response that SSRIs produce on depressed patients has, long term, little to do with increasing serotonin.

When these drugs first came out a couple decades ago I could not believe the story as told by the pharmaceutical companies. Through years of studying biochemistry I had come across serotonin again and again and again as a metabolite that is active in stress reactions, but that is almost entirely damaging --- contributing to platelet aggregation and all sorts of other damaging sequelae of the inflammatory process. When I heard that a class of drugs was being promoted that was beneficial because it increases the levels of this damaging chemical, I was incredulous.

As I read all the literature, the truth gradually became apparent. SSRIs raise not only serotonin, they also potentiate the activity of epinephrine, norepinephrine, and in some cases dopamine. These are the neuro-active members of the catecholamine family.

As you know from your study of NUTRI-SPEC, there are patients with certain Metabolic Imbalances (Anaerobic, Parasympathetic, and Ketogenic) who are incapable of producing an adequate stress response with catecholamines. These patients are the ones that respond favorably to SSRIs, but they pay a high price. Serotonin has a devastating effect on these patients --- but --- the symptomatic benefit they feel from the increase in catecholamines out-weighs the damaging effects of the increased serotonin.

In those patients who are not Anaerobic, Parasympathetic, or Ketogenic, the SSRIs generally do not produce a favorable symptomatic response, and in many cases cause terribly unpleasant side effects. In these patients, obviously, there is no benefit derived from increasing the catecholamine levels, and the damage from the serotonin has full impact.

Go to the Article entitled “Selective Serotonin Reuptake Inhibitors: The Damaging, Pro-Inflammatory, Pro-Aging Effects of SSRI Drugs and of Serotonin”. Also, for a more technical explanation, read the Article, “Neurotransmitters and Amino Acids”. These Articles will give you all the essential facts regarding serotonin as well as the drugs that potentiate serotonin (including 5HTP, St. Johns Wort, and tryptophan supplements.)

You must get your patients off these damaging drugs.