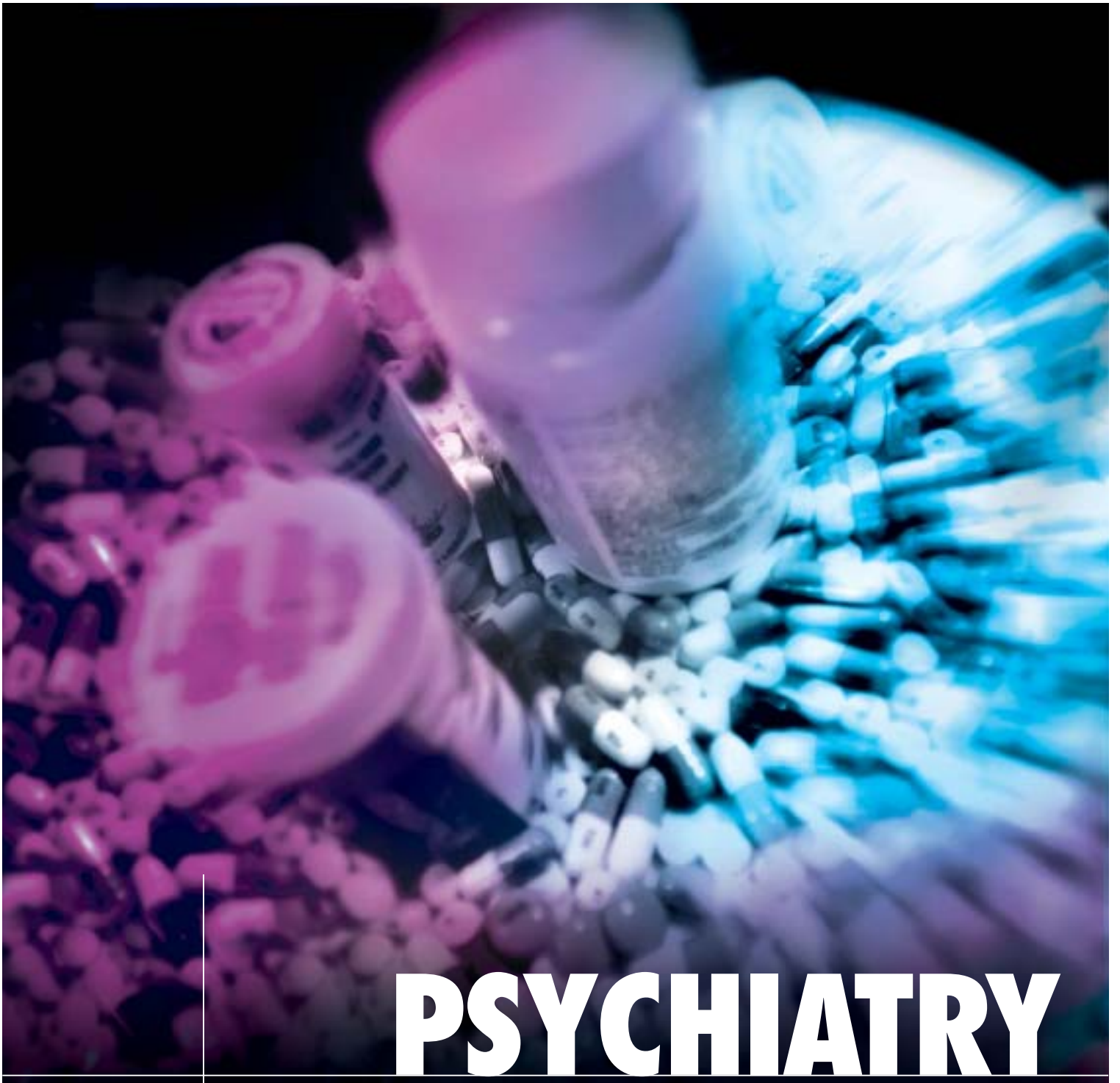


PSYCHIATRY

Hooking Your World on Drugs

Report and recommendations
on psychiatry creating
today's drug crisis

Published by
Citizens Commission on Human Rights
Established in 1969

IMPORTANT NOTICE
For the Reader

The psychiatric profession purports to be the sole arbiter on the subject of mental health and "diseases" of the mind. The facts, however, demonstrate otherwise:

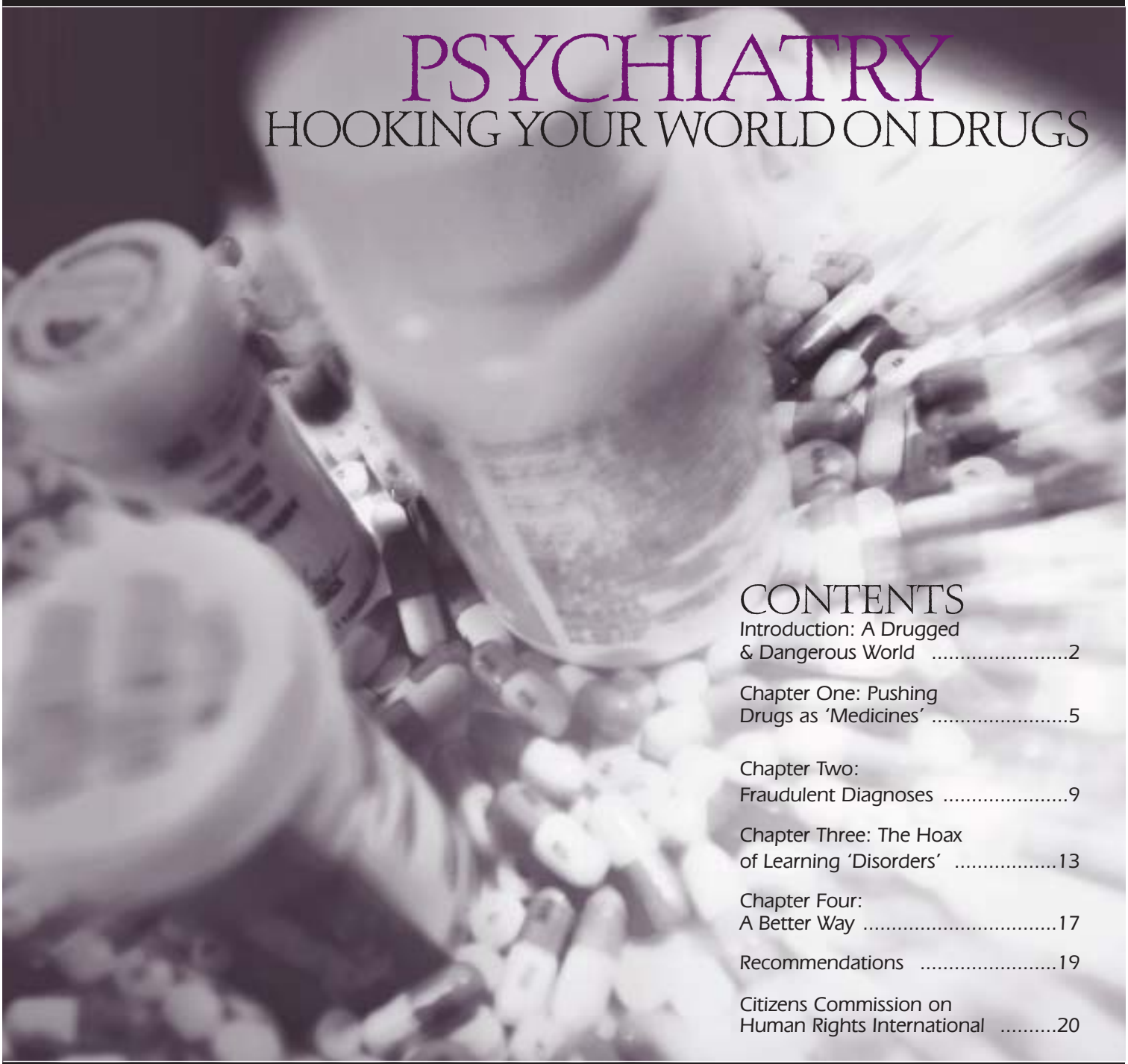
1. PSYCHIATRIC "DISORDERS" ARE NOT MEDICAL DISEASES. In medicine, strict criteria exist for calling a condition a disease: a predictable group of symptoms and the cause of the symptoms or an understanding of their physiology (function) must be proven and established. Chills and fever are symptoms. Malaria and typhoid are diseases. Diseases are proven to exist by objective evidence and physical tests. Yet, no mental "diseases" have ever been proven to medically exist.

2. PSYCHIATRISTS DEAL EXCLUSIVELY WITH MENTAL "DISORDERS," NOT PROVEN DISEASES. While mainstream physical medicine treats diseases, psychiatry can only deal with "disorders." In the absence of a known cause or physiology, a group of symptoms seen in many different patients is called a *disorder* or *syndrome.* Harvard Medical School's Joseph Glenmullen, M.D., says that in psychiatry, "all of its diagnoses are merely syndromes [or disorders], clusters of symptoms presumed to be related, not diseases." As Dr. Thomas Szasz, professor of psychiatry emeritus, observes, "There is no blood or other biological test to ascertain the presence or absence of a mental illness, as there is for most bodily diseases."

3. PSYCHIATRY HAS NEVER ESTABLISHED THE CAUSE OF ANY "MENTAL DISORDERS." Leading psychiatric agencies such as the World Psychiatric Association and the U.S. National Institute of Mental Health admit that psychiatrists do not know the causes or cures for any mental disorder or what their "treatments" specifically do to the patient. They have only theories and conflicting opinions about their diagnoses and methods, and are lacking any scientific basis for these. As a past president of the World Psychiatric Association stated, "The time when psychiatrists considered that they could cure the mentally ill is gone. In the future, the mentally ill have to learn to live with their illness."

4. THE THEORY THAT MENTAL DISORDERS DERIVE FROM A "CHEMICAL IMBALANCE" IN THE BRAIN IS UNPROVEN OPINION, NOT FACT. One prevailing psychiatric theory (key to psychotropic drug sales) is that mental disorders result from a chemical imbalance in the brain. As with its other theories, there is no biological or other evidence to prove this. Representative of a large group of medical and biochemistry experts, Elliot Valenstein, Ph.D., author of *Blaming the Brain* says: "[T]here are no tests available for assessing the chemical status of a living person's brain."

5. THE BRAIN IS NOT THE REAL CAUSE OF LIFE'S PROBLEMS. People do experience problems and upsets in life that may result in mental troubles, sometimes very serious. But to represent that these troubles are caused by incurable "brain diseases" that can only be alleviated with dangerous pills is dishonest, harmful and often deadly. Such drugs are often more potent than a narcotic and capable of driving one to violence or suicide. They mask the real cause of problems in life and debilitate the individual, so denying him or her the opportunity for real recovery and hope for the future.



PSYCHIATRY
HOOKING YOUR WORLD ON DRUGS

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INTRODUCTION

A Drugged and Dangerous World

What is one of the most destructive things in your world today?

If you answered drugs, then you share that view with the majority of people in your community. Illegal drugs, and their resultant violence and crime, are recognized as a major threat to children and society.

However, very few people recognize that illegal drugs represent only part of today's drug problem. During the last 40 to 50 years there have been major worldwide changes in our reliance on another type of drug, namely prescription psychiatric drugs.

> "Psychiatrists have ensured that more and more people are being deceived into thinking that the best answer to life's many routine problems and challenges lies with the 'latest and greatest' psychiatric drug."
>
> — Jan Eastgate

Once reserved for the mentally disturbed, today it would be difficult to find someone—a family member, a friend or a neighbor—who hasn't taken some form of psychiatric drug. In fact, these have become such a part of life for many people that "life without drugs" is simply unimaginable.

Prescribed for everything from learning and behavioral problems, to bedwetting, aggression, juvenile delinquency, criminality, drug addiction and smoking, to handling the fears and problems of our elderly, from the cradle to the grave, we are bombarded with information pushing us towards this type of chemical "fix."

Little surprise then that worldwide statistics show that a rapidly increasing percentage of every age group, from children to the elderly, rely heavily and routinely on these drugs in their daily lives. Worldwide sales of antidepressants were more than $19.5 billion in 2002 alone. Antipsychotic drug sales have reached more than $12 billion.

Meanwhile authors Richard Hughes and Robert Brewin, in their book, *The Tranquilizing of America*, warned that although psychotropic drugs may appear "to 'take the edge off' anxiety, pain, and stress, they also take the edge off life itself … these pills not only numb the pain but numb the whole mind." In fact, close study reveals that none of them can cure, all have horrific side effects, and due to their addictive and psychotropic (mind-altering) properties, all are capable of ruining a person's life.

Consider also the fact that terrorists have used psychotropic drugs to brainwash young men to become suicide bombers. Additionally, at least 250,000 children worldwide, some as young as seven, are being used for terrorist and

revolutionary activities and given amphetamines and tranquilizers to go on "murderous binges" for days. Yet these are the same drugs that psychiatrists are prescribing children for "learning" or "behavioral" problems.

Understanding society's skyrocketing psychiatric drug usage is now even more critical than ever.

How did millions become hooked on such destructive drugs? We need to look earlier than the drug.

Before becoming hooked, each individual was convinced that these drugs would help him or her to handle life. The primary sales tool that was used was an invented diagnostic system, the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders IV (DSM)* and the mental disorders section of Europe's *International Classification of Diseases (ICD)*. Once diagnosed and the prescription filled, the destructive properties of the drugs themselves took over.

Forcing widespread implementation of this diagnostic sham, psychiatrists have ensured that more and more people with no serious mental problem, even no problem at all, are being deceived into thinking that the best answer to life's many routine difficulties and challenges lies with the "latest and greatest" psychiatric drug.

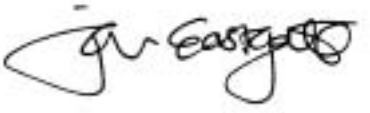
Whether you are a legislator, a parent of school-aged children, a teacher, an employer or employee, a homeowner, or simply a community member, this publication is vital reading.

Our failure in the war against drugs is due

largely to our failure to put a stop to the most damaging of all drug pushers in society.

This is the psychiatrist at work today, busy deceiving us and hooking our world on drugs.

Sincerely,



Jan Eastgate
President,
Citizens Commission
on Human Rights International

IMPORTANT FACTS

1. Psychiatric drugs have become a panacea for the pressures and stresses of modern living, pushed heavily by psychiatrists into schools, nursing homes, drug rehabilitation centers and prisons.

2. Selective Serotonin Reuptake Inhibitor (SSRI) antidepressants are now known to potentially cause neurological disorders, including disfiguring facial and body tics.[1] Sexual dysfunction has affected 60% of people taking them.

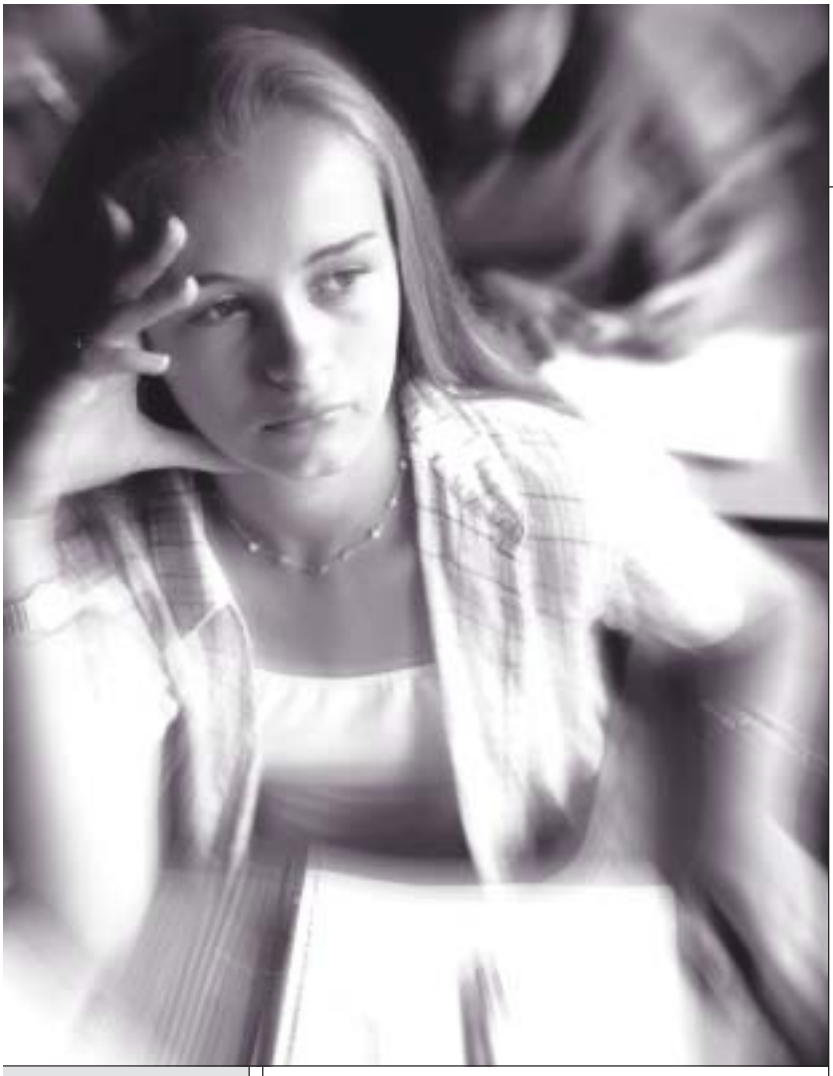
3. The latest antipsychotic drugs can cause respiratory arrest, heart attacks, diabetes and inflammation of the pancreas.

4. More than 100 million prescriptions for antidepressants were written in 2002. Worldwide antidepressant sales have reached more than $19.5 billion. International antipsychotics sales are now $12 billion a year.

5. Despite the devastating side effects, in France, one in seven prescriptions covered by insurance includes a psychotropic drug and over 50% of the unemployed—1.8 million—take such drugs.[2]

CHAPTER ONE

Pushing Drugs as 'Medicines'



"A child who sees a *DSM*-oriented doctor is almost assured of a psychiatric label and a prescription, even if the child is perfectly fine. … This willy-nilly labeling of virtually everyone as mentally ill is a serious danger to healthy children because virtually all children have enough symptoms to get a *DSM* label and a drug."

— Dr. Sydney Walker III, psychiatrist, neurologist, author of *A Dose of Sanity*

requires insulin treatment. On this, Dr. Mary Ann Block, author of *No More ADHD*, is adamant: "Let me clear this up right now. ADHD is not like diabetes and Ritalin is not like insulin. Diabetes is a real medical condition that can be objectively diagnosed. ADHD is an invented label with no objective, valid means of identification. Insulin is a natural hormone produced by the body and it is essential for life. Ritalin is a chemically derived amphetamine-like drug that is not necessary for life. Diabetes is an insulin deficiency. Attention and behavioral problems are not a Ritalin deficiency."

- Clinical psychologist Ty C. Colbert says that when behaviors are "viewed as pathology, however, doctors will prescribe drugs under the guise of balancing a chemical imbalance. Yet because there is no imbalance, all the drugs do is chemically restrict the brain's capabilities." Ritalin, he says, restricts blood flow to the brain: "Blood flow delivers the necessary energy source (glucose) to the brain. The brain cannot function without glucose. It has been observed that many children who take Ritalin (or other stimulants) exhibit zombie-like behavior."[25]
- In his book, *The Wildest Colts Make the Best Horses*, John Breeding, Ph.D., states, "Even the most ardent Ritalin/ADHD enthusiasts find absolutely no positive long-term outcomes on anything in their research reviews. Short term there is only one—conformity in the classroom."

ADHD Is Not a "Disease"

There are no objective scientific criteria confirming the existence of ADHD, but its reported symptoms are revealing. According to the *DSM*, symptoms of ADHD include: fails to give close attention to details or may make careless mistakes in schoolwork or other tasks; work is often messy or careless; has difficulty sustaining attention in tasks or play activities; appears "as if they are not listening," fails "to complete schoolwork, chores, or other duties…," often fidgets with hands or feet or squirms in seat; often runs about or climbs excessively in situations in which it is inappropriate; often has difficulty playing or engaging in leisure activities quietly; and is often

"If there is no valid test for ADHD, no data proving ADHD is a brain dysfunction, and if the drugs [prescribed for it] do not improve academic performance or social skills and can lead to illicit drug use, why in the world are millions of children … being labeled and prescribed these drugs?"

— Dr. Mary Ann Block, D.O., author of *No More ADHD*

"on the go."

- In 1998, the U.S. National Institutes of Health held an experts' "Consensus Conference on the Diagnosis and Treatment of ADHD" that concluded, "We don't have an independent, valid test for ADHD; there are no data to indicate that ADHD is due to a brain malfunction … and finally, after years of clinical research and experience with ADHD, our knowledge about the cause or causes of ADHD remains speculative."[26]
- In 2004, faced with a court order to hand over research to substantiate the existence of DAMP (the Swedish nomenclature for ADHD), coworkers of psychiatrist Christopher Gillbergs, who first asserted its existence, destroyed 100,000 pages of research so that his "findings" could never be challenged.[27]

According to Dr. Walker, "a child who sees a *DSM*-oriented doctor is almost assured of a psychiatric label and a prescription, even if the child is perfectly fine.... This willy-nilly labeling of virtually everyone as mentally ill is a serious danger to healthy children, because virtually all children have enough symptoms to get a *DSM* label and a drug."

Dr. Block is unequivocal: "If there is no valid test for ADHD, no data proving ADHD is a brain dysfunction, no long-term studies of the drugs' effects, and if the drugs do not improve academic performance or social skills and the drugs can cause compulsive and mood disorders and can lead to illicit drug use, why in the world are millions of children, teenagers and adults … being labeled with ADHD and prescribed these drugs?"

"Hyperactivity is not a disease," wrote Dr. Walker. "It's a hoax perpetrated by doctors who have no idea what's really wrong with these children."

Today's Drugged Culture

In the United States today, more than 8 million children have been put on mind-altering psychiatric drugs. In Australia, the stimulant prescription rate for children increased 34-fold in the past two decades. In Mexico, sales of one stimulant increased 800% between 1993 and 2001. The Council of Europe Parliamentary Assembly reported that in 2000 the highest rates of methylphenidate (Ritalin) consumption in Europe were in Switzerland, Iceland, the Netherlands, the United Kingdom, Germany, Belgium and Luxemburg. In Britain the stimulant prescription rate for children increased 9,200% between 1992 and 2000. Spain reports a steady 8% annual increase in Ritalin consumption between 1992 and 2001.

In 2003, the British medicine regulatory agency warned doctors not to prescribe SSRI antidepressants (such as Paxil, Zoloft and Effexor) for under-18-year-olds because of the risk of suicide. The following year, the U.S. Food and Drug Administration (FDA) issued a similar warning, as did Australian, Canadian and European agencies. Over a 10-year period, one of these antidepressants was associated with more hospitalizations, deaths, or other serious adverse reactions reported to the FDA than any other drug in history.[28] The FDA's advisory committee also recommended that a "black box" label be placed on SSRI bottles warning of suicide risk. However, children are dying, are killing others or being turned into addicts because of these, and other psychiatric drugs. Their future will only be safeguarded when the unscientific "mental disorders" they are diagnosed with are abolished and dangerous psychotropic drugs are prohibited.

IMPORTANT FACTS

1. Psychiatric drugs can only chemically mask problems and symptoms; they cannot and never will be able to solve problems.

2. There are many causes for the symptoms of "ADHD," including allergies, malnutrition, lead poisoning, high levels of mercury in the body, pesticides and too much sugar.

3. Lack of exercise, thyroid problems, poor adrenal function, hormonal disorders, hypoglycemia (abnormal decrease in blood sugar), food allergies, heavy metals, sleep disturbances, infections, heart problems, lung disease, diabetes, chronic pain and even some psychiatric drugs can cause "depression."

4. Hypoglycemia, allergies, caffeine sensitivity, thyroid problems, vitamin B deficiencies and excessive copper in the body can cause manifestations of "bipolar disorder."[29]

5. The true resolution of many mental difficulties begins, not with a checklist of symptoms, but with ensuring that a competent, non-psychiatric physician completes a thorough physical examination.

CHAPTER FOUR

A Better Way

There is no end to the number of and the complexity of problems that arise from our misplaced trust in psychiatrists, their diagnostic charades, and their mind-altering drug solutions. Inestimable damage has already been done to individual lives. Wherever psychiatry intervenes, the environment becomes more dangerous, more unsettled, more disturbed.

While life is full of problems, and sometimes those problems can be overwhelming, it is important to know that psychiatry, its diagnoses and its drugs are the wrong direction to go. The drugs can only chemically mask problems and symptoms; they cannot and never will be able to solve problems. Once the drug has worn off, the original problem remains. As a solution or cure to life's problems, they do not work.

> "Our feelings of vulnerability at a party have nothing to do with our bodies or our chemistry. Instead, they have everything to do with our soul and our view of ourselves."
>
> — Ty C. Colbert, clinical psychologist, author of *Rape of the Soul*, 2001

Meanwhile, numerous safe and workable alternatives do exist, solutions that psychiatrists refuse to recognize.

"When a person remains depressed despite normal efforts to remedy the problem, a physical source of the depression should be considered," states an alternative mental health group on its website. The site lists a number of possible physical sources, including: nutritional deficiencies, lack of exercise, thyroid problems, poor adrenal function, hormonal disorders, hypoglycemia, food allergies, heavy metals, sleep disturbances, infections, heart problems, lung disease, diabetes, chronic pain, multiple sclerosis, Parkinson's disease, stroke, liver disease and even some psychiatric drugs themselves.

Dr. Thomas Dorman, an internist, says, "… emotional stress associated with a chronic illness or a painful condition can alter the patient's temperament. In my practice I have run across countless people with chronic back pain who were labeled neurotic. A typical statement from these poor patients is 'I thought I really was going crazy.'" The problem may be "simply an undiagnosed ligament problem in their back."

There are many childhood problems that can appear to be symptoms of so-called "ADHD," but which are in fact either allergic reactions or the result of a lack of vitamins or nutrition in the body. High levels of lead from the environment can place children at risk of

both school failure and delinquent or unruly behavior; high mercury (chemical) levels in the body may cause agitation; pesticides can create nervousness, poor concentration, irritability, memory problems and depression. And too much sugar can make a child "overly active" or "hyper."

More often than not, children simply need educational solutions. Tutoring and learning how to effectively study can save the child from a life of unnecessary and harmful psychiatric drugs. If a child is struggling in class, he may also be very creative and or highly intelligent and in need of greater stimulation.

Mental healing treatments should be gauged on how they improve and strengthen individuals, their responsibility, their spiritual well-being, and thereby society. Treatment that heals should be delivered in a calm atmosphere characterized by tolerance, safety, security and respect for people's rights.

A workable and humane mental health system is what the Citizens Commission on Human Rights (CCHR) is working towards.

While life is full of problems, and sometimes those problems can be overwhelming, it is important for you to know that psychiatry, its diagnosis and its drugs are the wrong way to go.

RECOMMENDATIONS

Recommendations

1. People in desperate circumstances must be provided proper and effective medical care. Medical, not psychiatric, attention, good nutrition, a healthy, safe environment and activity that promotes confidence will do far more than the brutality of psychiatry's drug treatments.

2. Humane hospitals should replace coercive psychiatric institutions. These must have medical diagnostic equipment, which non-psychiatric medical doctors can use to thoroughly examine and test for all underlying physical problems that may be manifesting as disturbed behavior. Government and private funds should be channeled into this rather than abusive psychiatric institutions that rely on mind-controlling drugs rather than legitimate medical help.

3. The pernicious influence of psychiatry has wreaked havoc throughout society, especially in the hospitals, educational and prison systems. Citizen groups and responsible government officials should work together to expose and abolish psychiatry's hidden manipulation of society.

4. If a person has been the victim of psychiatric assault, fraud, illicit drug selling or other abuse, they should file a criminal complaint and send a copy to CCHR. Once criminal complaints have been filed, they should also be filed with the state regulatory agencies, such as state medical and psychologists' boards. Such agencies can investigate and revoke or suspend a psychiatrist's or psychologist's license to practice. You should also seek legal advice to look into filing a civil suit for compensatory, and as applicable, punitive damages.

5. Protections should be put in place to ensure that psychiatrists and psychologists are prohibited from violating the right of any person to exercise all civil, political, economic, social and cultural rights as recognized in the U.S. Constitution, the Universal Declaration of Human Rights, the International Covenant on Civil and Political Rights, and in other relevant instruments.

Citizens Commission on Human Rights International

The Citizens Commission on Human Rights (CCHR) was established in 1969 by the Church of Scientology to investigate and expose psychiatric violations of human rights, and to clean up the field of mental healing. Today, it has more than 130 chapters in over 31 countries. Its board of advisors, called Commissioners, includes doctors, lawyers, educators, artists, business professionals, and civil and human rights representatives.

While it doesn't provide medical or legal advice, it works closely with and supports medical doctors and medical practice. A key CCHR focus is psychiatry's fraudulent use of subjective "diagnoses" that lack any scientific or medical merit, but which are used to reap financial benefits in the billions, mostly from the taxpayers or insurance carriers. Based on these false diagnoses, psychiatrists justify and prescribe life-damaging treatments, including mind-altering drugs, which mask a person's underlying difficulties and prevent his or her recovery.

CCHR's work aligns with the UN Universal Declaration of Human Rights, in particular the following precepts, which psychiatrists violate on a daily basis:

Article 3: Everyone has the right to life, liberty and security of person.

Article 5: No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

Article 7: All are equal before the law and are entitled without any discrimination to equal protection of the law.

Through psychiatrists' false diagnoses, stigmatizing labels, easy-seizure commitment laws, brutal, depersonalizing "treatments," thousands of individuals are harmed and denied their inherent human rights.

CCHR has inspired and caused many hundreds of reforms by testifying before legislative hearings and conducting public hearings into psychiatric abuse, as well as working with media, law enforcement and public officials the world over.

MISSION STATEMENT

THE CITIZENS COMMISSION ON HUMAN RIGHTS

investigates and exposes psychiatric violations of human rights. It works shoulder-to-shoulder with like-minded groups and individuals who share a common purpose to clean up the field of mental health. We shall continue to do so until psychiatry's abusive and coercive practices cease and human rights and dignity are returned to all.

Beverly K. Eakman CEO, U.S. National Education Consortium, Author of the best-selling *Cloning of the American Mind:*

"CCHR has worked tirelessly to protect the right of all parents to direct the education and upbringing of their children. I salute CCHR for its incredible persistence. …"

Dr. Julian Whitaker M.D. Director of the Whitaker Wellness Institute, Author of *Health & Healing:*

"The efforts of CCHR and the successes they have made is a cultural benefit of a great magnitude. They have made great strides; they have been a resource to parents and children who have been *terribly abused* by psychiatrists and psychologists and the mental health advocates and professionals, and they're the only group that is standing up for human rights when it comes to the abuses of the psychiatric community. The over-drugging, the labeling, the faulty diagnosis, the lack of scientific protocols, all of the things that no one realizes is going on, CCHR focused on, has brought to the public's attention and has made headway in stopping the kind of steam-rolling effect of the psychiatric profession."

Cynthia Thielen Legislator, Hawaii:

"Without CCHR I think we would be really at a loss, and it would be a tragic situation for … children. So I'm very thankful that people such as [CCHR], with their knowledge and availability, [are] there ready to help us. It makes a tremendous difference, because it is a big battle for the lives and the health of our children. And we have to work very hard together."

For further information:

CCHR International
6616 Sunset Blvd.
Los Angeles, CA, USA 90028
Telephone: (323) 467-4242 • (800) 869-2247 • Fax: (323) 467-3720
www.cchr.org • e-mail: humanrights@cchr.org

CCHR INTERNATIONAL
Board of Commissioners

CCHR's Commissioners act in an official capacity to assist CCHR in its work to reform the field of mental health and to secure rights for the mentally ill.

International President
Jan Eastgate
Citizens Commission on
Human Rights International
Los Angeles

National President
Bruce Wiseman
Citizens Commission on
Human Rights United States

Citizens Commission on Human Rights Board Member
Isadore M. Chait

Founding Commissioner
Dr. Thomas Szasz,
Professor of Psychiatry Emeritus
at the State University of New
York Health Science Center

Arts and Entertainment
Jason Beghe
David Campbell
Raven Kane Campbell
Nancy Cartwright
Kate Ceberano
Chick Corea
Bodhi Elfman
Jenna Elfman
Isaac Hayes
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Jason Lee
Geoff Levin
Gordon Lewis
Juliette Lewis
Marisol Nichols
John Novello
David Pomeranz
Harriet Schock
Michelle Stafford
Cass Warner
Miles Watkins
Kelly Yaegermann

Politics & Law
Tim Bowles, Esq.
Lars Engstrand
Lev Levinson
Jonathan W. Lubell, LL.B.
Lord Duncan McNair
Kendrick Moxon, Esq.

Science, Medicine & Health
Giorgio Antonucci, M.D.
Mark Barber, D.D.S.
Shelley Beckmann, Ph.D.
Mary Ann Block, D.O.
Roberto Cestari, M.D.
(also President CCHR Italy)
Lloyd McPhee
Conrad Maulfair, D.O.
Coleen Maulfair
Clinton Ray Miller
Mary Jo Pagel, M.D.
Lawrence Retief, M.D.
Megan Shields, M.D.
William Tutman, Ph.D.
Michael Wisner
Julian Whitaker, M.D.
Sergej Zapuskalov, M.D.

Education
Gleb Dubov, Ph.D.
Bev Eakman
Nickolai Pavlovsky
Prof. Anatoli Prokopenko

Religion
Rev. Doctor Jim Nicholls

Business
Lawrence Anthony
Roberto Santos

CCHR National Offices

CCHR Australia
Citizens Commission on
Human Rights Australia
P.O. Box 562
Broadway, New South Wales
2007 Australia
Phone: 612-9211-4787
Fax: 612-9211-5543
E-mail: cchr@iprimus.com.au

CCHR Austria
Citizens Commission on
Human Rights Austria
(Bürgerkommission für
Menschenrechte Österreich)
Postfach 130
A-1072 Wien, Austria
Phone: 43-1-877-02-23
E-mail: info@cchr.at

CCHR Belgium
Citizens Commission on
Human Rights
Postbus 55
2800 Mechelen 2,
Belgium
Phone: 324-777-12494

CCHR Canada
Citizens Commission on
Human Rights Toronto
27 Carlton St., Suite 304
Toronto, Ontario
M5B 1L2 Canada
Phone: 1-416-971-8555
E-mail:
officemanager@on.aibn.com

CCHR Czech Republic
Obcanská komise za
lidská práva
Václavské námestí 17
110 00 Praha 1, Czech Republic
Phone/Fax: 420-224-009-156
E-mail: lidskaprava@cchr.cz

CCHR Denmark
Citizens Commission on
Human Rights Denmark
(Medborgernes
Menneskerettighedskommission
—MMK)
Faksingevej 9A
2700 Brønshøj, Denmark
Phone: 45 39 62 9039
E-mail: m.m.k.@inet.uni2.dk

CCHR Finland
Citizens Commission on
Human Rights Finland
Post Box 145
00511 Helsinki, Finland

CCHR France
Citizens Commission on
Human Rights France
(Commission des Citoyens pour
les Droits de l'Homme—CCDH)
BP 76
75561 Paris Cedex 12 , France
Phone: 33 1 40 01 0970
Fax: 33 1 40 01 0520
E-mail: ccdh@wanadoo.fr

CCHR Germany
Citizens Commission on
Human Rights Germany—
National Office
(Kommission für Verstöße der
Psychiatrie gegen
Menschenrechte e.V.—KVPM)
Amalienstraße 49a
80799 München, Germany
Phone: 49 89 273 0354
Fax: 49 89 28 98 6704
E-mail: kvpm@gmx.de

CCHR Greece
Citizens Commission on
Human Rights
65, Panepistimiou Str.
105 64 Athens, Greece

CCHR Holland
Citizens Commission on
Human Rights Holland
Postbus 36000
1020 MA, Amsterdam
Holland
Phone/Fax: 3120-4942510
E-mail: info@ncrm.nl

CCHR Hungary
Citizens Commission on
Human Rights Hungary
Pf. 182
1461 Budapest, Hungary
Phone: 36 1 342 6355
Fax: 36 1 344 4724
E-mail: cchrhun@ahol.org

CCHR Israel
Citizens Commission
on Human Rights Israel
P.O. Box 37020
61369 Tel Aviv, Israel
Phone: 972 3 5660699
Fax: 972 3 5663750
E-mail: cchr_isr@netvision.net.il

CCHR Italy
Citizens Commission
on Human Rights Italy
(Comitato dei Cittadini per i
Diritti Umani—CCDU)
Viale Monza 1
20125 Milano, Italy
E-mail: ccdu_italia@hotmail.com

CCHR Japan
Citizens Commission on
Human Rights Japan
2-11-7-7F Kitaotsuka
Toshima-ku Tokyo
170-0004, Japan
Phone/Fax: 81 3 3576 1741

CCHR Lausanne, Switzerland
Citizens Commission
on Human Rights Lausanne
(Commission des Citoyens pour
les droits de l'Homme—CCDH)
Case postale 5773
1002 Lausanne, Switzerland
Phone: 41 21 646 6226
E-mail: cchrlau@dplanet.ch

CCHR Mexico
Citizens Commission
on Human Rights Mexico
(Comisión de Ciudadanos por
los Derechos Humanos—CCDH)
Tuxpan 68, Colonia Roma
CP 06700, México DF
E-mail:
protegelasaludmental@yahoo.com

CCHR Monterrey, Mexico
Citizens Commission on
Human Rights Monterrey,
Mexico
(Comisión de Ciudadanos por los
Derechos Humanos—CCDH)
Avda. Madero 1955 Poniente
Esq. Venustiano Carranza
Edif. Santos, Oficina 735
Monterrey, NL México
Phone: 51 81 83480329
Fax: 51 81 86758689
E-mail: ccdh@axtel.net

CCHR Nepal
P.O. Box 1679
Baneshwor Kathmandu, Nepal
E-mail: nepalcchr@yahoo.com

CCHR New Zealand
Citizens Commission on
Human Rights New Zealand
P.O. Box 5257
Wellesley Street
Auckland 1, New Zealand
Phone/Fax: 649 580 0060
E-mail: cchr@xtra.co.nz

CCHR Norway
Citizens Commission on
Human Rights Norway
(Medborgernes
menneskerettighets-kommisjon,
MMK)
Postboks 8902 Youngstorget
0028 Oslo, Norway
E-mail: mmknorge@online.no

CCHR Russia
Citizens Commission on
Human Rights Russia
P.O. Box 35
117588 Moscow, Russia
Phone: 7095 518 1100

CCHR South Africa
Citizens Commission on
Human Rights South Africa
P.O. Box 710
Johannesburg 2000
Republic of South Africa
Phone: 27 11 622 2908

CCHR Spain
Citizens Commission on
Human Rights Spain
(Comisión de Ciudadanos por los
Derechos Humanos—CCDH)
Apdo. de Correos 18054
28080 Madrid, Spain

CCHR Sweden
Citizens Commission on
Human Rights Sweden
(Kommittén för Mänskliga
Rättigheter—KMR)
Box 2
124 21 Stockholm, Sweden
Phone/Fax: 46 8 83 8518
E-mail: info.kmr@telia.com

CCHR Taiwan
Citizens Commission on
Human Rights
Taichung P.O. Box 36-127
Taiwan, R.O.C.
E-mail: roysu01@hotmail.com

CCHR Ticino, Switzerland
Citizens Commission on
Human Rights Ticino
(Comitato dei cittadini per
i diritti dell'uomo)
Casella postale 613
6512 Giubiasco, Switzerland
E-mail: ccdu@ticino.com

CCHR United Kingdom
Citizens Commission on
Human Rights United Kingdom
P.O. Box 188
East Grinstead, West Sussex
RH19 4RB, United Kingdom
Phone: 44 1342 31 3926
Fax: 44 1342 32 5559
E-mail: humanrights@cchruk.org

CCHR Zurich, Switzerland
Citizens Commission on
Human Rights Switzerland
Sektion Zürich
Postfach 1207
8026 Zürich, Switzerland
Phone: 41 1 242 7790
E-mail: info@cchr.ch

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