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# Review: Dr Peter Breggin, *Toxic Psychiatry: Drugs and Electroconvulsive Therapy, The Truth and the Better Alternatives*, Fontana, NY, 1991 (1993 edn.)

Pages: 578

## Takedown of the Deadly Psychiatry Complex

'Psychiatry's conscience' unleashes on a corrupt, harmful, and unrepentant industry whose contribution to iatrogenic suffering is immense.

The basic premise is psychosurgery, neuroleptics ('chemical lobotomy'), and ECT are all harmful interventions with no scientific basis. He is more partial to the views of Thomas Szasz et al. which claim 'mental' disease is simply problems of living, and that physical brain disease is detectable and curable (or at least objectively treatable).

The 'biopsychiatrists' do not provide strong evidence for their worldview, and on the drugs especially Breggin shows how alarmingly shallow their understanding and dogmatism is.

The only negative is the author's personal philosophy of feminism and equality; such views in the early 90s are exactly what has led to the crazed feminist destruction of the West today via Mass Third World Immigration (open borders) and abortion on demand. This is not to take away from the injustice some women have experienced, but the author has let this corrupt his thinking.

A long read, but one which may help the reader or his family avoid a world of pain and avoid the deadly web of psychiatry.

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## Foreword (pp. xvii-xxix)

Two main antidepressant (AD) psychiatric complications are suicide and AD-induced mania.

Many parents lack courage to recognise they influence their children.

**Introduction (pp. 1-2)**

**I) Psychiatry Out of Control (pp. 3-22)**

"I observed the insulin coma room ... patients were purposely overdosed with insulin …[a staff psychiatrist] 'Electric shock and insulin shock kill bad brain cells'. "

Most inmates are completely friendless; many were simply just homeless.

The modern psychiatry model in anti-psychotherapy.

The Future

What will happen to the well-being and values of Americans…

-Parents … increasingly will surrender their responsibility for the care and education of children to mental health professionals.

-Millions of children will end up on 'legal drugs.

-Untold numbers … will be saddled with the false conviction they have … 'biochemical imbalances'.

-Adults with solvable personal problems will end up taking drugs.

-Millions of elderly people will be drugged … in nursing homes.

-Psychiatry increasingly will become dominated by … multi-billion dollar pharmaceutical industry.

-Several million more Americans will suffer permanent brain damage from psychiatric drugs.

**II) Understanding the Passion of 'Schizophrenic' Overwhelm (pp. 23-56)**

Drug-induced brain damage causes inappropriate laughing, rambling, and difficulty focusing attention.

Patients watched a lot of TV: “you watch the television and the television watches you”.

The Biological psychiatrist (BP): “you can’t talk to disease”.

“The notion patients have ‘sick brains’ justifies psychiatry’s unique power to treat them against their will. It also bolsters psychiatry’s claim to the top of the mental health hierarchy.” [p27]

Many post-lobotomy patients commit suicide.

**III) <u>Suppressing ‘Schizophrenic’ Overwhelm with Neuroleptic Drugs: Medical Miracle or Chemical Lobotomy? The Effects of Haldol, Proloxin, Thorazine, Mellaril, and Other ‘Antipsychotic’ Drugs</u> (pp. 57-83)**

ADs produce chemical lobotomies.

Half of nursing care residents are put on neuroleptics.

**IV) <u>The ‘Miracle Drugs’ Cause the Worst Plague of Brain Damage in Medical History</u> (pp. 84-112)**

*Tardive dyskinesia [TD]*: delayed abnormal spasms; no known treatment; up to 56% of chronically hospitalised patients develop TD.

Clozapine causes agranulocytosis which lowers WBCs.

**V) <u>The Biology and Genetics of ‘Schizophrenic’ Overwhelm</u> (pp. 113-143)**

Nazi Ernst Rudin directed the Department of Heredity at the Kaiser Wilhelm Institute in Munich. During post WWI-hyperinflation, the Rockefeller Foundation bailed it out. In 1930 he was a visiting dignity to the America under patronage of the Carnegie Foundation.

Rudin established the eugenics program and was awarded the Iron Cross.

Compulsory sterilisation of all schizophrenics would not prevent more than 1% of new schizophrenics being born.

Adrenochrome is an adrenaline breakdown product, thought to be a hallucinogen.

**VI) Understanding the Passion of 'Depressive' and 'Manic-Depressive' (Bipolar) Overwhelm (pp. 144-170)**

Mania induces false elation in an effort to overcome cowardice.

**VII) The Biology of 'Depressive' and 'Manic-Depressive' Overwhelm (pp. 171-183)**

Hypothyroidism is associated with depression.

**VIII) Suppressing 'Depressive' and 'Manic-Depressive' Overwhelm With Lithium and Antidepressants, Including Elavil and Prozac (pp. 184-226)**

Tricyclic Ads are neuroleptics in disguise from suppression of cholinergic nerves; these cause smooth muscle action.

MAOIs (Monoamine oxidase inhibiters) are most dangerous. It is contraindicated by tyrine-containing foods: chocolate; cheese; fermented drinks; yeast; raisins; and yoghurt.

Eldepryl (selegiline) is used for Parkinson's.

Desryrel (trazodone) causes permanent erection requiring surgical intervention.

Prozac (fluoxetine) was released in 1988. It acts as an SSRI. Side effects include: nausea (24%); somnolence (19%); anxiety; and confusion.

SSRIs can cause serotonin down-regulation due to 'compensatory mechanism'.

Neuroleptics initially suppress psychotic symptoms, but long-term cause permanent psychoses. These cause prozac-induced akathisia (self-destructive behaviours), also tardive dementia.

ADs are ‘effective’ due to: (1) enhanced placebo; (2) emotional blunting; (3) stimulant effect; (4) artificial euphoria or organic brain syndrome.

Patients on lithium are encouraged to stay on it forever.

In 1970 there was a proposal to add Li to drinking water.

Li is a toxic metal with no known function in the body; it reduces intellectual initiative, concentration, and ability to memorize. It causes tremor in 30-50% of patients, metallic taste, weight gain, sleep difficulties, kidney damage, hypothyroidism, high WBCs, and can cause leukemia.

## IX) ‘Shock Treatment Is Not Good for Your Brain’ (pp. 227-267)

“As a neurologist … I have seen many patients after ECT, and I have no doubt that ECT produces effects identical to those of a head injury. After multiple sessions of ECT, a patient has symptoms identical to those of a retired, punch-drunk boxer … [ECT] in effect may be defined as a controlled type of brain damage.”

Sidney Samant, M.D., *Clinical Psychiatry News*, March 1983

Shock treatment is ‘electrically-induced closed-head injury’ and an ‘electrical lobotomy’.

Elderly women are among the most frequent victims of shock treatment.

ECT delirium is the brain’s typical response to severe stress or damage.

## X) Understanding the Passion of Anxiety Overwhelm: Panic Attacks, Depersonalization, Phobias, Obsessions and Compulsions, Addictions and Eating Disorders (pp. 268-297)

Self-defeating fears are, “a natural consequence of being afraid of our own freedom to exist.”

*Obsession*: fixed or persistent thoughts … alien intrusions that take over mind.

*Compulsion*: actions that dominate conduct.

**XI) <u>Suppressing the Passion of Anxiety Overwhelm With Drugs: The Minor Tranquillizers, Including Xanax, Valium, BuSpar, Ativan, and Halcion, and the Antidepressant Anafranil</u> (pp. 298-330)**

All minor tranquilizers are addictive; withdrawal lasts 2-4 weeks.

The FDA Xanax study showed most were better off without the drug! 226 patients were monitored for four weeks.

"Favourable patient response to antianxiety agents has been associated with lack of psychological sophistication and inability to express unhappiness."

**XII) <u>Abandoning Responsibility for Our Children: A Critique of Hyperactivity, Attention Deficit Disorder, Learning Disabilities, Autism and Other Diagnoses</u> (pp. 331-362)**

6-7% of adults and 2% of youth are depressed.

**XIII) <u>Suppressing the Passion of Children With Hospitalization and With Drugs, Such as Ritalin and Mellaril</u> (pp. 363-390)**

Ritalin stunts growth and causes tics, rashes, nausea, and psychosis. It is an amphetamine analog.

McGuiness on ADD and hyperactivity: "It may be a painful admission to recognise that one has spent 10 to 20 years studying something that doesn't exist." [p385]

**XIV) <u>Suppressing the Passion of Women</u> (pp. 391-424)**

Sigmund Freud, *New Introductory Lectures on Psycho-Analysis: Lecture XXXIII: 'Femininity',* 1933:

" It must be admitted that women have but little sense of justice, and this is in no doubt connected with the preponderance of envy in their mental life … their social interests are weaker … their capacity for sublimation of their instincts is less."

Californian psychiatrists complained about new regulations requiring them to explain drug effects to patients because it would force them to talk with each patient!

Feminists view romantic love as a trap.

Freud's aspirations from women were labelled, 'penis envy'.

Checking with another therapist is often self-defeating as he will feel obliged to defend his colleague.

**XV) <u>Psychiatry and the Psycho-Pharmaceutical Complex</u> (pp. 425-458)**

Drug companies provide most of the support for the APA.

BP is seeking to move towards drugs and computerised diagnosis and treatment.

The three P's in science: "priority, prestige, and publicity".

Dr Fred Gottlieb, *APA Speaker's Report*, October, 1985: "I do not suggest that either they [the drug companies] or we are evil folks. But I continue to believe that accepting such money is … inimical to our independent functioning. We have evolved a … casual and quite cordial relationship with the drug houses, taking their money readily … We seem to think that we as psychiatrists are immune from ... unconscious emotional bias … We persist in ignoring an inherent conflict of interest." [p440]

**XVI) <u>Psychotherapy and Psychosocial Programmes</u> (pp. 459-507)**

θεραπευτικος: attendant; one who takes care.

"When the therapist uses involuntary treatment … [it] becomes one of the *least safe* places in the world. Especially since the ascendancy of biopsychiatry, going to a psychiatrist has become one of the most dangerous actions a person can take." [p465]

*Moral treatment*: action of the sane mind upon the insane. Eventually replaced by state mental hospital systems and drugs.

UK psychiatrists are taught psychotherapy is contraindicated for schizophrenia since regression will make it worse.

Medical students are taught psychiatric problems are genetic.

May psychotherapy programs teach manipulative and dehumanising techniques.

“There is no place for the political institution of psychiatry in a free society, and it should be abolished. The first step requires stripping the profession of its legal but illegitimate powers … its right to lock up and treat people against their will and its authority in court to determine who is ‘not guilty by reason of insanity’ … The second step involves disempowering the psycho-pharmaceutical complex … such as the APA … must be stopped from collaborating with the drug companies while claiming to act as objective scientists … Psychiatry will fight to the bitter end to oppose any reform.” [p505,506]

**<u>Appendices</u> (pp. 508-555)**

“As long as psychiatric drugs are labelled ‘treatments’ while illicit drugs are called ‘addictions’, the public will remain confused. Psychoactive drugs in general help people escape from their feelings and their real-life problems, shift the locus of control outside the individual, and make it … difficult for people to go on living without a chemical crutch.” [chp.13, n9, p533]