

ALTERNATIVE PRACTITIONERS SPEAK OUT

Committee on Quackery Hides Psychotropic Drug Proliferation

The 1963-1974 American Medical Association Committee on Quackery set out to discredit chiropractors, with the AMA urging its members to lend "their full support to the continuing vigorous attack on medical quackery and to the education program on the cult of chiropractic." The AMA recommended that Congress exclude payment for chiropractic services from federally supported health programs. On August 25, 1987, Federal Judge Susan Getzendanner, in U.S. District Court, found the AMA had engaged in an illegal boycott against chiropractors and an injunction against such activity was entered and affirmed by the U.S. Court of Appeals for the 7th Circuit on February 7, 1990.

It is not surprising that the AMA—also top heavy with psychiatrists as members—feared chiropractors. By the mid 1970s, 48% of American adults had taken a prescribed psychotropic drug. In 1977 alone, there were 85 million prescriptions for tranquilizers and 5 billion doses of pills, with an estimated 50 deaths related to Valium use alone. In 1970, 150,000 children were prescribed Ritalin, a figure that nearly doubled over the next two years to 250,000. Cocaine like stimulants, now known to cause strokes, heart attacks, psychosis and death, were being handed out like candy for a completely fictitious "mental disorder."

Since then chiropractors and doctors practicing complimentary medicine have and continue to speak out against psychiatric drug practices.

- In an article on depression in *Parent's Monthly*, natural holistic health practitioner and chiropractor, James Keppler from Keppler Chiropractic in Sacramento, said diet and exercise affect moods. He also thinks people have the right to feel depressed at different times in their life. "Most of the time, drugs are given with no justification; kids need to be asked what the problem is," Keppler says "There is no test or examination to prove depression, it is a mental disorder and it is a professional opinion taken by observation. Depression is caused by deficiencies in the body; it is not a disease, diseases are something you can find."
- Dr. John J. Johnston, chiropractor, in an article in *The Gainesville Sun* in 1992, wrote, "Every school shooter I've heard of has been on some kind of prescription drug. I'll never forget taking a methamphetamine (antidepressant) when I was 15 years old. Early in the day, I was happy and high as a kite. I talked my head off. Later in the day I got into an argument with my Mom over nothing I can remember. I became so enraged I wanted to destroy her. Thirty years later she still remembers. The next day I was so totally depressed I felt I had nothing to live for. This all happened at the time I set the school record for the Marine Corps physical fitness test and was an A to H student and captain of the wrestling team at my Catholic high school. I'll never forget that 36-hour period of my life, from high-as-a-kite to

feeling like death was an attractive option. Children with delicate mental framework going through adolescence can be weird enough. Dose them regularly with Class 11 narcotics and antidepressants and you may be cooking up a time bomb."

- Regarding the mass screening and drugging of America's schoolchildren, chiropractor Darrel Crain wrote in an article, "Profits in the Schoolyard: Apples, Pears & Soda Pop," "The drug companies have figured out how to infiltrate the nation's public school system and thereby generate millions of new cases of psychiatric drug dependency. Correct me if I'm wrong, but it seems the War on Mental Illness has only demonstrated the presence of mass insanity among the ranks of our health leaders, not our children. Worse yet, the collateral damage from this war is unimaginably devastating. Clearly, many heads need to be examined, but I say we should start with the drug industry leaders and government officials and leave the children out of this."
- In an article on the Safe Harbor website, which lists over 300 practitioners who treat mental problems, it says there thousands of physicians, acupuncturists, holistic psychiatrists, nutritional psychologists, nutritionists, chiropractors, herbalists, and other healers who do not rely upon psychiatric drugs and electroshock. It says, "Medical and psychiatric journals are filled with studies showing that fish oil and other nutrients are as effective as or better than drugs in treating depression, bipolar disorder, and other mental problems."
- Further, "Duke University and other research centers have proven conclusively that exercise is as effective as or better than drugs in treating depression. And numerous 'other things,' such as herbs, acupuncture, hormonal treatments, diet changes, allergy remedies, etc. have been used to successfully treat serious mental health issues. Instead we hear the views of the mega-funded AMA and American Psychiatric Association and their friends from the pharmaceutical cartels, who use their big bucks to continually shove their message that drugs and more drugs are the solution to all our problems... A 2003 review in King County, Washington...found that of the 9100 patients in the mental health system, where drugs are the primary treatment, only five recovered. Yes, five."
- In the *Boulder Weekly*, Rob Johnson, a Boulder chiropractor said his opposition to Ritalin came through first-hand experience. At age 17, he came down with an infection and was placed on antibiotics. Rather than helping him, the antibiotics made him sicker. In addition to developing a number of serious medical conditions, Johnson found he could no longer concentrate. His short-term memory was severely compromised, as well. In response, his doctors diagnosed him with ADD and wanted to put him on Ritalin. "They wanted to put me on a drug to help me do the things I could do before," Johnson said. Johnson rebelled, researching the drug in his spare time. His research led him to reject the doctors' treatment plan. He turned to chiropractic treatment instead, and went on to become a chiropractor himself as a

result. "The diagnosis of being ADHD is actually very, very, very vague," Johnson said.

As for psychiatry's diagnostic and screening methods, Dr. Julian Whitaker, director of California's Wellness Institute and author of "Health and Healing" newsletter, says, Psychiatrists "create this cluster of disease and they get together and they vote. 'Is this a disease? All in favor say 'Aye.''" There's no science to it, he says.

- He warns against the current plan in the United States to screen all children for "mental disorders," stating that claiming to improve "the mental health status of children...means drugging them! That's 52 million potential customers."
- Dr. Whitaker offers this advice: "Folks, sometimes feeling irritable, unable to sleep, etc., are hardly indicative of a serious mental malfunction. Feeling out of sorts from time to time is a normal part of being human. ...Think back on your childhood. Remember your experiences. Now ask yourself, would you be better off today if five or six years of your childhood had been spent in a drugged-out state?"
- Furthermore, here's what he tells parents to do: "First of all, refuse to sign those consent forms when they come home from your child's school—if they can't test them, they can't drug them."