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NO on Drug Treatment

Depression has started as far back as Ancient Greek times and was called “melancholia” which would also be referred to as “deep sadness arising from tragic events,” says Clemmitt. This illness is very common and the symptoms usually involve not remembering details, feeling worthless, loss of interest in activities, oversleeping, thoughts of suicide, etc. For years scientists have been trying to create a medication that could help people who suffer with depression, but the medications that patients are using can sometimes lead to suicide and can cause them to be dependable of pills. Research has shown that some medications can cause patients to commit suicide. Pills like “Eli Lilly drug fluoxetine, brand name Prozac increase the risk of suicide or violent behavior for some patients” (Clemmitt 580).

Anti-depressants are an ineffective treatment; therefore depression is best treated through therapy.

Many people don't like the idea of taking medication for the rest of their lives and look for a better alternative like therapy. There are different types of therapies where people can liberate their problems. Some of these effective ways to fight depression include acupuncture and changing one's daily routine. According to the article “Depression Treatment”, if the person suffering from depression exercises for about 30 to 60 min it causes them to “boost serotonin, endorphins, and other feel-good brain chemicals, it triggers the growth of new brain cells and connections, just like antidepressants do” (Saisan, et al).

If a person that suffers of this illness were to go get an acupuncture it would help them beat depression considering that it is also due to stress and acupuncture relieves stress. This is due to the fact that it reduces “anxiety, insomnia, as well as more energy, and overall well-being” says Tiedemann. “For

example, a lady in her early 30's with severe depression was brought in by her friend who was concerned that her friend had been having thoughts about 'jumping off a bridge'. She had been having other suicidal thoughts and could not be left alone. She was treated with acupuncture only once. Tears came out of her eyes during the treatment. She has been fine ever since" (Dr. Lee). There are several types of therapies that most of the time works for relieving depression.

People that change something about their daily routine such as exercising or helping out others, notice a difference in their moods and notice that they don't have "empty" feelings. This usually makes the person forget about their illness and encourages them to keep moving on. The most effective type of therapy is called cognitive behavioral therapy. This type of therapy is a form of psychotherapy that emphasizes the important role of thinking in how people feel and what they do.

Another example that helps defeat depression could be watching stand up comedies. Jason Goodson a psychologist of Utah University showed a group of people suffering with depression videos of stand up comedians for 30 minutes a day for about four weeks. The results were that a 42 percent of their symptoms were reduced. Any sort of laughter is good because it "increases our intake of oxygen, our bodies produce potent chemicals that relax muscles, strengthen the immune system, lower blood pressure and ease digestion" says Tian.

When a person suffers of "severe mental disorders - including major depression and bipolar disease - increases suicide risk, says Thomas Joiner, a professor of psychology at Florida state University, in Tallahassee, and the author of Why People Die by Suicide" (Clemmitt 580). Some families have noticed that their family members that suffer of depression and use drug treatment have become a different person than they were before.

The families that have noticed this described their relative as outgoing, happy, kind, confident, full of energy, overall the opposite of what they are now while using the drug treatment. These families noticed that their certain family member has become a bit antisocial and very desperate along with other characteristics that their family members didn't present in the past. Joiner says that "certain people are most likely to turn to the violence of suicide because they've developed fearlessness over their life spans that arms them to face the pain and violence suicide entails."

Drug treatment makes some people become dependable of the pills they take and perhaps for some people it actually works, but for others it creates an illusion and affects their health. According to Kimball "many people cycle through several drugs before they find one that's effective." Instead of the patients being in control of themselves, the pills are the one that are in control of them. They lose the independence of saying "I can do this without the pill." rather than doing this naturally by going out interacting with nature.

Patients that go to therapy have felt that they feel better after they talk to someone who doesn't mind them expressing their emotions and being open. These patients feel like they have been set free from their troubles and after they talk with their therapist they feel much more positive and are very enthusiastic about the days to come. But there are people who don't really like to talk to people about their emotions so instead they go out and have fun with their friends and socialize with other people. Also some look for a different type of therapy such as playing music, drawing, playing a sport and so on. Notice that when children, who are in elementary, are assigned to draw something in class they become very relaxed and relieved. Some therapists make their patients draw something like a mosaic and explain why they chose certain shapes to understand them better and because they can tell a lot

about them from exercises like these.

Although some people support drug use to treat depression, there are setbacks. While patients feel calmer and positive after taking medications, their depression hits them farther once they stop. This poses a serious health risk; therefore another alternative should be used.

Drug treatment has many effects as the ones discussed above and has caused many people to commit suicide and create an illusion for what can be cured naturally and in a much more effective way to eliminate depression.

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