

Holidays, Tragedy and Mental Health

The mix of happy activities, celebrations and family closeness with the shock and deep sadness of the tragic events in Newtown, CT made this past December an emotional roller coaster for us. It is a natural reaction to try to make some sense out of this horrific senseless mass murder. All of us are searching for answers. Could such a tragedy have been prevented?

But, it didn't take long for members of the media and politicians to exploit this horrible tragedy to advance a political agenda. Gun control advocates jumped at the opportunity to make a strong push for their position. They say gun control is the issue. We agree no one needs assault rifles as part of 2nd Amendment rights. But, guns have been a part of our society for generations. However, suddenly in recent years, the numbers of these mass shootings have greatly increased. Do we have more crazy people now who are going on these murderous/suicidal rampages? Or could something else be contributing to these shocking tragedies?

Some media people and politicians say we need more "mental health" care. That is certainly an important issue, but it depends on what kind of "mental health" care you are considering. Helping people deal with their fears, anger, stresses, and conflicts can be very beneficial for large numbers of people. Providing them with proper nutritional supplements (guided by hair mineral analysis) can help reduce their stress and restore better emotional control. But, we don't think this is what proponents of more "mental health" services have in mind.

The dominant approach to "mental health" services today is a superficial psychiatric "diagnosis" and psychotropic drug "treatment." However, there is an irony in this situation. In the vast majority of cases of bizarre mass murders in the past few decades, the murderer was already on at least one or more toxic psychotropic drugs or they were withdrawing from these toxic drugs.

Drugging people with an array of psychotropic drugs can damage brain function and make them **more** homicidal/suicidal. There is much evidence of the brain-damaging effects of medications. If you want to learn more about the role of psychotropic drugs in mass murder/suicide events, a great resource is Dr. Ann Blake Tracy, a Health Psychologist. She has been researching this subject for more than 20 years and has found a strong connection between various psychotropic drugs and homicidal/suicidal behavior. Her book *Prozac: Panacea or Pandora* thoroughly covers the dangers of these psychotropic drugs, especially bringing on violent behavior. You can also find her on Google or Facebook. Dr. Peter Breggin, a psychiatrist, also warns of the dangers of many of these psychotropic drugs. One of his books is *Toxic Psychiatry*. Not surprisingly, the media and politicians have avoided discussing the role of toxic psychotropic drugs in these horrific mass murder/suicide cases. Expanding "mental health" services dominated by the psychiatry/psychotropic drug industry makes no sense. Drs. Tracy and Breggin have already documented a strong relationship between these mind altering drugs and violent behavior. There are much safer healthier alternatives that can provide real help to most people who need mental health services. If you have questions, please contact us at rickmind@cablone.net.

Self Care when Feeling Overwhelmed by Tragic News

(written by Robin V. Schwoyer, yoga teacher)

1. Turn off the news and be still. Light a candle. Breathe. Offer a prayer. Connect to your source of Love and Spirit.

2. Let go – surrender to the process. Some things are never understood. This allows us to accept and grieve.
3. Get into nature. Go for a walk. Spend time with trees and the natural world. In 5 minutes you can notice a difference in stress reduction.
4. Eat healthy foods and stay hydrated.
5. Give a HUG to someone. Share a smile. Spread some light and love. Play with your pets. Do some yoga.
6. Be creative. Play some soothing music, arrange some flowers, make some art. Do something just for fun.
7. Remember love is eternal, even as life is transient.
8. In a few days, consider a way to give back to your community. Help those in need and raise the vibration of the planet as we give from our hearts.
9. Choose peace. Show Compassion. Be Love.

HUGS to you all. Love flows and embraces us all.

Peace, love, blessings and Namaste,

Rosalie & Rick