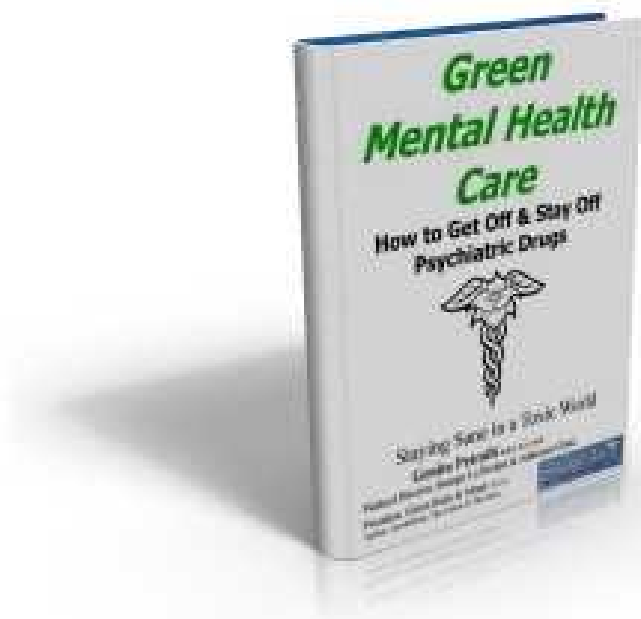


Green Mental Health Care

How to Get Off & Stay Off Psychiatric Drugs

An Information Pamphlet Based on the Book



Staying Sane in a Toxic World

Your Mental Health and Rights Over Pharmaceutical Company Poisons and Profits

Genita Petralli H.H.P., N.C., M.H.
Medical Director, Shangri La Bio Spa & Addiction Clinic
President, Green Body & Mind



*About Green Mental Health Care & a
Bill To Stop the Marketing of Toxic*

For Help Contact support@GreenBodyandMind.com or visit
www.ShangriLaBioSpa.com

***Drugs & Madness and Protect Your
Rights and Access to Mental Health
Strategies that do not pose the health
risks, cost, and other dangers
psychiatric drugs cause!***

Green Mental Health Care includes many effective treatments that have far better success in achieving and maintaining excellent mental health over drugs. Non-toxic and non-invasive medical care that does not put your physical and mental health at risk should be the first strategy provided by insurance companies; whereas at this time it is not offered at all. Stop the injustice. Stop taking their drugs and become politically active to fight back on their agenda to have literally every man, woman and child drugged under the guise of medicine.

Green Body and Mind is drafting a bill that if passed will call for all non-toxic and non-invasive alternative mental health care strategies to be exhausted for a patient's symptoms before drugs are considered and "informed consent" to be signed with what information was shared with the patient regarding options that do not pose the health risks, death and disease that drugs are linked to. This form will also have a detailed list that exposes all the links to disease, death and drug related health side effects and complications related to the specific drugs the psychiatrist or any other health provider is considering prescribing to the patient. This will ensure that the guidelines established pertaining to law of "informed consent" are fulfilled.

***To purchase the full Paperback or eBook
visit:***

www.ShangriLaBioSpaCostaRica.com

www.GreenBodyandMind.com

www.GreenMentalHealthCare.com

About the Author



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Psychiatric Drug Detox ~ Addictive Biochemistry
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Genita Petralli H.H.P., N.C., M.H.

Genita Petralli H.H.P., N.C., M.H. is the Medical Director of Shangri La BioSpa & Addiction Clinic. She is the author of two books: *Green Mental Health Care ~ How to Get Off & Stay Off Psychiatric Drugs and Alcoholism: The Cause & The Cure*, and is President of Green Body and Mind. Ms. Petralli is a nutritional biochemist and licensed (ANMA) practitioner who specializes in Orthomolecular Neurochemical Rehabilitation (ONR) for psychotropic (pushed & prescribed) drug detox and alcohol addiction. She is the author and Clinical Director of The 101 Program; a holistic detoxification and neuroendocrine rehabilitation program which prescribes aggressive clinical detoxification, targeted nutritional therapy (TNT), a list of adjuvant services and a specific diet for psychotropic drug and alcohol detox. Her books and treatment strategies are endorsed by the most recognized orthomolecular & conventional doctors and practitioners of our time such as Dr. Abram Hoffer M.D., Ph.D., Joan Mathews-Larson, Ph.D, (Founder, Health Recovery Center—author, *7 Weeks to Sobriety*), Dr. Joe Dispenza D.C. (*Evolve Your Brain, What The Bleep Do We Know?*) and Andrew Saul, author of *Doctor Yourself: Natural Healing that Works* and Contributing Editor of the Journal of Orthomolecular Medicine; the bible of the industry which publishes Ms. Petralli's articles regarding orthomolecular neurochemical rehabilitation.

Ms. Petralli is the Founder and Director of Green Body and Mind, a non-profit organization whose mission is to raise awareness regarding the dangers and ineffectiveness of psychiatric drugs as well as provide resources and clinical services for those seeking to detoxify, repair the damage that the drugs inflict, and achieve mental wellness naturally.

Ms. Petralli is a dynamic educator and speaker and has appeared in three documentaries and on numerous radio and television shows exposing the ineffectiveness of, and health risks associated with pharmaceutical drugs prescribed for mental “disorders” as well as to discuss evidence-based holistic alternatives. She has many articles published in both medical science publications such as the Journal of Orthomolecular Medicine and health and lifestyle consumer magazines such as Well Being Journal.

Ms Petralli is a strong voice in the Green Mental Health Care movement. She asserts that the ‘standard of care’ being regulated by a toxic conventional mental health care system today is destroying lives and the fabric of our communities and society as a whole. She is an outspoken advocate for the cures that science has provided and educates people as to why the conventional medical community does not offer them.

Profit driven “medicine” has created an unholy alliance between the pharmaceutical companies, the FDA and insurance companies who are preventing well meaning doctors from exercising better judgment in the care of their patients. “There is no profit in curing, only in treatment for life

and that is the medical model of today. One which only results in loss of quality of life during your trip to an early grave” is a common theme at her lectures. She believes that a medical community that promotes the use of toxic drugs to correct the health issues born of toxic exposures in our food and environment today is corrupt and should not be considered medicine; it should be considered a crime.

Above all Ms. Petralli considers herself a Fractal Environmentalist. A term she created for the total impact of her medical model. “When you approach your health by simply making the right decisions for a single cell; to feed it right and provide it a toxic free environment where it can heal and thrive, you will have an identical impact on the earth and by default be an environmentalist making the local changes that will have the global impact required to save the planet from the toxicity that is destroying the biosphere and all living things that depend on it. You will help reduce the demand for those toxic chemicals in our food, water, soil, air and now medicine and the practices that are destroying our planet and will be in effect a conscious consumer who is also taking the money away from the companies that are harming people and the planet and giving it to those that are helping humanity and the planet. We no longer live in a democracy; we live in a dollar-ocracy. You vote with your dollar every day. **You can make a difference- you already have**”.

Genita Petralli H.H.P., N.C., M.H.

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- **Published in the Journal of Orthomolecular Medicine**
- **Commissioner** - Citizens Commission for Human Rights (CCHR)
- **Featured in the documentary, "Making A Killing"**
- Medical and Celebrity Endorsements
- Radio / TV Green Mental Health Care political activist and practitioner providing Green Mental Health Care strategies for the epidemic symptoms plaguing people today.
- Public Speaker & Lecturer

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Psych Drugs Cause Disease, Death and are Destroying our Society

Psychiatric Drugs are more dangerous and toxic than street / illegal drugs

Dangers of Psychiatric Drugs

“Chemical Lobotomy” is not just a term, it is a real condition!

Psychiatric Drugs do not Heal You or Produce Health

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How They Affect Mental Health

Warning! Please Read

WARNING: PLEASE READ!

Important! You absolutely must work with a licensed and fully educated (in the areas I discuss below) health care practitioner to safely and sanely get off psychiatric drugs. They are toxic poisons that have skewed every normal, healthy biochemical process in your body and attempting to get off of them without caring, clinical supervision can present potential physical, psychological, and emotional harm to you and / or anyone around you.

One very criminal exchange between those on psychiatric drugs and their addiction enabling 'doctors' is when they have tried to get off of them without the expert care of someone that actually knows how the body and mind works and knows how to help them do it correctly, as they begin to suffer the horrific symptoms of withdrawal and share their experiences with their 'doctor' in hopes for help, the 'doctor' will tell them that the symptoms they are suffering are proof that they are "sick" and need the drug. Nothing can be further from the truth! This is like telling someone detoxing from heroin or cocaine that their withdrawal symptoms are proof that they need the drug! Any time you detox from a drug (legal or illegal) you are going to experience withdrawal symptoms if you are not doing it with the support of a knowledgeable practitioner. You are not sick in the mind. Withdrawal symptoms are a product of the phase in-between the drug leaving the cells thus reducing the synthetic pharmacological effects they had on the body and mind and the body and mind responding with its own natural drugs in the form of neurotransmitters and hormones. This is why it is supremely important to supply the cells (body and mind) with all the raw precursors and the right environment for the body and mind to make its own natural drugs so that you may quickly experience the natural high- the product of Green Mental Health Care!

Introduction

Introduction

Mad Scientist? - Yes, I'm Mad as Hell! (thank you for the byline Aaron Russo! RIP)

This book is dedicated to reclaiming lives from psychiatric drugs and exposing psychiatry for what it truly is; nothing more than a gang of white collar drug pushers robbing our society of every resource that supports it right down to our future; the children.

As a scientist and licensed practitioner I am going to educate all those interested in what is causing the epidemic mental health crisis of today, how to avoid it, how to get off of psych drugs if you are on them now, and why toxic drugs should not ever be called medicine.

Please send an email to FindPeace@ShangriLaBioSpa.com if you would like a free copy of the pamphlet version of this book, Green Mental Health Care - How to Get Off Psychiatric Drugs & Stay Off Psychiatric Drugs - A Comprehensive Guide to Staying Sane in a Toxic World. I am giving the pamphlet away to the public in hopes that anyone, regardless of their ability to purchase the book, gets the information they require to reclaim their life from the horrors of psychiatric drugs.

I wish for and work toward a medical model for all dis-ease based on patient outcome first, not profit. That would be a model focused on curing and that is what I have developed for addiction (neurochemical adaptation) to pushed / prescribed drug and / or alcohol addiction - and it is accomplished with Orthomolecular Neurochemical Rehabilitation (ONR). You will be fully informed in ONR after finishing this book so please read it in its entirety as it is comprehensive and you can't leave anything that influences your mental health unchecked when you are developing a Green Mental Health Care strategy. By comprehensive I mean that it is not just about detoxing, it is about testing and exposing the underlying physical causes of your symptoms and successfully addressing those as well after your detox. If you have been on psych drugs for any length of time you can be certain your neuroendocrine system (your pharmacist within) has suffered and some time needs to be spent healing that system so that you may achieve natural excellent mental health. Don't let mainstream media (mis)inform you and the medical community (mis)treat you; there is a cure. You do not know about it because science is not promoted unless it is dressed to sell drugs and when it comes to referring to a toxic drug as medicine that science can only be sales science which is so turned and twisted if it had arms it would make a pretzel of the brain trying to validate it. True

science is a product of universal laws. Psychiatry is founded on non of them. You simply can not take a toxic drug and expect to HEAL a human body, it doesn't work with cocaine and it will never work with Ritalin, the legal drug cartel's legal twin.

There is no such thing as free press today. Television programs, news, magazines, newspapers- anything with advertising space to sell- all mainstream media, promote that which their advertisers sell as news and not only bury the devastating effects of their products every opportunity they have but discredit all valuable alternatives.

Last week we discharged a woman from one of our clinics who came to us a month previously in a wheelchair and with a mask on because she was chemically sensitive to many things in her environment. Her liver had become so overloaded and sluggish from the toxicity of the anti-depressants she was on she was adversely reacting to many chemicals in the environment and her general health was failing so badly she was too fatigued and weak to walk. She had been put on these drugs because she was sad and depressed after her mother passed away. Three years later she found herself at our doorstep hopelessly addicted with no will to live. When she left just 8 weeks later after being thoroughly detoxed, put on an Orthomolecular Neurochemical Rehabilitation protocol and adjuvant therapy program she was out of the wheel chair, springing up the stairs of the clinic she couldn't crawl up when she arrived and was painting and writing again which she had not done since starting the drugs. She felt the life she had given up on was worth living again. Her chemical sensitivities had gone away as well. Now is that going to be on the news tonight? NO WAY. But you can be assured that little cartoon guy is going to be there selling one of the exact drugs she was on to your children and there will be a 5 minute story on some new drug one of their advertisers has developed. Since when is a new drug a news story? Since it keeps their lights on at the television station.

If you are in a mental health crisis right now: please call 877.285.9266. Our ONR Treatment Coordinator on call will help you whether or not you have out-of-pocket funds for your mental health crisis. Here, you will find people who truly care and want to help. We're simply not going to win this and reclaim the quality of our lives, save our loved ones from the dark ending of psychiatry, rebuild our fractured communities and bring our potential to thrive as a race back to the much better place it was before psych drugs if we do not step up and take on the responsibility of helping each other. Try it, it feels great and makes the world a better place at the same time! It's good medicine!

Why did I write this book?

Because the psychiatric patient with Prozac in his/her medicine cabinet is in even more danger than the crack head smoking crack in the crack house. This is because the crack head knows they have to stop smoking crack to get well- the psychiatric patient thinks they are taking medicine and that their condition is the best they can hope for- when neither is true.

I can't sit on the sidelines and do nothing while I watch people suffer. I know what these drugs do to cells, tissues, critical organs and brain function and I can't just turn my head because everywhere I turn I see more pain and suffering while Big Pharma continues to make bank and control society while they destroy our bodies and minds, our families and communities – our lives . They are literally using our money against us. They use it to force out all effective holistic options that should be sponsored by public medicine, like their drugs are. They are using our taxes and out-of-pocket cash spent on their drugs to pay lobbyists in Washington to get their laws and forced medical practices pushed through- tax payers are even paying for police to show up at the doors of parents who refuse to medicate their children with psych drugs, take their children away, charge them with child endangerment and neglect and put them in Foster Homes that are paid extra to medicate children. This is FORCED DRUGGING! They also use coercive tactics such as denying children their education in public schools if they do not take medication once diagnosed- and remember, there is no SCIENCE or empirical evidence to support these diagnoses. So you are being denied your fourth amendment rights and access to those services your taxes pay for on the basis of conjecture! A medical model that injures the body and mind as opposed to assisting the natural healing processes is not the practice of medicine and will never produce health.

One notable example of constitutional rights violations by the unholy alliance between our government, psychiatry, and the pharmaceutical companies is the Mother's Act, which would mandate the mental health screening of pregnant women and new mothers, which would lead to an increase in their taking antidepressant drugs. Come on....these drugs have and will stunt every process of development in that child and can cause birth defects due to the toxic levels of oxidative stress and damage they cause! In fact, in October 2009, a court awarded a \$2.5 judgment against a leading drug company for birth defects caused by the mother taking the antidepressant Paxil while pregnant.

<http://www.cchrnt.org/2009/10/13/glaxo-to-pay-2-5m-birth-defects/>

Psychiatric Drug use is destroying our society. All mass school shootings are done by young adults on psych meds (see

www.ssristories.com) (people will say that “well, that’s why they were on meds, there was something wrong with them.” Don’t believe this for a second; kids have been going through all the challenges and discomforts of adolescent bullying, ostracism etc... since the beginning of time and it wasn’t until our toxic health care system started drugging them that they started taking guns to school and performing mass murders.

Psychiatric drugs are responsible for increased car accidents, incarcerations, domestic violence, emergency room visits, hospital admissions, diabetes, cancer, aneurisms, Tardive Dyskinesia, and they are more abused by school children today than their illegal counterparts. As the damage that these drugs do to the health of our global citizens takes its toll, they turn once productive people into parasites of society as we pay through our taxes for their subsidized housing, health care costs, and SSI / Disability payments monthly. Is it their fault? No- after all, they were told to take their medicine to get better- their only fault is that they believed their doctor whose practice is dictated by the “standards of care” created by a corrupt Drug Company Gang called Big Pharma. We are all suffering the deluge of destroyed lives by these drugs and humanity as a whole is becoming crippled by them. I want to help stop the pain and suffering these drugs cause and teach what is causing their symptoms, how to find out what is the root cause, and how to cure it and live this one precious life we all share in the full spectrum and capacity they were born capable of living it. I want to see humanity flourish and witness the beauty we are capable of creating on this planet... I want the planet to be inhabitable by my grandchildren and I don’t want them forced onto drugs for being children.

Government agencies are now forcing children to take drugs if a psychiatrist labels them with a ‘mental illness’. And they are calling those who speak against the government’s toxic health care initiatives “terrorists” and “crazy”, incarcerating and drugging them. The day I always feared has now seen its dawn; when we are losing our right to refuse ‘medical care’, even with the volumes of evidence piled up that proves it is harmful, toxic and does not deliver its recipients to health, and people are too fog-brained by and addicted to their pushed and prescribed drugs in their food, environment and medicine to see what is happening and reclaim their lives and their ability to express God and fulfill the potential of humanity. People are literally chemically lobotomized today and it is a pandemic. You are no longer a free-thinker if you are addicted to a drug be it pushed or prescribed and people are becoming more and more compliant as legal drugs become more and more prolific in our society. Only someone addicted, misinformed and symptomatic would find it plausible to believe that a

toxic drug is a medicine and that that 'medicine' has any chance of producing health and wellness and Big Pharma has done a very good job at getting all three of these goals realized in very short period of time. The drug companies now control our medicine, Standards of Care, our government and the FDA. They have become so powerful that they run our government to the point of using our own police to enforce laws that are unconstitutional that require parents to drug their children if their child is diagnosed with a mental disorder. Yes, parents have had their children taken away for refusing to give them psychiatric medications! Yes, our own police officers have removed children from homes because their parents wouldn't give them legal cocaine (Ritalin)!

This book is my contribution toward helping them get well and bring them from the dark corners they have quietly suffered in, into the light of health and wellness, hope, and the empowering feeling of being embraced by the love and compassion that those of us who have been able to survive this toxic world (mostly) symptomatic-free have for those harvested by the pushers of toxic "medicine". With each person I detoxify and help to natural mental health, I am building an army of healthy environmentalists. By making the decisions you need to get well- starting with the needs of an individual cell- to get the drugs, waste and environmental toxicities out that are driving you crazy and ample nutrition in, you will by default become an environmentalist helping the planet detoxify and survive as well. When we discontinue the demand for the products that are making us crazy, we take their power and ability to buy Washington, the FDA, the NIH and their front people; psychiatrists (grants, ghost writing payoffs, schools etc.) away and our medicine and laws will become patient outcome driven as opposed to profit driven and those toxic chemicals which are causing disease, death and loss of quality of life will no longer be pushed upon us and offered at every turn of our head. We must take responsibility for where things are before things will change!

We live in an era of "harvesting". People are being harvested by psychiatry. The institution's methods are paved by the pharmaceutical companies that are making the laws that force their drugs into people now. Psychiatrists are being sent to grade and intermediate schools to evaluate our children, they are the first "doctors" people being incarcerated see, elderly people in senior homes are being drugged to death, if you lose a loved one and are sad you get drugged, if you get in a car accident you are drugged, if you have anxiety about finals in college you get drugged, if you are going through a divorce you get drugged, if you're not good at math you get drugged, if you speak against the government you are crazy and drugged. Psychiatric medication prescriptions skyrocket for those 65 and older, psych drugs

are being pushed on television, in newspapers, magazines and through schools... the unholy alliance between Big Pharma and psychiatry is causing more deaths yearly than any other illness if you consider not only the overdoses, suicides, murders and car accidents but the diseases they are associated with. Legal drugs are causing the same problems of crime, violence, death and disease that illegal drugs cause and now these problems are skyrocketing in numbers because Big Pharma's plan of drugging every man, woman, child and fetus is quickly coming to fruition. Today's practice of psychiatry is legalized chaos at the tax payer's expense! DARE TO SAY NO!

The unholy alliance between Big Pharma and Psychiatry is literally sucking the life out of humanity and destroying the ability to achieve the quality of life people hope to reclaim when they go to their doctor. Making the decision to get off of psychiatric drugs is not only a responsibility to yourself and family so that you can be present in this life and enjoy quality of life with those you love and who love you, but it is a responsibility toward the preservation of the human race! Stop taking their drugs and they will go away!

Be all that you can be. Get well naturally and allow your authentic self to flourish!

I wish all the blessings of enhanced mental and physical health to all!

Petralli Genita H.H.P., N.C., M.H. Medical Director, Shangri La BioSpa & Green Mental Health Care Center - ***Fractal Environmentalist***

Prescribed & Pushed Drugs
No Science, No Cure, No Ethics

Prescribed & Pushed Drugs

No Science, No Cure, No Ethics

Important!

If you are on illegal drugs such as cocaine, heroin, or methamphetamines this book is for you too and it will save your life as well!

The mechanisms of addiction to illegal drugs were studied and perfected by the pharmaceutical companies. They mimicked the biochemical pathways of the illegal drugs with their synthetic versions and called it medicine. The alliance between psychiatry and the pharmaceutical industry is no different than the alliance between Columbia cocaine manufacturers and your street pushers. Both Big Pharma and psychiatrists are nothing more than a drug gang of white collar dope pushers. In fact, their products are even more harmful to the body and mind and society than their twin street drugs!



Prescribed & Pushed Drug Chart

The Similarities are Ethically, Legally, and Medically Criminal

Pharmaceutical drugs are designed to mimic the mechanisms of action of neurotransmitters, enzymes and hormones the healthy you would produce naturally. They are also designed purposely to be addictive at small dosages through disabling the neurotransmitter's enzyme that would normally metabolize the drug efficiently.

The difference between your natural pharmacist's products and these highly toxic synthetic drugs is that they disable to some degree all healing processes and inflict oxidative stress (tissue damage) to all organs of the body including the brain. This means they injure your organs – this is neither the goal nor practice of real medicine. They also all have their counterpart in the illegal market- this is no mistake- as Chris Rock said, the government simply wants you on their drugs! One other very important aspect of psyche drugs to note is that they are purposely not easily metabolized in the body which means their neurotoxic nature is afforded even more time than illegal drugs to cause damage to your brain and other critical organs.

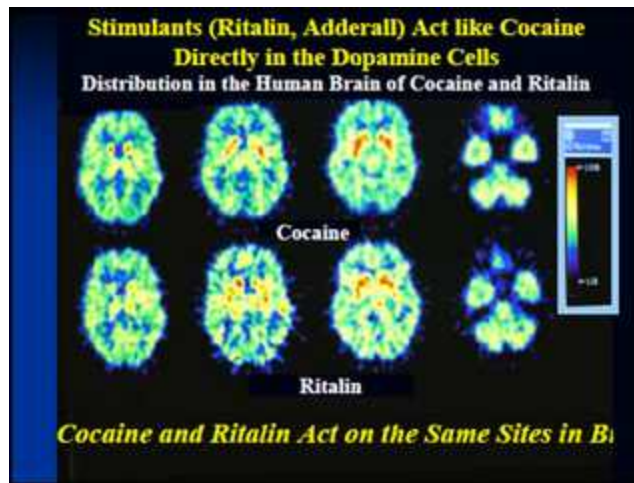
Prescribed & Pushed Drug Chart

Mechanism of Action	Blocks Dopamine reuptake	Blocks serotonin and/or Norepinephrine reuptake	Blocks dopamine receptors- one of the most dangerous drug mechanisms	Stimulates GABA inhibitory function. Reducing action potentials in the brain	Mimics the body's own "internal morphine"; beta-endorphins
Illegal	Cocaine, amphetamines, Ecstasy (MDMA)-also increases serotonin	Alcohol (short term), peyote, LSD, Belladonna,	Dopamine blockers literally perform chemical lobotomies. There are no popular street drugs which act on the brain to literally disassemble its communication systems. It's not very attractive to even a self medicator!	Alcohol (GABA+), barbiturates "reds", Quaaludes, "downers"	Alcohol (THIQs), Opium, Heroin
Legal (samples there are hundreds)	Ritalin, Adderall, Concerta, Bensedrine, Provigil, caffeine	Cymbalta, Effexor, Lexapro, Paxil, Prozac, Sarafen, Strattera, Wellbutrin, Zolof, Zyban	Abilify, Ambien, Clozaril, Compazine, Risperdal, Sereniti, Thorazine, Zyprexa, MSG (decreases dopamine / causes widespread cell death through +glutamate), Aspartame (decreases dopamine synthesis, lowers serotonin, causes widespread brain cell death via +glutamate & aspartate)	Ativan, Buspar (not a benzo) Centrax, Equanil, Halcion, Klonopin, Librium, Restoril, Rivotril, Serapax, Seresta, Temazepam, Valium (diazepam), Xanax	Codeine, Demerol, Dilaudid, Meperidine, Methadone, Morphine, OxyContin, Percocet, Percodan
	Psycho-Stimulants	Anti-Depressants SSRI / SNRI	Anti-Psychotics	Anti-Anxiety / Benzodiazepines	Opiates

Ritalin has the same psychoactive properties as Cocaine and is more Potent than Cocaine

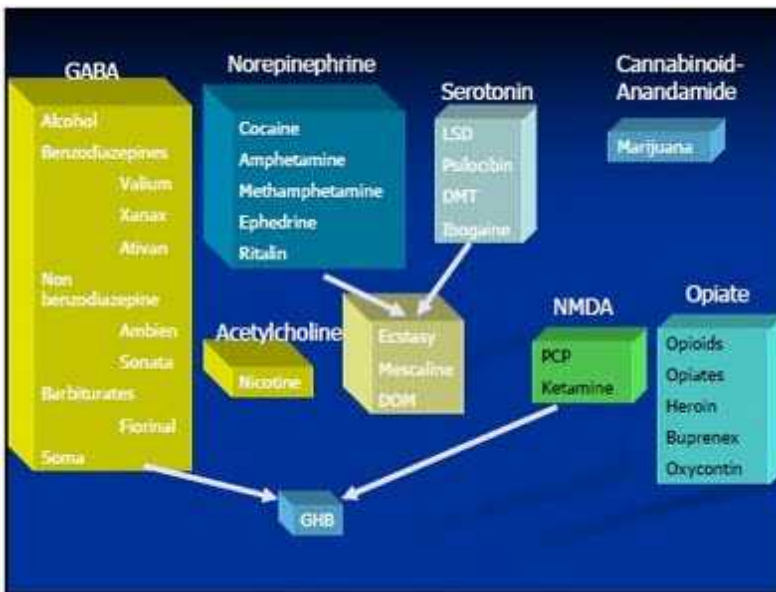
Ritalin and cocaine block dopamine brain transporters to cause their identical psychoactive results. Ritalin is actually more potent in the brain blocking 70% of dopamine transporters. Cocaine is known to block around 50 per cent of these transporters, leaving a surfeit of dopamine in the system, which is responsible for the hit addicts crave. Since Ritalin is taken orally, the slower process of ingesting is the reason the legally addicted people do not receive the same rush as cocaine users who usually snort or shoot it. Read Dr Nora Volkow's interview in the Journal of the American Medicine Association.

Pet Scans of the effects of Ritalin and Cocaine on the Brain



The Pharmaceutical Industry Mimics Your Natural Pharmacist: The Neuroendocrine System (NES). The NES produces the popular neurochemicals below in addition to hundreds more.

It's true, deficient production of neurochemicals, damage to their receptor sites, or over or under activity of their regulating enzymes cause many symptoms ranging from anxiety to audible and visual hallucinations. So why are they becoming more and more deficient in people causing the mental disorder epidemic today?



Why Not Make Your Own Drugs Naturally? The Way Nature Intended?

The proof is in; there is a deficiency of these neurochemicals in mentally symptomatic patients, but why? When you find out why, you can cure the root cause of the symptoms never having to touch a drug.

Prescribed Drugs are Synthetically Made & Legalized Illicit Drugs

Remember, a toxic drug causes extreme oxidative stress on the system - this and their ability to change very elegant yet complex

natural biochemical processes that have been developed over millions of years into chaotic chemical reactions make them extremely dangerous to your health. Because of their synthetic nature and the body's difficulty in metabolizing them, they can do even more damage than street drugs!

Your Natural Pharmacist Has Been Off-Shored

Your Natural Pharmacist is unemployed in today's medical model and has been off-shored and replaced by the Pharma Cartel at a very high price: your health, quality of life and many times life itself.

Sustainable Mental Health; ergo, the natural high, is what you are after and there is no such thing as a magical pill that can take you there. This book, however, will provide you everything you need to know to achieve the good mental health you strive for and the sanity you may feel like you're losing on or off the drugs! And yes, life does have its bumps in the road and yes, due to the toxic nature of our food, water, and medicine we are symptomatic but that does not mean you are low on Zoloft or Ritalin. When these symptoms arise it is a sign that it is time for developing a Green Mental Health Care strategy.

All Drugs are Toxic!

First and foremost we must explore the key topics which pertain to mental health and the lack of, which can lead to and result from pushed / prescribed drugs and / or alcohol use. Going forward I would like all drugs – legal or illegal including alcohol to be included under the umbrella word “drugs”. It does not matter to the body and mind if a toxic drug is pushed on the street or prescribed by your doctor, it will cause oxidative stress and tissue damage to the liver and brain as well as all other critical organs it comes in contact with. Man made laws do not trump universal laws – a toxic drug prescribed by a doctor will carry the same health risks, disease and early death potential as their illegal twins. This is why all psychiatric drugs are linked to a number of ill health conditions and disease which often times lead to death. In fact, psychiatric drugs, just like their illegal counterparts will disable your body's natural ability to heal and produce naturally healthy states of mind. One other aspect of psychiatric drugs is that they lead you to believe you are doing the right thing while disease develops underneath the surface of your masked symptoms and they (for a short time) forgive the unhealthy lifestyles and toxic (voluntary and involuntary)

Prescribed & Pushed Drugs No Science, No Cure, No Ethics

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exposures that brought you to your symptoms. People are misinformed into believing that they can continue on with their bad diets, sedentary lifestyles and other toxic exposures coming at them from all avenues including their diet, personal hygiene products, cleaning products and toxic medical and environmental exposures such heavy metal (mercury) poisoning and take a toxic pill that their doctor's gave them and this is going to cure them as well as allow them to continue on with the very same practices and exposures that caused their visit to the psychiatrist's office. Unfortunately, this path has a very dark end which includes loss of quality of life while you suffer through a shortened lifespan missing out on all the depth of experience and joy that comes with being entirely present in your body for this one precious life.

Well over 90% of today's mental distresses such as "bipolar", anxiety, depression, etc. are a result of chemical poisoning of the nervous system (entire neuroendocrine system) which is found in our food, personal hygiene products, water systems, cleaners, etc. Make no mistake; these chemicals are extremely neurotoxic and carcinogenic. So it simply doesn't make sense to practice toxic medicine to combat dis-ease and mental distresses caused by our voluntary and involuntary toxic exposures. It has to be made clear that psychiatric medications are nothing more than very toxic chemicals that cause intestinal tract damage (prohibiting good digestion and absorbing nutrients), brain tissue death, liver damage, cancer, diabetes – the list goes on. Oxidative stress is indicated in the onset of each and every disease, so it simply goes against the rule book for the road to wellness to ingest extremely toxic poisons and expect to heal. The opposite, illness, is what continues to develop but you are clueless because the drug companies have perfected the mechanisms of both masking the symptoms (for a while anyway) and then also, and sadly, addiction so regardless of how much discomfort you find yourself in when the toxicity of the drugs begin causing symptoms beyond their ability to mask, you, like any other drug addicted individual, will continue to take it because you are addicted.

I don't know about you, but I like the fact that my body and mind becomes symptomatic when something is wrong. This gives me the opportunity to make the necessary changes so my body and return to its healthy, happy self. It would really take away from our sense of quality of life if we were born unable to experience symptoms. We would just walk around until one day we died. This realization should tell you what a blessing symptoms are and we should begin to listen to our bodies instead of trying to silence them with drugs. Your body is your

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friend, symptoms or no symptoms. When symptomatic it is saying HELP because it, like you, is created to sustain life.

Green Mental Health Care is the health type of health care that needs to be adopted to answer to the real reasons people are symptomatic. It is non toxic and involves “Environmental Hygiene”.

What is Green Mental Health Care?

The Solution

What is Green Mental Health Care?

Green mental Health Care is non-toxic and non-invasive mental health care. It does not put poisons (psych meds) in you that are guaranteed to destroy every chance at mental health you own while on them. Green mental health care can be defined as anything from talking to your Grandmother to the science of Orthomolecular Neurochemical Rehabilitation.

For that reason, I provided the major causes of mental health disorders in the PROBLEM section of this book so that you can decide with some confidence what you need to do to get the help you need and follow through with it.

Since I mentioned it, I have to clarify something. You can not talk yourself out of anxiety – it just doesn't happen, and you can't talk yourself out of addiction and no-one can talk to you and stop the symptoms that drive you to legally or illegally medicate. Every psychotherapist, psychologist and other "talk therapists" I know agree hands down that their success rates skyrocketed when they brought in a specialist to treat the biochemical causes of their patient's mental distresses. You can't talk away something that is biochemical in nature. However, it is important to recognize that if you were traumatized as a child or suffer any kind of PTSD, you are inflicting damage on your neuroendocrine system which is producing the symptoms you endure and counseling has proven to help. I personally recommend Integral Life Practice and / or Integral Recovery coaching as it addresses you entire functionality as a human being on this planet and doesn't focus on just one area causing more imbalance in your life. Choose the highest vision for yourself and align all the aspects of your life with that vision. When your career, spirituality, health, family etc. are all aligned, you will no longer have internal struggles between them and your life will flow easily toward the health and success you see in that vision of yourself.

It is true, as I have witnessed in my practice over the last 12 years, that when a person feels great and is free of anxiety, depression, paranoia etc., they view their hardships and any past traumas in a much different way and they simply don't have the interest in focusing on it any more. They are far more interested in being in the present they are comfortable in and enjoying and the future they are inspired to create.

If you were victimized as a child, don't let the pseudo medical system of psychiatry victimize you as an adult. There is nothing in a purple pill that you need. You need your health back so that you can live the best of the rest of your life and that is simply not going to happen with Eli Lilly or GlaxoSmithKline in your medicine cabinet. They are poisons that are extremely toxic to the system yet the drug companies have fooled you into thinking they are medicine. They certainly have not fooled the wisdom of the three million years of cellular development that knows what it needs to create health. Without vitamins, minerals, amino acids, enzymes, and essential fatty acids and an agreeable non-toxic environment to work in, they will begin disintegrating molecule by molecule and given enough time your health and life will follow; "That which is above is like to that which is below, and that which is below is like to that which is above." The macrocosm mirrors the microcosm and your microcosm is being nuked by the toxicity in today's environment – food, medicine, air, water, personal hygiene, home cleaning agents, gardening chemicals- they are nearly all neurotoxic (causing damage to brain and other nerve cells). This neurotoxicity makes it impossible for your brain to produce the neurochemicals that provide for peace, joy and inspiration – natural states that healthy people enjoy every day.

So if the lion's share (99%- including the toxicity caused by stress and allergies) of mental disorders are caused by toxicity resulting in damage to the nervous system ergo brain function and the critical organs that support both, how much sense does it make to take toxic drugs to fix a problem caused by toxic overload and oxidative stress? ZERO. You are pouring gas on a flame. You've got to be kooky to think that cocaine (Ritalin) is going to fix some made up diagnostic label your corner drug pusher, I mean psychiatrist, has voted exists... yes, they vote on these diagnostic labels- there is no empirical evidence that they even exist- and there never will be because they don't. I have successfully treated every "Bi-Polar" diagnosed patient I've had toward healthy blood sugar management and adrenal function successfully.

Your brain is the reporting system for the collective consciousness of the 60 trillion cells (give or take a few trillion) cells in your body. If enough of these cells are being damaged and destroyed so as to make it impossible for the processes that sustain the cloth your spirit wears; your protein machine (which keeps your heart beating and lungs breathing) to play out, the brain will report this in hopes that you will do something about it. Anxiety is a sign that something is wrong in the protein machine and 99% of the time you will find an underlying physical cause for it. All you have to do is find the underlying cause (a biochemical process that is broken or deficient) and provide the body

what it needs to fix it- and it will do it. Done deal – free of charge, simply because it thinks you’re cute- or maybe some divine being does ;-)

Green Mental Health Care is aligned with nature and should be supported by science – unless swinging garlic over your head three times a day for five minutes makes you feel better. There is no science to support that as a credible treatment but if it works for you- do it. It doesn’t cause side effects and your friends will thank you for the entertainment.

Green Mental Health Care respects and aligns itself with the laws of nature and assists the natural bioenergetics of the body that know how to produce mental health with the same ease and wisdom that it heals a physical wound.

The Mind / Body Connection

Your perspective is your master pharmacist. It is not mystical, it’s mechanical and I could draw a biochemical map as to how this is accomplished but I am told I am too scientific so I’ll spare you. I will give you an example though: if you think a tiger is chasing you, your body will react as if it is. It is true and this can be measured in cortisol, adrenaline, and endorphin output.

Toxic drugs harm the body and as a result, they will harm your psyche. You will not be able to live your one precious life as your authentic self while on these drugs. Drugs disrupt the energy flow from your spiritual nature to your physical nature. This makes it impossible to express your higher self as well as experience the physical universe in all its glory, good times and bad.

You must take responsibility for the thoughts you feed every cell in your body and to do that you must be in the driver’s seat. While on psych drugs you simply can’t access the higher functions of your consciousness. The full spectrum that your awareness is capable of functioning in is “clipped”. When you can no longer connect with your higher faculties, the universe begins to look dull and your desire to engage in it does as well. You lose the creative aspects of self and become more and more machine-like, just getting by. This is the consciousness’s version of the growth/protection mode. When you are just getting to work, have just enough energy to get the TV dinner in the microwave and find yourself on the couch when not running errands, you are in survival mode. When you are engaging in hobbies,

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taking classes, engaging in life for the fun of it, you are in growth mode.

As I said earlier, your brain, or consciousness is the reporting system for the collective consciousness of every cell in your body and every cell in your body is affected by your thoughts. When the neuroendocrine system becomes deficient it is reported through your consciousness as anxiety, depression, “bi-polar”, ADD/ ADHD, unfortunately the list goes on.

You can't separate the mind from the body and vice-versa. Except for some neurochemical deficiencies that can be corrected with a round of discovery (lab work) and a GREEN treatment plan, there is NOTHING WRONG WITH YOUR MIND. If you are symptomatic it's a sign everything is working. Listen to the symptoms and start making changes. When the symptoms start to go away, you know you're doing the right thing. Beautiful, isn't it?

How to Get Off Psychiatric Drugs

Important! You absolutely must work with a licensed and fully educated (in the areas I discuss below) health care practitioner to safely and sanely get off psychiatric drugs. They are toxic poisons that have skewed every normal, healthy biochemical process in your body and attempting to get off of them without caring, clinical supervision can present potential physical, psychological, and emotional harm to you and / or anyone around you.

One very criminal exchange between those on psychiatric drugs and their addiction enabling “doctors” is when they have tried to get off of them without the expert care of someone that actually knows how the body and mind works and knows how to help them do it correctly, as they begin to suffer the horrific symptoms of withdrawal and share their experiences with their “doctor” in hopes for help, the “doctor” will tell them that the symptoms they are suffering are proof that they are “sick” and need the drug. Nothing can be further from the truth! This is like telling someone detoxing from heroin or cocaine that their withdrawal symptoms are proof that they need the drug! Any time you detox from a drug you are going to experience withdrawal symptoms if you are not doing it with the support of a knowledgeable practitioner. You are not sick in the mind. Withdrawal symptoms are a product of the phase in-between the drug leaving the cells thus reducing the synthetic pharmacological effects they had on the body and mind and the body and mind responding with its own natural drugs in the form of neurotransmitters and hormones. This is why it is supremely important to supply the cells (body and mind) with all the raw precursors and the right environment for the body and mind to make its own natural drugs so that you may quickly experience the natural high-the product of Green Mental Health Care!

First Goal: Detoxification and Stabilization with Minimal Withdrawal (transitional discomfort)

First, find a Functional Medicine Practitioner that is formally trained in Orthomolecular Neurochemical Rehabilitation (ONR). ONR is what practitioners like Dr. Abram Hoffer, M.D., Ph.D., Dr. Joan Mathews-Larson and myself practice. The science of ONR brings together clinically assisted detoxification, Targeted Nutritional Therapy (TNT), very helpful adjuvant services such as Integral Life Practice / Recovery, Acupuncture, Infra Red Sauna, Lymph Drainage Massage, Chelation Therapy, Cranial Sacral Massage, EFT, Cranial Electrical Stimulation, and the practice of Environmental Hygiene through identifying and

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eliminating all sources of neuro and other toxic influence in the person's food, drink, personal hygiene, home, work environment etc. All things that influence your cellular function must be explored and corrected in order to achieve true healing and sustainable mental health. The more you eliminate oxidative stress (free radical damage) to the brain and other critical organs charged with the care of your mental health, the better and faster you will heal.

To pull ALL environmental influences together on all levels of your psychological, emotional and physical being-ness together and align them with your personal goals of health and beyond I personally employ the Integral Recovery & Life Practice counseling which will first focus on Integral Recovery and then apply the health and abilities you achieve as you heal into a Integrated Practice of excellent lifestyle skills that are there only to function as enablers of your highest vision that you create for yourself. For further review of this extremely effective coaching therapy that brings all areas of your life together and in alignment with what you want out of life, please see www.integralrecovery.com and Ken Wilber's www.integrallife.com.

ONR requires a deep understanding of Functional Nutrition, neurochemistry and the neuroendocrine system. It is the network of endocrine glands and how they are able or not able to respond to the messages of the nervous system and the functional chemistry of the brain (primarily influenced by the feedback system of the neuroendocrine system) that is the home of the root cause of all ill mental health symptoms except for genetic abnormalities which represent less than 1% of mental health issues. A genetic link would be one which demonstrates that DNA damage exists and that has even been proven to be helped if not corrected with ONR treatment. Even those mental health symptoms that arise from DNA abnormalities will express themselves through the neuroendocrine system which provides a roadmap right to the root of the problem. The science that has established that the environment of the cell is far more predictive of the cell's health or dis-ease than the gene is called "epigenetics". Epigenetics has proven that your genes do not control your destiny nor the health or absence of it that you experience along the way. So that means there is a *Green Mental Health Care* solution for 99% of you and hope for increased quality of life and possible resolution of symptoms through Green Mental Health Care for the other 1%.

Remember, this is a life or death decision many times because if you choose the wrong practitioner, and that would be one that is minimally qualified or one that practices nutrition but has little understanding of nutrition applied to neurochemistry and the neuroendocrine system, you won't achieve the sustainable mental health you seek and more dangerous, you may lose hope.

By the time you are done reading this book, you will know all the right questions to ask. If the practitioner you are interviewing can not

answer them with confidence and the answers do not resonate with you, move on. Also, if they try and move you into another direction, that means they are not qualified in this field but still want your business so they will try and talk you into their treatments based on their limited understanding of Functional Medicine applied to Orthomolecular Neurochemical Rehabilitation.

Definitions of the Qualifications You are Seeking in a Practitioner:

Functional Medicine: (as described at www.FunctionalMedicine.org).

Functional medicine is personalized medicine that deals with primary prevention and underlying causes instead of symptoms for serious chronic disease. It is a science-based field of health care that is grounded in the following principles:

- Biochemical individuality describes the importance of individual variations in metabolic function that derive from genetic and environmental differences among individuals.
- Patient-centered medicine emphasizes "patient care" rather than "disease care," following Sir William Osler's admonition that "It is more important to know what patient has the disease than to know what disease the patient has."
- Dynamic balance of internal and external factors.
- Web-like interconnections of physiological factors – an abundance of research now supports the view that the human body functions as an orchestrated network of interconnected systems, rather than individual systems functioning autonomously and without effect on each other. For example, we now know that immunological dysfunctions can promote cardiovascular disease, that dietary imbalances can cause hormonal disturbances, and that environmental exposures can precipitate neurologic syndromes such as Parkinson's disease. (*all of which can create mental health disorders*).
- Health as a positive vitality – not merely the absence of disease.
- Promotion of organ reserve as the means to enhance health span.

Orthomolecular Medicine: As conceptualized by double Nobel Prize Winner (Chemistry and Peace), Linus Pauling (scientist), "aims to restore the optimum ecological environment for the body's cells by correcting imbalances or deficiencies on the molecular level, based on

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individual biochemistry, using natural substances such as vitamins, minerals, amino acids, enzymes, hormones and essential fatty acids."

Any thing that influences the cell and promotes healthy cellular function is Orthomolecular Medicine. However, you must start with the biology of the individual. Correcting biochemistry makes the "soil rich" for mind / body / energy therapies. Acupuncture, EFT, HeartMath, NLF, Cranial Sacral Massage, Chiropractic, skillful and gifted talk therapy (such as that offered by the Integral Institute), counseling, etc. are all very helpful adjuvant therapies that engage and assist the healing process, however, if the body is poisoned and the biochemistry can not sustain healthy cellular functions you will not be able to receive the therapy well and it will not be able to initiate and sustain redirecting the flow of bioenergetics in order to align the cell to the subliminal laws of health and that is harmony with its environment. It is very difficult to penetrate an inflamed, clogged cell to correct its internal functions and it is also impossible to bring a cell to life that has no food in its environment to draw from to operate its internal machinery. You must also bring the cell into "growth" mode and that is the state of functionality that is able to use its nutritional stores for repair and replication rather than metabolizing toxins which puts an enormous energetic and nutritional tax on the body so thorough detoxification is fundamental to any healing event. Bringing a cell to growth mode also involves a stress free environment as the cell can not be in growth and protection mode at the same time. Just as your body's energy focus (where it applies its energetic and nutritive abilities) is pulled away from digestion and nurturing the body when you are running from a tiger, the cell does the exact same thing on the microcosmic level. With no digestion, there can be no repair and replication, and without repair and replication there can be no healing.

ALL things that influence the cell in a way that assists its inherent wisdom to thrive; that is repair and replicate, is Orthomolecular Medicine, right down to how good that hug feels from your kid. Because there are so many "vehicles" of delivery (treatments) in Orthomolecular Medicine, diagnostics is extremely important. Your practitioner must be very skilled and knowledgeable in how the neuroendocrine functions in order to expedite the process of discovering what is wrong and then be able to uncover and treat the biochemical pathway/s that are deficient or "broken".

So Orthomolecular Medicine is Functional Medicine, however, you should be working with someone that is adept at exploring and exposing the root cause of your symptoms in the neuroendocrine system. Your practitioner should also know how the elements of nature (nutrition) will affect your condition and which ones are the most appropriate, ergo, the most effective for correcting the cellular dysfunction that is creating the bio / neurochemical dysfunctions producing your symptoms. Targeted Nutritional Therapy is a science.

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It is not achieved by someone sitting across the table from you taking down your symptoms and then prescribing. That is no more accurate than a psychiatrist doing the same just with toxic drugs. The only difference is, is that nutritional supplements won't harm, cause disease or kill you but you are still wasting your money and time. Targeted Nutritional Therapy can only be achieved through rigorous laboratory testing and thorough exploration of your environmental influences- your lifestyle. You also want a practitioner that can orchestrate a targeted protocol utilizing the best of mind / body / energy healing techniques for your condition. One very important aspect of mind / body / energy healing is that since it involves the more subliminal energies of your being-ness it will certainly involve your belief system so that should absolutely be considered in selecting the right adjuvant therapies for you. If you believe swinging a sock full of dog dung will help you, you should be given the opportunity to swing dog dung over your head as many times a day as you feel is necessary. If it doesn't work, you will move on without feeling like you are being cheated of something you believe will help you. If it does help, great, let me know so I can add it to my repertoire of suggestions with my patients! I'm sure the comedy of the moment will be an adjuvant therapy in itself!

You want your practitioner educated, skilled, and gifted in environment toxicities and their impact on cellular function (such as toxicologists Doris Rapp, M.D. I also suggest reading her book *Our Toxic World*), biochemistry, neurochemistry, molecular biology, nutritional neurochemistry (what the cells need to perform various functions). You want your practitioner to have a track record of proficiency in successfully getting people off of drugs AND achieving Green Mental Health. What is also extremely important is that this practitioner not only listens to you but respects you and your body! Ideally, you want to work with a practitioner that is passionate about their work.

Remember, you want their qualifications in bio and neurochemistry to be focused on the functionality of the neuroendocrine system since that is what you are going to be fixing- your pharmacist within. Your internal pharmacy relies on your general biochemistry to deliver the raw materials your brain (remember, your brain is a full body entity with its crown on the top of your shoulders) needs to produce the neurochemicals that make you feel good. And all of this is dependent on the cells of your body having the right amounts of amino acids, minerals, vitamins, and essential fatty acids to work with and the right "energy" (chemically and energetically (stress) toxic free) in their environment to assist and manage the processes of health and well being. When your cells are able to repair and replicate they are happy; they are in harmonic resonance with their environment and because their needs for survival are being fulfilled you feel at peace and happy- there is an innate wisdom built into your cells that is focused on survival- this is why wounds heal without your intervention- thank

God- we wouldn't know the first thing to do if we had to heal our own wounds mindfully- and remember that the next time you go to your doctor's office. How much do we really know about the human body and mind? Not much- so it is best to stick with, assist and respect the relationship it has developed with its environment over three million years to survive. Our utter ignorance is highlighted in conventional medicine's notion that it can control it with drugs. This notion is a big contributor to iatrogenic illness (death by medical treatment or procedures- including drugs) being the number one cause of death in the United States.¹

Essentially, you want Jane or Tarzan of the microcosmic bio/neurochemical jungle working for you; someone that knows how to navigate the fascinating world of those 60 trillion cells that are there simply to help you express the authentic you and enjoy the macrocosmic world you live in.

Neurochemical: (from Wikipedia) A neurochemical is an organic molecule, such as serotonin, dopamine, or nerve growth factor, that participates in neural activity. The science of neurochemistry studies the functions of neurochemicals.

Neurochemicals are found throughout the body as they pertain to nerve cells. The bulk of neurochemicals are found in the brain which presents the perception that neurochemical deficiencies are "mental" conditions when in fact they are products of deficient functions of the body and the brain and are most of the time created by toxicity, stress (over stimulated environment), and malnutrition. Do not be fooled by a full stomach. If you are not getting the nutrition your body and brain needs, you will suffer symptoms of malnutrition psychosis of which include many of the popular DSM "conditions". (the DSM is psychiatry's bible of get rich quick schemes they call the Diagnostic Statistical Manual).

Rehabilitation: to restore to an ideal functional state which is always the one determined by nature.

Orthomolecular Neurochemical Rehabilitation: The application of Functional Medicine (nutrition, mind/body/energy healing, and environmental factors) to restore the health of the brain and neuroendocrine functions through clinically assisted detoxification, Targeted Nutritional Therapy (TNT), and creating an environment for the cells to heal which naturally corrects bio / neurochemistry.

¹ Gary Null *Death by Medicine*

All things that influence cellular development and function must be considered in a fully comprehensive treatment program based on the individual's personal biochemistry, environment, and lifestyle.

Stopping the toxic, destructive damage being done to the body and mind and providing a nutritive, non toxic environment (this includes people, things and places), restores healthy bio and neurochemical functions which by default heals mental symptoms.

Your Treatment Strategy Should Follow This Process

Your treatment strategy should be comprehensive, meaning, it does not stop at detox; it must also include healing those biosystems that were causing the initial symptoms that led you to the psychiatrist's office. A comprehensive strategy includes three phases: detox, biorepair, and maintenance.

Phase One: DETOX

The first 6 weeks involves two practices:

1. Clinically assisted detoxification involving supportive supplements for the liver, lymph, and GI.
2. Provision of nutritional supplements to mimic the drug/s you are detoxing from and to help re-establish naturally healthy neurochemistry.

You can augment your detoxification by including these practices in your 6 week program:

- Exercise. You absolutely must exercise to oxygenate the system, clean out the system, and promote healthy cellular activity. It also helps tremendously toward better sleep and reduces withdrawal symptoms considerably.
- Infrared Sauna
- Colon Hydrotherapy
- IV Nutritional Support such as Glutathione, vitamin C, and neuroendocrine supportive nutrients.
- Lymph Drainage Massage
- Chelation Therapy (heavy metal removal).

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Week One

Detoxification: The proper way to detox is a long one. I suggest six weeks of the cleansing detox diet with a minimum two day and highly recommended three to five day fast at the end. No caffeine, sugar, dairy, processed foods or meats should be taken in; only whole, organic foods. Just in case you don't know or forgot what those are, they are vegetables, fruit (no more than two pieces daily), nuts, seeds, beans / legumes, gluten free grains (Quinoa is best- it is a seed yet passes as a grain on the plate), protein (NOT SOY) burgers. Lots of vegetable juicing is also highly recommended especially at the beginning of the detox.

A note on raw foods: Many people seeking enhanced health on their road to freedom from psych drugs and the mental issues that landed them on them fall into the Raw Food movement. This is NOT RECOMMENDED. As a nutritional biochemist I can guarantee you as it is clinically and scientifically proven that you receive 30 to 40% less nutrition from raw foods and that is not a good diet in a world that is so nutritionally demanding, (metabolizing toxins and managing stress) especially when you are in a "healing event" needing all the nutrition you can get from natural sources to break free from drugs and the symptoms they masked. Nutrition (food) is your medicine- get all of it in the most dense amounts per bite you possibly can!

Your practitioner should know the pharmacology of the drug/s you are on and how to nutritionally expedite not only the detox for that specific drug/s but how to support the brain chemistry in achieving natural neurochemical balance (homeostasis) while detoxing from the drug/s which employs combinations of orthomolecular amounts of nutritional supplements that will "mimic" the drug/s neuropharmacological properties.

In approaching your detox in this manner you will minimize and many times nearly or entirely avoid any transitional discomfort (withdrawal).

PLEASE NOTE: Your detoxification involves a six week cleansing period which eliminates all processed sugars, all the sugar substitutes (forever), the rich man's diabetes in the forms of agave, yucon, and honey (small amounts of these can be used after the cleanse) caffeine, processed foods, meats, pesticides (organic food only- please see the pesticides section of this book regarding the damage they cause to the brain, nervous system and other critical organs).

Organic vegetable juicing is highly recommended. This would not be a fruit juice detox or fast! Besides making my skin curl at the nonsensical premise of this practice, fruit juice detoxing and fasting causes multiple problems during and after the detox. Many people have multiple conditions such as yeast infections (Candida),

hypoglycemia or poor blood sugar management issues (most everyone on psych drugs), low adrenal and thyroid function etc. that will be given a chance to literally take off on them during a fruit juice fast! Fruit juice fasting is not recommended at any time for any reason. It throws the pH balance of the body off and opens multiple opportunities for add on health issues. Juice fasting is a sugar junkie's (sugar is the gateway drug) paradise. It has no place in a healing event.

Week Two

Approximately five to seven days after beginning your detox diet you can start tapering per your practitioner's advice. Starting one week after you begin your detox diet serves two purposes:

One, as your cells clean out and become unclogged, you will get a much bigger bang per milligram of your drug so reducing your drug intake is easy because your response to the drug will be far more enhanced, giving you the same effect with less.

Two, the "load time" (time it takes to start feeling / getting a neurochemical effect from your nutritional supplementation) of the supplements you are taking will have had time to begin creating the healthy changes in your bio and neurochemistry.

Remember, you are also giving the cell what it needs to function correctly now so when the drug disappears the cellular function will be prepared to provide you that sense of well-being you are seeking in mind and body. Not doing this is one of the biggest reasons people fail and psych drug detox is so difficult. Not only are they not doing everything possible to abate withdrawal symptoms but the very same dietary and other lifestyle deficiencies that likely got them in trouble in the first place are not corrected. Now they are suffering both psych drug detox withdrawal and the mental symptoms that brought them to the psychiatrist's office. There is another level of consideration that many do not address in their detox strategy and that is the symptoms from the damage to the brain and other critical organs the drugs caused! Do not despair, they can be corrected- at least in all the cases I have supervised, including Tardive Dyskinesia; but you do have to have your practitioner specifically address them in your Targeted Nutritional Therapy.

Week 7

By this time you should be cleared of your psych drugs and withdrawal issues such as the initial fatigue (the body and mind do need rest after such assault and will ask for it for the first couple of weeks of your detox). In fact, by now you should be drug free, feeling great and on top of the world!

Providing you have been entirely off of your psych drugs for a minimum of two weeks and are a minimum of 6 weeks into your cleanse and detox, you should fast for a minimum of two days and a recommended three to five days. There are many different ways to fast responsibly. I am a fan of providing the organs the minimum in nutrients to function in order to continue to metabolize and remove toxins efficiently. This “seals the deal” so to speak. Not only is it a great insurance policy in getting all residues of the drugs out but it also does a great job at “retuning” the cell’s bioenergetics (as they can carry functional memory from the drugs for a while) and awakening the physician within which gets the body and mind functioning at its best and believe me, you will feel it!

For one week after the fast- and this is extremely important; this is where all your hard work pays off toward maintaining and building on the health you have achieved during your neurochemical assisted cleanse, you will eat like you expect to eat as a general lifestyle maintaining the healthy choices of all organic, whole foods. You may re-introduce dairy and meats if you like, however, they should be purchased from organic, free range sources to avoid the pesticides, hormones, drugs, and antibiotics the unfortunate animals are being poisoned with.

Continue to exclude all processed sugars, foods, and stimulants (coffee and tea). Regarding the sugars, this includes the Rich Man’s Diabetes sugars such as agave, honey, yucon, etc. They are much better for you than processed sugars, however, you are in a healing event and they will continue to tax the neuroendocrine system, aggravate and even help to cause withdrawal symptoms, all of which will hold your progress back. And even the “better for you sugars” will cause diabetes if over consumed.

Be sure to eat only organic foods void of GMOs and pesticides during this week as they are neuro-excitatory (stimulate the sympathetic nervous system) and will skew your test results.

Do not take any nutritional supplements or drink protein shakes during the week prior to your tests!

On the 7th day, have your practitioner run your neuroendocrine functional tests. This should include comprehensive testing of the thyroid, parathyroid, pancreas, adrenals, hormonal status, pineal, pituitary, hypothalamus, and brain chemistry factors such as serotonin, beta-endorphin, GABA, dopamine, norepinephrine, glutamate, and epinephrine at minimum. A sampling of the tests I run and of course suggest are at the end of this section.

This is a beautiful time in your road to recovery as not only are you feeling really good at this point but your practitioner will have the opportunity to collect a true “baseline” picture of how you function under the hood on a healthy diet (which you should be practicing for a

lifetime). This provides concrete evidence as to what you need in your Targeted Nutritional Therapy following your detox to correct any biochemical dysfunctions still needing assistance to heal from likely a lifetime of varying abuse to the body. Healing the organs of the neuroendocrine system through focus on correcting cellular function is how you establish the biochemistry that supports the neurochemical changes you need to make for the excellent mental health you seek. This is how sustainable Green Mental Health is achieved. Sustainable meaning that your body and mind relies on its own natural resources to function in the way it was designed to which produces excellent mental health, naturally. This is the only way that mental health that expresses the authentic you can be achieved.

NOTE: Do not even consider taking a neuroendocrine functional test such as brain chemistry or any measures of any other organ of that system if you are currently ingesting pesticides, GMOs, caffeine, processed foods, sugars (rich and poor man's), hormone riddled meats etc. The test results are useless for a Green Mental Health Care practitioner. All of the mentioned chemicals are not only cause of symptoms but they skew test results which will misinform your practitioner. A person with low serotonin will likely test okay in their serotonin levels if they just had a candy bar and cup of coffee- not 90 minutes later of course. The point is, you want your practitioner to be provided with evidence of your actual deficiencies / excesses in bio/neurochemical functions so he/she can identify the areas of the neuroendocrine system causing your mental health disorders and provide a truly "targeted" healing and nutritional protocol for you to recover and enjoy naturally great mental health. It is mandatory that you are off all chemicals for this testing in order to get to the root cause of your symptoms!

Laboratory Tests for Mental Health "Disorders"

- Functional measures for thyroid, parathyroid, adrenal, pancreatic, pituitary, hypothalamus, and pineal glands.
- Brain Chemistry, serotonin, norepinephrine, epinephrine, GABA, dopamine, beta-endorphin, glutamate, acetylcholine, anandamide, adenosine neurotransmitter metabolites
- Oxidative Stress
- Amino Acids
- Vitamins / Minerals
- Essential Fatty Acids
- Toxic and Nutrient Elements
- GI Dysfunctions / Functional Imbalance
- Liver Detoxification Dysfunction / Toxic Exposure
- Methylation

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- Allergies
- Histamine
- Krebs's Cycle
- Pyroluria (B6 & Zinc deficiency common in addictive biochemistry and mental health issues).
- Disease Risk
- Toxic Exposures (heavy metals)
- Complete Blood Count (CBC) – kidney, immune, metabolic, thyroid, liver profiles (static measures)
- Mitochondrial Dysfunction (fatigue and metabolism issues)
- Malabsorption and Dysbiosis Markers
- Bacterial Dysbiosis Markers
- Cellular Energy
- Organic Acids / Cofactors
- Fatty Acid metabolism
- Inflammation / Eicosanoid Precursors
- Membrane fluidity

Phase Two: BioRepair

Bio-Repair: For typically six to nine months after the cleansing / detox period you should remain on the Targeted Nutritional Therapy (TNT) provided by your practitioner to heal and retrain the neuroendocrine system. The good news is, is that you can develop new tissue for the brain, liver etc. All organs renew themselves when provided the nutritive and stress free environment to do so.

You will be symptom free for the entirety of the six to nine months while in your biorepair phase TNT, however, do not be fooled. To really heal your condition (if it was suffered long and you were on drugs for an extended period of time) you must remain on a focused healing regiment to truly re-establish sustainable good health and truly heal the body and mind.

When six months have elapsed, if you want to do a follow up with your practitioner, make an appt. for another battery of testing to establish your maintenance phase TNT which will be dramatically reduced and should resemble that of any health conscious person's nutritional supplemental protocol, however, yours will be justified with the evidence of your individual biochemical requirements responding to your lifestyle and environment, not guesswork. Be sure to spend at least two weeks completely free of pesticides, sugars, and caffeine (which you should have continued to avoid for your BioRepair phase) before testing. *Also, be sure not to take any nutritional supplements for one week prior to testing.*

Phase Three: Maintenance

Maintenance: Typically 6 months to a year following a Bio-Repair TNT and adjuvant therapy program to heal the organs of the neuroendocrine system and the biochemical communications between them (correcting the brain neurochemistry naturally), I strongly suggest retesting before changing your TNT. However, if you really can't afford it, the basics I take to maintain excellent health and fight the good fight of oxidative stress (free radical damage- cell death) verses "growth"; repair and replication is:

Since "As above, so below" is true, there really is no such thing as a difference between our subliminal and dense existences, but to categorize by our sense of 3D perception:

Nutritional (dense energy)

- Double to triple suggested dose of a food based organic vitamin / mineral multiple vitamin supplement.
- Cod Liver Oil
- 3 to 5 grams vitamin C
- 400 mg CoQ10
- Daily Organic Whey Protein Shake
- At least an hour of sun every day
- I drink plenty of water and herbal teas daily
- Eat organic produce / nuts / seeds / and use Quinoa instead of grains for the most part and eat gluten free grains when I do eat grain.
- Make my own bread from Quinoa, pumpkin and sunflower seeds
- Make my own protein burgers with no sugars, dairy or soy. (hard to find in stores)
- Since I am an Ovo-Pescatarian, I eat only fresh eggs from chickens that eat grass and bugs (no chicken feed- some ethical farmers will give them corn with minerals added because even they need supplemental help!), and wild fish (nothing from fish farms!) that are low on the mercury toxicity chart
<http://www.edf.org/page.cfm?tagID=1521> -
<http://www.epa.gov/hg/advisories.htm>
- Chelate once a year (just too much heavy metal toxicity in the environment not to)

Environmental (subliminal energy)

- Exercise every day (cleanses the body)
- Meditate daily (cleanses the mind and helps me connect with the higher self)
- Practice Tai Chi daily – it's fun

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- I cut away special time for my family and friends religiously every week for huge blocks of time.
- I am a political, medical, and environmental activist which not only helps change the world for the better but extends my social circles in a positive way. It also helps me to feel better about the cold truth that humanity is being poisoned to death – that CHILDREN are being forced on drugs and society as a whole is not up in arms about this. These poor kids are literally living in a twilight zone being robbed of their childhood and chemically ushered into a psychologically numbing cloud of alienation to the environment around them. Being part of the solution that has to one day stop this victimization of innocent people helps me maintain hope for our future and hope is good orthomolecular medicine!

Made a career out of my spiritual, medical, environmental, and political passion to create a better relationship between humans and nature so that we may both survive and enjoy each other in the process. We absolutely must align and live in harmony with nature to survive and be healthy. The number one reason for our health issues, both mental and physical is that we have denatured ourselves and cut off the natural communication systems between ourselves and what sustains us- our environment. So I get a lot of joy from what I do and great feedback from my environment. Side note: if you ever want to cause cancer in a living tissue- simply cut off communication between the cells. Think about it.

My physical, spiritual, medical, environmental, and family/community/global values and activities are all aligned with my fundamental belief system. It's very important that your activities are aligned with your belief system and desires.

The Laws of Health Are Not Negotiable

The human cell has been collaborating with nature for three million years in its quest to not only survive but thrive. By this I mean that cells actually have an inborn mechanism that desires to increase its chances at survival and one of the processes of that mechanism which it has used throughout history is to *INCREASE* its awareness of its environment.

You may read the “Cell Meets Environment, The Beginnings of Awareness” section in the Fractal Environmentalism chapter for a blow by blow play on exactly how the prokaryote turned eukaryote cell - turned human - turned community - turned global consciousness accomplishes survival through increasing awareness.

What study of this process tells us is that decreasing your cells' awareness of its environment will decrease its chances of survival as will misinforming it regarding its environment – of which drugs do

both. The result of decreasing the awareness of your emotional, psychological and physical environment or being-ness while on drugs is going to decrease your lifespan as well as your ability to be “present” for the events of your life. Not fun.

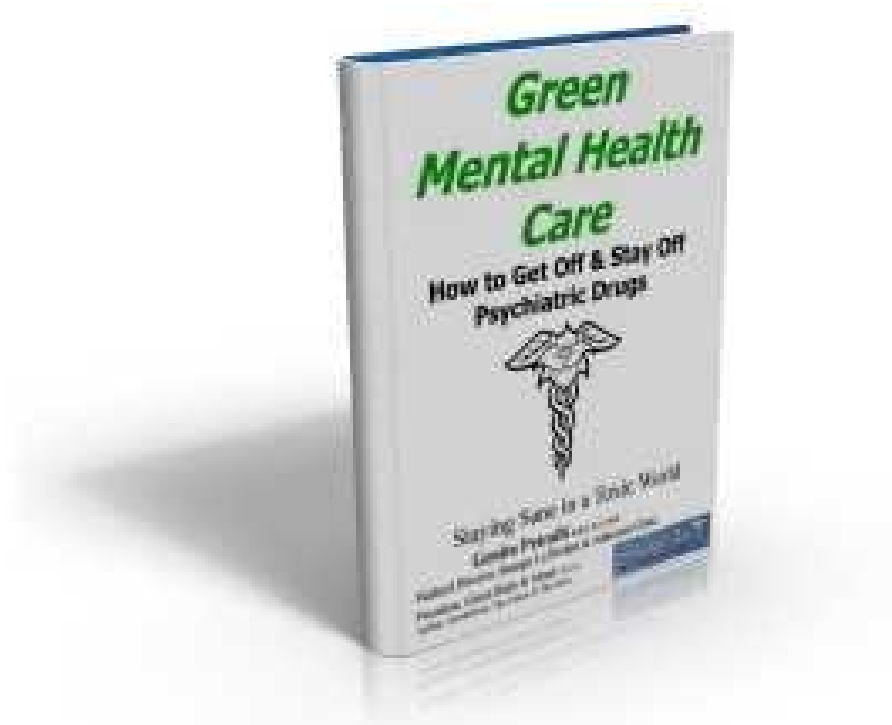
Quite a lot of wisdom is embedded in that three million years, and like any other relationship with any longevity, you are advised to not get in-between it or try and change it. Anyone that has ever gotten in-between a couple arguing knows what I’m talking about. You will always end up the bad guy and this holds true for trying to improve on or manipulate nature. YOU CAN’T. Well, you can manipulate it of course, at the cost of your health.

The wisdom of the cell is a product of a three million year relationship with nature. If you align yourself with that wisdom, you will enjoy health. If you break away from it and force it into an environment it knows little about such that synthetic drugs do, there is no food for it there- nothing it can use to survive and it will surely die just as you would if you stopped eating and drinking.

The laws that dictate health are not negotiable. Any and all digression results in health issues, and if you don’t respond to the initial warnings they will lead to illness and disease. Hence the true meaning of the word DIS-EASE – earned by detaching (dis) from (ease); our biochemical grace or health. In life, when you do the right thing, events and circumstances tend to flow with harmony and ease toward ‘good’. A person who responds to his or her environment – the needs of the home, family, career, and personal enrichment– does not experience the same chaos as someone who neglects these pillars of life. The same principles apply to health. If you ignore your body’s needs, your inner wisdom will turn instead to turmoil and chaos. This chaos causes physiological damage that will affect you both physically and psychologically. It renders you incapable of seeking, nurturing, and maintaining healthy personal and professional relationships. Just as you cannot grow roses in a toxic waste dump, you cannot expect to derive personal enrichment and growth from life’s experiences if you are poisoned. Psychiatric drug toxicity literally disables your ability to respond in a healthy way to your environment, cutting you off from the natural flow toward good known as ‘grace’. This is where your mental, physical, and situational suffering begins: opportunities for a healthy and productive life are lost because your vision is blinded by the inner chaos caused by drug toxicity.

To get well, you must detoxify and provide a nutrient rich, toxin free environment for your cells to repair themselves which will correct the biochemical chaos that is creating your symptoms.

An Information Pamphlet Based on the Book



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