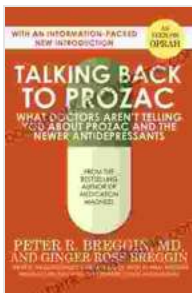


# What Doctors Aren't Telling You About Prozac and the Newer Antidepressants

Millions of people take antidepressants every day. Prozac, Zoloft, Paxil, and Celexa are just a few of the most popular brands. These drugs are often prescribed to treat depression, anxiety, and other mental health conditions.

But what do doctors really know about these drugs? A growing body of research is raising serious concerns about the safety and efficacy of antidepressants.



## Talking Back to Prozac: What Doctors Aren't Telling You About Prozac and the Newer Antidepressants

by Steve Taylor

★★★★☆ 4.2 out of 5

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In this article, we'll take a closer look at the evidence against antidepressants. We'll also provide information about alternative treatments for depression and anxiety.

## **The Evidence Against Antidepressants**

There is a growing body of research that shows that antidepressants are not as effective as we once thought. In fact, a 2010 study published in *The Lancet* found that antidepressants are no more effective than placebo pills for treating mild to moderate depression.

Other studies have shown that antidepressants can have serious side effects, including:

- Suicidal thoughts and behavior
- Nausea and vomiting
- Insomnia
- Agitation
- Weight gain
- Sexual dysfunction

In some cases, antidepressants can even be fatal. In 2004, the FDA issued a black box warning about the risk of suicidal thoughts and behavior in children and adolescents who take antidepressants.

## **Alternative Treatments for Depression and Anxiety**

If you're struggling with depression or anxiety, there are a number of alternative treatments that you can try. These treatments include:

- Therapy
- Lifestyle changes

- Natural remedies

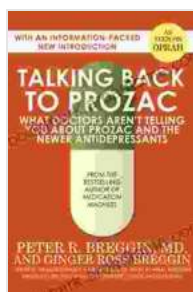
Therapy can be helpful for treating depression and anxiety by providing you with a safe space to talk about your feelings and develop coping mechanisms.

Lifestyle changes, such as eating a healthy diet, getting regular exercise, and getting enough sleep, can also help to improve your mood and energy levels.

Natural remedies, such as St. John's wort and saffron, have also been shown to be effective for treating depression and anxiety.

Antidepressants are not a safe or effective treatment for depression and anxiety. If you're struggling with these conditions, there are a number of alternative treatments that you can try.

Talk to your doctor about your options and find a treatment that's right for you.

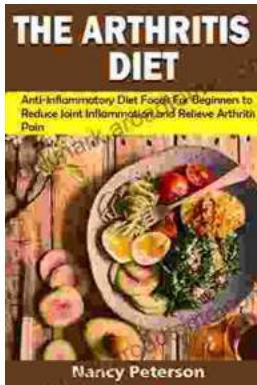


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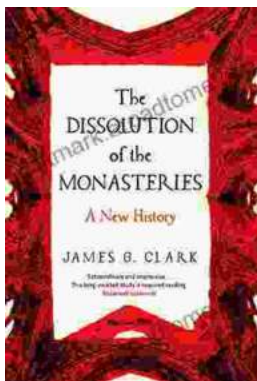
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