

How to Whip the Terrorist Within

R.J. Oenbrinnk DO/Tequesta Family Practice

I can knock you out!

Really!

There has been a rise in patients complaining of anxiety, depression and panic attack related issues in the last months.

Imagine that!

The Attack on America has led to an attack on the nervous system of each of us. There are many ways to help **us** deal with that stress.

Getting knocked out never helps.

Patients request tranquilizers because it dulls the pain. A certain amount of discomfort is necessary. It is a part of life. You cannot grow without it.

Not all pain is good of course.

There are a many ways to deal with this pain.

Let's **talk** about medications first.

Tranquilizers work mainly on a type of chemical called GABA in the brain.

Valium is the classic of this class of drugs, others include Ativan, Xanax, Klonopin etc. They are great for quick relief. Unfortunately the speed with which drugs such as these work also increases the risk of addiction.

The faster a substance changes the way you feel the greater the addictive potential of it.

These clearly are not indicated for long term use although they can work as temporary "first aid" Serotonin is another chemical in the brain.

It's the brain's "natural tranquilizer". When under stress, small amounts of Serotonin are squirted out in the Limbic system of the brain to help us handle that stress and keep us functioning.

During times of excessive stress, during excessively prolonged periods of more minor stress and during conditions of other illness the brain can be overwhelmed in it's capacity to produce and use Serotonin. Prozac is the prototype drug that works on the Serotonin axis within the brain. Others include Luvox, Paxil, Zoloft, Effexor, Remeron, Serzone. These drugs are not patches such as the GABA agents. They actually promote "healing". They don't work immediately and they are not "addictive".

They are truly life-saving. Depression kills people. We call it suicide. Yes, folks have killed themselves while on these drugs. People having heart attacks have died while being treated for heart attacks too. Sometimes the right drug isn't given early enough or in a high enough dosage to save a life. That doesn't mean that the drug killed the person.

The disease killed the person.

There are other important ways to deal with the stress that we're all under.

I rarely see patients who have a strong spiritual connection suffer much from disorders of anxiety and depression.

Could God be calling us back to Him by letting us suffer these ailments?

Osama bin Laden did us one important favor. In August the ACLU was continuing it's tight to keep the Ten Commandments out of public buildings.

I haven't heard any of that since September 11th!

I pray daily. I pray with and for my patients. I don't heal any of them.

I'm an entertainer. I prescribe pills, exercises, counsel and do all I can to keep my patients entertained while He heals them.

With the Attack on America patients seem to be afraid they'll die. Will a demon fly their airplane into a building? The question doesn't make much sense to those who are spiritually fit. The question isn't if we'll die. Who doesn't?. We need to maintain our spiritual fitness.

I cannot differentiate between body, mind or spirit. It's all part of me, part of you, part of us. I cannot treat one without the other. Prayer is an antidote that has long been neglected. Daily dosing is important. I'm not saying that it's the only therapy. Complex problems such as mood disorders frequently need multiple simultaneous approaches for effective therapy. Let's not neglect any of them. God Bless and Stay Healthy!