

# Holistic Treatment of Depression

Clinically proven alternatives to antidepressant drugs

## FREE TALK

Wednesday, Sep 24, 7:00 - 9:00 PM

Acupuncture & Integrative

Medicine College, Berkeley

(AIMC Berkeley)

2550 Shattuck Avenue (at Blake)

10-minute walk south on Shattuck from downtown  
Berkeley BART

510.666.8248 ext. 106

[www.aimc.edu](http://www.aimc.edu)



THE WORLD HEALTH ORGANIZATION states that depression is the leading cause of disability, affecting more than 120 million people worldwide. Antidepressants are now the most popular class of drugs in the U.S., and their use has been growing rapidly over the past two decades. From 1990 to 2000, prescriptions for SSRIs (the leading class of antidepressant drugs) rose by a staggering 1300%. In the last year alone, 30 million patients in the U.S. spent over \$12 billion on antidepressants.

However, despite their aggressive promotion and widespread use, recent evidence suggests that antidepressants are not as effective as we have been led to believe. Other studies have raised concerns about the long-term safety of antidepressant drugs, including a potential increase in suicidal behavior in both children and adults.

In this two-hour presentation, you'll learn about several non-drug treatments that are clinically proven to be *at least* as effective as antidepressants for relieving depression in all but the most severe cases. We will also review various theories on the nature and causes of depression, drawing upon both modern science and traditional wisdom.

**WARNING:** Withdrawal from antidepressant drugs must be very gradual, and should always be done under the supervision of a licensed medical professional. Do not, *under any circumstances*, stop taking your medication without such supervision.

UC Berkeley graduate **Chris Kresser** is pursuing a Master's of Science degree in Oriental Medicine at AIMC Berkeley. He is the publisher of *The Healthy Skeptic*, a blog dedicated to challenging mainstream myths about health & nutrition.



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