

Quitting mood-altering drugs a challenge

Dallas News – 8/31/2001

There have been full-page ads in The Dallas Morning News and television advertisements for mood-altering drugs that can only be prescribed by a physician.

I searched the Internet and easily found forums for people who are lowering dosages or totally stopping taking drugs like Paxil and Effexor. The withdrawal symptoms these people are experiencing are alarming. Many expressed relief after discovering that the effects they were experiencing were caused by drug withdrawal symptoms and not something wrong with them.

The withdrawal symptoms were paranoia, vertigo, drowsiness, abnormal thinking, hostility, manic reaction, neurosis, paranoid reaction and psychosis, among others. More information is needed on alternative treatments for mental problems. A Web site that provides this information is <http://www.alternativementalhealth.com/>. Being informed on both sides of this issue empowers one to make the best decision.

Pat Spruill, Plano, Texas