

Mental health: how to quit the meds properly plus the age of bipolars & brain oxygen deprivation

Having mental health is a lot like having physical health. Our brain, and Immune System to fight off cancers, takes plenty of oxygen => <http://www.prleap.com/pr/91843> so in the case of young people ~prior to reaching adulthood~ both their body and brain needs an extra amount of “nutrient fuel”, which is O₂. **Deprivation of the nutrient oxygen & nutrition leads directly to crippling mental & physical breakdown, including Behcet's Disease Syndrome.** Just like a combustion engine we too are a metabolic engine that lives fully and thinks proper thoughts only if we have enough quality fuel. Metabolism of foods and fats has become reduced, resulting in the United States population continues to reach **new obesity levels for the same reason: our metabolic functioning has been reduced.**

LACK OF OXYGEN HAS INCREASED THE OBESITY EPIDEMIC.

Beginning in early 2004 I studied the need for oxygen. The problem is that the continued consumption of crude oil products (gasoline, diesel) has caused a lowered oxygen on Planet Earth. Consider the car you drive to Work. It probably has an engine that is rated a minimum of 275 horsepower. What does that really mean?!

It means when you drive to Work you are in effect sitting on top a 275-350 horse herd that is breathing in and burning up the oxygen we humans need to have physical, mental and even spiritual health. You are paying a lot more than any \$3.40 a gallon; you are slowly ending your own life by driving an O₂-competing combustion engine powered vehicle anywhere.

LACK OF OXYGEN HAS INCREASED THE BIPOLAR EPIDEMIC.

This overproduction of carbon dioxide (CO₂) has caused so much overabundance of CO₂ that the oceans are stuffed with the the junk. For decades many scientists and “knowledgeable observers” (self-proclaimed “experts) have been claiming none of this matters, that the great oceans are able to absorb it all, that ocean plantlife can use the extra CO₂ to just make more oxygen. Recent discoveries say that is no longer correct.

If you are a pregnant woman standing waiting for a bus in Trenton New Jersey, breathing passing traffic pollution, you are being poisoned three (3) ways and your developing fetus is also being poisoned: 1st from too little oxygen effecting them a reduced level of brain growth (or even partial brain death), plus the extra CO₂ and carbon monoxide poisoning crowding out what little oxygen Mom gets when she departs the bus in Passaic.

The oceans are miles away fighting their own fight and they are losing also. Researchers have discovered plants are beginning to exhale CO₂ instead of O₂! Ocean plants and the world's plants are starting to vomit our carbon dioxide back at us. What this means is they are choosing to exhale the extra CO₂, **deciding the O₂ being left inside is a lesser poison.**

Since 1950, world oxygen has been steadily lower because of many factors. The awesome hundreds of billions (human equivalent of) livestock we raise for food, our pleasureride love affair with a combustion engine that strangles us asleep or awake... plus the fact our population has increased from 2 billion to over 6.6 billion. Technically, when we add the number of food animals **the planet is actually supporting over 140,000,000,000 people by weight.** However, there is more going on than that. We have decreasing health at the same time we have a drugstore or pharmacy on almost every street corner singing to us like buck naked cliff sirens of lore singing to Argonauts to crash their ships. We take too many drugs because someone somewhere has told us it is OK. **Well, friends, it isn't OK at all.** Many if not most of these concoctions is made in a laboratory of less than 100% natural

animal and plant sources **we call chemicals as if they are our lifelong friends.**

Look at the young women, how their backs are becoming humped from premature osteoporosis **before they reach 30 years of age.** Unhealthy dying women are our canaries in the mine, except, hmm, **we are living in the same stinking coal mine.** So what do we do? We make more pills. Pills that lower our level of life-sustaining blood oxygen? **Yep; but Why?** I may be one of the few people around who can and will answer that for you.

When taking “the meds” the Immune System eventually recognizes them as “invaders” and begins attacking them, a battling that consumes more & more oxygen. As the battle continues, **many times the patient's doctor will increase dosage** when what should be done is either lower the dosage or switch to another similar drug to stop the oxygen depletion. Switching out different meds helped me out of clinical depression in 1993.

My doctor Edward Workman and I stayed a step ahead of the battle lines and won **but why did we win, exactly?** We stopped the battle = increased brain oxygen = gave me my mental health back, that's why. It was another 10 years before I was to understand the fuller implications, how the meds and other oxygen-depleting cough syrups, VIOXX, and lots of other garbage you are, **we are**, having pushed at us through our TV cable shows and Mass Media News (originally promised to have reduced advertising)... brainwashing us to believe we just simply cannot live on this Earth without pocket doctors & pharmacists to save us with their clinics, hospitals and corner drugs. We are being drug-pimped to an early grave. Instead of “passing Go and collecting \$200.00” **we run into the Valley of Pharmaceutical Death.**

Oxygen powers the Immune System to prevent cancers: <http://www.prleap.com/pr/91843> also stopping cold+flu viruses after they start. Cancers and bloodborne virii are voracious eaters. They love nutrition to death. **Sugar and some substitutes increase acidity = reduced oxygen = cancer** so they should be moved out of hand's reach to both adults and children as much as possible, what we would already do had we not trashed Native Indians.

The proper way to quit meds like Lithium, Zoloft, Wellbutrin, Xanax and others is to first start taking more nutritious (oxygen-building) foods and supplements like for example **Oxy-Nectar, building your mental & physical health first.** In 3 or 4 months you begin to start feeling confused as if a great battle is going on inside you. **Well, it is.** The meds are trying to hold you down to where they are wanting you to stay “calm” (**taking less breaths from motor cortex atrophy & lung muscle suppression**) while the nutrition is trying to raise you to an increased mental state. **Go with what works for you.**

I did and was rewarded to solve many **global issues**, by the will of God to show before Jesus arrives **soon** in glory to further activate his 1,000-Year Kingdom Reign. I am just one forerunner clearing hurdles. You can meet other of my **Jehovah's Witness Bible-believing friends** when they call or knock on your door. We are known for going the extra mile to bother people with Bible scriptures and prophecy but, lots of people today aren't bothered anymore; mostly just “leaders” who do not want the Big Oil money to ever stop flowing no matter how many children drop dead before age 5 or have retinitis pigmentosa, come into this world autistic or Down's Syndrome, or poor eyesight.

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