

# Antidepressants vs Meditation

Benefits and Results

**Antidepressants**

**Rx** 3rd most common prescription medication

(i)

- ✓ anxiety
- ✓ chronic pain
- ✓ back problems
- ✓ attention deficit disorder
- ✓ trouble sleeping
- ✓ stop smoking
- ✓ sleep disorder
- ✓ food addiction
- ✓ depression

**1 in 10**

Americans are on antidepressants (including children 12 years and older)

(i)

We are putting chemicals in our bodies that are unnecessary.

**70%**

of antidepressant effect was produced by placebos

(ii)

In clinical studies, 70% of antidepressant effect was produced by placebos. When taking placebos, you just think you are getting the medicine. If the effect isn't coming from the antidepressant, then where is it coming from?

[2005-2008]

**400%**

**RATE INCREASE OF USAGE**

[1988-1994]

(i)

A group of inner-city residents suffering from chronic pain, anxiety, depression, diabetes and hypertension were trained in meditation. They experienced a 50% reduction in overall psychiatric symptoms, a 70% decrease in anxiety, and a 44% reduction in medical symptoms.

This is the overall physical and mental benefits from meditation. As we settle our minds down, we make better choices in relationships, how we exercise, what to eat, and how we live in this precious life.

There is no shame in feeling unhappy or nervous about life, but let's get the right medicine.

**Meditation**

...lowers blood pressure to levels comparable to prescription drugs for those who are normal to moderately hypertensive.

...teaches you how to relate to the feelings of depression so that you are in the drivers seat.

So many illness and relationship problems are related to being stressed, tense, and worried. Meditation teaches how to relax in a healthy way.

It works for chronic pain because one learns how to sort the actual pain from emotional responses. For example, resisting pain, being fearful of pain, or feeling guilty for having pain.

**50%**

**CHRONIC PAIN REDUCTION**

**50%**

**DEPRESSION RELAPSE REDUCTION**

Meditation is endorsed by the NIH as effective for the relief of chronic pain. Chronic pain sufferers experience a reduction in symptoms of 50% or more. It also helps chronically depressed patients, reducing their relapse rate by half.

**75%**

of long-term insomniacs who have been trained in relaxation, meditation, and simple lifestyle changes can fall asleep within 20 minutes of going to bed.

Calming the mind and letting go of the day's worries can gradually reduce medication.

## MEDITATION CITY

**REDUCTION 50%** OF PSYCHIATRIC SYMPTOMS

**DECREASE 70%** IN ANXIETY

**REDUCTION 44%** OF MEDICAL SYMPTOMS

### REFERENCES

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