

May 2025

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Disclaimer: All information in this newsletter is for educational and entertainment purposes. **It is not meant to diagnose, treat, or cure.**

Please discuss your health concerns with a qualified health professional of your choice, including holistic practitioners whenever possible. Contact Nan for a list of possible alternative practitioners.



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Book Review: *Talking Back to Prozac: What Doctors Aren't Telling You About Today's Most Controversial Drug* (Dr. Peter and Ginger Breggin, NY: St. Martin's, 1994)

Dr. Peter Breggin works as a psychiatrist and in the 1970s was instrumental in stopping frontal lobotomies. He has authored over 10 books (his most recent being *COVID 19 and the Global Predators: We are the Prey*) and numerous articles in the field of mental health and founded. He is director of the non-profit Center for the Study of Psychiatry, including Children First! "devoted to protecting children and families from biopsychiatric intrusions into their lives "

In this book, the authors reveal the grossly limited and inaccurate testing on Prozac before the FDA approved it for human use, the FDA's failure to provide information on the drug's side effects (including agitation, insomnia, nausea, diarrhea, loss of libido, violence, and suicide, among others), the dangers of abuse and addiction, and the fact that the drug does NOT CURE depression but changes personality.

The book includes an extensive 22 page bibliography of medical references, as well as appendices which include contacts for support groups, legal organizations, sources of drug information, and how to file an adverse drug event (now called VAERS). This is a MUST READ for anyone considering taking this drug as well as friends and family members who may be concerned about loved ones already taking it or considering taking it.

The HP Axis and its Involvement with Hormonal Problems, by Mark Schopp, DC

When attempting to unlock the hormonal mystery, the HP Axis is a major part of the neuroendocrine system that controls reactions to stress and regulates many body processes, including digestion, the immune system, mood and emotions, sexuality, and energy storage and expenditure. In the treatment of any hormonal problems, the doctor must evaluate whether the HP axis is functioning properly and if it is affecting any other aspect of the endocrine system.

The HP Axis is composed of both the hypothalamus and pituitary. The hypothalamus secretes releasing hormones to the pituitary gland. In turn the pituitary secretes what are known as "stop and go hormones" to the thyroid, adrenal, gonads, and mammary glands. Additionally, this relationship between the glands includes a feedback mechanism allowing each gland to deliver to the hypothalamus and pituitary information telling them to either increase or decrease the amount of hormone that it releases to keep the system at the proper levels. For example, the thyroid gland will tell the hypothalamus that it needs more hormone. The hypothalamus will tell the pituitary to secrete more TSH, a pituitary hormone, not a thyroid hormone. The thyroid will then make more hormones and when it again needs more hormone, will once again send a message to the hypothalamus so this process can start again. That is how the hypothalamus and pituitary work with the other glands of the hormonal system.

Patients with hormonal problems can experience a host of symptoms: fatigue, inflammation, digestive problems, reduced libido, blood pressure problems, hot flashes, depression, insomnia, hair loss, reduced mental clarity, mood changes, night sweats, irregular cycles, weight gain and many more. One can have only one of these symptoms or many. The problem is with treating the symptoms only. The goal of nutritional therapy is to get to the root of the problem and give the body what it needs to heal itself and not simply treat symptoms.

Stress can be a main contributor to disrupting the hormone system. In addition this system can also be compromised by products such as lotions, skin care products, cleaning products, fragrance products and pesticides. It is important with skin care products to make sure you use products not containing hormones, carcinogens or hormone disruptors. Unfortunately, this information is normally not available on the label of the product. If on a skin care protocol, check the labels and use a more natural product.

The problems we see today are that patients tend to treat themselves and head the wrong direction. This is mainly the advice of well-meaning friends and family, discussion groups, what helped others (every person is different), and of course Facebook advice. Dr. Google is the worst place to start. The largest problem that I see is that they treat only the gland and not the HP axis where it all starts. The entire endocrine system works together and always has to be treated as a whole. Also affecting this system can be the liver and digestive system. Another example is that we must treat the body as a whole, not just a symptom.

Nutritional support for this delicate hormonal system should never be done without consideration of the all the systems of the body. What worked for one won't necessarily work for another. Treatment to just alleviate symptoms without correcting the problem will lead to additional problems down the road.

One of the best ways to evaluate the hormonal system is with DUTCH testing. DUTCH stands for Dried Urine Testing for Comprehensive Hormones. It is as it states a comprehensive test that covers all aspects of what is really happening hormonally. Since DUTCH testing has become available, we have been able to evaluate hormonal problems much more effectively while getting greater results.

Dr. Schopp is a Chiropractic Physician who specializes in Nutritional Therapy as well as Chiropractic and acupuncture. Schoppnutritionclinic.com 314-843-WELL (9355).

Jefferson County Patriots: ALERT!

If you know about the UN's Agenda 2030, you may recognize the "buzz words" in the recent *Leader* article (March 20, 2025) on the County's "Master Plan" for the next ten years. In response, our patriot friend Alex wrote the following article. If you want information on Agenda 2030, go to JBS.org, www.thenewamerican.com, or the UN's website www.sdg.un.org. Look for articles on 15 minute cities, sustainable development, and the war on farmers/ranchers. One such article is at <https://thenewamerican.com/video/newman/how-to-defeat-the-war-on-farmers-ranchers-explain/>

In March 2025, Jefferson County officials cut loose a 111 page report about their Master Plan for development. They held a public meeting about this disclosure and a website with the plan. Visualizejeffersoncountymaterplanhlplanning.hub.arcgis.com Any budding bureaucracy loves to work in as much excess verbage or complexity to dissuade inquisitive eyes.

Individuals and business controls are cited in the March 20 *Leader* article which states that 61.4% of the county is dedicated to residential use. Globalist buzzwords and concepts are obvious in the review of the plan. For example, Jeff Co shows "a lack of diversity" in housing. Also, "the county should promote denser development within urban and suburban growth areas." Yes, much more like large cities. And if you want to move to Jeff Co for a little acreage, say 5 + acres, that just might make you part of the problem for the new bigger city-style living developers have been salivating to start.

OK, so you already have 5, 10, 20 or more acres? Regulations can be put forth to increase the taxes and fees on those who lean to a Marxist viewpoint on natural resources. In the end, you may sell off many of those acres at a discounted rate because you were shamed into believing you have so much more than someone else. As *The Leader* article put it, "Instead of large, rural homes, more affordable, smaller housing units are encouraged." Remind yourself that official encouragement comes through regulation, taxes, subsidies, and the like.

The Jeff Co Growth Association (JCGA) President Dan Govero, owner of Govero Land Services, says the "county has Utopian views.... All we need is adequate utility coverage for Jeff Co." Businesses like Govero's would naturally profit from all this expansion and will likely not stand in its way.

Will Jeff Co get some mini-smart cities? A more diverse, equitable, and inclusive (DEI) population just like we have in many larger American cities today? How is that dividing Marxist wedge working out for people who live in large cities? Certainly, those sticking with the legacy media political narrative may not even be totally aware of the high crime rates, massive exodus, and failed leadership in cities that grip tightly to the DEI flags. Fortunately, many American corporations and now the Federal government is abandoning this destructive political narrative, as it leaves no room for what has made this country strong, which is actual merit. What you bring to the table in the way of leadership, innovation, and productivity actually do make a bigger difference than DEI.

Master planning, while necessary, needs to acknowledge the strengths of the area, not reassign the weaknesses of what has been done in American cities. How would our lifestyles be affected? What would we have to sacrifice to the new DEI slant on living in Jeff Co? While those moving from the higher density areas may not mind, the rest of us will not be friendly to being painted in smaller corners of living. The excess baggage of crime, congestion, and less natural resources denser living will create will also surprise some who thought this Master Plan was a good idea.

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