

## **Interview with Dr Peter Breggin on Ritalin**

Dr. Peter Breggin is a very well-known psychiatrist and author. He has written *Toxic Psychiatry*, which is probably the best book that will ever be done about the drugs that assault minds. In his written works you can find numerous citations and references and commentary about every class of psychiatric compound. Somebody should tell the Gideons to add *Toxic Psychiatry* to their list, when they are slipping Bibles in hotel drawers. It is a sheer classic. Breggin is also a feared expert witness in lawsuits against drug manufacturers. This man deserves a Nobel. In a quick second. Our interview does not take up the numerous studies Breggin cites. They are all there for you in his books, and then there is his website, [www.breggin.com](http://www.breggin.com). I have known Peter for 8 years, and I have found him to be a relentless straight shooter.

Dr. Breggin is in full-time private practice in Maryland. He's the founder of the Center for the Study of Psychiatry and Psychology, and editor of the journal *Ethical Human Sciences and Services*. The author of a dozen books, he did his undergraduate work at Harvard, took his medical training at Case Western Reserve, was a teaching fellow at Harvard Medical School. He spent two years as a full-time consultant with the National Institute of Mental Health. With these impeccable credentials...you would not expect the following statements.

Q: You're now involved as a medical consultant in one of the class-action suits against Ritalin.

A: Yes. That's in the works. Ritalin is a compound that is given to children to drug them, to keep them under control, because parents and teachers feel they can't go into the territory of actually learning how to help kids live better lives. They view this as too hard, and so they go to the drugs. It's a crime against children.

Q: Ritalin is massively popular.

A: It is a schedule 2 narcotic, along with heroin and cocaine. That's an official designation.

Q: It is toxic.

A: Oh yes. And there is some evidence to suggest that it causes atrophy of the brain.

Q: It is given for ADHD (Attention Deficit Hyperactivity Disorder).

A: Which is not a disease. No cause has ever been found. I spoke as a critic of ADHD at a major federal conference...and although they wanted to emerge from that event with an iron-clad diagnosis for ADHD, they couldn't. There is no singular cause. There is no biological or chemical cause they can find.

Q: So there is no way to say they have a disease.

A: None. It's a fiction.

Q: ADHD is a fiction.

A: There are kids with various problems, some of which are related to their parents, but there is no ADHD.

Q: They say there is.

A: Lots of people say lots of things, but that doesn't make them true.

Q: Why are thousands of psychiatrists selling ADHD?

A: Because their profession and their minds have been taken over by pharmaceutical companies.

Q: You seem to be the one who has nailed that down.

A: I took the time and the trouble. It's there for anyone who wants to see it.

Q: You're an MD. You went through all the training. Then you became a psychiatrist. You've worked as a consultant for the federal government in mental health. You have all the credentials anyone could want.

A: Eli Lilly [the maker of Prozac] has tried to smear me on that count, saying I wasn't really a credible doctor. So I pulled out the resume'. They were being ridiculous.

Q: And you turned on the medical-training hand that fed you and you have been gnawing on it.

A: Are you saying I'm ungrateful?

Q: Are you?

A: Not at all. I'm looking at the facts. About 20 years ago, the pharmaceutical industry rescued psychiatry. Which was in a terrible doldrum. Patients were deserting their shrinks all over the place. People just didn't think the whole process was that worthwhile. The drug industry came in and said, "We'll fund your societies. We'll support the journals and the conferences. We'll pay the bills."

Q: In exchange for?

A: Making psychiatry into a pharmacy. Making the bio-wing of psychiatry triumphant over talk therapy. From that point on it would be all about mental diseases and chemical imbalances and the drugs to treat them.

Q: What about the thousands of published studies which indicate that there are hundreds and hundreds of mental diseases which, in fact, need drug

treatment?

A: It's terrible science. That's the main thing to say about it. It's very badly done science. Speculations about mental diseases are elevated into medical certainties without any real proof.

Q: Are you saying that many mental diseases aren't real diseases?

A: No. I'm saying that NONE of them are diseases.

Q: None?

A: None. Clear enough?

Q: Yes.

A: You finally see that the proof is not there. The specific biological or chemical indicators of actual diseases are missing.

Q: What about depression?

A: It's another non-disease that is placed like a blanket over many, many different situations in people's lives.

Q: But a person can be depressed.

A: In the non-technical sense of that word, sure. But when you say that this is a condition caused by the malfunction of a neurotransmitter system, then you are making something else out of it. And you are stating a falsehood. Serotonin, which is the neurotransmitter of choice, is not a proven cause of depression.

Q: Yet the medication they're giving for it—

A: --Prozac, or one of the other SSRIs, is to increase the level of serotonin. But you see, once again we have two wrongs. The condition itself has no proven cause or real definition, and the drug for it is not a precise shifter of that particular neurotransmitter. With ADHD, we have no disease, and Ritalin is not really a calming drug for so-called hyperactivity. Over time, Ritalin causes a child to become hyperactive in many cases.

Q: Prozac is not precise.

A: No. It can affect a number of different neurotransmitter systems. These systems are related.

Q: Ritalin can also cause a child to become depressed. I've heard you say that.

A: Yes, in the non-technical sense of that word. And then you'll find a psychiatrist telling the parents that he is seeing the sudden unannounced

presence of an entirely new condition, for which he has to prescribe Prozac or Zoloft or Paxil. It's gross blindness on the part of the psychiatrist.

Q: He doesn't want to admit that the Ritalin can cause an adverse effect.

A: That's right.

Q: The blindness seems willful to me.

A: Sometimes it is.

Q: In Toxic Psychiatry you write that the neuroleptics, the 20 or so compounds sometimes called major tranquilizers, have caused a million cases of brain damage in the US since 1954.

A: Yes. I argue that case with the help of certain clear studies. This represents a devastating plague.

Q: I find it hard to think of such enormous and continuous harm as a mere blunder.

A: I know.

Q: I've read your work on psychiatry as "a death machine," as you call it.

A: It was the psychiatrists in Germany who really gave Hitler the idea for euthanasia, for the murder of people who were considered useless undesirables.

Q: And that impulse is still alive.

A: Look at the drugs. They are all, every class of them, highly dangerous.

Q: Without exception?

A: That's right.

Q: It must have been quite a revelation to be a psychiatrist and then to see that.

A: It didn't happen all at once. But it happened.

Q: You don't shirk away from calling this evil.

A: Being a psychiatrist does not erase the need to make moral assessments.

Q: You stress the importance of not withdrawing from psychiatric drugs without good supervision.

A: It can bring on very dangerous symptoms. I've now written about that.

Q: You and I have talked before about the dangers of these drugs. But the

fact that they are all out there, are being pushed, are being written about in journals as if everything is OK...

A: It's pretty overwhelming.

Q: It's a war crime in progress.

A: Yes. The education of the doctor comes into play here. In a pharmaceutically dominated society, the doctor is going to learn that this is the way. This is what he must offer the patient. It becomes as ingrained as roads are for cars.

Q: Indoctrination.

A: Absolutely.

Q: It paints a pretty robotic picture.

A: The psychiatrist accepts the bad science that establishes the existence of all these mental diseases in the first place. From there it's just a walk down the street to all the drugs as remedies.

Q: And the so-called side effects are dismissed as inevitable. "This is the best that science can offer right now. We're trying our best."

A: Sure. The psychiatrists who advised Hitler told him a good story too. They made their case for murder on arguments that sounded scientific.

Q: You always point out that studies on the drugs are funded by the companies that make the drugs.

A: That is so often the case it's absurd. And then the researchers who are carrying out the studies are paid by those companies. What results do you expect? In the case of a licensing study for Xanax, they found that after 6 weeks or so people on the drug were doing better than those on the placebo. But as they continued the trial, the figures reversed, and finally by the end of the study the people on the placebo were doing as well as people on Xanax. So they just selected the 6-week cut-off point, where the drug had looked very good—and they published that part of the study as if it were the whole thing!

Q: Are you optimistic about the upcoming class-action suit against Ritalin?

A: Yes. It's basically a suit against Novartis, the manufacturer, and the American Psychiatric Association, and CHADD, a parent-education group that recommends Ritalin. The suit is charging that these entities artificially inflated the perceived need for Ritalin and that this is basically fraud.

Q: If ADHD is a created non-disease in the first place, and Ritalin is the drug of choice, then the degree of "inflation of need" is 100 percent.

A: That's the point, isn't it?

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Interview number 2. Ellis Medavoy, PR man, propaganda expert, veteran reporter, a man who spent many years consciously manipulating the press and the public as a “gun for hire.” A man who has lived in the shadows for many years. This is part two of the interview I printed in last week’s issue. Sorry, we can’t send out back issues. Here is an added dose of cold water thrown across your face by Ellis Medavoy.

Q: The war on drugs.

A: Don’t get me started. The Latin American presidents—Fox and Batlle—are saying they want legalization. I know PR people, let’s call them, who spent years getting stories printed in the press about drugs. The scourge of marijuana, based on completely false studies.

Q: The public—

A: --The public thinks that the moon is made of green cheese if the right people say it is. Look, part of the major propaganda effort, the meta-effort, is to get people to forget there is a difference between freedom and “the right thing.”

Q: What are you talking about?

A: This is key, believe me. I could show you how, through the use of propaganda, people now believe that drugs are always wrong and therefore no one should be allowed to use them AND that that conclusion represents freedom. Which is false.

Q: You’re saying people don’t know what freedom is anymore.

A: Exactly. They don’t. They think freedom is getting other people to do “the right thing.” And the REASON they think that...propaganda people have been at work for a long time bringing that insanity about. That illogic. You HAVE to see what I’m talking about. It’s a little complicated. But it’s so very important. Let me put it to you this way. When the country was born, the USA, freedom was considered to be a pretty precious thing. It was. It was supposed to mean that any person, or at least a lot of persons, could live their lives any way they wanted to, as long as they didn’t interfere with anyone else’s freedom. I mean, that was pretty clear then. Do you get it? If in 1800 you wanted to smoke pot and I thought that pot was disgusting, I had no recourse. It was a free country. And by the ideal of freedom, you could smoke. After all, freedom is freedom. This is a silly example, but you understand. Now, as time passed, it became clear to those who were in the business of manipulating society that, all in all, this freedom thing was a very bad idea. It made people hard to brainwash. So on a mind control level, a new concept would have to be introduced. It was, “morality above freedom.” Groups of every stripe were encouraged to

shout their morals from the rooftops and rail against the bad people...this was, in a real sense, a PR operation. It was divide and conquer, but more than that it was pour on the morality from all directions on the heads of the American people---beat them to such a degree with that flood that after awhile the idea of freedom would take a back seat in their minds to MORALITY. The ultimate result of all this, you could say, was Prohibition of alcohol. That never could have been achieved without a populace that was half-mad with the steady diet of overbearing morality preaching coming from all corners of society.

Q: You're saying this is intentional, this inducing—

A:--This inducing of a moralistic fever. Yes. And it still is. War on drugs. Whatever. There are lots of examples. The basic propaganda operation is, make them forget what freedom means. Because freedom would dictate that you say, "If you want to use a drug, go ahead." Who cares? And of course there are other layers of lies used to keep people from seeing that simple truth. The fear mongering around the idea that if you let people use drugs, everyone will become either addicted or the victim of a crazy person with a gun on drugs. That's called PROPAGANDA. It doesn't work that way in real life. If you let people alone, some of them do stupid things and some of them don't. It's never "everybody." But if you can make people forget that freedom comes above morality, you have them. They're yours. Do you see that? If you don't see that, you see nothing. This is why I call it meta-programming. It's the programming that makes all the other programming work.

Q: You say this is going on now.

A: Absolutely. In fact, it's everywhere, if you can see it. The bringing on of morality as the most important thing. Look, you get thousands of people who come to believe this and they start forwarding the agenda themselves without any need for manipulation. That's always the case in any operation. You get true believers and dupes and all sorts of support from out of the blue. But I'm telling you, the meta-operation is intentional...and it is: MAKE THEM ALL BELIEVE THAT MORALITY COMES BEFORE ANYTHING, COMES BEFORE FREEDOM. This is the operation that destroyed America. The rabid teaching of morality. The truth was, when settlers came to America, they wanted a version of freedom, and even the Puritans began to loosen up. With freedom, you get the natural practice of morality. You don't need to teach it very much. You don't need to hammer it into brains. This was one of Walt Whitman's messages.

Q: Who ran this meta-operation to ram morality down everybody's throat?

A: People you would never know. Subtle people. People behind the censorship boards. Behind the funding of some of the big-city fire breathing churches. Behind the propaganda campaign on the evils of alcohol and marijuana. Hearst, of course. But others.

Q: Some people would say there is no morality left in America and that's what's killing it. Right now.

A: Yes. You may find this hard to believe, but no morality at all is the inevitable outcome of pounding morality into every skull. Accept that or reject it, I don't care.

Q: So the destruction of freedom was the major operation.

A: Always is, right? I don't have to tell you that. But HOW TO DO IT is the question, and I've just given you a big piece of the answer, a piece that is invisible, utterly invisible to most people. If large numbers of people ever got it through their heads that everyone could live by the rule of freedom—do what you want to as long as it doesn't interfere with the freedom of others—if large numbers of people really saw that and grabbed it and lived by it...I would never have had a career in propaganda. Propaganda would not have worked. In order for propaganda to work in any form, people have to have forgotten the rule of freedom. I can't say it any clearer than that. I want people to see this. This is why I call it meta-programming. You have to install a bias against the rule of freedom first, as the first order of business, or else nothing further will happen.

Q: Have to.

A: Have to. The bonus is, if you use a huge overdose of morality as the strategy, on the other end you also get social chaos. Because, as I said, a great forced infusion of morality results in no morality eventually. Listen, I'm giving you strategies and understandings here that are known to true manipulators. They USE these understandings. In every group or nation or cult, you can trace the evolution of the use of morality as a tool of control. I'm not talking about civilized behavior. I'm talking about the use of morality to club people over the head with, for one purpose. To knock the freedom out of them.

Q: People have to go along with this. As victims. They have to submit.

A: Yes they do. And they become victims of this strategy because, in the main, they don't know what to do with their freedom. It's unfamiliar territory. It's like a void. So they fill it up with what other people give them—like a very stiff dose of morality...and then they forget about the freedom. They raise the flag of some cause and they march to it and they hate certain people all of a sudden and they feel a sense of power and they march along and now they're under the control of the manipulators—and NOW they can be brainwashed along many different lines. Do you see the progression? Do you see how the door is pried open to begin with?

Q: Back to the war on drugs.

A: Perfect example. Because we can add one more dimension to the picture I'm making here. Profit. Money. If people around the world couldn't be moved by moralistic statements about drugs, the drugs would never be illegal and then the groups that make billions of dollars would make pennies instead. Since legal drugs are dirt cheap. Moralisms equal money.

Q: What about your favorite field, the medical?

A: Same thing. Press releases and statements appear in the media—the media is the voice of the manipulators, never forget THAT—and what is said is, we must defeat disease X, we have an obligation to defeat this terrible scourge, no one has the right to oppose this humanitarian effort, only a criminal or a dangerous person would oppose the defeating of this disease...you turn the moral screws, sometimes lightly and sometimes very hard. And people jump. You need them to jump. If they don't jump they don't support widespread vaccine campaigns and widespread giving of medical drugs and all the rest. You see, there is this moral thing here, and it all proceeds from THAT, and as PR person you have to find a way to tweak that in the public.

Q: Giving away secrets here.

A: People are now so conditioned to receiving the moral message, you only need to hit it once or twice and you've started their engine. They're ready for the moral landscape and now you come in with the cheaper better drugs message and the vaccine message and you've got them.

Q: Moralistic people—

A: --Are like guard dogs who wear a sign on their chests that says FREEDOM. It's a sham and they know it deep down. They're basically dupes for the manipulators who are re-molding society in the shape of a Sunday school with uzis. One of the biggest current themes in societal propaganda is the community. THE COMMUNITY. I assure you, this is not real. It's not a real sentiment. It's created and shaped. It goes, "The right thing to do is care about your community and give to your community and join with your community and be one with your community and think about what your community needs from you and submerge yourself to your community..."

Q: This is a piece of propaganda. You've told me that before.

A: I'm telling you that again. It's a core idea. Once you install it, you can build out in a number of directions to influence people. You start with community as a moralistic idea. You say it over and over again in a hundred different ways. Community, community, community. And make no mistake, this is as moralistic idea. It's communicated with a flavor. You see it—

Q:--You see it after every school shooting.

A: Certainly. Now some people will say that community is, in fact, an excellent value. I'm not here to argue about that. But I'll tell you this.

In Americas at this time, the biggest moralistic operation—intentional operation—propaganda operation—is around the idea of community. Why? Because it is being used to drown out the idea of the free individual. It's as simple as that. See, I believe that if left alone people would have a natural sense of community. You wouldn't need to launch soft pink bombs about it every five seconds. But that too is another issue.

Q: You seem to be giving a lot more credence to the idea of freedom as a reality than you were awhile ago.

A: I go back and forth. If I didn't, I'd never be talking to you.

Q: Have you worked in this area that you're describing?

A: Moralistic operations, so to speak? Through the medical area. Very indirectly. See, I find a reporter, say, in Paris, and let's say that this reporter can write stories about disease in the Third World. That's one of his areas. And then, unknown to the reporter, I have lunch with one of his frequent and reliable sources. And I sell the source on a story that is related to the reporter's area. It's about a school in Africa where most of the kids had been vaccinated against polio, but a few kids hadn't been. And those few got the disease, and they spread it to their own parents who spread it to the rest of the village...and so on. A tragedy. An object lesson about vaccines. You know. So the source likes the tale and he sells it to the reporter and the reporter writes it and the wire services pick it up and it goes all over the world.

Q: Where's the moralism?

A: Community! A small community in Africa that was decimated. Think. Where is this story playing? Not where did it happen, but where is it playing? In the industrialized countries. To readers who are themselves up to their eyeballs in propaganda about community. They hear this little tragic tale and it teaches them that one must always, always vaccinate. But the germ that carries that message is the moralism called community...

Q: There's a punchline here somewhere?

A: I worked on building this little story about the village with three people from various intelligence agencies in a town in Africa, I won't say where. The story is built. What actually happened in that school was completely different. But we put together our story, we found a few "witnesses" who, for a small inducement, would talk to a reporter if he happened along to check facts...this was a largely invented story I sold to half the industrialized world. With a built-in moralism called community that would deliver my message.

Q: It was a fake story.

A: If people believe it, it's no longer fake.

Q: We're back to your rationalization again.

A: Call it what you want to. Morality is the key. It's the way in to the mind.

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Now the third interview, a short piece from 50 hours talking to hypnotherapist, reporter, deep political analyst, and expert on mind control, the late Jack True, who was a colleague of mine in several projects in the late 1980s. Jack was an unrecognized great insightful talent of his time.

Q: How many patients would you say you've treated?

A: A few thousand.

Q: And from that experience, what would you say mind control is?

A: It's a lot of things. Most of the time it's a person who's sure he's awake. He's quite sure. That's what mind control is.

Q: Someone who thinks he isn't.

A: Right. He's operating from various premises and information and he doesn't know it. Through those filters he sees the world. He thinks what he sees is objective reality. That's mind control. The problem is, if that person can't find new ways to see the world, he's going to stay with what he's got.

Q: How do you treat a person like that?

A: Which is everybody, by the way. (laughs) I put them in a trance and then I take them on a tour of a museum. That's one way. I worked with a doctor once. He was a major pusher of pills to rich movie people in LA. I had him tour a Chinese laundry under hypnosis.

Q: He made it up? Invented the laundry out of his own imagination?

A: Yes, but under hypnosis, it just comes flowing out like honey, the whole parade of images. I led him through a Chinese laundry and he described every facet of the place and the operation. The dry cleaning people and their machines and what they did...I mean this was a man who had never been in a Chinese laundry. But there it was. A tour. He synced in with it.

Q: Meaning?

A: He followed every move and every step of the washing and drying and cleaning and accounting as if he were watching the ballet. It made a deep impression on him.

Q: And afterwards?

A: We did about a dozen of these tours in different sessions. The man gave up his practice a year later. Phased it out, went into another field. He told me he couldn't keep it going.

Q: Because the drugs he was handing out were toxic?

A: Don't know. All I know is, he saw the world in a different way. Why? It's hard to put into words...he had an experience that changed him. Under hypnosis. He felt the flow of the world and reality in a different way. It's like giving up one kind of music for another. So that's one way I get people who are mind controlled to wake up. Under hypnosis, I give them some kind of experience that will do that. It could be anything. But I'm not trying to "find the cause" of a problem. It has nothing to do with that.

Q: On a political level...

A: Mind control is being taken into a theater, shoved into a seat, and hearing the doors lock behind you. Then the play on the stage is all you're allowed to see. That's politics. The leaders are the leaders. The army is the army. The enemy is the enemy. The media that report all this are the media. It's the only play you're allowed to see....and if you accept that state of affairs, you're hypnotized even though you feel completely wide awake. One of the most awake people I ever met was trying to start his own country. He had completely rejected the stage play. Mind control is the fear of rejecting the illusion. A person, for whatever reason, who will not practice the act of rejection which keeps us alive. It's a lock-down. You enclose a person in the theater and show him the "only" stage play and, lo and behold, this person doesn't have what it takes to reject the play. Mind control.

Q: You would like to see a new government on every streetcorner.

A: You bet. Anyone who seriously thinks that a nation of 300 million people can be largely ruled by a single government is swimming in a sea of illusion. It doesn't work that way. I don't care what the government is like. The best, the worst. It doesn't matter. Government means SIGNIFICANT citizen participation. Without that, you have no government. You have rulers. At 300 million people, you factually need a huge number of governments to ensure citizen participation THAT EXTENDS WELL BEYOND WRITING LETTERS. So America is dead in the water. Absolutely dead. On a level of psyche, it's actually less than dead. It's wandering the halls like a ghost. The only thing that could politically rejuvenate the country is the rebirth of all local governments. Very local. Or the invention of new governments that are unofficial, like intentional communities, all over the place.

Q: What about mind control in the intelligence community?

A: They are looking for anything that will make people obedient. That's the basic piece of information. If you start from there, you can imagine all the strategies. Now obedient means directed, controlled. It means if they want you to scream and get wild, that's what you do. It's a puppet world they're after.

Q: Why?

A: If you were building a house with rocks, and the rocks on the ground started walking around and going across the street, you'd get them back. These people think civilians are rocks. That's one of their fundamental subliminal ideas or solutions. There's more to this. I've worked with one or two of these intelligence types. Some of the building material of their character is a composite of pride and humiliation. They have experienced a lot of both in their lives, and they've built themselves up out of that. It's the raw material. You take a person like that, and you can trigger the emotional molecules in that character structure, and you can cause him to undertake missions of a cruel nature. He wants the pride. He doesn't want humiliation, so he'll carry out the mission and attack anything that gets in his way. This is all in the area of mind control.

Q: How do picture this global society?

A: As a series of cardboard facades that are maintained through the power of the imaginations of every person on the planet. This world is one of a huge number of possible worlds that could exist at this moment. The fact that this one does is of no concern. It is simply what our imaginations have created/accepted. The controllers make the stage play and we imagine it as we see it. And the power of imagining it makes the cardboard into steel. We could all be living right here in a completely different world at this moment. It could be a world in which Henry Kissinger is a janitor at a high school. Who knows? It could be a world in which the Beatles are astronauts. And trees only grow in water. But most of us are quite sure that the stage play in the theater is the only reality. That, as I say, is mind control.

(that's a little taste of Jack True...I'll do a longer piece in another issue)

JON RAPPOPORT