

Australian Productivity Commission

Inquiry into Mental Health

Submission by Michael Troy

There's a very obvious reason why mental illness is getting worse, despite hundreds of years of misguided psychiatric experiments, we are still no closer to addressing the actual cause.

Microbiologists not psychiatrists are offering the most logical answer with their studies on what they describe as "dysbiosis drift" <https://kellybroganmd.com/microbiome-and-the-modern-environment/>.

Basically, we are losing touch with the natural world that supports us. Our problem is not in the head but our life supporting microbiome which is our life support system. "In vivo" is a term we must embrace.

We can no longer afford to ignore this research when it comes to mental health and we need to address this dysbiosis drift, or the impact on the economy and our lifestyle will be devastating.

Stress, bad food and concrete jungles are the real killers. No magic pill will fix the problem and only lead to more suicides, more anxiety, more depression.

Unfortunately, we have created a whole paradigm to convince us that we can simply "Carry on and stay calm". From my experience the current mental health system does little to help the increasing numbers of people falling ill.

To illustrate this, go back to 1973 where a Harvard University study, the Rosenhan experiment, demonstrated clearly psychiatrist's inability to distinguish the sane from the insane and ridiculed modern diagnosis. <https://allthatsinteresting.com/rosenhan-experiment>

The same flawed system remains in place...handing out medications exposed in the British Medical Journal as no better than a placebo. <https://www.scientificamerican.com/article/the-hidden-harm-of-antidepressants/>

Unfortunately, psychiatrists have set themselves up on a pedestal and created an industry based on the presumption that after 12 years of university learning, they deserve respect and should actually know what they are doing. What they lack is any knowledge of nutrition or physical health needs. They are in many ways responsible for the current obesity epidemic, a well-known side effect of the medication they are prescribing in record doses.

I have seen far too many people desperately looking for help, only to be told to take medications that leave you numb not better, effectively setting back any hope of real recovery by years.

Our current system would appear to be designed to crush anyone diagnosed with a mental illness. One you have been diagnosed and despite having committed no crime, police can legally enter your home and arrest you, your basic human rights can be taken away, you can't get insurance, you can be fired for no reason, you can be sedated against your will and can be cast into an asylum where isolation, lack of sunshine and poor food are somehow supposed to help you get better.

Psychiatry is a profession with far too much power and far too few runs on the board. I threw their pills and advice into the sea and set my own course... drifting so to speak...and have never looked back.