

# What society's appointed experts/authorities say depression is

- \* Depression is a medical illness ✘
- \* Depression is a (medical) disease ✘
- \* Depression is a leading cause of disability and burden of disease globally
- \* Depression is a mental illness
- \* Depression is a mental disorder
- \* Depression is a mood disorder
- \* Depression is a biological – and therefore medical - illness ✘
- \* Depression is a brain disease/brain disorder ✘
- \* Depression is a brain chemical imbalance ✘
- \* Depression is a genetic – and therefore medical - illness ✘
- \* Depression is a medical illness just like diabetes ✘
- \* Depression can be endogenous or reactive
- \* There is no cure for depression

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## Types Of Depression

### REACTIVE VS. ENDOGENOUS DEPRESSION

'Reactive' depression is the term used for depression thought to be caused by a specific event or circumstance, such as relationship problems or loss of someone you love either through death or the end of a relationship, losing or changing jobs, or anything else that you find traumatic.

'Endogenous' is the term given to depression that has no obvious cause - that is, was not brought on by a specific life event or circumstance, but rather appears to come from nowhere.

Both are related to chemical changes in the brain, 

# Endogenous vs. Exogenous Depression: What Are the Differences?

By [Nancy Schimelpfening](#) | Updated on July 21, 2022

Psychiatrists and researchers once [categorized depression](#) using a pair of terms derived from Latin: endogenous (meaning "from within") and exogenous ("from without").

These names were intended to indicate whether someone's depression came from internal causes (such as genetics) or external causes (like a stressful or traumatic event).

# This “classification”

Depression

EITHER  
↓

“Endogenous” or “Reactive”

CONSIDERED  
↓

“Out-of-date” thinking


“MODERN-DAY” THINKING  
↓


Regardless of cause

All “depressions” should be treated equally  
Entirely wiping out the significance of “reactive”  
“Endogenous” fundamentally misguided

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**SERIOUSLY LIMITED MEDICAL THINKING  
EITHER**

There is an obvious external cause

**OR**

**✗ It “comes from nowhere” ✗**

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Mental Health America (MHA) is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness :

## Is depression curable?

When someone is **cured** from an illness, it means it's gone forever. Some illnesses can't be cured—like diabetes. Once a person gets diabetes, they'll have it for the rest of their life. But even a lifelong illness like diabetes can be **treated**.

Depression is the same way. There's no *cure* for depression, but there are lots of effective *treatments*.

## Is Depression Curable?

There's no cure for depression. Your symptoms may go away over time, but the condition won't.

# Is There a 'Cure' for Depression?



Medically reviewed by  
Matthew Boland, PhD — By  
Jaime Herndon, MS, MPH,  
MFA and Crystal Raypole —  
Updated on January 28,  
2022

There's no cure for depression

## Is there a cure for depression?



Medically reviewed by  
Timothy J. Legg, PhD, PsyD  
— By Claire Sissons on May  
6, 2020

There is no cure for depression, but many different treatments are available to manage the symptoms.



## Can Depression Be Cured?

there is no known cure for clinical depression

Rising Phoenix



# Can Depression Be Cured?

*Posted on December 12, 2021*

**depression is not curable**

[Can Depression Be Cured Permanently? Does it Go Away \(risingphoenixaz.com\)](https://risingphoenixaz.com)

# Over the past 35 years


I have worked with hundreds of people diagnosed with depression

10 YEARS AS A GP  
25 YEARS AS A PSYCHOTHERAPIST/MEDICAL DOCTOR



Dozens of such people with whom I have worked  
Diagnosed with depression, usually by other doctors

MADE FULL RECOVERIES  
OFF ALL MEDICATION



Never to “relapse”

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# In recent years

The mental health wing of the medical profession

ENTHUSED ++



Inflammation



IN RELATION TO

Psychiatric diagnoses



INCLUDING

Depression



# Psychiatric Times

## Introduction: The Inflammation Connection

By Charles Raison, MD

Apr 30, 2018

Now, in 2018

inflammation is frequently  
named as the root cause of all psychiatric conditions  
— the sine qua non of all  
mental illness.

<https://www.psychiatrictimes.com/special-reports/introduction-inflammation-connection>



# Chris Kresser

practitioner of integrative and functional medicine

## Is Depression a Disease—or a Symptom of Inflammation?

June 28, 2016

there is a new theory called the Immune Cytokine Model of Depression, sometimes known as the Inflammatory Cytokine Model of Depression, which holds that depression is not a disease in itself, but instead, it's a multifaceted sign of chronic immune system activation. So, to put it in more plain language, depression may be a symptom of chronic inflammation, but this is not only true for depression, it's also true for all kinds of other mental and behavioral health disorders like bipolar disorder, schizophrenia, anxiety, OCD, ADHD, and autism spectrum disorder

<https://kresserinstitute.com/depression-disease-symptom-inflammation/>

## **Is depression a kind of allergic reaction?**

*Caroline Williams* Sun 4 Jan 2015

A growing number of scientists are suggesting that depression is a result of inflammation caused by the body's immune system

What if it was a physical illness that just happens to make people feel pretty lousy? Would that make it less of a big deal to admit to? Could it even put a final nail in the coffin of the idea that depression is all in the mind?



# Carmine Pariante

Prominent UK psychiatrist



CATHOLIC HERALD

9 February, 2017

A THEORY IS NOT AN ESTABLISHED FACT

Prof Pariante says: “It is now established that increased inflammation plays a role in causing depression in at least a subgroup of patients.”



“Believed/hoped”

Presence NOT established/verified

CLAIMS OF CAUSATION

Utterly inappropriate



# Carmine Pariante

Prominent UK psychiatrist

13 December 2017

## Carmine Pariante receives prestigious research grant



Professor Pariante said:

'Inflammation is increasingly recognised as one of the fundamental biological mechanisms underpinning mental disorders, and depression in particular. X

“Believed/hoped”

There are no verified biological mechanisms

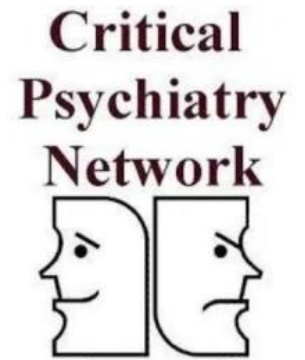
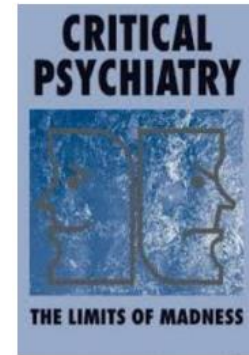


# Dr. Duncan Double

UK psychiatrist

Friday, October 20, 2017

Flaming brains



I have mentioned Carmine Pariante in a previous post. Yesterday I went to a talk he gave in the Cambridge Department of Psychiatry on 'Depression and inflammation in the 21st century'.

It does seem a bit nonsensical to talk about depression as an inflammatory disorder, like rheumatoid arthritis. For a start, any apparent increases in proinflammatory cytokines are generally not of the same order as in autoimmune or inflammatory diseases.

Increased inflammation is also associated with psychosocial stress suggesting that any association is likely to be nonspecific rather than specific in the causality of depression.

[Relational psychiatry: Flaming brains \(criticalpsychiatry.blogspot.com\)](http://criticalpsychiatry.blogspot.com)





By [Richard Sima](#)

# The Washington Post

## BRAIN MATTERS

February 23, 2023 at 12:04 p.m. EST

### How inflammation in the body may explain depression in the brain

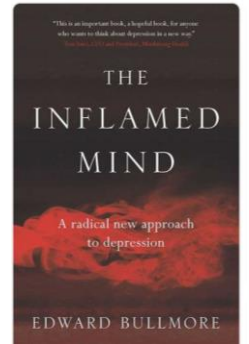
Inflammation is a pathway to depression — and a potential avenue for treatment, research suggests

researchers have identified an unexpected source of the problem:  inflammation.

Inflammation in the body may be triggering or exacerbating depression in the brains of some patients.

The findings have the potential to revolutionize medical care for depression.

[Inflammation of the body may explain depression in the brain - The Washington Post](#)



## The inflamed mind: a radical new approach to depression

1 March 2019

In his game-changing book, 'The Inflamed Mind: A radical new approach to depression', Professor Edward Bullmore reveals the breakthrough links found between depression and inflammation of the body and brain, representing a whole new way of looking at how mind, brain and body all work together.

Excitement ++

A brand-new dawn/previous views suddenly abandoned  
Doesn't say much about the "old" way of looking at depression

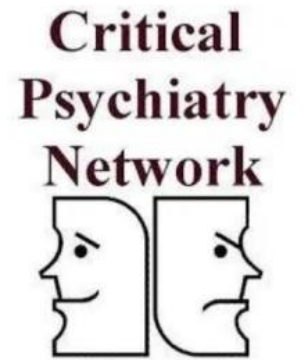
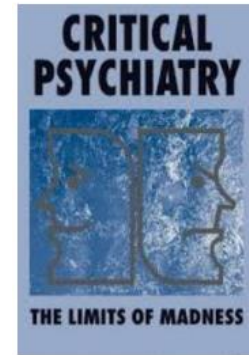
<http://www.psychiatrycpd.co.uk/default.aspx?page=28541>



# Dr. Duncan Double

UK psychiatrist

8 May 2018



How does a Cambridge professor of psychiatry get away with this?



**Cam Neuroscience** @CamNeuro · Apr 26, 2018

Prof @edbullmore reveals the breakthrough new science on the link between depression and inflammation of the body and brain and described in new book #theinflamedmind He explains the big idea here in this illustrated exploration: [youtube.com/watch?v=iw7b0-...](https://www.youtube.com/watch?v=iw7b0-...) [shortbooks.co.uk/book/the-infla...](https://www.shortbooks.co.uk/book/the-infla...)

(3) Duncan Double on Twitter: "How does a Cambridge professor of psychiatry get away with this? <https://t.co/Sy732VwIOk> <https://t.co/RCMxYY941w>" / X

[Relational psychiatry: Flaming brains \(criticalpsychiatry.blogspot.com\)](https://criticalpsychiatry.blogspot.com)



 INDEPENDENT

*As a psychiatrist, I know that Johann Hari is wrong to cast doubt on antidepressants*



*Carmine Pariante* | Wednesday 10 January 2018

Emotions and behaviour are controlled by the brain, and so depression – characterised by abnormal emotions and behaviour – presents with measurable changes in the brain, just as a heart attack presents with measurable changes in the heart.



Several problems here

As a psychiatrist, I know that Johann Hari is wrong to cast doubt on antidepressants |  
The Independent | The Independent



*As a psychiatrist, I know that Johann Hari is wrong to cast doubt on antidepressants*

*Carmine Pariente* | Wednesday 10 January 2018

FIRST PROBLEM:

Emotions and behaviour are controlled by the brain, and so depression – characterised by abnormal emotions and behaviour – presents with measurable changes in the brain, just as a heart attack presents with measurable changes in the heart.

Assumed  
100% Unevidenced  
False premise  
logical fallacy

## What is a Logical Fallacy?

By Richard Nordquist

Updated on July 25, 2019



A logical fallacy is an error in reasoning that renders an argument invalid.

"A logical fallacy is a false statement that weakens an argument by distorting an issue, drawing false conclusions, misusing evidence, or misusing language."

# Effectiviology

## False Premise: When Arguments Are Built on Bad Foundations

A *false premise* is an incorrect proposition or assumption that forms the basis of an argument and renders it **logically unsound**.

A *logical fallacy* is a pattern of reasoning that contains a flaw, either in its logical structure or in its premises.



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Power/sovereignty

LIES WITH  
↓

The Being


NOT  
↓

The brain

### Examples of MRI Scans

You can use MRI scans to see what parts of the brain are active when your subject is doing various different things. Here are examples showing five different stimuli.

#### Pain



MRI scan image highlighting the areas of the brain involved in feeling pain

The scan shows the regions of the brain that became more active when the subject's hand was heated to a painful level. Pain involves both sensation and emotion so different types of pain result in different areas of the brain being active.



This happened first -  
brain activity changes  
were secondary to  
above

## How Are The Mind & The Brain Different? A Neuroscientist Explains



Communication Pathologist and Neuroscientist

By Caroline Leaf, Ph.D., BSc ⓘ

March 8, 2021

the mind and brain are actually two very different, but interconnected, entities.

The mind works through the brain but is separate from the brain.

The mind uses the brain, and the brain responds to the mind. The mind also changes the brain. People choose their actions—their brains do not force them to do anything. Yes, there would be no conscious experience without the brain, but experience cannot be reduced to the brain's actions.

## How Are The Mind & The Brain Different? A Neuroscientist Explains



Communication Pathologist and Neuroscientist

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March 8, 2021

Your mind is how you, uniquely, experience life. It's responsible for how you think, feel, and choose. And your physical brain merely responds to these unique experiences.

Knowing your mind and brain are separate puts you in the control seat because you can learn to manage your thoughts and actions. Ultimately, it means you can choose what you build into your brain and how you choose to change what's already built in.

When you learn how to manage your mind, you can make feelings of depression, stress, anger, and anxiety work *for* you instead of against you. You can bring balance back into your brain and life.



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Assumed  
100% Unevidenced  
False premise  
logical fallacy

FIRST PROBLEM:

✗ Emotions and behaviour are controlled by the brain, and so depression – ✗  
characterised by abnormal emotions and behaviour – presents with  
measurable changes in the brain, just as a heart attack presents with  
measurable changes in the heart.

A false premise/false statement

RENDERING THE REMAINDER OF THE ARGUMENT

Invalid



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*Carmine Pariante* | Wednesday 10 January 2018

## SECOND PROBLEM:

Emotions and behaviour are controlled by the brain, and so depression – characterised by abnormal emotions and behaviour – presents with measurable changes in the brain, just as a heart attack presents with measurable changes in the heart.



Notions of “abnormality” are arbitrary, yet /asserted/misrepresented as verified realities  
Failure to understand/make sense of the person’s entirely valid experiences/behaviours

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The Independent | The Independent



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*Carmine Pariante* | Wednesday 10 January 2018

THIRD PROBLEM:

Emotions and behaviour are controlled by the brain, and so depression – characterised by abnormal emotions and behaviour – presents with measurable changes in the brain, just as a heart attack presents with measurable changes in the heart.

FALSE INFORMATION

There are no such measurable changes in the brain  
False analogy logical fallacy

As a psychiatrist, I know that Johann Hari is wrong to cast doubt on antidepressants |  
The Independent | The Independent



## False Analogy (Fallacy)

An argument based on misleading or implausible comparisons

By Richard Nordquist

Updated on February 05, 2020

The fallacy, or *false analogy*, is an argument based on misleading, superficial, or implausible comparisons.



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Appeal to authority  
logical fallacy

*Carmine Pariente* | Wednesday 10 January 2018

#### FOURTH PROBLEM:

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## Appeal to Authority

**Appeal to authority** is a common type of fallacy, or an argument based on unsound logic.

When writers or speakers use **appeal to authority**, they are claiming that something must be true because it is believed by someone who said to be an "authority" on the subject.

Whether the person is actually an authority or not, the logic is unsound. Instead of presenting actual evidence, the argument just relies on the credibility of the "authority."



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# Five years on . . .

The truth of the situation

NO VERIFIED MEDICAL/SCIENTIFIC EVIDENCE



Linking inflammation to “depression”

There are no established/verified tests that apply

This totally remains to be a theory that really suits society’s appointed experts

An “exciting” and superficially plausible/persuasive theory

To sustain the pole position of society’s appointed experts

IN PRECISELY THE SAME WAY AS



The “chemical imbalance” hoax sustained them for 40 years

Proving the theory is not even necessary

Would likely be counter-productive for society’s appointed experts



## Introduction: The Inflammation Connection

our hopes that major depression might turn out to be an inflammatory condition that could be uniformly treated with anti-inflammatory medications turned out to be as wrong as all the other assumptions prevalent in the field and in my own brain.

It is increasingly clear that inflammation is not the cause of depression: it is at best one cause of depression.

And the story gets trickier, because several studies suggest that further lowering inflammation in these non-inflamed patients makes things worse, not better.

# Summary

As the “chemical imbalance” notion/hoax/fiction

HAS BECOME  
↓

Impossible to defend scientifically

Proponents of a biologically-dominated view of “depression”

HAVE LOOKED FOR A REPLACEMENT THEORY  
↓

**Inflammation**

HAS BECOME  
↓

That new theory

The new big hope/focus for society’s appointed experts

Attractive/seductive/persuasive/apparently plausible idea

# Summary

- Inflammation is the latest physical/biological theory favoured by psychiatry
- Replacing “chemical imbalance” theory/hoax
- Same approach being adopted – e.g. major exaggeration/distortion/persuasion – for group gain
- This theory is totally unproven
- Theory not developed/progressed into reliable testing methods, i.e. inflammatory investigations
- If ever established, correlation  $\neq$  causation
- Mind and body are in constant interplay
- Plausible that trauma/shock/distress/overwhelm etc might cause inflammation
- No evidence of actual brain tissue inflammation at biological/tissue/cellular level
- Claims that inflammation causes depression are totally inappropriate