

## WORLD TRIBUNE MAILBOX

### About Depression

In a letter that I wrote for the March 17 *World Tribune*, I said: “I began taking SAM-e (a metabolic intermediate compound called ‘S-adenosylmethionine), and my deep-seated depression is completely gone, while I have experienced NO side effects from the supplement.”

I have since received several letters from members, reporting that they have begun taking SAM-e. One person even wrote to me, explaining that the supplement was bringing out more anxiety.

I would like to caution members to please consult a psychiatrist and receive a diagnosis that you believe is valid before taking any kind of anti-depressant, including SAM-e. If a person has a chemical imbalance that is not true depression, an anti-depressant can exacerbate, rather than relieve the symptoms. In fact, one member that I know was diagnosed with depression and put on an anti-depressant, and discovered that it worked for a short period of time. Then she felt worse. She is now exploring the possibility that she is manic-depressive.

Psychiatry is a wonderful, altruistic field. But unfortunately, many people are misdiagnosed. In Danielle Steel’s book, *His Bright Light*, the author explains that her son saw many psychiatrists who either would not diagnose her son, or misdiagnosed him. After several years and a half-dozen psychiatrists, he was finally diagnosed with manic-depression and treated with the correct medication.

I believe, however, that with a sincere practice and prayer to the Gohonzon, a person can find the best treatment and correct diagnosis.

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