

LIFE TO DEATH TO ETERNAL LOVE

I was born William Mitchell Wright III, July 9, 1976 at 11:18 A.M., in Jersey City, N.J.,



before we start; I want to tell you that I have been clean for over 11 years. So now at the age of 33, I would like to share my story with you. Since the age of five, I was very athletic, some would even say gifted. Physically you could show me anything and within a couple of tries I would be able to do it with accuracy. I played soccer from the ages of 5 to 17, sometimes playing on two different teams at the one time. At 13 years of age I started my mixed martial arts training. I

would get out of school at 2:12 p.m. and start my training at 3:00 p.m. and train for 5 to 6 hours straight. Needless to say, my cardiovascular health was never an issue. I tested for my black belt in 1992. The test started at 9:00 a.m. and went until 6:00 p.m. The Kyokushin based karate style test is very long. The most grueling was saved for last-the fighting. I fought ten, one minute rounds against a new, fresh fighter that was

There were no age class was open. In 1996, I black belt. That test was were very rigorous and finished the test with fifteen rounds. This time, I was 19, was much sharper. The of the highest caliber, champions to kickboxing knock down champions.



either a brown or black belt. requirements and the weight tested for my second degree very similar to my first. Both physically demanding. I consecutive, one minute stronger, faster and my mind fighters that I had to face were ranging from mixed martial arts champions to bare knuckle These tests were designed to

build a non-quitting spirit, as well as to test a person's heart and character. Testing like this is still done today at our K2 facilities to ensure top level students. After testing for my second degree belt, I went to the emergency room to have chest, jaw and foot x-rays taken. I was informed that I had broken my foot.

This was just the beginning of the fierce battle that was about to begin in my life. Up until the age of 19, I had not engaged in sex or tried drugs, alcohol or tobacco. While on vacation in California, I had my first beer. The first night I had two beers, the second night I had three and the third night I had five. I did not know that alcoholism and drug addiction ran in my family. Needless to say, my life was off and running in many directions. For the next four years, I proceeded to drink and



use marijuana everyday, as well as the occasional use of pain pills, ecstasy, cocaine and LSD. Those four years brought violence, anger, pain, betrayal, lies and one failed suicide attempt. I was destroying myself and my family. After one night of too many drugs, GOD made it clear to me that this time in my life was over. I realized that if I did not stop soon, I was going to die. The real battle was about to begin. Many people believe that a warrior is one who fights in a ring or in a cage, but anyone can put on a pair of gloves. A true warrior is one who rises up to all of life's challenges, both mentally and physically. The toughest battles are the spiritual and mental battles that rage within each of us on a daily basis. Do we do what we want or what GOD wants? I was about to see what I was really made of. GOD made it clear to me that I must stop using drugs. The first six months were hell. I was highly suicidal. I spent the first two weeks in the fetal position, crying and paranoid. For the next year and a half, I cried almost everyday. During the first six months, I tried Narcotics Anonymous and Alcoholics Anonymous. Nothing worked. I began having extreme panic attacks. The attacks were so bad that my left arm and lips would go numb. My heart would race, my jaw would shake and lock-up to the point where I would have to put my hand in my mouth and pull my jaw apart. While all of this was happening, my mind was going crazy. I was unable to control my thoughts. Six months went by and my mentor, George, invited me to the Calvary Chapel Church. I told him I was willing to try anything. This is where my walk with the LORD began.

For the next year, I went to Bible study on Wednesdays and church services on Saturdays. That year my faith in the LORD grew. My faith in the LORD JESUS CHRIST was all that was keeping me going. After an incredibly long year and a half, I had the worst panic attack of my life. It was around Thanksgiving and it lasted for over 30 minutes. Every second of a panic attack is like an eternity. My mentor and good friend, George, along with Maria Karinja, a psychiatrist, recommended Paxil an antidepressant. Did I mention that this whole time I was unaware I was having panic attacks? I just thought that I was going crazy. Paxil gave me practically instant relief. I regained control over my mind, which I had not had in the past year and a half. The panic attacks lessened, but they still broke through every once in a while. Eight and a half years later, I was still taking an antidepressant. The panic attacks were becoming more frequent so I was switched to a new antidepressant, Lexapro, and it worked for a short time. During the eight and a half years that I was on the medication, I went from a solid 180 pounds to a soft 230 plus pounds. Within the first couple of years, my

cholesterol was 265 and I was sleeping a minimum of 12 hours a day. At my worst, I slept over 24 hours, missing whole days in my life. I was constantly craving carbohydrates and fried foods. If I didn't sleep, I would have anxiety or panic attacks. If I did not eat or ate too much, I would experience the same symptoms. By 2004, I had been fighting for 14 years, so I decided to take an amateur Muay Thai fight for fun. It turned out that at that time in my life my health problems were so severe, that I should not have been training, never mind stepping into the ring for a fight. In the third round of the fight I stopped it. I had over 20 panic attacks throughout the day and I was not able to pick my hands up. I could barely stand. Needless to say, this affected me mentally and physically. I was not injured in the fight, but my body was weak. Things continued to get worse. I was sleeping more; I was angry, I felt depressed and was still having attacks. I had no patience. I would snap over the smallest things. At one point I broke 230 pounds and my waist size was a 40-42. No matter how hard I trained, or what type of diet I tried, nothing worked.

Another one of my great friends, Matt Owsiany, recommended a Hormone Replacement Practitioner. So I made an appointment with, Alyson Ruest PA-C, MPAS of AGE MANAGEMENT OF THE PALM BEACHES. After an extensive blood test, it turned out that I had adrenal excess. My adrenal glands were producing so much cortisol, I was experiencing many of the symptoms for cushing syndrome. My body was producing way too much cortisol and this was causing my health problems. Adrenal excess, if left untreated, can result in death. I also went to my primary care physician, Dr. Vincent Apicello, of Premier Family Health, because I was still having panic attacks. I was on the highest dose of Lexapro you can take. He administered the Braverman Assessment Test. I was diagnosed with a severe brain deficiency. There are four main neurotransmitters in your brain, Dopamine, Acetylcholine, Gaba and Serotonin. They control our thoughts, energy, mood, behavior, and many major health problems. My deficiency was Gaba, which controls the synergy of the brain, the ability to move smoothly from one day to the next. It controls anxiety and panic attacks and your ability to love, have patience and so much more. The stress I was enduring over all of those years was due to the deficiency, which leads to the adrenal excess, which in turn was taking years off of my life. My quality of life was terrible. Between AGE MANAGEMENT OF THE PALM BEACHES and PREMIER FAMILY HEALTH, I had the perfect team to help restore me back to perfect health. First, I met with Alyson for a consultation, where we discussed all of my health issues. She is one of the most intelligent, professional women I have ever

spoken to. Her intelligence and professionalism made me feel at ease. I trusted her with my mental and physical well being. After the consultation, she sent me out to get a full blood panel blood and hormone evaluation. After the results were in I was started on a regime of nutraceuticals. The results were clear that my adrenals were in excess. Just to make sure, Alyson had me take a saliva test, which is the only way to truly confirm the state of the adrenals. The test confirmed that more supplements were needed to be added to my regiment. As we were three to four months into healing, I began feeling great. I wanted to try to come off the Lexapro. The Lexapro has always been a reminder of the mistakes I have made. I believed it was the cross I had to carry. Every morning when I took that little white pill, it hurt me to think that I messed myself up forever. I had previously tried to come off Lexapro at least 5 or 6 times. Over the past nine years, my attempts failed. This time I thought it would be different because we were fixing the adrenals. I believed it would be safe. I was wrong. Alyson tried to encourage me to wait, but I had made up my mind. I must do it. I consulted a doctor outside of my circle and that was a huge mistake. This doctor told me to cut the dose of my Lexapro in half. Three weeks later, I had spiraled out of control. I felt agitated the first week. The second week, I worried. I was depressed and anxious. I thought the small panic attacks were normal. The third week things got crazy. Many people commit suicide each year because of suicidal ideation. The thought to kill myself with a gun was so loud and powerful. I would not wish this on my worst enemy. The next day I called upon a dear friend, Dr. Ron Williams, a truly great man. He was my doctor when I first moved to Florida. His first question to me was I thinking of or planning to commit suicide? I told him no and that I understood what was happening and he recommended that I go back up on my dose of Lexapro. He also called and checked in on me for several weeks. The next day I had an appointment at Premier Family Health with Dr. Vincent Apicello. He immediately upped my dose back to 20mg and gave me a nutraceutical called Trancor, which is the precursor to Gaba. This is where the true problem lied. Within an hour of taking the Trancor, I felt great, better than I had felt in the past nine years. Over the next three months, I felt better. The ideations dissipated, then out of no where they reappeared, but not nearly as strong as they were before. Doing my research, I discovered that the Trancor I was taking started to fix my brain deficiency and now the Lexapro was now too strong. It was causing the anxiety, panic and ideations. I have done countless hours of research and the three of my greatest sources of help were [The Edge Effect](#) by Dr. Eric Braverman, [The Younger You](#) by Dr. Eric Braverman and an absolute must read is the [Anti-Depressant Solution](#) by

Dr. Glen Mullen. These books will blow your mind. All of the research concluded that my brain was healing and I needed to continue to step down on the Lexapro, while uping the intake of the all natural supplements to continue to feed my brain.

This was needed for healing. The craziest thing I learned is that when you are trying to come off the SSRI, you experience the same negative side effects that lead you to the initial prescription. Most people do not know this, along with most doctors. Their immediate reaction is to up your dose, which is only a temporary band-aid. If the medicine is changed, it will help for a short while, but will never correct the problem. I'm not saying that you should never take a SSRI, because when I was truly suffering years ago, I was thankful for the relief that I felt. I am saying that you must educate yourself. In severe cases, SSRI might be the only option for a while, but not forever. You must know what you are taking and how to come off it. You want to fix the problem, not mask it. Over the past few months I have been stepping down off the Lexapro. I have stepped down to 1.25mg every 10 to 14 days. During the process I had great highs and lows. Instead of listing all the side effects that I went through, I have checked off all of those that I have experienced (see the next page). On the next page is a chart that is used in the Antidepressant Solution. This chart is used to keep track of any symptoms that you may be experiencing during your detox and it has come in handy many times.

Table 8.1 DAILY CHECKLIST OF ANTIDEPRESSANT WITHDRAWAL SYMPTOMS

The 5-Step Antidepressant Tapering Program

Name: William M Wright III Antidepressant: LEXAPRO

Day: _____ (1, 2, 3, etc. since last dosage reduction) Date: _____ Day of week: _____

Dose prior to this reduction: _____ mg/day New dose: _____ mg/day

PSYCHIATRIC SYMPTOMS	✓	MEDICAL SYMPTOMS	✓
<i>That Mimic Depression</i>		<i>That Mimic the Flu</i>	
1. Crying spells	✓	29. Flu-like aches and pains	✓
2. Worsened mood	✓	30. Fever	
3. Low energy (fatigue, lethargy, malaise)	✓	31. Sweats	✓
4. Trouble concentrating	✓	32. Chills	✓
5. Insomnia or trouble sleeping	✓	33. Runny nose	✓
6. Change in appetite	✓	34. Sore eyes	✓
7. Suicidal thoughts	✓		
8. Suicide attempts		<i>That Mimic Gastroenteritis</i>	
One attempt 13 years ago.		35. Nausea	✓
<i>That Mimic Anxiety Disorders</i>		36. Vomiting	✓
9. Anxious, nervous, tense	✓	37. Diarrhea	✓
10. Panic attacks (racing heart, breathless)	✓	38. Abdominal pain or cramps	✓
11. Chest pain	✓	39. Stomach bloating	✓
12. Trembling, jittery, or shaking	✓		
		<i>Dizziness</i>	
<i>Irritability and Aggression</i>		40. Disequilibrium	✓
13. Irritability	✓	41. Spinning, swaying, lightheaded	✓
14. Agitation (restlessness, hyperactivity)	✓	42. Hung over or waterlogged feeling	✓
15. Impulsivity	✓	43. Unsteady gait, poor coordination	✓
16. Aggressiveness	✓	44. Motion sickness	✓
17. Self-harm	✓		
18. Homicidal thoughts or urges	✓	<i>Headache</i>	
		45. Headache	✓
<i>Confusion and Memory Problems</i>			
19. Confusion or cognitive difficulties	✓	<i>Tremor</i>	
20. Memory problems or forgetfulness	✓	46. Tremor	✓
<i>Mood Swings</i>		<i>Sensory Abnormalities</i>	
21. Elevated mood (feeling high)	✓	47. Numbness, burning, or tingling	✓
22. Mood swings	✓	48. Electric zap-like sensations in the brain	✓
23. Manic-like reactions	✓	49. Electric shock-like sensations in the body	✓
		50. Abnormal visual sensations	
<i>Hallucinations</i>		51. Ringing or other noises in the ears	✓
24. Auditory hallucinations		52. Abnormal smells or tastes	✓
25. Visual hallucinations			
		<i>Other</i>	
<i>Dissociation</i>		53. Drooling or excessive saliva	✓
26. Feeling detached or unreal	✓	54. Slurred speech	✓
		55. Blurred vision	✓
<i>Other</i>		56. Muscle cramps, stiffness, twitches	✓
27. Excessive or intense dreaming	✓	57. Feeling of restless legs	✓
28. Nightmares	✓	58. Uncontrollable twitching of mouth	✓

Global assessment of severity of withdrawal symptoms for the day

	None			Mild			Moderate			Severe		
	0	1	2	3	4	5	6	7	8	9	10	
✓												

I also had skin rashes, one night I urinated over 30 times in one hour.
I experienced all of these symptoms over a 9 month period.

I have been Lexapro free for almost a year now and my adrenals are continuing to improve every day. I have lost over 45lbs and my cholesterol is perfect. My waist size went from a 40-42 to a 34. My sleep habits have also greatly improved. Instead of twelve to fifteen or twenty-four hours of sleep, I now only need eight to ten hours to have a great day. The greatest thing is that I no longer have panic attacks. It has been almost a year without the Lexapro and the joy that I have been feeling is overwhelming. To be free of the antidepressant SSRI is awesome! I never thought it was going to be possible, GOD has blessed me so much, with the right family and friends in my life and a team of dedicated physicians that have been blessed with the ability to heal others. This was possible because of what God has made for us on this great Earth. I pray that my truth to you has touched your life. I hope you are encouraged to make the changes that need to be made to better your mental, physical and spiritual health. I also pray that the hand of GOD will come upon you and your family. If you or your children, or anyone you know is experiencing any of these ailments please call the team that helped me and let them help you and your loved ones. My prayer is for you to experience the success that I am enjoying today.

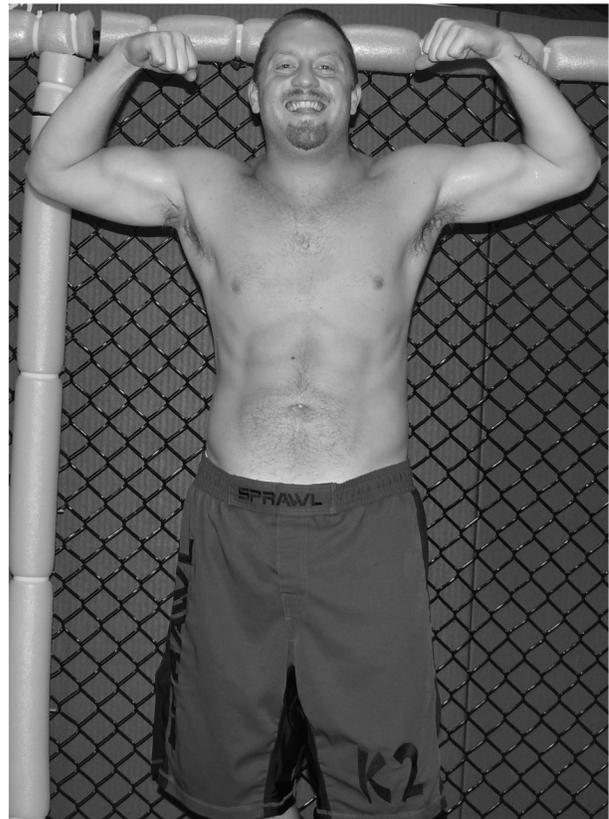
MOON FACE CUSHING SYNDROME



2004



2007



2009

To get started, I recommend following these steps to help you get on the road to success.

Contact:

Alyson Ruest at Age Management of the Palm Beaches

(Anti-aging/Hormone Replacement) www.palmbeacham.com

1-877-224-2590 or email her at alyson.ruest@palmbeacham.com

Dr. Vincent Apicello at Premier Family Health

561-798-3030

Suicide Hotline Number

1-800-SUICIDE / 1-800-784-2433

1-800-273-TALK / 1-800-273-8255

24 HOUR HELPLINE (211)

Here are some Bible verses that helped to save my life. Please, if you are hurting, always call upon the LORD. He is always there waiting to hold and love you.

Don't worry about anything, instead pray about everything. Tell GOD what you need and then thank him for all he has done. Philippians 4:6

Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do and he will direct your paths. Proverbs 3 5:6

Fix your thoughts on what is true, honorable and right. Philippians 4:8

I command you- be strong and courageous. Do not be afraid or discouraged for the LORD your GOD is with you wherever you go. Joshua 1:9

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