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## New stress busting drugs

In our modern society, it is estimated we have twenty times the stressors that our ancient forefathers had, not only with the expectations of society, but improper diet, lack of exercise and the toxins to which we are exposed, be that in our food, air, water, or radiation. A new class of drug that interrupts the core of stress will be available in the next 3 years. Stress reactions stem from the over-excitement of the Hypothalamic-Pituitary Axis. These are totally different from any existing antidepressants, anxiolytics, or other mood-altering drugs. For the last 30 years, we have known that many patients who were stressed and most folks with depression had anxiety, hyper-vigilance, excessive focus or obsessiveness, arousal and the inability to relax. When these folks had their blood cortisone measured, it was distinctly abnormal. Research on this as well as autonomic dysfunction that involves hypertension, mitral valve prolapse, chronic fatigue and irritable bowel syndrome reveals it is most often caused by too much Cortisone Releasing Hormone (CRH).

The new agents, of which the prototype is Antalarmin, being developed by The

Dr.

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Block



National Institutes of Health, block the binding of CRH at the pituitary receptor, thus switching off the stress circuits of cortisone and adrenalin. These cause premature aging. There is no metabolic pathway for adrenalin removal and it is deposited within our ligaments, causing aches and pains.

Although the prototype drug, Antalarmin is not likely to be marketed, there are many look-alike chemicals that will work. At least 100 patents are in development and some are currently being tested on humans. Studies show that Antalarmin-like drugs block peripheral inflammation, as was recently published in *The Journal of Rheumatology*. Let's thank The Lord for medical science and some governmental intervention.