

As a Perth "Do Everything" Family Doctor GP for 53 years, I had 500,000 consultations home & Hospital visits. For 5 years I had my own Addiction Clinic & the 7,000 people I watched suffering most were the ADDICTS. I then found CHILD TRAUMA caused Humans' greatest problems. CHILD TRAUMA → Mental Disorders → Social Problems, Physical Diseases, Crime → ADDICTIONS.

And MOST CHILD TRAUMA was due to FAMILY PROBLEMS & PARENTS' DIVORCES.

And the TREATMENTS WERE NEARLY ALWAYS TOO LATE, WEAK, & COULD NEVER DO ALL THAT NEEDED TO BE DONE.

So, Troubled People Worldwide were spending \$US3Trillion a Year on "UPPER" & "DOWNER" Chemicals that at first give fast relief, but were then very harmful; ≈ \$US1.6–1.7 trillion pa was spent on Alcohol, ≈ \$US0.9–1.0 trillion on Tobacco, ≈ 300 million people

spend ≈ \$US500 billion on Cannabis Opioids Amphetamines Cocaine & Ecstasy, & ≈ \$US48 billion was spent on Mental Health & Addiction Medicines that to increase Pharmaceutical sales & profits, were often Addictive Slow & Poorly Effective. Watching all that Suffering & Too Late, Too Weak, Treatment I realized there was a Massive Need & Opportunity for BETTER TOOLS. With Wi Fi & internet NEW MENTAL HEALTH TOOLS could cut Suffering for billions & give \$Billions in profits for Tool Developers. So, I developed far better Tools than any I could find, Phone Friendly, Non-addictive, Early, Fast, Anytime, Anywhere, mostly Free & Self-Help.

See [Mental Fixit Scroll+](#) [Mental Fixit Live Streaming](#) [MentalHealthVideosA2Z](#) Mental Fixit App ([App Store](#) or [Google Play](#)) [Face/Place Compatible Relationships](#) [Heart Beat Meditation Aids](#) [Phone Treasure](#) [Tasty Pocket Dispenser Fruit Powders](#) [Non-Addictive Tongue Absorbed Powder Medicine Combinations](#) [Pocket Powder Medicine Dispensers](#) that are often revised.

And the World would be far Healthier Happier Safer & more Prosperous if 100's of millions of Troubled People could get Safe Fast "Downers" for Anxiety Sleep Bipolar Disorder IAD (Irritability/Anger Disorder) PTSD Schizophrenia & PTEF (Post Trauma Evil Focus) & to cut addictions to the addictive street "Downers" Alcohol Benzodiazepine & Zolpidem Tranquilizers Cannabis Heroin & Addictive Painkillers. And if 100's of millions of Troubled People could get Safe Fast "Uppers" for Major Depression ADD/ADHD & Chronic Fatigue & to cut addictions to the addictive street "Uppers" Nicotine/Tobacco Amphetamines Cocaine & Ecstasy/MDMA.

But to boost sales & profits many Pharmaceutical Companies produce Addictive Slow Acting Weak "Uppers" & "Downers". I found Mental Problems are best fixed with Early Online Self-Help Scrolls, Videos, Apps & Live Streaming, but Medicines are more readily accepted. So, let's start with far more effective & quickly available Medicines & their success will then spread Therapy Tools.

I treated 5,000 Heroin & Painkiller Addicts with usual very addictive, dangerous, socially paralyzing Methadone & Subutex that only a few Special Doctors can prescribe & are a disaster. Addiction clinics, often far away, inconvenient & judgmental, have waiting lists so Addicts take more & more drugs till large amounts are unaffordable & very hard to quit. Clinics then just switch them to Methadone Subutex or Suboxone addiction, which ties them to a Pharmacy for years. Repeating prescriptions then clogs up Clinics & lengthens waiting lists, & while waiting Addicts get worse & deal in drugs, commit crime, & go to hospital, prison or die.

I searched for NONADDICTIVE Safe Effective Medicines ALL Doctors could prescribe EARLY when Preventing/Quitting Is far Easier. I found Naltrexone ¼ mg Microdoses I call RMN in Pocket Dispensers enabled dosing anytime anywhere, cut Heroin & Pain Killer Addiction, were cheap, nonaddictive, boost "Feel Good" Endorphins (Endogenous Opiates) & Immune Systems & cut sickness. See the video [Great Advantages of Non-Addictive, Tongue Absorbed, Tasty, Fast Acting, Powder Medicines in Pocket Dispensers](#).

Valium was the World's most sold medicine from 1968 to 1981 due to its addictiveness & the frequency of Anxiety, then Xanax & Stilnox/Ambien were just as addictive. So, I developed nonaddictive very calming [CalmFast-3](#) – Baclofen powder 3mgm, combined with calming antidepressant Mirtazapine powder 2mg, & ¾ mg RMN. See Dr Ameisen's book ["The End of My Addiction"](#).

Nicotine in Tobacco stimulates & helps focusing & mood but smoking kills 7million a year. The stimulants Amphetamine Cocaine & Ecstasy are addictive & illegal except for strictly regulated Dexamphetamine & Adderall, that only a few Specialists can prescribe. I then found non-addictive moderate stimulant Modafinil 50mg mixed with Escitalopram 2.5mg antidepressant, which I called [LowMorningFix](#), & Modafinil 60mg mixed with RMN ¾mg that I called [Upfast-60](#) were very helpful non-addictive stimulants.

AI will improve Diagnosis/Therapy but at first cause great employment & social distress & increase "Upper/Downer" use.

I was surprised it wasn't hard to develop better Tools & Methods than what existed, until I realized it's not hard to beat "Helpers" who are much more focused on profiting from, than on solving problems. And I developed enough confidence to think of solving Humans' greatest problems Worldwide because 5 Members of my extended Family have made Global Contributions.

Brother Prof Clive Beck of Toronto University <https://literacyteaching.net/about-2/meet-the-research-team/>

Daughter Felicity Beck <https://cnaluxury.channelnewsasia.com/people/felicity-beck-bar-studio-capella-sydney-rosewood-phuket-ritz-carlton-melbourne-241611>

Nephew Christian Beck <https://www.afr.com/technology/how-repeating-first-grade-drove-christian-beck-to-a-circa-6b-ipo-20251016-p5n31m>

3<sup>rd</sup> Cousin Sir Marcus Beeck <https://adb.anu.edu.au/biography/beeck-sir-marcus-truby-12189>

2nd Cousin John Meacock <https://www.centerstone.capital/team> <https://www.clearynamics.com/team/john-meacock>