

Can You Help?

衆議院第一議員会館
House of Representatives
First Members' Office Building



Addressing a serious danger close to us all!

I have been proactively engaged in awareness activities that can help save you and your family from “medically induced” drug harms, especially from the benzodiazepines, which are prescribed for stress, anxiety, sleep, etc. and come under various brand names such as Xanax.

World Benzodiazepine Awareness Day (W-BAD) Founder, Wayne Douglas
New Zealander residing in Japan and global campaigner for over 20 years.

**Sponsorship / donations needed
to complete documentary highlighting a major
“medically induced” drug problem. Release deadline: end of 2025**

Please Support



See below for more about me and campaigning efforts

Together we can make a difference. Let's reduce the needless suffering and isolation. Your help is appreciated – thank you!

Email: benzocasejapan@gmail.com

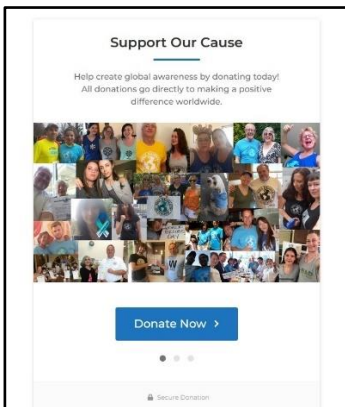
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1. Donations

Whilst juggling various associated awareness activities, work on this documentary is to be completed by the end of next year. This production aims to make a significant impact on improving the status quo regarding the serious issue of medically induced drug damage. \$20,000 is needed to complete production. Please lend your support.

Contribute by credit card



To make a credit card contribution please visit the [donation page](#) on the World Benzodiazepine Awareness Day website.

Contribute by PayPal



To make a contribution by PayPal, please use this account name:
wmdouglas@gmail.com

Contribute by bank transfer



Bank: TSB New Zealand
Branch: Waitara
Address: 33 McLean St, Waitara 4320
Account number: 15-3945-045782-00
Account name: Wayne Douglas
SWIFT number (for transfers from outside NZ): TSBANZ22 then account number

2. W-BAD Pamphlet Front

([Download](#))

W-BAD

WORLD BENZODIAZEPINE AWARENESS DAY

Change through unity

11 July

DID YOU KNOW?

Benzodiazepines (BZs) are the most widely prescribed drugs for anxiety, stress and sleep. They are also prescribed for depression, pain, muscle relaxation and much more.

- **BZs are not recommended to be prescribed for more than 2-4 weeks.** Prescribing beyond this can result in taken-as-directed physical dependence and associated injuries/damages.
- Despite the frequency with which these drugs are prescribed, many health professionals remain ill-informed about them.
- Experts say BZs can be harder to withdraw from than heroin.
- Withdrawal can be horrific and debilitating, causing symptoms that may last for months or even many years (withdrawal experiences/severity may vary by individual).
- BZs have different potencies and they do not mix well with other drugs/substances (alcohol, opiates, sedative antidepressants). Some combinations can be lethal.
- Recent studies associate prolonged BZ use with irreversible damages and an increased risk of dementia.
- Social costs: unemployment, suicides, domestic disharmony, falls, fractures, accidents, etc.
- Experts have been lobbying governments (especially in the UK) for decades for stricter controls of BZs, but to no avail.
- In 2008, approximately 5.2% of US adults aged 18 to 80 years used benzodiazepines. In the US, prescriptions for benzodiazepines have more than tripled and fatal overdoses have more than quadrupled in the past 20 years. The percentage who used benzodiazepines increased with age and was nearly twice as prevalent in women as men. The proportion of benzodiazepine use that was long term increased with age from 14.7% (18-35 years) to 31.4% (65-80 years).
- There's an estimated 1.5 million people suffering from taken-as-prescribed (iatrogenic) BZ dependency in England.
- **It is dangerous to abruptly stop or quickly reduce these drugs** (may cause seizures, psychosis and/or death in some cases).
- Anyone thinking about stopping should consult *The Ashton Manual* (www.benzo.org.uk/manual) and their prescriber. Beware that medical professionals may be ill-informed about BZD dependence and slow tapering protocols, but their cooperation may be necessary. Please show them *The Ashton Manual* after reading it yourself.

You do not have to be an addict to be sickened by these drugs. Most people harmed take them as prescribed.

Could you, or someone you know, be taking benzodiazepines?
(See basic list of benzodiazepines on reverse side)

worldbenzoday.org

3. W-BAD Pamphlet Back ([Download](#))

Benzodiazepine Names

from *The Ashton Manual*

Alprazolam (Xanax, Alprox, Helex, Onax, Paxal, Restyl, Tafil, Xanor)

Bromazepam (Lexotan, Lexomil, Bromam, Bromaze, Brazepam, Lectopam, Lexaurin, Lexotanil, Lexilium, Rekotril, Somalium)

Chlordiazepoxide (Librium, Angirex, Elenium, Klopoxid, Libotryp, Librax, Libritabs, Mesural, Multum, Novapam, Risolid, Silibrin, Sonimen Tropium)

Clobazam (Frisium, Onfi, Urbanol)

Clonazepam (Klonopin, Rivotril, Clonex, Clonotril, Iktorivil, Kriadex, Linotril, Naze, Paxam, Petril, Ravotril, Rivatril)

Clorazepate (Tranxene, Novo-Clopatate, Tranxilium)

Diazepam (Valium, Antenex, Apaurin, Apozepam, Apzepam, Hexalid, Pax, Stedon, Stesolid, Valaxona)

Estazolam (ProSom, Eurodin)

Flunitrazepam (Rohypnol, Hipnosedon, Flunipam, Fluscand, Rohydorm, Ronal, Vulbegal. Also known as Narcozep, Rohypnol, Rohipnol, Roipnol)

Flurazepam (Dalmane, Dalmadorm)

Halazepam (Paxipam, Alapryl, Pacinone)

Ketazolam (Anxon, Anseren, Ansieten, Ansietil, Marcen, Sedatival, Sedotime, Solatran, Unakalm)

Loprazolam (Dormonoct, Havlane, Sonin, Somnovit, Triazulenone)

Lorazepam (Ativan, Lorabenz, Lorenin, Lorsilan, Orfidal, Tavor, Temesfa)

Lormetazepam (Noctamid, Loramet, Pronoctan)

Medazepam (Nobrium)

Nitrazepam (Mogadon, Alodorm, Arem, Dumolid, Insoma, Mogadon, Nitrados, Nitrazadon, Nitrosun, Ormodon, Paxadorm, Pacisyn, Remnos, Somnite)

Nordazepam (Nordaz, Calmday, Madar, Stilny, Vegesan, Desoxydemoxepam, Nordiazepam and Desmethyldiazepam)

Oxazepam (Serax, Serenid, Serepax, Alepam, Alopam, Medopam, Murelax, Noripam, Opamox, Oxabenz, Oxapax, Oxascand, Ox-Pam, Praxiten, Purata, Seresta, Sobril, Vaben, Zaxpam)

Prazepam (Centrax, Centrac, Demetrin, Lysanxia, Mono Demetrin, Pozapam, Prasepine, Prazene, Reapam, Trepidam)

Quazepam (Dora/, Dormalin)

Temazepam (Restoril, Normison, Euhypnos, Temaze, Ten ox)

Triazolam (Halcion, Apo-Triazo, Hypam, Rilamir, Trilam)

Other Examples:

Bretazenil

Brotizolam (Dormex, Lendomin, Noctilan, Sintonal)

Camazepam (Albego, Limpidon, Paxor)

Cinolazepam (Gerodorm)

Clotiazepam (Clozan, Distensan, Trecalmo, Rize, Rizen, Veratran)

Cloxazolam (Akton, Lubalix, Olcadil, Sepazon)

Delorazepam (Dadumir also known as chlordesmethylidiazepam)

Etizolam (Depas, Etilaam, Etizest, Etizola, Pasaden, Sedekopan)

Ethyl Loflazepate (Meilax, Ronlax, Victan)

Fludiazepam (Erispan)

Flutoprazepam (Restas)

Haloxazolam (Somelin)

Midazolam (Dormicum, Dormonid, Hypnovel, Versed)

Nimetazepam (Erimin)

Oxazolam (Nebusn, Toccata)

Phenazepam (also known as Fenazepam, Bonsai, Bonsai Supersleep)

Pinazepam (Domar, Duna)

Premazepam

Pyrazolam

Tetrazepam (Clinoxan, Epsipam, Myolastan, Musaril, Relaxam, Spasmorelax)

Tofisopam (Emandaxin, Grandaxin)

**Non-benzodiazepines w/ similar effects
(aka 'Z-drugs')**

from *The Ashton Manual*

Zaleplon (Sonata, Andante, Starnoc)

Zolpidem (Ambien, Stilnoct, Ambien CR, Hypnogen, Intermezzo, Nytamel, Sanval, Sfilnox, Sublinox, Xolnox, Zoldem, Zolnod, Zolsana)

Zopiclone (Zimovane, Imovane, Rhovane, Ximovan, Zileze, Zimoclone, Zopitan, Zordone)

Eszopiclone (Lunesta)

For more information please visit:
worldbenzoday.org

4. Letter to Robert F. Kennedy Jr US Presidential Candidate



Considering that presidential candidate Robert F. Kennedy, Jr. is a 40-year veteran lawyer well versed in the inner workings of drug companies and the negative effects of prescribed drug damage on society, I took the liberty of sending him the following correspondence.

Support for Changing Status Quo Re: Pharmaceuticals, Benzos (Xanax etc.)

To Robert F. Kennedy Jr and Team

As the founder of World Benzodiazepine Awareness Day ([W-BAD](#)), I wholeheartedly share your ambition of pushing back against the untoward influences of the pharmaceutical industrial complex, the associated undermining of governments and the devastating impact that this is having on global society.

In light of my contributions to the cause, especially those concerning the socioeconomic damage from the benzodiazepines (Xanax etc.), together with my own personal suffering and the need to present a wider global perspective of the problem, I was invited to contribute footage to the recent award-winning documentary *As Prescribed*. (See [website](#), [Sheffield DocFest](#) and [Vimeo trailer](#) at 3:10 mark)

As a New Zealander held up in Japan, my campaigning efforts have involved attending periodic talks with government officials at Japan's Health Ministry, presenting at Japan's House of Representatives and disseminating information packages to all 713 national politicians in Tokyo. Through the W-BAD platform, we have obtained [official resolutions](#) from four US states supporting our initiative.

Having had close involvement for many years with world-leading experts specialising in medically induced drug damages (Ashton, Lader, Beppu, Healy etc.), I recently completed a draft article for Mikhaila Peterson whose father Jordan Peterson almost lost his life to "as-prescribed" benzodiazepines, calling the situation a "Catastrophe."

I am hopeful that collective, global, grassroots initiatives, including those like W-BAD above, can in some way contribute to your efforts at a political level for changing the status quo.

With this in mind, any mutual support, or third party support, such as a brief message from you to appear on the W-BAD website or introducing any potential backers for: progressing the W-BAD initiative, completing an unprecedented documentary in-the-making, getting a related book published (endorsed by the late Prof. Ashton), gaining wider media coverage etc., would undoubtedly help encourage a grassroots groundswell in support of reliable leadership for much-needed, positive change.

Having received several messages of support from world leading experts, I have all but one from a politician / political campaigner, that being the late Jim Dobbin MP, UK Parliament, who wrote as follows.

"Dear Wayne, well done for all you are doing to get information out there about the risks associated with these drugs. I hope you educate many people in the course of your campaigning. Kind Regards, Jim Dobbin. House of Commons, London."

I appreciate your sincerity and willingness to work alongside regular people. While sharing your sentiments for restoring the traditional values of integrity, dignity, trust and respect, I would be most grateful if you would kindly consider the above grassroots efforts for contributing in some small way to the ultimate, shared goal of political change and system reforms. A short message of support would definitely be most welcome.

Together, we can stand to make a difference. Wishing you all the very best for the upcoming presidential election.

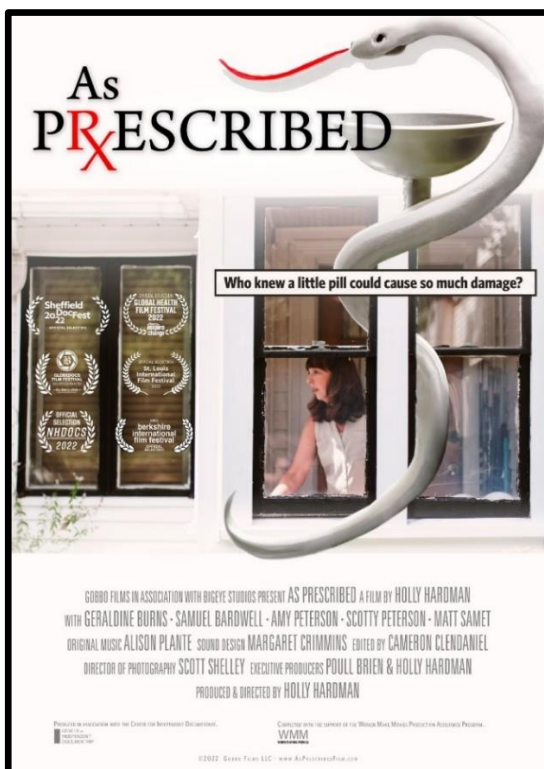
Yours respectfully,

Wayne Douglas

P.S. I tried to donate to your campaign and get on board that sailing venture with you, but as a non US resident, I was unable to participate, not that I could afford the airfare anyway... Supporting in spirit and by what other means, nonetheless.

5. Appearance in Award-winning Documentary: As Prescribed

As shown in the above Kennedy letter, in light of my contributions to the cause, especially those concerning the socioeconomic damage from the benzodiazepines (Xanax etc.), together with my own personal suffering and the need to present a wider global perspective of the problem, I was invited to contribute footage to the recent award-winning documentary [As Prescribed](#).



Appearing in the film are scenes from the inaugural W-BAD visitation to the Japan Health Ministry on 11 July 2016 when more than 30 participants, including victims and supporters, came from all over Japan (as far south as Okinawa and as far north as Aomori) to take part in talks with ministry officials. (See [As Prescribed website](#) and [Vimeo trailer](#) at 3:10 mark)

6. My Documentary (in the making)

Completing this production can help bring about change!



Sentence by Prescription

The Call for Justice
(A Self-Produced Documentary)

A young man filled with potential travels to Japan from New Zealand. Medical negligence and legal coverups strip him of the life he once knew.

Entrapped in a web of injustice in Japan, he continues his quest for justice and for the greater cause. This film presents the entire true story.

Can You Help?

\$20,000 is needed to complete production. Any support no matter how small can go a long way. Please see [donation page](#) above.

7. Photos of Campaigning Efforts



W-BAD pamphlet campaign
Shinjuku Station, Tokyo



W-BAD visitation to
Japan Health Ministry



Submitting petition to ministry officials



Public speaking
outside Shinjuku Station



Presentation at Japan House of Representatives
First Members' Building



Delivering W-BAD flyers at Japan's Upper and Lower Parliament Houses



Delivering W-BAD flyers to Prime Minister Shinzo Abe's office



Meeting with MP Ryuhei Kawata at Japan's Upper House of Councillors together with Medwatcher Japan Vice Chair Dr. Hirokuni Beppu and Dystonia Support Group Chair Mr. Kawashima



Posing questions to political party leader Taro Yamamoto during his public rally and handing out W-BAD flyers



Taking part in press conference with Medwatcher Japan representatives regarding doctors petition to Japanese government



Meeting with Yoshimi Watanabe MP at Japan's Upper House of Councillors



Heading talks during W-BAD
visitation to Japan's Health Ministry



Attending politicians banquet with
Ryuhei Kawata MP, his wife Mika
Tsutsumi and W-BAD Japan Rep
Kazuko Shimada



Attending press conference after presentations on dangers of prescribed
benzodiazepines at Japan's House of Representatives
Pictured from left: Reiko Ueda, Tokyo Metropolitan Legislator
Wayne Douglas, W-BAD Representative
Dr. Masato Wakakura, Renowned expert and Hospital Director
Event organiser: Mrs Yuriko Tada



Presenting at 2014 ISAM
(International Society of Addiction Medicine) World Congress in Yokohama

8. Endorsements

8a. Member of the House of Commons, UK Parliament



Jim Dobbin MP
2 July 2014

Dear Wayne,

Well done for all you are doing to get information out there about the risks associated with these drugs and I hope you educate many people in the course of your campaigning.

Kind Regards

Jim

Jim Dobbin MP

House of Commons, London

8b. Emeritus Professor of Clinical Psychopharmacology,
University of Newcastle upon Tyne, England. World renowned
Authority



Prof. Heather Ashton
27 March 2014

Wayne Douglas is a brave man who, in designing the website [Benzo Case Japan](#), has used his own suffering in order to benefit others. His aim is to increase awareness among doctors and the public about the adverse effects of psychotropic drugs, especially tranquillisers such as benzodiazepines.

This clever website, which can be read in both Japanese and English, tells the story of how Wayne, while living in Japan, was wrongly prescribed anti-anxiety drugs (benzodiazepine tranquillisers) in large doses and for long periods. As a result he became addicted to the drugs which caused severe physical and mental symptoms.

Because of the ignorance of doctors, Wayne was forced to plough his own lonely furrow in order to gain information about the effects of the drugs. After learning more about the drugs, he courageously managed to withdraw himself from them. Then after much research into worldwide sources, he later developed more 'expertise' on the subject.

The website contains comprehensive information about the drugs. It also tells the enthralling story from the human and personal angle of how Wayne endured his medical suffering, prepared a court case which he lost at the Tokyo High Court, and how at the same time he suffered as a resident of Fukushima, and like so many others, had to endure the appalling consequences of the 3-11 disaster.

This website should be visited by all doctors and members of the public, especially those who have been prescribed benzodiazepines or other psychotropic drugs. All could benefit from the 14 years of work and dedication that Wayne has devoted to the subject.

[Heather Ashton](#), D.M., F.R.C.P. Emeritus Professor of Clinical Psychopharmacology,
University of Newcastle upon Tyne, England.

8c. British Prime Minister



Rt. Hon. David Cameron, Prime Minister
23 October 2013.

“First, I pay tribute to the [Hon. Gentleman Jim Dobbin](#) who has campaigned strongly on this issue over many years. I join him in paying tribute to [Professor Ashton](#), whom I know has considerable expertise in this area.”

“He is right to say that this is a terrible affliction; these people are not drug addicts but they have become hooked on repeat prescriptions of tranquillisers...”

Rt. Hon. David Cameron, Prime Minister

Both British MP, the late Hon. Jim Dobbin, and the late Professor Heather Ashton (world leading authority on benzodiazepines) who each provided me with the above endorsements, were themselves endorsed by the British Prime Minister for their tireless work on addressing the issue of prescribed benzodiazepine harms.

The Prime Minister’s comment above was in response to a question put forward by the All Party Parliamentary Group on Involuntary Tranquilliser Addiction (APPGITA) Chair Jim Dobbin.

8d. Emeritus Professor of Clinical Psychopharmacology, King's College London. World Renowned Authority



Prof. Malcolm Lader
8 August 2014

Dear Wayne,

You were certainly subject to judicial mishandling of your case! I greatly sympathise with you.

In the UK cases are now being settled out of court but only if the management of the patient's benzodiazepine usage can be deemed to be a breach of duty of care. Increasingly, unjustified prolongation of benzo usage beyond 4 weeks is taken as clear evidence of this. I get the feeling that our medical defence organisations are beginning to see vast legal and financial implications. Of course we have our National Formulary which carries great weight. I do not know if there is an equivalent authority in Japan.

Yours sincerely,

[Professor Malcolm Lader](#)

O.B.E., LL.B., Ph.D., M.D., D.Sc., F.R.C. Psych., F. Med Sci.
Emeritus Professor of Clinical Psychopharmacology
P056, Institute of Psychiatry,
King's College London

8e. UK All-Parliamentary Group



All-Parliamentary Group (Chair Jim Dobbin MP)
11 July 2014

On behalf of the All Party Parliamentary Group on Involuntary Tranquilliser Addiction and its supporters in the United Kingdom I would like to commend Wayne Douglas for his campaign in Japan against the worldwide problem of Involuntary Tranquilliser Addiction.

We are also campaigning in the UK for the adoption by the National Health Service of the [Ashton Manual](#) as a safe and successful withdrawal method from tranquilliser addiction.

Jim Dobbin MP

Chair APPGITA

8f. Invite to Westminster Parliament



Researcher, Administrator for All-Parliamentary Group Michael Behan
11 August 2014

Dear Wayne,

The House of Commons Home Affairs Select Committee is planning an Inquiry into the social harms caused by addiction to prescribed medicines particularly benzodiazepines and antidepressants. I have been asked by the Committee to provide a list of suggested witnesses. The Committee wish to call international witnesses, would you like your name to go forward ? The Inquiry will be held at the Westminster Parliament probably in December 2014 and expenses are available.

Best wishes

Michael Behan
APPGITA

As above, my name was put forward to attend an International Inquiry into the social harms caused by dependency on prescribed pharmaceuticals particularly benzodiazepines and antidepressants. The inquiry was planned by The House of Commons Home Affairs Select Committee and was to be held at Westminster Parliament in 2014; however, following the unfortunate passing of Chairman, Jim Dobbin, the inquiry was postponed indefinitely.



News extract: Last weekend saw the death of a great but almost unknown warrior for patients' rights and care. Jim Dobbin MP, the chairman of the All Party Parliamentary Group on Involuntary Tranquilliser Addiction, died suddenly at the age of 73 while on a human rights visit to Poland. He was the son of a coal miner who went on to become a microbiologist, then served as a Labour MP (Heywood and Middleton in Greater Manchester) since 1997. He won a 5,971 majority at the last election. He was made a papal knight by Pope Benedict.

Over a decade ago, he took up the cause of the 1.5 million sufferers in the UK unwittingly hooked on benzodiazepines and 'Z drugs' prescribed by their doctors. It was in response to his prompting that David Cameron took up the issue, stating in Parliament last October (Hansard 900621): (see Cameron statement above) Source: www.conservativewoman.co.uk (see article)

8g. Psychiatrist, Scientist, Psychopharmacologist, Author, World Renowned Authority



Dr. David Healy
Psychiatrist. Psychopharmacologist. Scientist. Author.

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Making medicines safer for all of us

Adverse drug events are now the fourth leading cause of death in hospitals.

It's a reasonable bet they are an even greater cause of death in non-hospital settings where there is no one to monitor things going wrong and no one to intervene to save a life. In mental health, for instance, drug-induced problems are the leading cause of death — and these deaths happen in community rather than hospital settings.

There is also another drug crisis — we are failing to discover new drugs. [\[Read more...\]](#)

Prof. David Healy
15 July 2014

Dear Wayne

What you've done on the site ([Benzo Case Japan](#)) is excellent. It's important to highlight the risks of all psychotropic drugs, including benzodiazepines, and most importantly dependence on antidepressants all of which are overly prescribed.

David

[David Healy](#)
Professor of Psychiatry
United Kingdom

[Wikipedia](#)

8h. Emeritus Professor of Psychiatry, Kyorin University



Prof. Osamu Tajima
21 July 2014

(Re: Wayne Douglas's Website and Campaign Efforts)

There are many kinds of psychotropic drugs, including benzodiazepines for stress and sleep, being irresponsibly prescribed long term in cases of stress, anxiety, depression etc. brought about by life's day to day problems (Often somatic / physical complaints associated with daily stress cannot be explained using conventional medical tests).

Many doctors are not aware of the severity of the problems that can occur upon reduction and withdrawal from these types of drugs. This website ([Benzo Case Japan](#)) provides important information for both people having difficulties with withdrawal and for prescribing doctors as well.

Osamu Tajima MD, PhD
Emeritus Prof. of Psychiatry and Mental Health
Kyorin Univ. School of Health Sciences

Below is the reply I received from Prof. Tajima

Dear Mr. Douglas,

Thank you very much for your contact. I already know your name and your personal struggle for prolonged benzodiazepine withdrawal syndrome that leads to your efforts to translate the Ashton Manual into Japanese. I would like to accept your request. It is my pleasure and honour to have an opportunity like this. I am so much concerned about the current overprescription of psychotropic drugs including benzodiazepines in Japan and in many other developed countries. Prof. Healy is my close friend and now I am trying to change such situation. Anyway I would like to send you my brief message in Japanese later.

Sincerely
Osamu Tajima MD, PhD
Prof. of Psychiatry and Mental Health
Kyorin Univ. School of Health Sciences

8i. Emeritus Professor of Psychiatry, Kurume University



Prof. Kazutoyo Inanaga
19 August 2014

(Re: Wayne Douglas's Website and Campaign Efforts)

Among anxiolytics and sedatives, the benzodiazepines are the most widely used drugs for the management of insomnia and anxiety. Following prolonged treatment, however, tolerance often develops which paves the way for withdrawal symptoms of which there are very many including anxiety, agitation, sleep disturbances and so on.

This website ([Benzo Case Japan](#)) provides important information for both doctors prescribing anxiolytics or sedatives and for people taking them.

Kazutoyo Inanaga, MD, PhD
Emeritus Professor, Psychiatry
Kurume University

8j. Japan Iatrogenic Drug Damage Expert



From Tokyo University School of Medicine, Vice Chair Medwatcher Japan
Former Director Yokohama Sowa Hospital, Dr. Hirokuni Beppu
4 July 2020

(Re: Wayne Douglas's Court Case)

It is clear the Judges intentionally employed a misleading medical term ([Autonomic Nervous Disorder](#)) to create confusion. Even lay-people would know that. The judges intended to construct a loss from the outset. They pretended to hear from both sides fairly and impartially. Then delivered their predetermined conclusion.

They were all well too aware of the contradictions in their line of reasoning. They no doubt began with the conclusion first. Then constructed the judgment by twisting the logic to reach the desired conclusion. It was all just a play with words.

It is clear they only focused on so-called evidence that is convenient while planting various quotes, such as: "Expert so-and-so says this and that." "The drug package inserts say this and that." Then they continue along the lines: "So there was no problem with the prescriptions." "The plaintiff was suffering from autonomic nervous disorder or stress from living in Japan that might have caused such symptoms." It is an atrocious verdict; just reading it is sickening.

Profile

Dr. Hirokuni Beppu: From Tokyo University School of Medicine, Former Head of Neurology Tokyo Metropolitan Neurological Hospital, Former Director Yokohama Sowa Hospital, Practicing Clinical Neurologist, Pharmaceutical Analyst and Researcher, Founder of medical journal, The Informed Prescriber (TIP), Editor for the International Journal of Risk and Safety in Medicine, Editor for the British Medical Journal, Vice Chair of Japan's largest independent medical watchdog, Medwatcher Japan, Director of DIPEX-Japan, Fellow of The Japanese Society of Clinical Pharmacology and Therapeutics, Honorary Fellow of the Japan Pharmacoepidemiology Society, Author of the book, When Doctors Question Medicine, Translator of the book, The Use of Essential Drugs, by the World Health Organization and The HPV Vaccine On Trial which has sold out in Japan, Chief Editor of [The Ashton Manual](#) in Japanese.

8k. UK Drug Rehabilitation Specialist



Deirdre Boyd
20 September 2014

Dear Wayne,

Congratulations on the excellent [Benzo Case Japan](#) website and your other educational work on the dangers of benzodiazepines.

Far too many lives have been destroyed by these addictive, psychoactive drugs – because patients trusted their doctors would prescribe only the best and “do no harm”.

Far too few people know of the dangers. Even fewer know where to get help to recover from benzodiazepines. Healthier, holistic alternatives to pharmaceutical drugs should also be made widely available to address patients’ needs.

Just as almost everyone today knows about the harms of alcohol and tobacco, so they should about benzodiazepines; only that way can they make informed choices. Work like yours is urgently needed and should be supported and expanded.

Deirdre Boyd

Head of DB Recovery Resources daily news
CEO of the Addiction Recovery Foundation & Editor of Addiction Today
Founder of the UK/European Symposia on Addictive Disorders

9. World Benzodiazepine Awareness Day Endorsements



9a. From expert neuropsychopharmacologist who ran a benzodiazepine withdrawal clinic for twelve years



Professor C. Heather Ashton, D.M., F.R.C.P
18 May 2017

Thanks to everyone's efforts, World Benzodiazepine Awareness Day ([W-BAD](#)) now stands as an annual day of recognition and commemoration.

I deeply appreciate everything that is being done to call attention to the scourge of benzodiazepine dependency, and in doing so, to stand up for the millions of people, who through no fault of their own, have suffered and continue to suffer in its grip. I congratulate everyone for the progress made over the decades, latterly through the work on W-BAD. I extend my very best wishes for the progression of this excellent campaign.

I know countless of others are fighting in the same struggle – a few known to me but many not – and I salute all of them with the same gratitude, respect and warmth.

[Professor C. Heather Ashton](#), D.M., F.R.C.P., Emeritus Professor of Psychopharmacology, Academic Psychiatry, Wolfson Research Centre, UK

9b. From one of the first experts to describe problems with benzodiazepines in the scientific literature

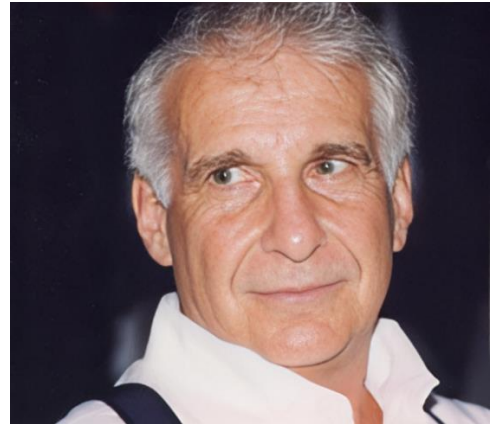


Professor Malcolm H. Lader, Emeritus Professor O.B.E.
10 May 2017

World Benzodiazepine Awareness Day ([W-BAD](#)) has become an annual event, a development that I welcome and endorse. Too often interest is stimulated in an on-going and difficult medical problem only to subside as people move on to something else. The problem of iatrogenic, normal-dose benzodiazepine dependence is not lessening; concern must continue and even increase. I thank those who are involved for this initiative.

[Professor Malcolm H. Lader](#), Emeritus Professor O.B.E., LL.B., D.Sc., Ph.D., M.D., F.R.C. Psych., F. Med. Sci.
Emeritus Professor of Clinical Psychopharmacology, Institute of Psychiatry, Neurology and Neuroscience, King's College London, UK

9c. From a Harvard trained psychiatrist and former consultant at NIMH, U.S.



Dr. Peter R. Breggin, M.D.
4 July 2017

Benzodiazepines have become a plague on humanity, causing harm to the brains and bodies of millions of people and inflicting severe withdrawal reactions. People, who have taken these medications long-term, too often suffer from lasting adverse effects.

This website and World Benzodiazepine Awareness Day ([W-BAD](#)) helps spread the word about the dangers of these drugs. It also provides inspiring examples of people, who are battling through withdrawal, as they seek to highlight the dangers to us all.

With the right help, many people can go on to recover, and to live good and satisfying lives.

My book, *Psychiatric Drug Withdrawal*, describes why and how to safely withdraw from benzodiazepines and from other psychiatric drugs.

[Dr. Peter R. Breggin, M.D.](#), Psychiatrist and author of *Guilt, Shame and Anxiety: Understand and Overcoming Negative Emotions*

10. My Publicity

10a. The Japan Times – Feature Article



Tuesday, 13 March 2012
By SIMON SCOTT

New Zealander loses legal fight over crippling med addiction

— Former Japan resident seeks to spread word about the dangers of benzodiazepines —



A changed man: Wayne Douglas took his fight for justice and compensation over a debilitating addiction to benzodiazepines as far as the Supreme Court of Japan, which refused to hear his case. Douglas was prescribed the drugs for seven months as part of what the doctor allegedly called a “radical” course of treatment.

Photo credit: Simon Scott

When Wayne Douglas arrived home in New Zealand from Japan in early 2001, his own mother didn't recognize him at the airport.

[Read all](#)

10b. New Zealand Herald (NZ's largest newspaper)



Sunday, 15 April 2012
By CHLOE JOHNSON

Drug victim who lost case vows to fight on

A teacher who became addicted to tranquilisers in Japan has lost a 10-year legal fight for compensation but says he will not give up...

[Read all](#)

Douglas says his fight for justice will never stop. He has created a website for people in similar situations and is writing a novel to build awareness.

Visit Wayne Douglas' website at www.benzo-case-japan.com

10c. Yomiuri Newspaper 1 (Largest Newspaper Worldwide)



yomiDr.
ヨミドクター



Monday, 20 August 2012
By MITSUNOBU SATO

Anxiety and Sleeping Pill Dependency (8) To Commemorate Publicizing the Manual in Japanese We Asked Prof. Ashton

The [Ashton Manual in Japanese](#), together with updated supplement, authored by Heather Ashton, Emeritus Professor of Clinical Psycho-pharmacology at the Institute of Neuroscience, University of Newcastle upon Tyne, England, was publicly released on August 19, 2012. The release came later than first planned, but this was due to the deliberate exhaustive measures taken to ensure the translation reads smoothly and additional annotations were made to accommodate Japanese needs.

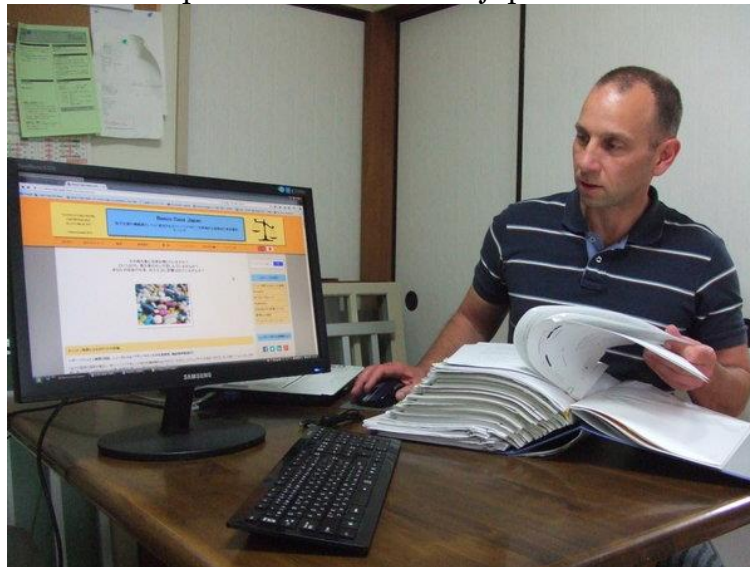
The people in charge of producing the Japanese version of the manual, whilst maintaining close contact with Prof. Ashton, were Mr. Ryo Tanaka, who we introduced previously, and Translator cum English Teacher Mr. Wayne Douglas from New Zealand. Both are victims who were given benzodiazepines long term resulting in suffering from prescription drug dependence. I would like to pay my respects to them both for translating the manual as volunteers. The medical editing was overseen by Neurologist, Dr. Hirokuni Beppu, Chief Editor of *The Informed Prescriber*, and Prof. Reisaku Tanaka, Neurophysiologist from Tohoku Bunka Gakuen University.

[Read all](#)

10d. Yomiuri Newspaper 2 (Largest Newspaper Worldwide)



* Benzo Case Japan
<http://www.benzo-case-japan.com>



Wayne Douglas working diligently on his website
(at Nagano residence)

Friday, 11 April 2014
Medical Treatment Revisited No. 5796
Series: Prescription Drugs - Dangerous Prescribing
By MITSUNOBU SATO

Continuous Slapdash Prescribing Leads to Drug Dependence

At the end of last month a website called [Benzo Case Japan](http://www.benzo-case-japan.com) was launched to help raise awareness about the adverse effects of benzodiazepine drugs and how to withdraw. The website was created by New Zealander Wayne Douglas (47) together with the help of doctors, including those from England, and is available in both English and Japanese.

Mr. Douglas first came to Japan at age 25 with an interest in Japanese culture. He worked in local level international relations at various local government offices throughout the country and as an English teacher.

[Read all](#)



Tuesday, 22 July 2014 By Editorial Board Member: FUMIKAZU ASAI

Be Cautious of Hypnotic / Anxiolytic Drug Dependence - Even on Prescribed Doses

14年(平成26年)7月22日 火曜日 第10000号

睡眠薬・抗不安薬「注意を」 処方量だけで依存症も

医師が処方された睡眠薬、抗不安薬を飲んで、薬の効果がなくなると、患者が苦しむ。薬を減らしても、効果がなくなると、患者が苦しむ。薬を減らしても、効果がなくなると、患者が苦しむ。

服用やめ体調悪化

長野県松本市に住む50代の主婦は、睡眠薬を処方された。処方された睡眠薬は、効果がなくなると、患者が苦しむ。薬を減らしても、効果がなくなると、患者が苦しむ。

「自己判断で中止は危険」

杏林大学の田島治教授は、睡眠薬の依存症について、自己判断で中止は危険であると警告している。睡眠薬の依存症は、自己判断で中止すると、体調が悪化する可能性がある。

睡眠薬・抗不安薬が有難い

睡眠薬・抗不安薬が有難い。睡眠薬・抗不安薬が有難い。睡眠薬・抗不安薬が有難い。睡眠薬・抗不安薬が有難い。

睡眠薬・抗不安薬の副作用

睡眠薬・抗不安薬の副作用。睡眠薬・抗不安薬の副作用。睡眠薬・抗不安薬の副作用。睡眠薬・抗不安薬の副作用。

翌日の眠気

翌日の眠気。翌日の眠気。翌日の眠気。翌日の眠気。

ふらつき・転倒

ふらつき・転倒。ふらつき・転倒。ふらつき・転倒。ふらつき・転倒。

健忘

健忘。健忘。健忘。健忘。

依存性

依存性。依存性。依存性。依存性。

良い睡眠のために薬以外の対処方法

良い睡眠のために薬以外の対処方法。良い睡眠のために薬以外の対処方法。良い睡眠のために薬以外の対処方法。良い睡眠のために薬以外の対処方法。

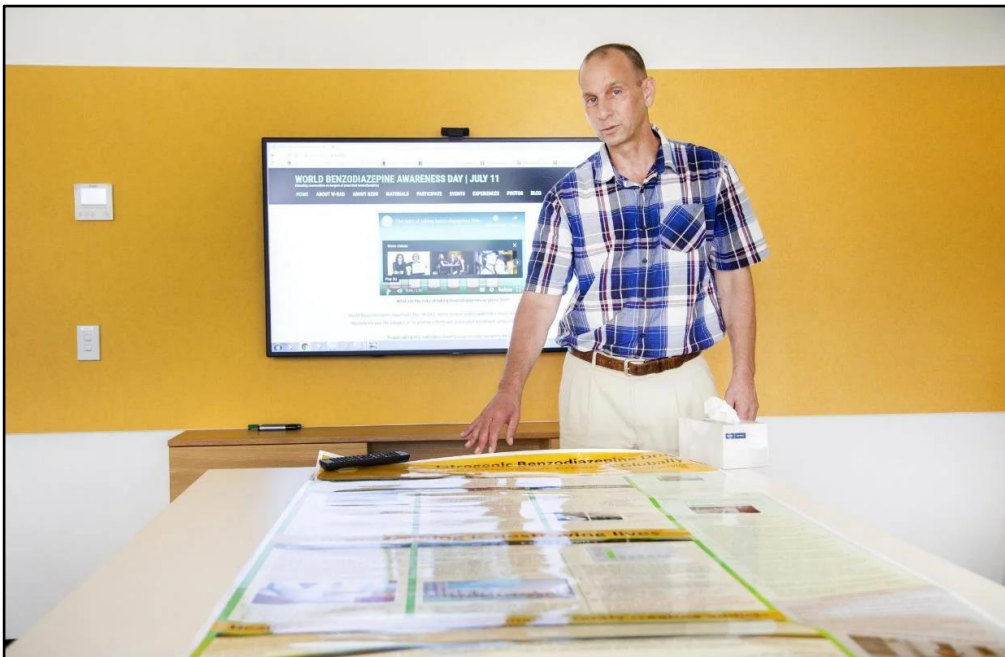
リラクゼーションのコツ

リラクゼーションのコツ。リラクゼーションのコツ。リラクゼーションのコツ。リラクゼーションのコツ。

New Zealander Wayne Douglas (47), currently residing in Nagano, came to Japan in 1992. He has worked as an English teacher and international relations officer for various government agencies. With his outstanding Japanese ability, everything was progressing well. However... [Read all](#) (Japanese only)

NB: The survey referred to in this article consists of [many shortfalls](#), failing to expose the true scale of the situation.

10f. Stuff (NZ's largest online news)



Wayne Douglas is raising awareness of the issues around benzodiazepines, prescribed drugs for sleep, anxiety, stress, and muscle relaxing which can cause addiction issues.

Photo: poster used for presentation at international conference in Yokohama and homepage for World Benzodiazepine Awareness Day.

Wednesday, 13 February 2019
By STEPHANIE MITCHELL

From Tokyo to Taranaki How a Prescription Drug Destroyed Wayne Douglas' Life

After living through hell on earth in Japan, Wayne Douglas thought moving home would be his salvation. It wasn't...

[Read all](#)

11. About Me



In front of Shinjuku Station
with W-BAD leaflet

Name: Wayne Douglas
DOB: 9 September 1966
From: South Auckland, New Zealand
University Major: Japanese
Employment History: International relations, translator, English teacher, event organiser
Hobbies: Outdoor pursuits, gym training, cooking
Time in Japan: Approx 25 years (as at March 2024)

Personal Background:

I was adopted out at six-weeks. I grew up in a lower-middle class neighbourhood in South Auckland, New Zealand. My adoptive father left the family home when I was 4 years old, leaving my Mother to raise my younger brother and me alone while holding down a fulltime job. At age nine, I entered boarding school.

After leaving school, I worked in the building industry, but due to the economic downturn in the late 1980s, there was no work around. So, at age 23, I returned to high school on the adult education program to study Japanese.

The following year, I moved into the city to continue with my Japanese studies at university. However, these studies didn't come cheap. Before I knew it, I had a student loan and a bank loan, as well as my Mother had dipped into her retirement savings to help get me through. Not wanting to let her down, I completely applied myself and was awarded a scholarship for outstanding students of the Japanese language before graduating in 1995.

After graduation, wanting to foster ties between Japan and New Zealand, improve my Japanese skills and pay back my student loans, I spent several years working in the field of International relations at various Japanese government offices in Japan. As my work record improved, I was invited to give lectures on cross-cultural communications for mid-career officials at Japan's Personnel Authority and received a recommendation from the Miyazaki Regional Government for a key position at the Council of Local Authorities for International Relations in Tokyo. I also had other opportunities, such as television appearances on a weekly TV show.

My work had been highly acclaimed receiving publicity on TV and other media both in New Zealand and Japan. Everything was progressing smoothly and everything was looking on the up, until one day on 11 May 2000... [Read all](#)

12. My Drug Damages Case



In front of Supreme Court with verdict

My case was Japan's first drug damage trial involving benzodiazepine prescription drugs. According to Dr Hirokuni Beppu, Japan's leading drug damage specialist, it was the first time that logic had been applied in Japan to clinically prove benzodiazepine prescription drug dependence. This effectively set a precedent for others to pursue litigation (see [case page](#)).

However, the court twisted both the logic and the dependence diagnostic criteria to pervert proceedings and deny rightful justice.

Summary of trial and proceedings

- Feb 2003: Preparations.
- Feb 2006: Mediation (initially representing myself) at Tokyo Summary Court.
- Jun 2007: Tokyo District Court.
- Sep 2008: After short reprieve in NZ, returned to Japan to testify (no accommodation, no job nor money).
- Sep 2009: Tokyo High Court.
- May 2011: Appeal to Supreme Court (representing myself in midst of 3/11 mega-quake and Fukushima nuclear disaster, jobless, homeless).
- Oct 2011: Supreme Court decision (case closed).

Main Evidence

Patient files and DSM-IV-TR diagnostic criteria for drug (substance) dependence.

Main Arguments

Most inappropriately, the central argument became a case of whether I had Autonomic Nervous Disorder (AND) or iatrogenic BZD dependence.

Note

This argument was totally illogical because my entire nervous system had become hyperactive as a result of BZD dependence and withdrawal reactions (See [Autonomic Nervous Disorder](#)).

As above, I fought this case in earnest to get wider recognition of the suffering caused by prescribed benzodiazepines. Including preparations, it was a ten year battle through to the Supreme Court.

My lawyer and I made every effort to set a precedent with a view to lobbying for safer benzodiazepine prescription guidelines in Japan and to help raise greater awareness in general worldwide ([See Case Section](#)).

However, the courts worked proceedings to construct a deceiving, false narrative while twisting reality to reach the predetermined verdict (see comments from Japan iatrogenic drug damage expert, [Dr. Hirokuni Beppu](#)).

13. My Campaigning and Contributions



July 2016: me with Tokyo Metropolitan Legislator Reiko Ueda
Public speaking and W-BAD leaflet distribution at Shinjuku Station, Tokyo
(Fuji TV interview).

2023

19 Sep 2023

Participating in visitation to the Japan Ministry of Health with Dystonia Support Group Representative Hideichi Kawajima to lobby for amendments to BZD component of a Serious Adverse Drug Reaction Response Manual published by the Japan Health Ministry.

Dec 2022 ~ Sep 2023

Writing article for Mikhaila Peterson on the risks of taking benzodiazepines as prescribed.

11 Jul 2023

[8th World Benzodiazepine Awareness Day](#). Overseeing the eighth annual W-BAD and relaunching the [W-BAD YouTube channel](#).

13 Apr 2023

Visiting Senator Ryuhei Kawada's office at the Upper House of Councillors with Medwatcher Japan Representative Dr. Hirokuni Beppu and Dystonia Support Group Representative Hideichi Kawajima to request support for amendments to BZD component of a Serious Adverse Drug Reaction Response Manual published by the Japan Health Ministry.

2022

11 Jul 2022

[7th World Benzodiazepine Awareness Day](#). Overseeing the seventh annual W-BAD event and posting pamphlets around town.

2021

11 July 2021

[6th World Benzodiazepine Awareness Day](#). Overseeing the W-BAD 2021 effort with the focus being on its revival (see details below).

2020 ~ 2022

Aug 2020 ~ Aug 2022

Spending a solid 2 year effort on reviving and rebuilding World Benzodiazepine Awareness Day (W-BAD) after it was subjected to internal subversion leaving it totally decimated.

Aug 2021 ~ Aug 2022

Rebuilding the entire [W-BAD website](#) with considerable restoring, restructuring, rehumanising, rearranging, updating, tidying up and creating scope for development during the one year restoration effort with only two days rest over the entire two year project ([see Relaunch Notice for details](#)).

Aug 2020 ~ Aug 2021

Preparing an enormous amount of documentation including proposals, The W-BAD Chronicle (1,227 pages) and The W-BAD Report (47 pages) together with its appendices (25 pages) as well as a set of about 10 accompanying documents, video address and public poll to name but just a few.

2020

17 Nov 2020

Sharing benzodiazepine related information at a political function in Tokyo attended by [Ryuhei Kamata](#) (Upper House of Councillors), his wife [Mika Tsutsumi](#) (international bestselling author), around one hundred fellow politicians including former Prime Minister Naoto Kan, Director of the Benzodiazepine Yakugai (drug damages) Association Masashi Tada, blog writer Kazuko Shimada and about five prescription drug damage victims.

11 July ~ 11 Aug 2020

[5th World Benzodiazepine Awareness Day](#). Participating in talks at Japanese Health Ministry along with the submission of a people's petition – this fifth annual visitation was postponed by a month and limited to 5 participants due to coronavirus ([see more details](#)).

23 June 2020

Preliminary event: Personally handing out W-BAD pamphlets and posting into letter boxes around town while collecting signatures for a people's petition to the Ministry of Health ([see more details](#)).

29 Apr 2020

Lodging a ten page application to become involved in a class action lawsuit against the Japanese Government through the Benzodiazepine Yakugai (drug damages) Association (discontinued: no legal group willing to take on case).

2019 ~ 2020

Dec 2019 ~ Jul 2020

Editing and posting a series of videos as follows.

2 Feb 2020

Posting the [Public Appeal at Political Rally video](#).

31 May 2020

Posting the [Japan Government Info Drop video](#) (in English and [Japanese](#)) as build up to World Benzodiazepine Awareness Day 2020.

11 Jul 2020

Posting the [Benzodiazepine Evidence Hearing video](#) (House of Representatives) to mark the fifth annual World Benzodiazepine Awareness Day.

12 July 2020

Posting the [Press Conference video](#) (Q&A about the Japan House of Representatives BZD Evidence Hearing) to cap things off for World Benzodiazepine Awareness Day 2020.

2019

6 December 2019

Implementing an [Information Drop](#) at the Japanese Government Buildings: House of Representatives (First and Second Members Buildings) and the Upper House of Councillors. Distributing information on benzodiazepines and W-BAD pamphlets to all 713 national politicians, including the Prime Minister's Office and meeting with a well-known politician ([see more details](#)).

24 November 2019

Making a [public appeal](#) and posing questions about the benzodiazepine problem to political party leader Yamamoto Taro during his political party launch while handing out W-BAD pamphlets.

7 November 2019

Attending a [press conference](#) at the Ministry of Health in Tokyo in relation to the Benzodiazepine Evidence Hearing at the Japan House of Representatives (also in attendance were Tokyo Metropolitan Legislator Reiko Ueda, Leading Japan Ophthalmologist Dr. Masato Wakakura and Organiser Yuriko Tada).

7 November 2019

Giving a [presentation](#) during a Benzodiazepine Evidence Hearing Japan held at the Japan House of Representatives, First members Building, Conference Room 1 (also in attendance were Tokyo Metropolitan Legislator: Reiko Ueda, leading Japan ophthalmologist: Dr. Masato Wakakura, organiser: Yuriko Tada, other speakers, supporters, victims and politicians).

11 July 2019

[4th World Benzodiazepine Awareness Day \(see photos\)](#). Participating in talks at Japanese Health Ministry with victims and distributing pamphlets during the weeks before.

23 June 2019

Preliminary event: Personally handing out W-BAD pamphlets at a public fair day and posting into letter boxes around town ([while confronted with life difficulties](#)).

2018

July 11, 2018

[3rd World Benzodiazepine Awareness Day \(see photos\)](#). Handing out pamphlets around the streets in Downtown Auckland, New Zealand ([see more details](#)).

26 June 2018

Preliminary event: Distributing pamphlets around the community in Taranaki, New Zealand.

April ~ July 2018

Helping coordinate the [3rd annual World Benzodiazepine Awareness Day](#).

2017

31 Oct 2017

Attending a press conference at the Japan Ministry of Health with representatives from Medwatcher Japan.

Mid-July 2017

Contributing footage to the Film As Prescribed ([see trailer](#)).

11 July 2017

[2nd World Benzodiazepine Awareness Day \(see photos\)](#). Helping organise and participating in talks with Japanese Health Ministry with victims and distributing pamphlets during the weeks before.

9 July 2017

Preliminary event: Posting 500 W-BAD pamphlets around Matsumoto ([see more details](#)).

21 Mar 2017

As a result of the [doctors' petition](#) mentioned further below and the [2016 W·BAD visitation](#) to the Japanese Health Ministry, [amendments were made to all package inserts for BZDs](#) prescribed in Japan.

Jan~Jul 2017

Helping coordinate the setting up of the [Official W·BAD website](#) and organising the [2nd World Benzodiazepine Awareness Day](#).

2016

28 Jul 2016 ~ 1 Dec 2016

Making the 2016 W·BAD [Wrap Up Video](#).

11 July 2016

[1st World Benzodiazepine Awareness Day \(see photos\)](#). Organising the overall global event and participating in talks at Japanese Health Ministry with victims and politicians (see wrap up video above).

27 June 2016

Preliminary event: Helping organise proceedings and participating in W·BAD Pamphlet Appeal at Shinjuku Station in Tokyo with victims and 3 politicians (see above video).

2015 ~ 2016

Dec 2015 - July 2016

Establishing [World Benzodiazepine Awareness Day](#).

April 2015

Taking part in a meeting at [Medwatcher Japan](#) in preparation for a [doctors' petition to the Japanese government](#) requesting stricter controls for prescription benzodiazepines - submitted by Medwatcher Japan on 28th October 2015.

2014

October 2014

Giving a [presentation](#) to highlight the dangers relating to the “miss-prescribing” of [benzodiazepines and similar drugs](#) at the [International Society of Addiction Medicine World Congress](#) during the [Pacifico Yokohama Conference Center](#) in Yokohama, Japan.

March 2014

Launching the website [Benzo Case Japan](#) in the hope that others can benefit from the sharing of my experiences and associated information.

2013

Mid 2013

Working on a medical paper with Prof. Ashton and Japanese doctors with me as the clinical subject (discontinued).

March 2013

Coordinating an enquiry between a Japanese doctor and Prof. Ashton to help clarify ways to treat patients who had been stupefied as a result of being prescribed excessive and prolonged doses of benzodiazepines.

January 2013

Arranging permission to have [The Ashton Manual in Japanese](#) printed as a hard copy to help improve access for elderly people.

2012

August 2012

Coordinating an [interview between Prof. Ashton and the Yomiuri Newspaper](#) for a newspaper article to help raise awareness regarding some of the problems with benzodiazepines in Japan.

Mid 2012

Assisting with translating [The Ashton Manual in Japanese](#) which was published on August 19, 2012.

Jan 2012 ~ current

Authoring and editing my book, *Under the Rising Sun*, endorsed by the late Prof. Heather Ashton and positively supported by several world renowned doctors with its potential highly rated by a London Publisher ([see more details](#)).

2003 ~ 2011

Feb 2003 ~ Oct 2011

Fighting a torrid battle (in Japanese) for nearly 10 years (including preparation time) through to the Supreme Court of Japan to help get recognition for the pain and suffering caused by prescription benzodiazepines, both in my own case and throughout society in general. My lawyer and I fought this case in earnest to try and set a precedent with a view to lobbying for safer benzodiazepine prescription guidelines in Japan and to help raise greater awareness in general worldwide ([See Case Section](#)).

Mid 2000 ~

Going through the excruciating experience of suffering from prescribed benzodiazepine injury including dependence, withdrawal, side-effects, adverse effects, long term effects and permanent damage ([see My Story](#)). This forms the foundation for the successive years of awareness raising efforts outlined above.

14. Footnote to Kennedy Above (my background etc.)

I attached the following footnote to the above Robert F. Kennedy Jr correspondence as an additional reference regarding my campaigning efforts and background. As outlined in the footnote, I set about establishing World Benzodiazepine Awareness Day while residing in evacuee accommodation under challenging circumstances.



Me outside evacuee accommodation in Nagano, Japan
(2012 – a year after the Great Eastern Japan Disaster)

In a relentless effort to raise public awareness about the risks of prescribed benzodiazepines, while residing in the alpine region of Nagano, I endured three consecutive winters without using any heating in temperatures down to minus fifteen degrees Celsius. During this time, as well as establishing W-BAD, I also engaged in many other campaign efforts.



No heating – room windows frozen over midday



Tattered sheets at the time

NB: Current circumstances largely unchanged.

Footnote

The following may provide some insight into my dedication to the cause thus far.

As a fifty-eight year old, expat New Zealander residing in Japan (largely without choice), my personal journey has taken me through the living hell of medically induced benzodiazepine drug dependence. This was preceded by an incorrect and misleading midbrain diagnosis for a vertigo attack in May 2000, despite the actual cause having been a simple inner ear infection. The drugs were a complete contradiction either way. Next came a brutal withdrawal in New Zealand in 2001.

Several years later, I embarked upon the epic challenge of navigating and contending with the entire Japanese judicial system: Tokyo Summary Court (mediation), Tokyo District Court, Tokyo High Court and the Supreme Court.

With my quest for justice taking place in a country and language different from my own, and while still suffering debilitating relapses of withdrawal, the entire affair was nothing short of bizarre scenes from the movie, *The Trial*, by Orson Welles.

In similar fashion, the bizarre court proceedings worked to construct a deceiving, false narrative while twisting reality to reach the predetermined verdict. To this day, however, I refuse to let that deter me from exposing the injustices and revealing the truth. In fact, my sense of resolve has only strengthened.

Living in Fukushima at the time of my litigation, I was displaced by the 3/11 megaquake and nuclear disaster. As many were fleeing what was a potential Armageddon, I never faltered, preparing my appeal to the Supreme Court while evacuating amidst radiation fallout, aftershocks, rotational blackouts etc., often writing notes in Japanese by candlelight.

While bunkering down in six different places, across several different regions in Japan, I continued preparations, before completing the shoebox full of documents that formed my appeal in Osaka. I eventually ended up in evacuee accommodation in Nagano, Central Japan, where I received notification from the Supreme Court stating that my appeal had been rejected.

With court proceedings having concluded, I found myself confronted with the choice of relinquishing everything that I had fought for and moving on, or alternatively, making another stand. Perhaps against common self-preserving wisdom, while aware of the greater benzodiazepine problem, I refused to give in to the status quo and chose the latter.

Living off food rations and receiving constant threatening notices to shut off utilities etc., I bided my time as an evacuee to write a book documenting my own benzodiazepine experience, establish World Benzodiazepine Awareness Day (W-BAD) and carry out other campaigning initiatives, including a presentation at the 2014 International Society of Addiction Medicine World Congress in Yokohama (see [campaigning efforts](#)).

Continuing relentlessly in that pursuit in the alpine region of Nagano, I went through three consecutive winters without using any heating in temperatures down to minus fifteen degrees Celsius, often waking in the mornings with blood in my mouth and nose due to the bitter cold and dryness.

Despite the efforts, during the years that followed, the W-BAD campaigning platform that I had established was insidiously subjected to internal subversion, something I have been informed is not uncommon in circumstances such as these.

In December 2017, I tried moving back to New Zealand, only to discover that the overinflated economy, coupled with the damages inflicted in Japan, had put the attempted transition beyond my means. Soon after, I fell into a paralysing depression.

Seemingly in a state of checkmate, in May 2019, I mustered what little energy I had left and reluctantly made my way back to Japan, where there was a comparatively better chance in keeping my head above water, at least for now. Leaving my elderly mother, who lives alone and suffers various health problems, and arriving back at the place where all of my trauma had begun with nothing more than a suitcase in hand, it was the hardest thing ever.

While again contending with borderline homelessness, and having hit rock bottom, I somehow managed to attend talks at Japan's Health Ministry to mark the fourth W-BAD event on July 11th. Thereafter, I gave a presentation at Japan's House of Representatives in November and disseminated information packages in December to all 713 national politicians at the government buildings in Tokyo.

Several months later, in early 2020, I began receiving numerous requests from fellow campaigners asking me to work on restoring the subverted W-BAD platform, which had been gutted, rendering the campaigning initiative lifeless. Still struggling to function from day to day, I was reluctant at first. However, I felt compelled to act and followed through with a solid two year effort, denouncing the then board and proceeded to rebuild the entire platform, before relaunching on July 4th, 2022.

There have been countless other challenges along the way, many of which continue through to this day. Still often borderline homeless, away from my home country, I have not seen my elderly mother in nearly five years and had only seen her once in ten years the visit before last. Hearing of her steady deterioration, including occasional admissions to ICU, from afar pains me daily, but I keep pressing ahead despite the anguish and heartache.

Under these circumstances, my financial struggle to shoulder the aforementioned initiatives as an individual with nothing in the true sense has been immense (see [examples](#) based on real time communications).

More details regarding my story can be found on my personal website [Benzo Case Japan](#).