DRUGS

WHAT YOU NEED TO KNOW

NARCONON®

WHAT IS ADDICTION?

WHEN A PERSON IS ADDICTED, he doesn't control his drug use; his drug use controls him. When an addict loses the ability to make a rational choice about whether or not to use drugs or alcohol, he or she is addicted.

Addiction is a condition whereby a person experiences an irresistible urge to seek out and use drugs or alcohol despite negative physical and mental consequences.

Addiction is usually accompanied by physical and psychological dependence on the drug and the person suffers withdrawal symptoms when the drug is rapidly decreased or stopped.

Narconon does not believe that addiction is a disease, that it is incurable or that a person must "live with it" for the rest of his life. In the experience of Narconon staff and graduates, it is possible to fully recover from addiction and enjoy a productive, drug-free life.

To understand addiction, you must first understand drugs—what they are, the signs and symptoms of their use as well as the short-term and long-term effects of using drugs.

Addicts will often deny their addiction.

WHAT ARE DRUGS?

DRUGS ARE ESSENTIALLY POISONS.
The amount taken determines the effect.

A small amount acts as a stimulant (speeds you up). A greater amount acts as a sedative (slows you down). An even larger amount poisons and can kill.

This is true of any drug. Only the amount needed to achieve the effect differs.

But many drugs have another liability: they directly affect the mind. They can distort the user's perception of what is happening around him or her. As a result, the person's actions may be odd, irrational, inappropriate and even destructive.

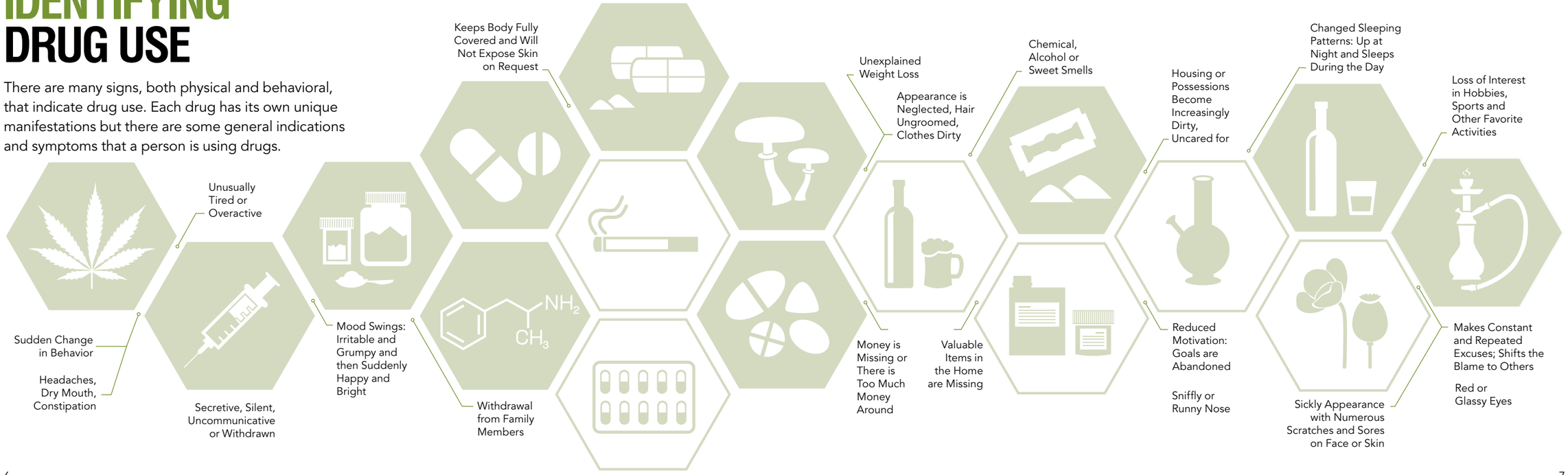
Drugs also block off all sensations, the desirable ones along with the unwanted. So while providing short-term relief from pain, they also wipe out ability and alertness and muddy a person's thinking.

Medicines are drugs that are intended to make your body work better by speeding up, slowing down or changing something about the way the body works. Sometimes they are necessary.
But medicines are still drugs: they act as stimulants or sedatives and too much can kill you. If medicines are abused, they can be as dangerous as illegal drugs.

Drugs are essentially poisons.

IDENTIFYING DRUG USE

There are many signs, both physical and behavioral, that indicate drug use. Each drug has its own unique manifestations but there are some general indications and symptoms that a person is using drugs.



BASIC FACTS ABOUT
COMMONLY USED DRUGS

These facts have been compiled from the references at the end of this booklet. These brief summaries tell the truth about what these drugs are and what they do.

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MARIJUANA

MARIJUANA IS USUALLY ROLLED UP in a cigarette called a *joint* or a *nail*. It can also be brewed as a tea, mixed with food or smoked through a water pipe called a *bong*.

Cannabis (drugs that come from the hemp plant, such as marijuana and hashish) is number three of the top-five substances that account for 16 percent of the admissions to drug-treatment facilities in the United States. According to a National Household Survey on Drug Abuse, kids who frequently use marijuana are almost four times more likely to act violently or damage property. They are five times more likely to steal than those who do not use the drug.

Marijuana is often more potent today than it used to be. Growing techniques and selective use of seeds have produced a more powerful drug. As a result, the number of marijuana-related emergency room visits by young pot smokers has sharply increased.

Because the body builds a tolerance, marijuana can lead users to consume stronger drugs to achieve the same high. When the effects start to wear off, the person may turn to more potent drugs. Marijuana itself does not lead the person to other drugs: people take drugs to get rid of unwanted situations or feelings. The drug (marijuana) masks the problem for a time (while the user is high). When the "high" fades, the problem, unwanted condition or situation returns more intensely than before. The user may then turn to stronger drugs since marijuana no longer "works."

Marijuana is often more potent today than it was in the past.

Marijuana
Short-term and Long-term Effects

MARIJUANA SHORT-TERM EFFECTS

- Loss of coordination
- Distortions in the sense of time, vision and hearing
- Sleepiness
- Reddening of the eyes
- Increased appetite
- Increased heart rate (in the first hour of smoking marijuana, risk of a heart attack can increase fivefold)
- Reduced performance in school (caused by impaired memory and lessened ability to solve problems)

MARIJUANA LONG-TERM EFFECTS

- Psychotic symptoms
- Damage the lungs and heart
- Coughing and wheezing
- Worsening symptoms of bronchitis
- Reduction of the body's ability to fight lung infections and illness

MARIJUANA STREET NAMES

- Mary Jane
- Weed
- Blunt
- Grass
- Herb
- Pot
- Reefer
- Super Skunk
- Smoke
- Skunk
- Boom
- Gangster
- Kiff
- Chronic
- Ganja
- Purple Haze
- Dope
- Nederweed
- Dagga

ALCOHOL IS A DRUG. It depresses your central nervous system (brain and spinal cord), lowers inhibitions and impairs judgment. Drinking large amounts can lead to a coma and even death. Mixing alcohol with medications or street drugs is extremely dangerous and can be fatal.

ALCOHOL

Alcohol influences your brain and leads to a loss of coordination, slowed reflexes, distorted vision, memory lapses and blackouts. Teenage bodies are still growing and alcohol has a greater impact on young people's physical and mental well-being than on adults.

Mixing alcohol with medications or street drugs is extremely dangerous and can be fatal.

Alcohol
Short-term and Long-term Effects

ALCOHOL SHORT-TERM EFFECTS

Depending on how much is taken and the physical condition of the individual, alcohol can cause:

- Feeling of Warmth
- Flushed Skin
- Slurred Speech
- Memory and Comprehension Loss

Heavy drinking results in a hangover and its effects:

- Headache
- Nausea
- Anxiety
- Weakness
- Shakiness
- Sometimes vomiting

ALCOHOL LONG-TERM EFFECTS

Continued alcohol use in large amounts are associated with many health problems, including:

- Unintentional injuries such as car crash, falls, burns, drowning
- Intentional injuries such as firearm injuries, sexual assault, domestic violence
- Increased on-the-job injuries and loss of productivity
- Increased family problems, broken relationships
- Alcohol poisoning
- High blood pressure, stroke, and other heart-related diseases
- Liver disease
- Nerve damage
- Sexual problems
- Permanent damage to the brain

ALCOHOL STREET NAMES

- Booze
- Sauce
- Brews
- Brewskis
- Hooch
- Hard Stuff
- Juice

SYNTHETIC DRUGS

SYNTHETIC DRUGS ARE CREATED USING MAN-MADE CHEMICALS. A class of synthetic drugs known as "designer drugs" include synthetic marijuana (*Spice* or *K2*), synthetic stimulants (*Bath Salts* and *N-bomb*). These are chemically made versions of illegal drugs that have been slightly altered to avoid classification as illegal, allowing dealers to make profits on the Internet or in stores without technically breaking the law. When a designer drug becomes illegal, the chemist alters it again. This repeats over and over. Because the chemicals used constantly change, users have no way of knowing the content and effects.

Users have no way of knowing the content and effects of synthetic drugs.

Synthetic Drugs
Short-term and Long-term Effects

SYNTHETIC DRUGS SHORT-TERM EFFECTS

- Hallucinations and delusions
- Confusion and disorientation
- Psychosis
- Suicidal thoughts or suicide
- Extreme agitation and anxiety
- Panic attacks
- Depression
- Insomnia
- Violent behavior
- Sometimes a loss of consciousness
- Headaches
- Nausea
- Vomiting
- Diarrhea
- Heavy sweating
- High fever
- Kidney malfunction
- Heart attack
- Bleeding in the brain

SYNTHETIC DRUGS LONG-TERM EFFECTS

- Kidney damage and failure
- Liver damage
- Seizures
- Brain swelling
- Death
- Tremors
- Extreme tiredness
- Insomnia
- Forgetfulness and confusion
- Paralysis
- Persistent and severe anxiety
- Depression
- Breakdown of skeletal and muscle tissue

SYNTHETIC DRUGS STREET NAMES

- K2
- Smiles
- Spice
- Bath Salts
- Blizzard
- N-bomb
- Fake Weed
- Black Mamba

ECSTASY

ECSTASY IS USUALLY TAKEN ORALLY IN TABLET OR CAPSULE FORM. Taking more than one pill at a time is called *bumping*.

Ecstasy is a synthetic drug made in a laboratory. Makers may add anything they choose to the drug, such as caffeine, amphetamine and even cocaine. Ecstasy is illegal and has effects similar to hallucinogens and stimulants. The pills are of different colors and are sometimes marked with cartoonlike images. Mixing Ecstasy with alcohol is extremely dangerous and can be lethal.

Ecstasy smothers the natural alarm signals given out by the body. As a result, after taking the drug, an individual risks going beyond his physical limitations and endurance. For example, a person on Ecstasy may not realize that he has become overheated and can faint—or even die—from heatstroke.

Ecstasy smothers the natural alarm signals given out by the body.

Ecstasy
Short-term and Long-term Effects

ECSTASY SHORT-TERM EFFECTS

- Impaired judgment
- False sense of affection
- Confusion
- Depression
- Sleep problems
- Severe anxiety
- Paranoia*
- Drug craving
- Muscle tension
- Involuntary teeth clenching
- Nausea
- Blurred vision
- Faintness
- Chills or sweating

ECSTASY LONG-TERM EFFECTS

- Long-lasting brain damage affecting thought and memory
- Damage to portions of the brain that regulate critical functions such as learning, sleep and emotion
- It is as if the brain switchboard was torn apart, then rewired backwards
- Degenerated nerve branches and nerve endings
- Depression, anxiety, memory loss
- Kidney failure
- Hemorrhaging
- Psychosis
- Cardiovascular collapse
- Convulsions
- Death

ECSTASY STREET NAMES

- E
- XTC
- X
- Adam
- Hug
- Beans
- Clarity
- Lover's Speed
- Love Drug

* *paranoia*: suspicion, distrust or fear of other people.

LSD IS SOLD IN TABLET, CAPSULE OR LIQUID FORM. It is commonly added to absorbent paper and divided into small decorated squares. Each square is a dose.

LSD

LSD is still one of the most potent mood-changing chemicals. It is derived from the extremely poisonous ergot fungus, a mold that grows on rye and other grains. Its effects are unpredictable.

A tiny amount can produce effects lasting twelve hours or more (known as a *trip*—the time period and experience while on the drug).

LSD is one of the most potent mood-changing chemicals.

LSD
Short-term and Long-term Effects

LSD SHORT-TERM EFFECTS

- Dilated pupils
- High body temperature
- Increased heart rate and blood pressure
- Sweating
- Loss of appetite
- Sleeplessness
- Dry mouth and tremors
- Experience terrifying thoughts and feelings
- Fear of losing control
- Fear of insanity and death
- Feelings of despair
- Impaired time perception
- Distorted perception of objects, colors, sounds
- Distorted perception of touch and user's body image

LSD LONG-TERM EFFECTS

- Flashbacks, or a recurrence of the LSD trip, often without warning, long after taking LSD
- Severe depression or psychosis

LSD STREET NAMES

- Acid
- Cid
- Blotter
- Heavenly Blue
- Microdot
- Purple Heart
- California Sunshine
- Tabs
- Dots

COCAINE AND CRACK COCAINE CAN BE TAKEN ORALLY, through the nose (snorted), injected with a syringe or, in the case of crack, through inhalation of the fumes from heating it.

The terms used to describe taking it include *chewing*, *snorting*, *mainlining* (injecting into a large vein) and *smoking*.

COCAINE AND CRACK COCAINE

The word cocaine refers to the drug in a powder form (*cocaine*) and a crystal form (*crack*). It is made from the coca plant and, next to methamphetamine, creates the greatest psychological dependence of any drug.

Next to methamphetamine, cocaine and crack cocaine create the greatest psychological dependence of any drug.

Cocaine and Crack Cocaine
Short-term and Long-term Effects

COCAINE AND CRACK COCAINE SHORT-TERM EFFECTS

Because it is smoked, the effects of crack cocaine are more immediate and more intense than that of powdered cocaine.

- Loss of appetite
- Increased heart rate, blood pressure, body temperature
- Constricted blood vessels
- Increased rate of breathing
- Dilated pupils
- Disturbed sleep patterns
- Nausea
- Hyper-stimulation
- Bizarre, erratic, sometimes violent behavior
- Hallucinations, hyper-excitability, irritability
- Tactile hallucination that creates the illusion of bugs burrowing under the skin
- Intense euphoria
- Anxiety and paranoia
- Depression
- Intense drug craving
- Panic and psychosis
- Convulsions, seizures and sudden death from high doses (even if taken once)

COCAINE AND CRACK COCAINE LONG-TERM EFFECTS

- Permanent damage to blood vessels of ear and brain
- High blood pressure, leading to heart attacks, strokes and death
- Liver, kidney and lung damage
- Severe chest pains
- Respiratory failure
- Infectious diseases and abscesses
- Malnutrition, weight loss
- Severe tooth decay
- Auditory and tactile hallucinations
- Sexual problems, reproductive damage and infertility
- Disorientation, apathy, confused exhaustion
- Irritability and mood disturbances
- Increased frequency of risky behavior
- Delirium or psychosis
- Severe depression
- Tolerance and addiction

COCAINE AND CRACK COCAINE STREET NAMES

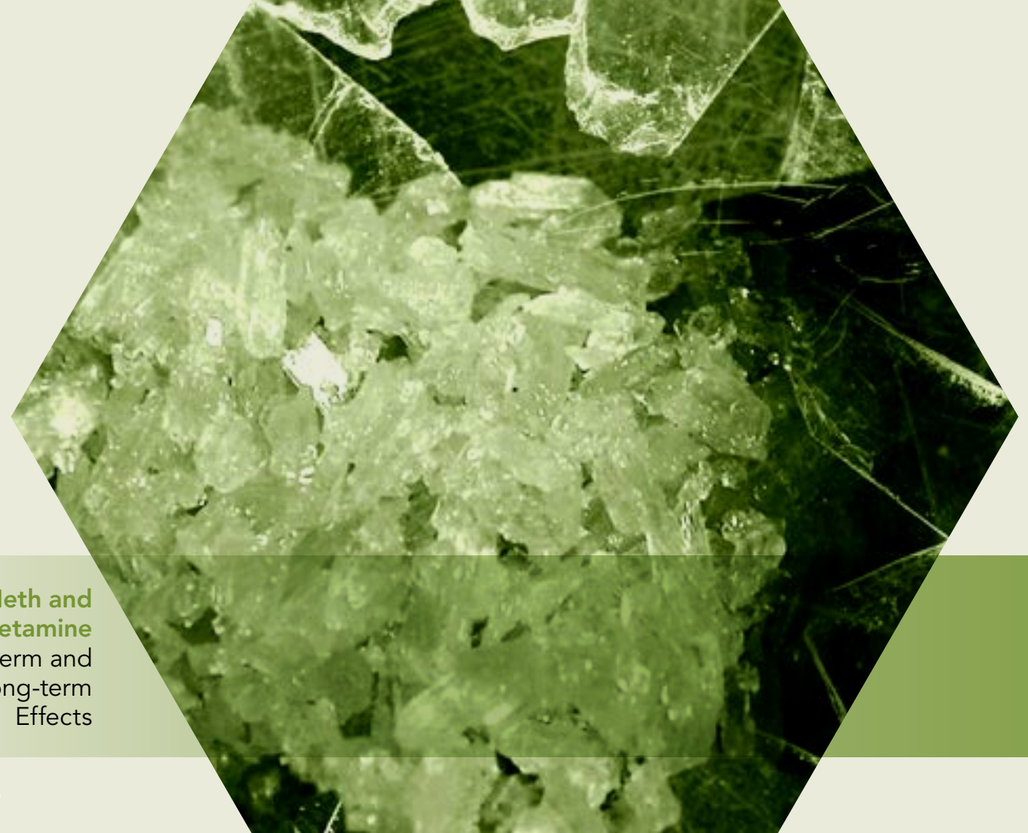
- Coke
- Crack
- Flake
- Rocks
- Snow
- Charlie
- Sniff

CRYSTAL METH AND METHAMPHETAMINE ARE INHALED, SMOKED OR INJECTED. Low doses are in pill form.

Crystal meth is a form of methamphetamine that resembles small fragments of glass or shiny blue-white rocks. On the street it is known as *ice*, *crystal*, *glass* and other names. It is a highly powerful and addictive man-made stimulant that causes aggressive, violent or psychotic behavior. Many users report getting *hooked* (addicted) the first time they use it. It is one of the hardest drug addictions to treat.

CRYSTAL METH AND METHAMPHETAMINE

Many users report getting addicted the first time they used meth.



Crystal Meth and Methamphetamine
Short-term and Long-term Effects

CRYSTAL METH AND METHAMPHETAMINE SHORT-TERM EFFECTS

- Loss of appetite
- Increased heart rate, blood pressure, body temperature
- Dilation of pupils
- Disturbed sleep patterns
- Nausea
- Bizarre, erratic, sometimes violent behavior
- Hallucinations, hyper-excitability, irritability
- Panic and psychosis
- Convulsions, seizures and death from high doses

CRYSTAL METH AND METHAMPHETAMINE LONG-TERM EFFECTS

- Permanent damage to blood vessels of heart and brain, high blood pressure leading to heart attacks, strokes and death
- Liver, kidney and lung damage
- Destruction of tissues in nose if sniffed
- Respiratory (breathing) problems if smoked
- Infectious diseases and abscesses if injected
- Malnutrition, weight loss
- Severe tooth decay
- Disorientation, apathy, confused exhaustion
- Strong psychological dependence
- Psychosis
- Depression
- Damage to the brain similar to Alzheimer's disease and stroke

CRYSTAL METH AND METHAMPHETAMINE STREET NAMES

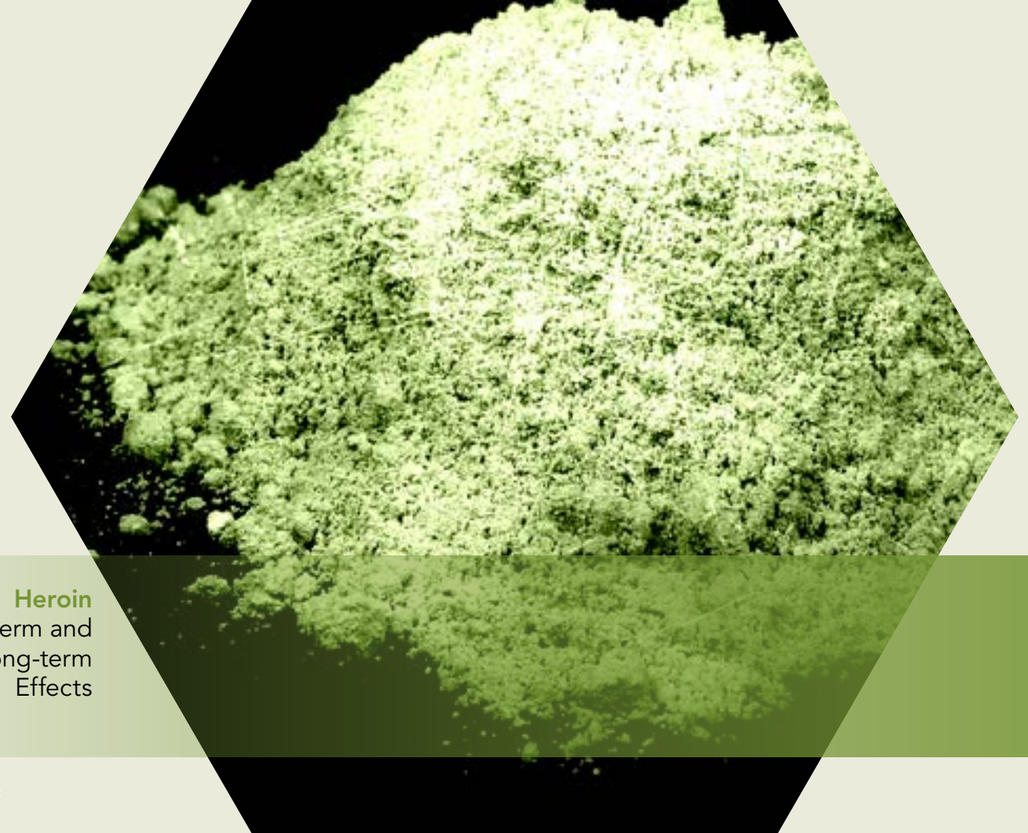
- Speed
- Meth
- Crystal
- Crank
- Tweak
- Go-Fast
- Ice
- Glass
- Tina
- Quartz

HEROIN IS USUALLY INJECTED, SNORTED OR SMOKED. It is highly addictive. Heroin enters the brain rapidly, but makes people think and react slowly, impairing their decision-making ability. It causes difficulty in remembering things.

HEROIN

Injecting the drug can create a risk of AIDS, hepatitis (liver disease) and other diseases caused by infected needles. These health problems can be passed on to sexual partners and newborns. Heroin is one of the three drugs most frequently involved in drug abuse deaths. Violence and crime are linked to its use.

Heroin is one of the three drugs most frequently involved in drug abuse deaths.



Heroin
Short-term and Long-term Effects

HEROIN SHORT-TERM EFFECTS

- "Rush"
- Slowed breathing
- Clouded mental functioning
- Nausea and vomiting
- Sedation; drowsiness
- Hypothermia (body temperature lower than normal)
- Coma or death (due to overdose)

HEROIN LONG-TERM EFFECTS

- Bad teeth
- Inflammation of the gums
- Constipation
- Cold sweats
- Itching
- Weakening of the immune system
- Coma
- Respiratory (breathing) illnesses
- Muscular weakness, partial paralysis
- Reduced sexual capacity and long-term impotence in men
- Menstrual disturbance in women
- Inability to achieve orgasm (women and men)
- Loss of memory and intellectual performance
- Introversion
- Depression
- Pustules on the face
- Loss of appetite
- Insomnia

HEROIN STREET NAMES

- Horse
- Smack
- H
- Skag
- Junk
- Brown Sugar

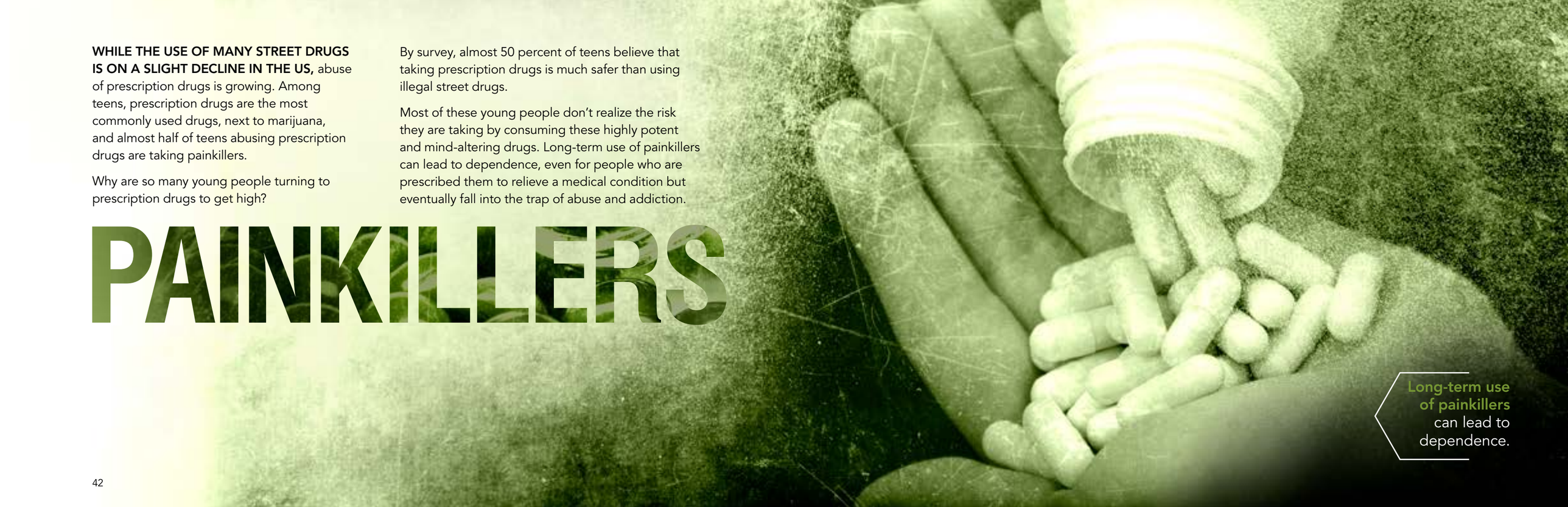
WHILE THE USE OF MANY STREET DRUGS IS ON A SLIGHT DECLINE IN THE US, abuse of prescription drugs is growing. Among teens, prescription drugs are the most commonly used drugs, next to marijuana, and almost half of teens abusing prescription drugs are taking painkillers.

Why are so many young people turning to prescription drugs to get high?

By survey, almost 50 percent of teens believe that taking prescription drugs is much safer than using illegal street drugs.

Most of these young people don't realize the risk they are taking by consuming these highly potent and mind-altering drugs. Long-term use of painkillers can lead to dependence, even for people who are prescribed them to relieve a medical condition but eventually fall into the trap of abuse and addiction.

PAINKILLERS



Long-term use of painkillers can lead to dependence.

Painkillers
Short-term and Long-term Effects

MENTAL & PHYSIOLOGICAL EFFECTS OF PAINKILLERS

- Constipation
- Nausea
- Vomiting
- Dizziness
- Confusion
- Addiction
- Unconsciousness
- Respiratory depression
- Increased risk of heart attack
- Coma
- Death

SIGNS OF PRESCRIPTION PAINKILLER DEPENDENCY

- Usage increase
- Change in personality
- Social withdrawal
- Ongoing use
- Time spent on obtaining prescriptions
- Change in daily habits and appearance
- Neglect of responsibilities
- Increase in sensitivity
- Blackouts and forgetfulness
- Defensiveness

PAINKILLERS STREET NAMES

- Oxy 80s
- Oxycotton
- Oxycet
- Hillbilly Heroin
- Percs
- Perks
- Vikes
- Hydros
- Pinks
- Footballs
- Pink Footballs
- Yellow Footballs
- 65s
- Ns
- Juice
- Dillies
- Drugstore Heroin
- Demmies

PRESCRIPTION DRUGS

ABUSE OF PRESCRIPTION DRUGS has become a more serious problem than most street drugs. Painkillers, tranquilizers, antidepressants, sleeping pills and stimulants may appear safe because they are prescribed by doctors, but they can be just as addictive and potent as the heroin or cocaine sold on the street. The painkiller OxyContin, for example, is as powerful as heroin and affects the body in the same way. Continued use of painkillers, depressants (also called *downers*), stimulants (called *uppers*) or antidepressants can lead to addiction—and painful withdrawal symptoms for those who try to quit.

PAINKILLERS: OxyContin, Fentanyl, morphine, Percodan and Demerol are a few of a long list of painkillers. Effects can include slowed breathing, nausea and unconsciousness. Abuse can lead to addiction.

There are very serious health risks in taking prescription drugs. This is why they are taken only under the care of a doctor.

DEPRESSANTS: These drugs, also known as *sedatives* or *tranquilizers*, which slow down the brain and nervous-system functions, include Xanax, Amytal, Seconal, Valium, Risperdal, Abilify, Geodon and many others.

Effects can include heart problems, weight gain, diabetes, fatigue, excessive sedation and slurred speech. Continued use can lead to addiction. In older adults they may cause sudden death.

Drug addicts are very often labeled with a psychiatric dual diagnosis, such as depression or bipolar disorder. They are then prescribed psychiatric drugs. In reality their emotional problems are caused or greatly aggravated by the addiction. Not only are the psychiatric drugs not needed, people can find it as difficult or even harder to get off them as it is to get off heroin or cocaine.

STIMULANTS: These drugs speed up heart rate and breathing, similar to speed or cocaine. They include Ritalin, Adderall, Concerta and drugs known as *bennies*. Effects include increased blood pressure and heartbeat, hostility and paranoia.

ANTIDEPRESSANTS: Prozac, Paxil, Zoloft and Celexa are some of the commonly used antidepressants. Effects can include irregular heartbeat, paranoid reactions, violent or suicidal thoughts and hallucinations. Long-term use can lead to addiction.

Painkillers, depressants and antidepressants are responsible for more overdose deaths in the US than cocaine, heroin, methamphetamine and amphetamines combined.

ABOUT NARCONON

NARCONON (MEANING "NO NARCOTICS") drug- and alcohol-rehabilitation program is open to all who desire to end their addictions and lead productive, drug-free lives.

The Narconon program not only addresses the debilitating effects of drug abuse on the mind and body, but also helps resolve why a person turned to drugs in the first place. As a result, tens of thousands have graduated from the Narconon Program to new lives free from drug use.

Beyond drug rehabilitation, Narconon's drug-prevention staff have educated millions of school children. Narconon has more than fifty years of drug-education experience with demonstrated effectiveness in keeping young people off drugs.

Narconon has more than fifty years of experience.

FACTS YOU NEED TO KNOW

This booklet is one in a series of publications that cover the facts about marijuana, alcohol, synthetic drugs, Ecstasy, cocaine, crack cocaine, crystal meth and methamphetamine, LSD, heroin, painkillers and prescription-drug abuse.

For more information
or to obtain copies of this or other booklets in this series, contact:

narcononafrica.org.za
+27 80 001 4559

GLOSSARY OF TERMS

alcohol: a colorless liquid with a strong odor and a sharp taste that slows certain functions of the body, resulting in slurred speech, unsteady movement, disturbed perceptions and an inability to react quickly. The reaction to alcohol depends on how much is consumed. Drinks such as beer and wine contain smaller amounts of alcohol, while gin, whiskey and vodka contain greater amounts.

Alzheimer's disease: a progressive brain disorder that causes gradual and irreversible decline in memory, speech and other perceptions and most often occurs as people grow older.

amphetamine: any of a group of powerful stimulant drugs that increase heart rate and blood pressure and have been used chiefly to make people feel happier or more energetic or to control appetite in cases of obesity. Amphetamines are sometimes called *uppers* and can cause dangerous side effects and addiction.

antidepressants: a group of drugs prescribed as a treatment for a wide range of symptoms, from depression to decreased appetite and fatigue. Antidepressants can deaden emotions and sometimes bring about a highly agitated state. Some of the side effects include dizziness, fainting, severe headaches, raised blood pressure, difficulty sleeping, interference with sexual function, as well as homicidal and suicidal thoughts and behavior.

auditory: of or relating to the sense of hearing.

bennies: tablets of *Benzedrine,* brand name of a drug that increases physical and mental activity, prevents sleep and decreases appetite.

bronchitis: inflammation of the bronchi (small tubes that carry air from the windpipe into the lungs).

cardiovascular collapse: a sudden and marked drop in blood pressure and an inability of the heart to pump blood at a sufficient rate to vital organs of the body, especially the brain.

cocaine: a powerful and highly addictive stimulant drug that increases heart rate and blood pressure while reducing fatigue. Prolonged use results in breathing problems, heart failure or bleeding in the brain. The drug is made from the leaves of the coca plant and is most often used as a white powder but can also be injected or smoked. It was originally developed as a painkiller.

constricted blood vessels: a narrowing of the vessels that carry blood through the body resulting from tightening of the walls of the vessels.

convulsion: uncontrollable violent shaking of the body or part of the body.

crack cocaine: the crystal form of cocaine, which normally comes in a powder form. It is called *crack* because it makes a cracking or popping sound when heated and smoked.

debilitating: making someone physically or mentally weak.

degenerated: developed into a much worse state or condition than before.

delirium: a state of extreme mental restlessness, confused speech and altered perceptions.

dilated: with the pupil widened or expanded so that more light is admitted into the eye.

Ecstasy: an illegal amphetamine-based synthetic drug used to create an artificial feeling of well-being or joy. *Amphetamines* are any of a group of powerful, habit-forming drugs, called stimulants, that act on the central nervous system (the brain and the spinal cord), increasing heart rate and blood pressure while reducing fatigue. Serious mental problems can develop from repeated use. Ecstasy has numerous side effects, including depression, anxiety, panic attacks, insomnia, etc.

fatigue: extreme physical or mental tiredness.

hallucinations: perceptions of objects that are not really there and the experiencing of sensations without any external cause.

hemorrhaging: bleeding heavily and uncontrollably from a ruptured blood vessel, either internally or externally.

hepatitis: inflammation of the liver. Hepatitis viruses are the most common cause of hepatitis but other infections, toxic substances (alcohol and certain drugs), and autoimmune diseases can also cause hepatitis. There are five main hepatitis viruses, of which types B and C are the most common cause of liver cirrhosis and cancer.

heroin: a powerful and addictive drug that causes a temporary feeling of euphoria (extreme happiness) and a lessened sensation of pain, but then results in slowed breathing, depression and, when overdosed, death. Heroin is made from the sticky substance of the poppy plant, the same source as the drugs opium and morphine. In its purest form, heroin is a fine white powder, but it is often mixed with other substances. It can be injected, smoked or sniffed and because it is highly addictive, it is extremely painful to withdraw from.

inhibitions: ideas or rules that tend to stop a person from doing something.

irrational: not thinking or acting in a sensible, reasonable way.

kidney: one of two organs in the lower back that separate waste products from the blood and make urine. The kidneys also produce several types of chemical substances in the body, including one that helps balance salt and potassium levels.

liability: something that causes problems or makes someone less likely to succeed.

LSD: a powerful drug that changes a person's mood by producing feelings of detachment from surroundings, emotional swings and an altered sense of space and time. With higher doses, hallucinations (visual disturbances and illusions) occur. It is made from *lysergic acid,* a chemical found in a fungus that grows on rye and other grains.

manifestation: a visible sign or indication that something exists or is happening.

marijuana: a drug that lessens physical and mental control of the body and distorts sensory perceptions. Prolonged use results in damage to the lungs, reduced memory and lessened mental aptitude. Marijuana is made from the dried leaves and flowering tops of the Indian hemp plant and is smoked, chewed or eaten.

methamphetamine: (also **meth** or **crystal meth**) a very strong stimulant drug that produces loss of appetite,

rapid heart rate, irregular heartbeat, increased blood pressure, irritability, anxiety, confusion, convulsions and even death. It is highly addictive. Methamphetamine is often manufactured in small, illegal laboratories using extremely toxic chemicals, sometimes including liquid-ammonia fertilizer or camping-stove fuel. The drug usually comes in the form of a crystalline white powder that dissolves in water or alcohol and can be snorted, smoked or injected.

muddy up: make something confusing or less clear, figuratively as if stirring mud in water and making it less clear.

OxyContin: an addictive painkiller that is a synthetic opiate (made from chemicals and producing the effects of *opium,* an addictive drug prepared from the juice of a poppy) with numerous side effects, including tiredness, hot/cold sweats, heart palpitations, joint and muscle pain, vomiting, nausea, diarrhea, insomnia and depression.

panic attack: an intense period of worry, fear, trembling, sweating, a pounding heart, etc.

paralysis: a condition in which someone is unable to move part or all of his body.

paranoia: a mental condition in which someone irrationally believes that other people do not like him and are trying to harm him.

psychological: of the mind, mental.

psychosis: a severe form of mental illness in which someone cannot handle himself or his environment well enough to survive and must be cared for to protect others from him or to protect him from himself.

psychotic: relating to *psychosis,* a severe form of mental illness in which someone cannot handle himself or his environment well enough to survive and must be cared for to protect others from him or to protect him from himself.

rational: thinking in a sensible, reasonable way.

sedative: a drug used to cause sleepiness and temporarily relieve pain and nervousness or agitation.

stimulant: any substance that temporarily increases the activity of some vital process or of some organ.

stroke: a blockage or bursting of a blood vessel leading to the brain that causes an inadequate supply of oxygen and depending on the severity, can cause such symptoms as weakness, paralysis of parts of the body, speech difficulties, etc.

synthetic drugs: drugs that are created using man-made chemicals rather than natural ingredients.

tactile: of or related to the sense of touch.

tranquilizer: any of certain drugs given to calm someone and control various emotional conditions.

wipe out: remove or eliminate something completely.

withdrawal symptoms: unpleasant physical and mental reactions that someone with an addiction experiences when he stops using drugs.

RESOURCES

www.drugabuse.gov/faqs

www.merckmanuals.com/home/womens_health_issues/drug_use_during_pregnancy/drug_use_during_pregnancy

www.raconline.org/topics/substanceabuse/substanceabusefaq.php

www.sputniknews.com/russia/20081203/118663020.html

pubs.niaaa.nih.gov/publications/Hangovers/beyondHangovers.pdf

www.who.int/substance_abuse/publications/global_alcohol_report/msbgsruprofiles.pdf

www.drugabuse.gov/frequently-asked-questions#physical

www.drugabuse.gov/drugs-abuse/cocaine

www.drugabuse.gov/drugs-abuse/alcohol

www.drugabuse.gov/drugs-abuse/club-drugs

www.drugabuse.gov/publications/drugfacts/marijuana

www.drugabuse.gov/drugs-abuse/hallucinogens

www.drugabuse.gov/drugs-abuse/heroin

www.drugabuse.gov/drugs-abuse/mdma-ecstasymolly

www.drugabuse.gov/drugs-abuse/methamphetamine

www.drugabuse.gov/drugs-abuse/opioids

www.drugabuse.gov/drugs-abuse/prescription-drugs-cold-medicines

www.drugabuse.gov/drugs-abuse/synthetic-cannabinoids-k2spice

www.drugabuse.gov/drugs-abuse/synthetic-cathinones-bath-salts

Truth About Drugs—Foundation for a Drug-Free World

narcononafrica.org.za
+27 80 001 4559

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