

“Incense,” “Bath Salts” and Other Lesser Known Substances of Abuse

Minnesota Association of Resources for Recovery and Chemical Health Conference
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We Will Look At:

- Some of the newer and/or lesser known substances being used as drugs.
- The effects of these substances on users.
- Some of the misinformation about some substances.
- What is being done to address the abuse of these substances.

Drug or Not a Drug

Morning Glory seeds	2C-B, 2C-E, 2C-I
Poppy seeds/pods	Snurf pills
Khat	Catnip
K2	“Bupe”
PCP	GHB
Caffeine	Mothballs
Jenkem	Jimsom weed
Peyote	Spice
Catnip	Salvia divinorum
Ketamine	i-dosing
Magic mushrooms	Toad licking
Blue Star tattoos	Kratom

What is a Drug?

A drug, broadly speaking, is any substance that, when absorbed into the body of a living organism, alters normal bodily function.

- World Health Organization

There is no single, precise definition, as there are different meanings in drug control law, government regulations, medicine, and colloquial usage

- Random House Online Dictionary

Synthetic Drugs

Have gotten a lot of attention in the past few years.

•They mimic/said to mimic other drugs.

- Chemical analogs

•“Herbal incense” and “bath salts” among the most often mentioned.

- Touted as legal alternatives to marijuana, cocaine, amphetamine, ecstasy, LSD and other controlled substances.

Obtaining Synthetic Drugs

Were and may still be sold openly in gas stations, record stores, head shops and online.

-Minnesota ban - July 1, 2011.

-Federal ban on five synthetic cannabinoids - March 2011.

Some retailers have threatened to challenge the state law.

-Synthetic marijuana sales estimated at \$5 billion in 2010 by the Retail Compliance Association (formed to challenge the bans).

Minnesota Law - Chapter 53

...establishing the crimes of sale or possession of synthetic cannabinoids; adding synthetic cannabinoids, 2C-E, and 2C-I to the list of Schedule I controlled substances; adding a definition of "analog" in the controlled substances law; providing that an analog of a Schedule I or II controlled substance is considered a Schedule I controlled substance...

Synthetic Drugs Online

The internet seems to be a prime source for synthetic drugs.

- Numerous sites sell their own and other's products.
- All say the products are "unfit for human consumption."
- New or altered products are constantly being introduced to stay ahead of legal actions.

Poison Control Calls

-In the first six months of 2011, about 6600 calls made to Poison Control Centers about synthetic drugs.

-In comparison, about 1.3 million people went to emergency rooms because of prescription drugs in 2009.

Buyer Beware!

Packages don't always contain what buyers expect.

- A British group purchased seven synthetic stimulant products and performed chemical analyses on them.

- Only one contained the advertised product.

- The rest contained large amounts of caffeine and also Piperazines compounds which have a stimulant effect.
 - Piperazines are used to treat people with worms.

Drug Testing and Analysis, February 2011

Synthetic Cannabinoid Products K2/Spice, etc.



Synthetic Cannabinoid Products

There is no comprehensive list of products, they are ever-changing.

Some of the products may include:

AKA: Spike99, Tribal Warrior Gold, Atomic Bomb, Ja Rush, Ex_SES Platinum Plus, Lunar Diamond, Extreme Smoke, Spicey XXX Ultra Plus...



Synthetic Cannabinoid Products K2/Spice, etc.



What Are They?

Generally an unregulated mixture of dried herbs sprayed with psychotropic drugs
-JWH-018, JWH-073, JWH-081, JWH-200, JWH-250, CP 47 497, HU-210 or similar synthetic substances, similar to THC.

Usually sold as incense or potpourri
- labeled as unfit for human consumption.
- also being sold as other products.

DEA Issues Temporary Ban

March 1, 2011 the Drug Enforcement Administration announced that the chemicals used to make so-called synthetic marijuana products, JWH-018, JWH-073, JWH-200, CP-47,497, and cannabicyclohexanol, and any products containing the chemicals are temporarily placed in Schedule 1 and illegal to possess or sell in the United States.

CP 47 497

CP 47 497 - developed by Pfizer in the 1980s.

Said to be main active ingredient in Spice.

Was developed for scientific research, has analgesic affects.

HU-210

HU-210 - first developed in 1988 by Professor Raphael Mechoulam at Hebrew University.

Said to be 100-800 times more potent than THC.

It is an analgesic.

Fatal overdoses of this substance are possible.

Illegal in the U.S. – Schedule I substance.

JWH Mixtures

JWH-018, JWH-073 JWH-081, JWH-200 and JWH-250 - developed in laboratory of Clemson University chemist, John Huffman (JWH).

-Hoped to stimulate appetites of people having trouble eating, e.g., patients undergoing chemotherapy.

-Efforts abandoned early in the process, never tested by the Food and Drug Administration or approved for human use.

-Little is known about its long-term health effects or toxicity.

Unknown Effects

Huffman said the chemicals not intended for human use and "their effects in humans have not been studied and they could very well have toxic effects."

-His research indicates synthesized cannabinoids may potentially break down into carcinogens in the human body and it was important the effects be studied before people use it.

-Mice used in testing were euthanized at the end of the experiment, so scientists don't even know how it affects mice long-term.

-Like THC, the compounds bind to CB1 receptors, which primarily affect the central nervous system and to the peripheral brain (CB2) receptors, which are involved with the immune system.

Potency

He said:

-"You can get very high on it. It's about 10 times more active than THC."

-"It is like Russian roulette to use these drugs. We don't know a darn thing about them for real."

Why Are They Popular?

Synthetic cannabinoids popularity:

- They were legal in much of the country,
- Purported to give a high similar to marijuana,
- Didn't show up on drug tests,
- Believed to be natural and therefore safe,
- Getting a lot of media attention!

Drug Testing

Synthetic cannabinoids didn't typically show up in standard drug tests and wasn't illegal in most of Minnesota,

- Popular among people subjected to drug testing.
- The loss of sobriety would reverse a condition of release for many convicts.
- New drug tests have been introduced that detect them.
- Unlike marijuana, synthetic cannabinoids are believed to only stay in the bloodstream for about 3 days and are water soluble.

They do show up in the U.S. military's test and have been banned for use by military personnel.

Similarity to Marijuana

Active ingredients are synthetic cannabinoids -- research-grade chemicals created for therapeutic purposes.

- Can mimic the narcotic effects of tetrahydrocannabinol, or THC, the active ingredient in marijuana.

The effects are said to be similar to marijuana, with some significant differences.

- Produces less of a mental high and a much more notable "body" high than smoking marijuana.
- Some say similar to high from eating marijuana.

Effects

Peak effect when smoked are in a matter of minutes.

The "high" is reported to have a duration of 3-5 hours.

May affect cardiovascular and central nervous systems

Among the effects: fast heart beat, dangerously elevated blood pressure, agitation, anxiety, pale skin, vomiting, numbness/tingling and in some cases severe paranoia, hallucinations, unconsciousness and seizures.

Variation in Products

The active ingredients are produced in many countries and have been easily obtained and unregulated in the United States.

Easy to overdose on because of lack of regulation, potency and variation in products.

Because it has been unregulated, no one knows what else is in the packages.

There is anecdotal information that it may be addictive and that users may experience withdrawal symptoms, but no research yet.

Harmful Effects

People have shown up in emergency rooms across the country complaining of everything from elevated heart rates and paranoia to vomiting and hallucinations.

-In all of 2009 there were 14 calls about synthetic cannabinoids to U.S. poison centers.

-In 2010 that number was 2,915.

-In the first six months of 2011 there have been 3094 calls.

Blamed in at least one death, an 18-year-old in Iowa who shot himself.

A Naval Hospital in California reported users experiencing psychosis for several days after use.

NIDA Warning

Marilyn Huestis, PhD, chief of chemistry and drug metabolism at the National Institute on Drug Abuse:

"When you take these drugs, you are hijacking the part of the brain important for many functions: temperature control, food intake, perception, memory, and problem solving, and people taking these high-potency drugs are affecting other important functions throughout their bodies — hormone functions, for example."

Regulation

The MN Board (of Pharmacy) began the process of adding, by rule, synthetic cannabinoids (found in "Spice" and K2, etc) to Schedule I in July 2010.

The Duluth City Council was the first to ban synthetic marijuana August 30, 2010.

A statewide ban went into effect. July 1, 2011.

From the "Official K2 Website"



K2

Ever-changing, a moving target.

They are constantly changing their product line to stay ahead of laws and policies.

Product line presently includes incense and capsules. At times it has included powders and liquids.

From the Official K2 Website



From the Official K2 Website



From the Official K2 Website

How can K2 Herbal Incense assist me in meditation?

Our K2 Incense can help promote, through aromatherapy, an atmosphere that indulges the senses in comfort and relaxation. K2 Incense delivers a wonderful scent that we believe can help support the meditation process. Meditation is an ancient art that can envelope your mind and body into a relaxed and mellow state.

From the Official K2 Website

Is K2 incense legal?

Most of the K2 product line are completely legal everywhere. The only [K2 incense](#) products that may be restricted in very few areas are:

- K2 Blonde**
- K2 Summit**
- K2 Ultra**

There is also a new generation of K2 products that are **completely legal everywhere**. Not covered by any ban, restriction or regulation! These are:

- K2 Sky**
- K2 Solid Sex**
- K2 Thai Dream**

All of these products can be purchased or resold without concern that they may be restricted and test negative for any known chemicals. Legal everywhere including Michigan, Kansas, Russia..... **everywhere!!!**



Sky 3 Grams, Just \$19.95/g
\$59.95 (Not available in stores)

3g. This Legal Everywhere blend is our amazing new K2 Blend and is quickly becoming far more popular than ANY other blend! Tested negative for ANY known chemical!



Thai Dream capsules In Stock for a Short Time!

\$59.95 Newest K2! MSRP \$99.95!

Use 2 to 6 capsules per ritual. Sells Fast!
Not incense. Not available in stores! Buy before it's sold out again!

Ingredients

From the Official K2 Website

The complete ingredient list is top secret to us at K2 but many of the main components we can share with you... Contrary to many rumors, [K2 Incense](#) is a mixture of botanicals and herbs that are blended with a variety of proprietary ingredients. The base herbal & botanical ingredients for the blends include:

- *Canavalia rosea*
- *Clematis vitalba*
- *Nelumbo nucifera*
- *Pedicularis grandifolia*
- *Heimia salicifolia*
- *Leonurus sibiricus*
- *Ledum palustre*

What are these ingredients?

- *Canavalia rosea* – Bay Bean, believed to increase potency of other herbs.
- *Clematis vitalba* – Old Man's Beard, said to bring about focused awareness.
- *Nelumbo nucifera* – Lotus, said to bring a feeling of joy when smoked.
- *Pedicularis grandifolia* – Elephant Head, said to add a sedative or narcotic affect when added to a smoking mixture.
- *Heimia salicifolia* – Loosestrife (AKA Sinicuichi), said to be associated with auditory hallucinations.
- *Leonurus sibiricus* – Honeyweed (AKA Little marijuana), said to be relaxing and soothing.
- *Ledum palustre* – Labrador Tea or Wild Rosemary, the smell is said to be intoxicating and can cause dizziness, contains ledol a poison that causes cramping and paralysis.

From the "Official K2 Website"

Conditions of Use

I agree that I am at least 18 years of age as of the date of purchase. I understand that K2 is not for human consumption. **Under no circumstances should K2 incense be ingested, consumed or smoked.** I take full liability for any damages, lost profit or revenues, loss of use of product or equipment and any loss of property that may result from the purchase or use of products purchased from this website. **I state that I am not nor am I associated or affiliated with any government agency, nor am I ordering under the instruction of any government agent or agency.** I understand that it is my responsibility to abide by local laws and regulations. I agree to abide by all local, state/province and government regulations in accordance with the use of any products purchased from this website. I understand that all sales are final.

K2 Incense is strictly for incense purposes only and is not for human consumption.

You must be 18 years of age to purchase this product.

Neither the payment processor, nor the website owners, nor the K2 manufacturer are responsible in any way for the content found on affiliate websites linking to this website.

"Bath Salts"



Synthetic Stimulants/Hallucinogens

Several products sold as bath salts, foot bath, plant food, insect repellent, etc.

Promoted as legal cocaine, methamphetamine, amphetamine, Ecstasy, LSD, etc.

Products are inhaled, smoked, eaten and injected.

Synthetic Stimulants/Hallucinogens

Believed to be manufactured in parts of Europe, China and India.
 Generally sold in individual bags -- on the Internet, in convenience stores and on the street.
 Branded names like Ivory Wave, Vanilla Sky, Ocean, Charge +, White Lightning, Scarface, Hurricane Charlie, Red Dove, Cloud-9 and White Dove, etc.

Active Ingredients

The active agent are often the stimulants mephedrone or methylenedioxypropylamphetamine.
 Generally comes in the form of a powder, sometimes in tablets.
 Produces similar effects to MDMA (Ecstasy), amphetamines and cocaine.
 Packaging usually says the product is not for human consumption.

Mephedrone

Mephedrone is legal in parts of U.S.
 -No longer legal in Minnesota.
 -DEA labeled it a drug of concern.
 Banned in some states and several European countries.
 Users describe the drug's high as falling somewhere between that of ecstasy and cocaine.
 Sold legally in some places as a plant food.

Methylenedioxypropylamphetamine

A psychoactive drug with stimulant properties
 Also known as MDPV, MDPK, Magic, Super Coke and PV.
 No history of FDA approved medical use.
 Said to be four times as potent as Ritalin.
 Legal in the U.S. except for some states including Minnesota.
 -DEA labeled it a drug of concern.

United Kingdom

These chemicals banned in the United Kingdom following fatalities of users.
 According to the U.K. Central Alerting System:
 Users face risks including - overstimulation of the cardiovascular system, with risk of heart and circulatory problems; and overstimulation of the nervous system, with risk of agitation, hallucinations and fits. Dangerously raised body temperature, risk of renal failure and altered blood pressure may also occur.

Harmful Effects

Causes intense cravings for more even though they can trigger extreme paranoia, hallucinations, delusions, hypertension, tachycardia and suicidal thoughts.
 There have been several reports of violent behavior.
 In 2010 there were 303 calls to poison control centers because of these products.
 - 3740 calls in the first six months of 2011.

Effects

The long-term effects of the drug are still unknown:

- no testing has ever been done on humans
- but unlike cocaine or crystal methamphetamine, they do not metabolize in just a few hours.
- There have been some reports of people experiencing effects months after use.

Vanilla Sky



Vanilla Sky

- Have you ever had a feeling that you are in heaven? What would you say if this heaven would be a vanilla sky? Do you like it? Do you want to be there? Everything is possible with **vanilla Sky legal snuff!**
- This product is really perfect for a pleasant pastime and the magic product that can provide you with amazing mood and energetic wave. You can easily experience unforgettable feelings with Vanilla Sky salt. Find yourself in the fantastic world.
This herbal powder is really effective. It can serve as a perfect charging for an energetic kaif. The splendid emotional outburst that is provided by **Vanilla Sky** is a source of pleasure and delight. The product is specially designed for helping you to reach a state of pure bliss. This legal stimulating powder acts in a pleasant way by activating of brain activity for quite a long period.
- Storage: keep **Vanilla Sky powder** in a dry and cool sealed place. It is recommended to let too much air get to the product.
- Warning: do not use it during pregnancy, mental illness, any defects of the thyroid gland, or high blood pressure. Before use, always consult a doctor. Avoid excess alcohol. Do not mix with drugs. Do not use if you are under 18 years. Our shop is not responsible for noncompliance with rules.

Vanilla Sky

VANILLA SKY concentrated bath salts (new formula in a siviler pack) Great new product exclusive to spice gold direct - - said to be twice as satisfying as herbal highs "charge". Snow blow and the rest.. Ivory is unbelievably close to the real deal. you won't be disappointed.

Soothing bath Salts - Relax and soak away VANILLA SKY. Concentrated bath salts, please only use as advised, PLEASE do not use this as SNUFF!! Add the contents to a hot bath to naturally soften the water which will leave you feeling very soothed and relaxed. This is used to mimic the natural hot springs of the greek sea.

Contains:

Epsom Salts, Sodium Barcarbonate, Sodium Chloride, minerals, trace elements and naturally occurring amino acids.

NOT FOR HUMAN CONSUMPTION

200 mg. \$24.46 Buy One One Get Free (sic)
500 mg. \$36.31 Buy One One Get Free (sic)

Tranquility Bath Salts



Tranquility Bath Salts

1/2 gram Tranquility Bath salt is perfect for a very invigorating, energizing, & truely scentual bathing experience.

100% Piperazine free

500 mg. Retail Price \$50.00 On sale: \$24.00

Tranquility Bath Salt is NOT FOR HUMAN OR ANIMAL CONSUMPTION

Must be at least 18 to purchase.

Caffeine/Energy Drinks



Caffeine/Energy Drinks

One of the most popular drugs of all.
-It is in numerous products including beverages and many medications.
-May be used by more people than any other drug.

A stimulant with physical withdrawal symptoms.

New research shows some people are genetically inclined to consume more caffeine than others.

Energy Drink Popularity

- 500 new energy drink products introduced worldwide in 2006
- Energy drink sales were about \$3.2 billion
- 31 percent of 12-17-year-olds are regular consumers vs. 22 percent of 25-34-year-olds (one in ten adults overall)

Source: Marlin Institute and Mintel Group

Caffeine Content

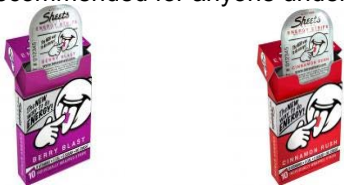
Energy drinks have 50-505 mg caffeine per serving (2.5-35.7 mg caffeine/oz).
 12-ounce colas have 34-54 mg (2.9-4.5 mg caffeine/oz).
 A 6-ounce cup of coffee has 77-150 mg (12.8-25 mg caffeine/oz) and hot coffee drunk more slowly.
 Energy "shots" - (1-2 oz) beverages have an 100-350 mg (90-171 mg caffeine/oz).

Caffeine Content

5 Hour Energy – 138 mg. (in 2 oz.)
 Amp – 143 mg.
 Arizona Green Tea Energy – 200 mg.
 Caribou Coffee Latte – 180 mg.
 Coca Cola Classic – 35 mg.
 Diet Coke – 45 mg.
 8 oz. cup of brewed coffee – 108
 Monster Energy Drink – 160 mg.
 Mountain Dew – 54 mg.
 NOS Energy Drink – 260 mg.
 Red Bull – 80 mg.
 Rockstar Punched Guava – 330 mg.
 Sheets (two dissolvable strips) – 100 mg.
 Spike Double Shot – 350 mg. (in 4.26 oz.)
 Tea Brewed – 47 mg.
Source: Energy Friend Website and Sheets Website

Dissolvable Caffeine

Sheets – a new stamp-sized gel sheet that dissolves in the mouth.
 Being promoted by LeBron James.
 Not recommended for anyone under 12.



Caffeine's Harmful Effects

Caffeine has been clearly associated with adverse health effects in susceptible individuals.

Among adolescents, caffeine consumption has been linked to elevated blood pressure and sleep disturbances.

Among pregnant women, high caffeine intake is associated with risk for late miscarriages, stillbirths, and small-for-gestational-age infants.

Journal of the American Medical Association, January 2011

Caffeine Consequences

Heavy daily caffeine use — more than 500 to 600 mg a day — may cause:

- Insomnia
- Nervousness
- Restlessness
- Irritability
- Stomach upset
- Fast heartbeat
- Muscle tremors

Source: Mayo Clinic

Caffeine Consequences

Some people are more sensitive to caffeine than others.

Even a small amount may cause restlessness and sleep problems.

Combining caffeine and sugar can have a negative affect on blood glucose and create carbohydrate cravings.

Caffeine and Youth

The American Academy of Pediatrics recommends that youth should not consume energy drinks and rarely need sports drinks.

“Caffeine has been linked to a number of harmful health effects in children, including effects on the developing neurologic and cardiovascular systems.”

Sports Drinks and Energy Drinks for Children and Adolescents: Are They Appropriate?
Pediatrics, June 2011

Other Drugs...or not!

2C-B

2C-B or 2,5-dimethoxy-4-bromophenethylamine is a synthetic psychedelic that first gained popularity as a legal Ecstasy replacement in the mid 1980s.

AKA: Bees; Venus; Bromo Mescaline; BDMPEA
Often in powder or pill form.

Known for having a strong physical component to its effects and a moderate duration.

A Schedule I substance in the U.S.

2C-E

2C-E or 2,5-dimethoxy-4-ethylphenethylamine is a synthetic psychedelic drug.
 Generally taken orally, but may be inhaled.
 Users report hallucinations similar to those experienced with LSD.
 The effects may last 8-12 hours.
 2C-E use was responsible for the death of 19-year-old in Blaine this year.
 It is illegal in Minnesota as of July 1, 2011.

2C-I

2C-I or 2,5-dimethoxy-4-iodophenethylamine is a synthetic psychedelic drug.
 Commonly sold as a fluffy salt, powder or tablet.
 Similar to 2C-E it is usually taken orally, but may be inhaled, smoked or vaporized.
 Users report hallucinogenic and stimulant effects which are reported to last 4-12 hours.
 It is illegal in Minnesota as of July 1, 2011.

Bufotenine – Toad Licking

Bufotenine - hallucinogen found in the venom of some toads, also found in some mushrooms, plants and other animals.
 Venom is excreted on the toads' backs when frightened.
 Some users lick the venom off of the toads.
 Some extract the bufotenine, dry it and smoke it.
 A Schedule I substance in the U.S.

Bupe (buprenorphine)

Buprenorphine (Suboxone) - developed as an alternative to methadone that would be equally effective in treating opiate addiction but less likely to be abused.

Sometimes called subbies or stop signs.

Contains naloxone, which makes users sick if they ingest it -- but some users are crushing the pills and snorting or injecting the drug to get high, either filtering out the naloxone or putting up with its ill effects.

Now being implanted to reduce abuse.

Catnip

Catnip is not intoxicating for humans.

- Generally smoked or used to make tea.
- Often smoked with tobacco.
- It can cause minor sedation or stimulation.
 - Some speculate that it may be more the effect of the tobacco.

GBL

GBL (gamma-butyrolactone) - clear and odorless liquid and a date rape drug similar to GHB.

When taken orally the body converts it into GHB.

Sold in liquid and powder form and is found in some supplements.

Sometimes called liquid ecstasy.

When mixed with alcohol or other drugs a fatal seizure is possible.

GHB

GHB (gamma-hydroxybutyrate) - depressant considered a date rape drug.

A sedative, described as an odorless, nearly tasteless drug.

Sold in either white powder form or clear liquid.

Especially dangerous when mixed with alcohol as both are depressants.

Ketamine

Ketamine - rapidly acting anesthetic generally used in veterinary medicine.

Known as "Special K" - is considered a date rape drug.

Can cause hallucinations, memory loss and pain relief.

Users report feeling detached or disconnected from their pain & environment.

Has been shown to cause bladder damage.

New research on use as an anti-depressant.

Khat

Khat - narcotic popular in East Africa and on the Arabian Peninsula

A shrub with leaves and twigs that provide a euphoric feeling to those who chew them.

Fresh khat leaves contain cathine (Schedule I drug), the leaves break down after about 36 hours and then contain cathinone (Schedule IV).

Both substances are stimulants which cause euphoria, excitement and loss of appetite.

Kratom

A legal, natural and addictive substance from the leaf of a Southeast Asian tree.

Some make tea from it, others chew the leaves.

Produces both stimulant and sedative affects.

May cause nausea, itching, sweating, dry mouth, constipation, increased urination and appetite loss.

“Magic Mushrooms”

There are two psychoactive chemicals in "magic mushrooms" – psilocybin and psilocin.

Work on some of the same neural pathways as antidepressants like Prozac.

Affect similar to LSD.

Users report hallucinations, an altered perception of time, and an inability to discern fantasy from reality.

Panic reactions and psychosis may occur, particularly if a user ingests a large dose.

Mothballs

Mothballs contain paradichlorobenzene, also found in air fresheners and insect repellents, can cause anemia and liver and kidney failure.

Some users place mothballs in a bag and inhale from it for about 10 minutes, called "bagging."

Some users chew mothballs.

Mental impairment, loss of coordination, and scaly skin may be symptoms of mothball abuse.

PCP

Phencyclidine (PCP) - synthetic hallucinogen.
AKA: angel dust, embalming fluid, rocket fuel, etc.

Developed as an anesthetic, but discontinued for use in humans because of side effects.

PCP is a "dissociative drug," it distorts perceptions of sight and sound and produces feelings of detachment (dissociation) from the environment and self.

Peyote

Mescaline - active hallucinogenic ingredient in peyote.

Tops of the peyote cactus, the crown, consist of disc-shaped buttons that are cut and dried.

Buttons are generally chewed or soaked in water to produce an intoxicating liquid.

U.S. Supreme Court has ruled that it is legal for members of the Native American Church to use peyote.

Salvia divinorum

Salvia divinorum - hallucinogenic plant related to the common sage.

Users can experience uncontrolled laughter, a temporary inability to speak, dramatic visual and auditory hallucinations, uncoordinated movement, out-of-body feelings, and other unsettling affects.

Usually smoked or eaten.

Became illegal in Minnesota August 1, 2010.

Snurf Pills

Snurf pills made a media splash in the fall of 2008. Reportedly capsules containing dextromethorphan. Were sold online and four teens in Pennsylvania were hospitalized after use.

There was a flurry of articles, some calling them the new drug of choice of youth.

Warnings sent to parents.

No reports since then.

Miscellaneous Plants

Morning Glory seeds - contain lysergic acid amide, they can be chewed or brewed into a tea to release the substance that produces hallucinations.

Jimson weed - a common roadside plant with seeds that can be chewed or boiled to make a tea that produces hallucinations.

- Overdose can be fatal.
- AKA: stinkweed, locoweed, or moonflower

Poppy seeds and pods - a Colorado college student died from a morphine overdose in 2009 after drinking two cups of tea made from poppy seeds and pods.

i-dosing

Some websites are marketing "doses" music developers claim can produce a drug-like high.

Tunes are based on the 19th-century discovery of "binaural beats" -- paired tones played at different frequency that have long been used to research hearing and sleep and treat anxiety.

Some claim that the sounds also can increase dopamine and beta-endorphins, like drugs.

- There is no research to prove this claim.

i-dosing is reported to be popular among young people looking to alter there moods without using drugs.

Drug Myths

Blue Star Tattoos

Every few years some school gets word that temporary tattoos laced with LSD are being given to children. Often leading to panic and someone sending warnings to parents causing more panic.

No actual cases of LSD distribution to children in this manner have ever been documented.

Drug Myths

Jenkem

Reported to be a hallucinogen composed of noxious gas formed from fermented sewage. Users reportedly inhaled the gas.

First reported in Africa in the 1990s.

In 2007 the Collier County (Florida) Sheriff's Office reported it was the new drug of choice among high school students.

Would produce hydrogen sulfide and ammonia (which are toxic), as well as methane, carbon dioxide, sulfur dioxide and nitrogen oxides.
-Methane and hydrogen sulfide are both lethal and flammable.

There are no reports of anyone using any such substance to get high.

Prevention Strategies

- Primary prevention – A drug is a drug is a drug!
- Use a comprehensive approach
 - Educate everyone
 - Youth, families, older adults, educators, law enforcement, health care providers, coaches...
 - Use consistent and persistent messages
 - Examine norms
 - Implement and enforce policies
 - Make substances less accessible
 - Enforce laws about use and possession including operating vehicles under the influence.

Persistent and Consistent Messaging



Prevention Strategies

Address issues like mental health, obesity, stress and performance in healthy, appropriate ways:
- Treatment and therapy
- Healthy choices

Contact Information

Jay Jaffee
jay.jaffee@state.mn.us
651-201-5496

Or go to our website:
www.health.state.mn.us/alcohol
