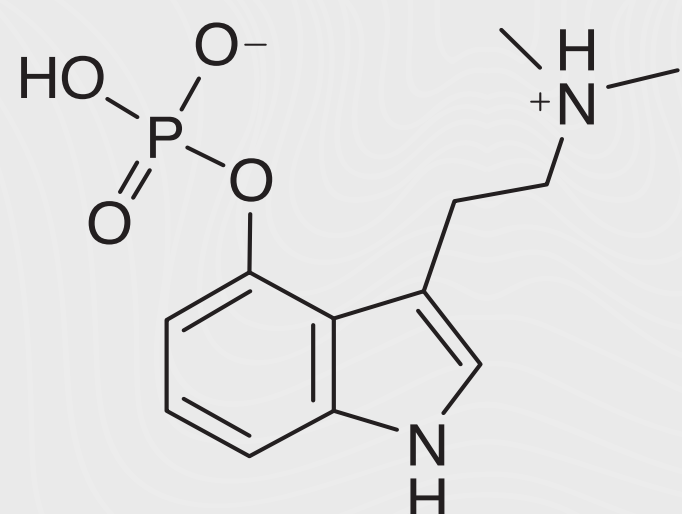
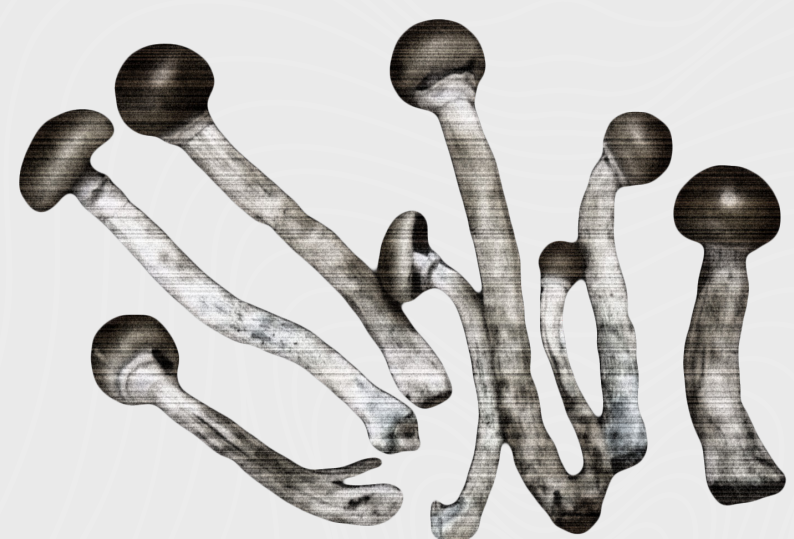


RECREATIONAL DRUGS

HISTORY, EFFECTS, USAGE, AND MORE



Magic Mushrooms
Psilocybin

History

Symbols of mushrooms and mushroom use can be found as early as 1000-500 BCE. In South and Central America, the use of hallucinogenics was used by ancient civilizations until the arrival of Spanish settlers and their Catholic agenda stopped their use. It wasn't until much later that they started to gain more recognition in their effects, when two American scientists traveled to Mexico in the late 1950s to study them. In the 1970s they became a symbol of the counterculture and led to the discovery of LSD.¹

The High

- Visual hallucinations, usually of colors, shapes, and patterns
- Euphoria, mental clarity
- Giggling and feelings of happiness
- Sense of wonderment, awe, and connection to the earth

Negative Effects

- Initial feelings of nausea and anxiety
- Panic and paranoia
- Loss of appetite

Addictive Qualities? No

\$15-\$25

for 1 gram,
average 4-6 hour trip

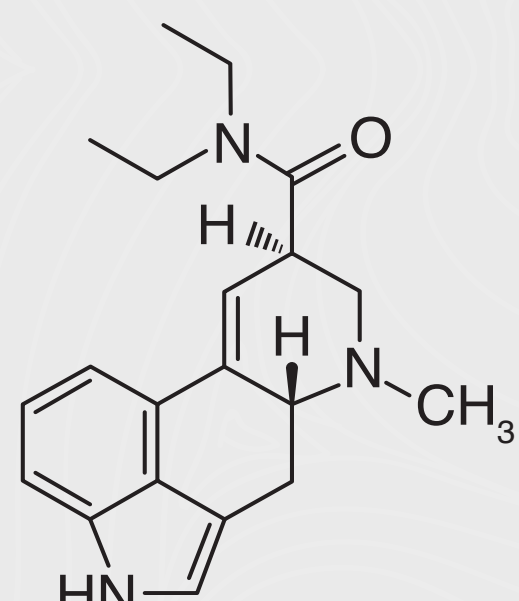
18%

of college students
report using
hallucinogens in
2015²

Drug Related Deaths in
Last 5 Years

1

The most recent death related to mushroom use was in 2012. The female took a large dose of shrooms, but also had a preexisting heart condition. Her death was declared as ventricular arrhythmia.³



Acid
Lysergic acid diethylamide

History

LSD was first synthesized in 1938 by Swiss scientist Albert Hofmann. However, LSD's hallucinogenic effects were unknown until 1943 when Hofmann accidentally consumed some. Throughout the 1950s, 60s, and 70s, psychiatrists experimented with LSD as a treatment for psychosis and other mental illnesses. It was used heavily by the counterculture of the 70s, especially after it was encouraged by Thomas Leary, a Harvard professor and psychologist, telling students to "Turn On, Tune In, And Drop Out."⁴

The High

- Vivid hallucinations
- Sounds and details become richer and clearer
- Euphoria, feelings of bliss
- Flashes of insight
- Time distortion, flashbacks

Negative Effects

- Initial feelings of nausea
- Delusions
- Irrational fear and behavior
- Frightening visions

Addictive Qualities? No

\$10-\$15

for 1 hit, depending on
dosage the trip will
last upwards of 6hrs

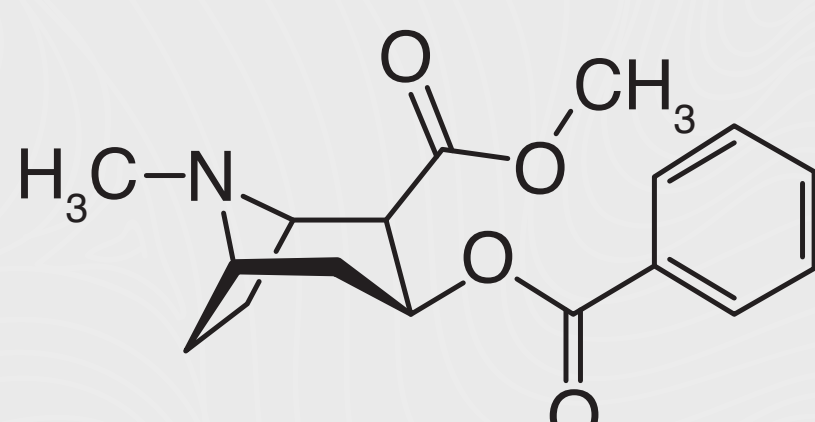
7.7%

of 18-24 year olds
have tried it in
their lifetime in
2015²

Drug Related Deaths in
Last 5 Years

0

LSD alone does not cause death at recreational or therapeutic doses. Deaths related to LSD have never been unquestionably attributable to LSD, and more often are caused by users thinking they are invincible and doing dangerous activities.⁵



Cocaine
Coca plant / Erythroxylum coca

History

The ingestion of coca leaves has been around for centuries – the ancient Incas used it to elevate their heart rates and the Native Peruvians used it in religious ceremonies. It gained more popularity in pop-culture in the 1900s from users like Thomas Edison and Sigmund Freud who advocated it's "medicinal" uses. It became even more popular in the 1970s for the rich and famous. Today, it is one of the most popular party drugs. In addition, it is one of most trafficked illegal drugs in the world.⁶

The High

- Short, very intense high
- Increased heart rate
- Increased rate of breathing
- Dilated pupils
- Usually causes increased sense of pleasure, confidence, and sociability

Negative Effects

- Disinhibition
- Agitation
- Nosebleeds

Addictive Qualities? Yes

\$50-\$100

for 1 gram, depending on
location, dealer, and quality

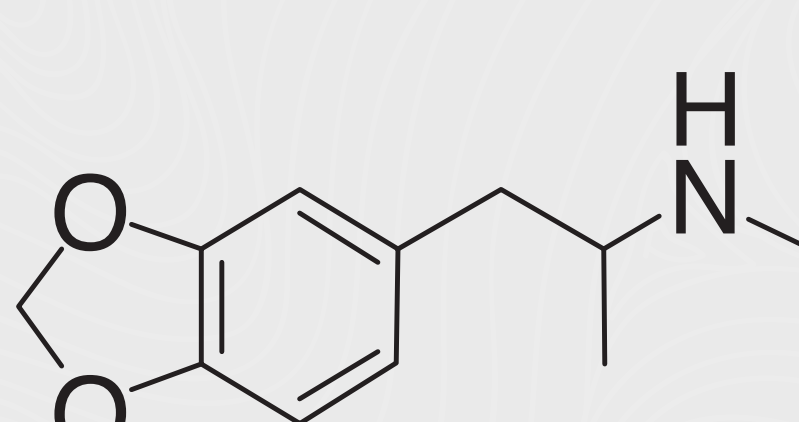
12%

of 18-24 year olds
have tried it in
their lifetime in
2015²

Drug Related Deaths in
Last 5 Years

19,000

Because cocaine increases heart rate and blood pressure, and is linked to formation of blood clots, users of cocaine are at great risk of sudden cardiovascular death.⁷



Ecstasy
Methylenedioxymethamphetamine (MDMA)

History

MDMA has a more recent history. It's first patent was filed in 1912 by a German pharmaceutical company. Urban legend has it that the US army tested it as a truth serum in the 50s. In the 1970s, it was rediscovered and tested clinically for therapeutic reasons; it would hopefully give patients an insight into their problems and break down their defenses. By the 1990s, its popularity became entrenched in the EDM and nightclub community. It is important to know the differences between what is "Molly" and what is ecstasy, and both run the risks of being "cut" with other drugs like meth or speed during production. Users should always find a trustworthy source or use a test kit.^{8,9}

The High

- Hyperactivity, energy
- Euphoria, joy
- Increased sociability, alertness
- Increased sensitivity to touch
- May increase arousal
- Dilated pupils cause diffusion of light

Negative Effects

- Muscle tension
- Tightness of mouth and jaw
- Risk of dehydration is higher

Addictive Qualities? No(?)

\$10-\$15

for 1 hit, depending on
dosage the trip will
last upwards of 6hrs

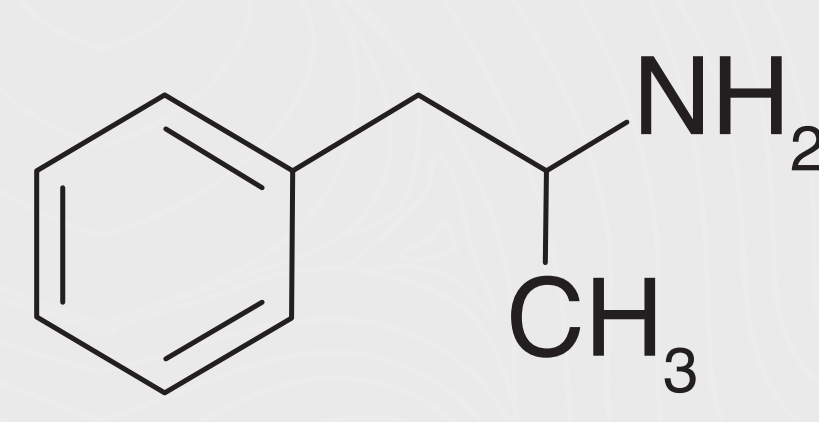
43%

of people attending
Electric Daisy
Carnival 2015 mention
MDMA in their social
media posts¹⁰

Drug Related Deaths in
Last 5 Years

~50

One study estimates around 10 cases per year are attributable to MDMA use alone, and causes of death are usually either heatstroke or extremely low sodium levels.¹¹



Adderall
Amphetamine and dextroamphetamine

History

Amphetamine was first synthesized in the 1800s, but it's true effects were not found until over 40 years later. In the 1930s, it was one of the most abused drugs in America; Benzodrine Inhalers contained amphetamine strips that were easy to take out and eat for quick high. The drug we know as Adderall was branded in 1996 and is a combo drug made of two types of amphetamine. In the medical field, it is still used to treat ADD, ADHD, and narcolepsy. However, this "Study Drug" is commonly taken by young adults and students for it's stimulative effects.¹²

The High

- Similar to cocaine's effects
- Increased heart rate and blood flow
- Increased energy, focus, alertness
- Some experience feelings of happiness and euphoria

Negative Effects

- May cause anxiety and nervousness
- Insomnia, restlessness
- Headaches

Addictive Qualities? No

\$5-\$10

for 1 pill, high lasting 4-6hrs

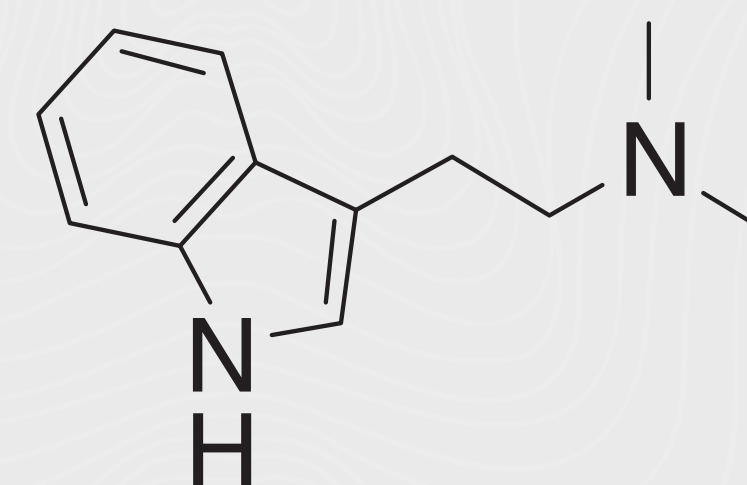
33%

of college students
report using this
"study drug" in
2015¹³

Drug Related Deaths in
Last 10 Years

81

In 2006, the FDA linked 81 deaths to ADHD medication. This was the most recent statistic that could be found specifically for amphetamines. However, the abuse of prescription drugs causes more deaths than car crashes per year for young adults.¹⁴



Ayahuasca
Psychotria viridis/Diplopterys cabrerana (DMT)

History

Ayahuasca origins are ancient, and perhaps date back to 2000 BCE in the Amazon Basin. The hallucinogen is a brew made from the vines of the *Banisteriopsis caapi* which is an inhibitor of the DMT found in the *Psychotria viridis* leaf. The effects were not studied thoroughly by Western scientists until the 1960s and it came to light that DMT is a naturally occurring chemical in plants – the chemical responsible for intense visions. It is important to find a highly recommended and reliable shaman for this drug, as it can become dangerous when mixed with other drugs, like Prozac or high levels of nicotine. No lethal dose of ayahuasca is known.¹⁵

The High

- Euphoria, feelings of love and empathy
- Ego loss, connection to universe
- Strong visions, often depicting aliens and goddesses
- Visual noise, altered sense of time and space

Negative Effects

- Nausea and vomiting
- Frightening visions which can allegedly lead to wider mental issues

Addictive Qualities? No

\$100+

for a 1 night experience
lasting 10-12hrs

>1%

of Americans age
12+ have reported
using DMT in
their lifetime¹⁶

Drug Related Deaths in
Last 5 Years

1

One American teenager is known to have died in Peru in 2012 after taking ayahuasca. Other cases of death from ayahuasca are inconclusive.¹⁷