

HERBAL HIGHS



Kids nowadays find odd and new ways of getting high, using household products. This is a short list of things kids may be using to get buzzed. It is necessary that parents keep a sharp watch on kids to detect if they are using these stimulants. For more information on the signs and side effects of herbal highs, you can go to the website <http://www.narconon.org/drug-abuse/effects-of-synthetic-drugs.html> which also has links to other websites about various synthetic drugs.

These drugs are easily obtainable to those 18 or older, on the internet, at gas stations, tobacco shops, and retail outlets. All the products are labeled “Not for Human Consumption” to skirt the laws.

- **K2 (also known as spice)**
K2 is a mixture of herbs and spices that is sprayed with a synthetic compound chemically similar to THC, found in marijuana. THC is toxic and often contaminated. It produces effects similar to smoking marijuana. Last year there were 6,959 calls to the Poison Control Center related to the use of “spice”.
- **Bath Salts (mephedrone)**
Bath Salts are synthetic amphetamine that resemble REAL bath salts and mimic the effects of cocaine, meth, and Ecstasy, but also produce significant violent outburst and delusions of super-human strength, leading to injury or even death.
- **Hand Sanitizer**
Most hand sanitizers contain over 60% ethanol alcohol. With instructions found on the internet, kids are using salt to separate out the alcohol, creating 120 proof liquor, stronger than most liquors on the market legally. Kids are using the alcohol to get drunk. It can be toxic and even deadly, In fact, deaths have been reported from mixing hand sanitizer and mouthwash.
- **Cinnamon**
The Cinnamon Challenge begins with a teen being dared to swallow a spoonful of powdered cinnamon in 60 seconds without drinking water. The cinnamon coats and dries the mouth and throat, causing gagging, vomiting, extreme or violent coughing, and throat irritation. For teens with asthma, the Cinnamon Challenge causes greater risk of respiratory distress. If the cinnamon is breathed into the lungs, it can cause pneumonia, inflammation, permanent scarring in the lungs, and pulmonary edema. It can also cause a severe allergic reaction that can lead to anaphylactic shock and death.
- **Inhalants**
Inhalants are solvents, gases, and other household products that are being misused for drugs. Most of these inhalants are toxic, starving the body of oxygen and causing the heart to beat irregularly and more rapidly. The high only lasts a very short time but the damage to the body and brain can be permanent. Using inhalants is called “huffing”. Most aerosols found in a household can be used for huffing, from vegetable oil sprays to insect repellents and spray paints. Huffing can lead to Sudden Sniffing Death Syndrome. A person huffing develops a cardiac arrhythmia, a sudden panic follows, then a burst of physical exertion, such as running. The cardiac dysfunction progresses, resulting in death.

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