

**ON DRUGS
AND
DRUG ADDICTION**

ON DRUGS, VIOLENCE AND VEGETARIANISM

Our current dilemma over drugs/violence needs to be examined and understood within the context of our cultural conditioning... our educational system... Excessive violence and rampant drug abuse is symptomatic of a materialistic society which has given birth to a highly destructive fear-based medical-military industrial complex... We have attempted to create a false sense of security for ourselves by arming ourselves and each other... Hence our current “War On Drugs”...

Fear, the root cause of all dis-ease, is a highly complex multi-dimensional psycho-physiological miasma, is in reality a result of a spiritual amnesia... a forgetting of Self... this unconsciousness/ignorance, is rooted in the perception or belief in separation, which creates pain... Since the beginning of recorded history, we, humanity, have relied upon drugs and other psychotropic agents for the alleviation of pain... The use of drugs is not a moral or political issue (we have made it one), but rather a complex human issue which is inexorably and intricately interwoven into the nature of who we are as evolving human beings...

Besides the relief of pain, many of us use drugs for recreational purposes, to facilitate personal growth, enhance the senses, expand awareness, and gain deeper insight into our own spiritual/mental/emotional process...

To summarize, we may see the use of drugs as part of an educational process motivated by our inherent organic desire to eliminate pain and to gain greater self-understanding... As a wholistic physician, and Medical Director of The San Francisco Medical Research Foundation, I have been quite aware that much of society's dysfunctional behavior has its origins in our unconscious dietary habits. Americans currently are a heavy meat eating people. The socio-economic and ecological consequences of this behavior pattern are indeed awesome.

Through the pioneering work of John Robbins, “Diet for a New America” and Jeremy Rifkins organization, “Beyond Beef,” many Americans are now becoming increasingly aware of the consequences of our meat gluttony... As a naturopathic physician, I am of the understanding that the root cause of dis-ease is due to auto-intoxication... Undigested meat, which is primarily fat and protein, putrefies in the large intestine with the resultant release of an extraordinary number of highly toxic chemical substrates which poison the entire system. Life and death truly begin in the colon. Many, if not all, of our current degenerative dis-eases can be traced to poor nutritional habits.

We as a nation need to massively cut our intake of protein... through this action we will realize extraordinary health benefits... Another subtle point relates to the karmic consequences of insensitive, inhuman slaughter of animals. Just before dying, these animals (who are in a state of abject fear and terror), secrete massive amounts of adrenaline (the fight and flight hormone) into the blood, which is then carried into the animals' muscle tissues. The next event is that the adrenalized meat winds up in a vast majority of Americans stomachs and large intestines.

We literally incorporate the animals' fear/terror. Violence begets violence. Now is the time to consider a vegetarian diet. Most of us are aware that today's self-induced “Health Care Crisis” calls for greater self-responsibility along with a re-commitment to a healthier diet... Now through an act of self love and the application of wholistic medical knowledge (Naturopathy, Homeopathy and ortho-molecular medicine); we have a golden opportunity to experience real health and freedom through the gentle cleansing

and detoxification of our cells... As our bodies neuro-endocrine systems, organs of elimination and immune systems start operating efficiently, our awareness of and resistance to stress markedly increases...In addition, as our mental faculties become fine-tuned, we become responsive rather than reactive to life's challenges...

Through the healing process, we spontaneously re-discover the harmonizing power of the forces of nature. As we become healthier, we begin to fully appreciate the awesome beauty, intelligence and simplicity of life... Once we are healed, life reveals to us in a most intimate way the magic, mystery and perfection of each Eternal Here and Now Moment... Indeed, a healthy, detoxified mind and body is a priceless gift of infinite value, for it allows us to fully express and manifest our infinite potential...

Through this awareness, we at The San Francisco Medical Research Foundation have created "The Human Ecology Program: A Comprehensive Health Maintenance and Rejuvenation Process." This 78 page Wholistic Health Insurance Program clearly explains how to simultaneously de-stress yourself, your cells, and our planetary eco-system...

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ACCIDENTAL DEATH FROM PRESCRIPTION DRUGS

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Accidental death from prescription drugs, even when they are correctly given, is now the fourth leading cause of death in the U.S. Before you pop another prescription pill, think carefully. Just because your doctor prescribed it is no guarantee you'll benefit from it or even emerge unscathed from the experience. That prescription pill could be hazardous to your health - and life.

Ask Stephen Fried. He wishes he could have read his own book, "Bitter Pills: Inside the Hazardous World of Legal Drugs," (Bantam Books, 1998), before his wife, Diane Ayres, got "floxed" from a bad drug side effect. Diane took a single pill of an antibiotic called Floxin for a urinary tract infection and a few hours later ended up in the emergency room with acute delirium. Serious side effects happen often enough with Floxin, an FDA-approved drug, that those in the know refer to the experience, in a kind of grim flippancy, as getting "all floxed up."

But for Diane, getting floxed up didn't end only with a flurry of medical concern and a battery of tests by hospital staff. Floxin triggered her genetic predisposition to neurological illness which then manifested as mood disorders and manic depression. These in turn required a series of "heavy-duty drugs" to undo, says Fried. The experience was a deeply traumatic one for Fried and inspired him to find out how such an event could happen. It turns out it happens a lot.

"An investigative journalist and exasperated husband, I am trying to find out if my wife was the victim of a pharmacological foul-up or just a statistically acceptable casualty of 'friendly fire' in the war on disease." By the time you finish reading Fried's chilling expose' of the world of prescription drugs, it's clear Diane Ayres' situation was not a foul-up but a friendly fire casualty, one of millions, in fact - business as usual in the world of legal drugs.

Fried learned that well over 100,000 Americans die every year from adverse reactions to prescription drugs and that drug side effects are a leading cause of death in the U.S. (See "The FDA's Skewed Policies," this issue, pp 104 - 105.)

The worst thing that can happen to you when you take a legal drug is not that it won't work, but that you might drop dead, Fried Says. "The next worse is that your body is permanently damaged." A little further down the list of drug-induced disasters is that you fall into that seemingly endless "cascade of prescribing" where you need a half dozen strong drugs to undo the side effects of the first one, and then a lot of time to recover from the effects of all of them, as Diane Ayres learned the hard way. Let's enlarge our perspective a little and look at the scope of prescription drug sales and adverse drug reactions in the U.S.

We're talking about an \$85-billion-a-year U.S. market for pharmaceuticals, based on 1996 data. Coupled to this figure is a steady yearly rise in consumer prices for the top 500 prescription drugs at a rate that exceeds inflation.

The hidden cost of this drug "bonanza" is only beginning to emerge. New studies show that mistakes in drug prescribing and side effects from prescription drugs cost at least \$76 billion a year (and could be as high as \$136 billion, according to other estimates) in extra medical costs. The largest factor con-

tributing to the additional cost is adverse drug effects requiring hospitalization. These mistakes may also double the risk of death. Remember, Fried's data deals with correctly prescribed drugs; you have to add to this the costs and consequences of incorrectly prescribed medications.

The misuse of prescription drugs, leading to injury and death, represents a "serious medical problem" that "urgently" requires attention, according to "Archives of Internal Medicine." To put this in perspective, in 1994, the year this data was collected, Americans spent over \$73 billion on prescription drugs. This averages out to \$292 per person to buy the drugs and an additional \$306 to treat the adverse effects of using these drugs. The math is simple: that's about \$600 for every American man, woman, and child in the U.S. A new study of 1,580 cases tracked at a single hospital over a year shows that adverse drug events (ADEs) were involved in 2.4 per 100 admissions, producing an additional hospital stay of 1.9 days, costing \$2,262, and increasing the risk of death by 1.88 - a nearly twofold increase. Out of 91,574 patients admitted to a single hospital over a three-year period, 2.43% (2,227) experienced ADEs.

According to the study, ADEs may account for 140,000 deaths per year in the U.S. A six-month study tracking 4,108 admissions at two hospitals reported similar results. There were 247 ADEs among 207 admissions (some people had several ADEs), requiring an average of 2.2 extra days of hospitalization at a cost of \$3,244 per person. For ADEs that were judged to be preventable, 4.6 extra hospital days per person were required, costing \$4,685. The estimated average cost attributable to both types of ADEs for a typical 700-bed hospital is \$8.4 million per year.

A third study indicated the types of prescribing errors doctors typically commit, based on data collected over a year from a 631-bed hospital. Pharmacists reviewed 2,103 prescribing errors and found that the error rate was 3.99 per 1,000 drug prescriptions. Among these, 12% of the errors involved overlooking patient allergy to the type of drug, 11% were due to incorrect dosages, and another 11% to using the wrong drug name. In yet another study, researchers reported that about 30% of the prescribing errors were due to lack of knowledge regarding drug therapy, 29% to lack of knowledge regarding patient interactions with drugs, 17% to arithmetic mistakes, and 13% to using the wrong drug name.

The error rate was highest (5.89 ADEs per 1,000 prescriptions) for pediatric patients, followed by 5.05 for emergency-room patients, 4.5 for obstetrics-gynecology, and 3.5 for surgical patients. Prescribing an overdose was the most common error, accounting for 41.8% of all mistakes. The pattern of damages, even deaths, created by dangerous drug interactions is already repeating itself in the case of Viagra, the impotence drug released in April 1998 by Pfizer, Inc., of New York. In its first month on the market, 1.7 million prescriptions were filled for the pill promising relief from erectile dysfunction. Yet soon after, 16 deaths occurred in users of Viagra, presumably from fatal drug interactions.

Specifically, drugs given for heart pain (angina), such as nitroglycerin-based nitrate drugs, seemed to produce the most dangerous interaction with Viagra. In fact, there are at least 41 different nitroglycerin formulations or nitrate-based drugs that are believed to make a deadly combination with Viagra. With these facts in mind, it's easier to understand the shock, outrage, and urge to find an alternative that inspired Fried both to help his wife heal from the bad effects of Floxin and to write his book. Fried also got a formidable political education in the course of his research. He began to see how and where the power is stacked up in the world of legal drugs and how little science and how much marketing and political influence have to do with medical care in conventional medicine.

It's a power play on a global scale, Fried says. Drug companies are merging and in turn buying firms that decide which drugs the HMOs will get, says Fried. The drug companies are controlling the flow of information about the medicines to doctors and the public; they're directing the allocation of funds for drug research and physician education; and they're going after the consumers directly in a massive advertising campaign to stir up interest in their latest products. Fried's revelations are sobering. If you thought illegal drugs was the major drug problem, you'll look at "the other drug problem" - legal drugs - far more critically after reading "Bitter Pills."

Passivity and lack of knowledge in the face of prescription drugs could cost you your life." Understanding drug reactions has been a way to explore what is wrong with the entire international pharmaceutical business - a \$250 billion enterprise (\$700 billion if you count all the other products sold by drug companies) that has managed to repel scrutiny more effectively than almost any other major industry, while remaining the world's most profitable industry through many changes in economic climate," says Fried.

Presiding over this global drug cover-up is the FDA, an agency responsible for "regulating 25% of America's entire gross national product and whose policies are the benchmark for world regulation of drugs and medical devices," says Fried. If this information is new to you, by the time you finish his report, your eyes will be wide open and you may feel angry enough to take political action. You certainly will think very hard before you automatically take that next drug. The point is, his wife's bad drug reaction - it took her four years to recover from it - could happen to anyone who takes a prescription drug. One doctor told Fried that antibiotics, the second most commonly used class of drugs in the world, are improperly prescribed 40% to 50% of the time, due to wrong dose, wrong duration, wrong drug. "Apparently everyone in medicine knows this except the patients," says Fried. Now you do, thanks to Fried.

THE WAR ON DRUGS
Who Is Winning? Who Is Losing?
Wednesday, June 21, 2000

The Independent Institute Conference Center
Alexander Cockburn, Co-Editor, CounterPunch; Columnist, The Nation
Co-Author, Whiteout: The CIA, Drugs and the Press
Jonathan Marshall, Co-Author, Cocaine Politics: Drugs, Armies, and the CIA in Central America
Peter Dale Scott, Co-Author, Cocaine Politics: Drugs, Armies, and the CIA in Central America
www.independent.org/tii/forums/000621ipfTrans.html

LEARN HOW TO EFFECTIVELY END THE WAR ON DRUGS
COMMON SENSE DRUG POLICY
www.csdp.org

“NAIL THEM AND JAIL THEM”
San Francisco Chronicle, Sunday, August 20, 2000

Dear Mr. Diaz,

Greetings! I found your recent editorial profoundly insensitive and disturbing “among these 2 million people, surely there is a handful of inmates who have proved that they deserve a second chance “

Whoa! Half of these “political prisoners” are non-violent drug “abusers/addicts placed in prison by draconian state policies which reflect our profoundly misguided “War On Drugs”. for decades, the U. S. government has waged a relentless “war’ on the use of marijuana, opiates, and other substances, Yet, illicit drugs are today more plentiful than ever!Global in scope- and costing untold billions of dollars, this war has produced mandatory bank deposit disclosures, government surveillance, civil asset forfeiture, over- crowded prisons, encryption software restrictions, rampant police and political corruption, and the wholesale trampling of constitutional liberties by the DEA, CIA, IRS, INS, and other agencies...

The extraordinary human suffering these absurd and dangerous policies are creating is incalculable...If we are really interested in justice and the protection of people in our society why are we not placing the heads of the tobacco industry in for life and/or capital punishment for the death/disability of millions of people here and abroad... or for that matter the heads of the Pharmaceutical companies for creating drugs and vaccines which have been acknowledged by the AMA for the premature deaths of at least 250,000 people/year in this country alone., or for that matter the heads of the petro-chemical industry for the creation of MTBE (a known carcinogen), gasoline, herbicides/pesticides all of which are known to be exceedingly detrimental to human health ... not to mention the primary cause of Global Warming which is potentially catastrophic in regards to all evolving life here on Planet Earth ...

Hmmmm...If there ever is a case of major schizophrenia/denial the current War On Drugs and its attendant inhumane policies ..THIS IS IT.- You may want to watch Trading Places with Eddie Murphy...also there is hardly any mention of the fact that 100’s of Billions of illegal drug monies are being laundered into International Banks...

In light of this comprehensive corruption I think we should throw everyone in jail... This will be great for the booming prison industry ..In truth, we may need to build more prisons to house the new class of corporate white collar criminals once “The Truth Be Known”...

What is needed know is a TRUTH AND RECONCILIATION COMMISSION in light of the fact people such as myself are fully aware of the profound injustices and perpertrations which are being enacted now against the young marginalized and disenfranchised people in our current society ... Indeed, It is Time For Some Major House Cleaning and a deep re-evaluation of our current modus operandi... It is no wonder that the “Powers That Be “, will attempt to prevent such honorable and genuinely patriotic Americans such as Ralph Nader a place at the table to debate and enlighten a confused America to some uncomfortable truths regarding the comprehensive corruption and progressive loss of democracy in this land called America ...Ultimately vve shall all know the truth as we are all becoming progressively aware of the serious psycho/spiritual/ economic/ecological dislocations which are systemically occuring here in America and abroad... The Good News is that with a genuine spiritual

renewal, (compassion ,wisdom and forgiveness) and a commitment to acknowledging what is so... we can as a great nation rectify outdated thinking and policies what are being conclusively shown to be (to put it mildly), counter-productive ...THE SOLUTIONS ARE SIMPLE

1. End The Denial: Acknowledge that The “War On Drugs” is a failure...
2. Decriminalize, Legalize and Tax Cocaine... and thus end the” War On Drugs”...
3. Turn the Prisons into Rehabilitation Centers which promote respect, compassion, and forgiveness towards those who have transgressed arcane, autocratic drug laws... implement comprehensive, wholistic drug detoxification programs for all non-violent drug offenders...
4. Create genuine and meaningful job opportunities for the young juveniles who are currently being incarcerated...

TO LEARN MORE: THE WAR ON DRUGS
www.lightparty.com/WarOnDrugs/WarOnDrugs.html

In Health,

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THE ENTHEOBOTANY CONFERENCE

The Past, Present and Future Uses of Psychoactive Agents

On October 18 - 20 of 1996, an international gathering of 1000 scientists, poets, mystics and psychonauts gathered at the Palace of Fine Arts in San Francisco to attend the Entheobotany Conference... A multi-disciplinary colloquium on psycho-active plants, shamanism and ecstatic states...

The proceedings began on a high-note with profound lyrical poetry expressing the beatitudes, majesty and mystery of life... A tribute and appreciation to nature for its bountiful gifts of diverse natural psychoactive plants, which have been used throughout the aeons of time to "Inspire, Delight, Heal and Enlighten" humankind...

From here we moved on to hear Antonio Escohotado speak of the history of inebriation, the Dionysian impulse, and how our natural impulse toward transcendence, joy, love and freedom has been consistently attempted to be thwarted by oppressive religious, political and economic institutions... These opposing forces reached a crescendo here in America in the LSD-50 induced psycho-spiritual/socio-political revolution of the late 1960's... The full impact and ramifications of these momentous times are still being felt today... We see the growth of the Internet, the decentralization of power through the dissemination of knowledge, and more young people than ever experimenting with LSD and other psychoactive agents... Hmmm!/?

The recent passing of the "prophet to many," Timothy Leary, reminded us once again to deeply examine ourselves, our freedoms, our society and our current socio-economic and ecological challenges... The need to confront and peacefully and intelligently transform ourselves and our current materialistic techno-bureaucratic society is our #1 challenge... Indeed our survival, and our progressive evolution as psycho-spiritual beings evolving here on Gaia is fully dependent upon it... Indeed the time and opportunity for an unprecedented global renaissance is at hand, and this conference on Entheobotany testified to this as it provided profoundly important, professionally presented information on the conscious use of psychoactive agents to further our individual and collective awakening into higher consciousness... A consciousness which is rooted at source in Love, Laughter, Beauty, Truth, Creativity, Compassion and Mystery...

Throughout the conference, we learned of the ancient indigenous peoples use of sacred plants such as Peyote, Ayahuasca, Ibogaine and of course the magnificent sacred Psilocybin "magic" mushroom...

These organic sacred substances, which have been ingested from time immemorial to induce inner states of higher awareness, are the substrate and foundation of all Pagan (Earth Based) religions... In listening closely, one becomes aware that all religions, including the Judeo-Christian religion, are Pagan in origin... There is a profound difference between having a belief about God(dess)... All That Is... And experiencing God(dess)... All That Is... The former, which promotes unconsciousness, constitutes dogmatic orthodox religion... The latter, which promotes consciousness, constitutes a mystical/spiritual/religious awareness of the sacredness, beauty and mystery that is Life...

This is the priceless gift that the ritual use of psychoactive plants hold for the individual who chooses to move beyond the confines of his/her own conditioned mind... And, thus, effect true healing... Yes, indeed, psychedelic mind expanding agents have the unique intrinsic ability, when used with awareness, to liberate the mind of illusion(s), while providing core insights into the nature of reality... A reality

which transcends linear thought processes of everyday reality... Indeed, one comes to understand that we live in a perceptual reality which is a reflection of our own attitudes and beliefs... Life is Good!...

Yes, psychoactive plants and the new designer empathogenic drugs such as MDMA (Ecstasy) have the innate abilities to open one's feelings and perceptions to the finer things of life... Better living through chemistry... Moreover, if we are so blessed, we may come to experience the ineffable beauty of our true self, which is one with God(dess)... All That Is... In this sublime experience we come to know directly the foundation for all mystically inspired science, art, religion and philosophy... A PICTURE IS WORTH A THOUSAND WORDS...

Modern science, through intensive research by pioneering biochemists such as Alexander Shulgin (the creator of MDMA and other designer drugs), has unlocked the biochemical substrates and various neuro-transmitters in the brain which are primarily responsible for the creation of "metaphysical experiences"... i.e.: Psilocybin (4-hydroxy-N,N-dimethyltryptamine) are the active hallucinogenic agents... These compounds contain the basic indole structure characteristic of most hallucinogens found in nature, including various amides of lysergic acid (of which LSD is a semi-synthetic representative), N,N-dimethyltryptamine, harmine and its analogues and ibogaine. The most notable exception to this basic structure is mescaline (Peyote) which chemically is 3,4,5-trimethoxyphenylethylamine and hence is in the same class as amphetamines...

"Brave New World" is here and has been for sometime... The future looks bright as modern science has unlocked the biochemistry of ecstatic states of consciousness... Indeed we are at choice to responsibly experiment, as we so please, to consciously use these psycho-active agents to "Inspire, Delight, Heal and Enlighten" ourselves... A future trend of immense evolutionary importance in our psycho-spiritual development concerns itself around the possible creation/availability of oral DMT (dimethyltryptamine)... DMT is a very powerful, rapidly metabolized, short acting psycho-active agent... DMT, as noted, is the basic active chemical substrate of most hallucinogenic drugs...

In the immediate future, as the Age of Awareness and Spiritual Freedom progresses, we will enter into the world of "Haves and Have Nots"... Those who have had a transcendental/mystical experience, and those who have not... In the "Brave New World" of advanced chemically pure psycho-active agents, many of us will be asking each other whether we "Have" or "Have Not" taken our trip today... Why Not?!... All good clean fun and quite democratic in that many of us will choose no drugs or psycho-active agents at all; since many of us will be naturally high on Light and Life itself... The essential point being that each and every individual has the fundamental right to experience reality as they so choose... No more "Big Brother," thank you very much...

In Joy,

DaVid, M.D.

Medical Director, The San Francisco Medical Research Foundation & Founder, The Light Party

To learn more about mind expanding plant compounds and uses, I suggest you contact:

entheogen.netfirms.com/books/books.html
www.erowid.org/library/books_online/books_online.shtml