



What's in your medicine cabinet can kill!!

Old medications, poisons, cosmetics, etc







Where do you keep your medications?

- ▶ Medicine Cabinet – not a great place...
 - ▶ easy access for any member of the family and guests
 - ▶ temperature and dampness not ideal
- ▶ Bedroom Dresser Drawer – better because controlled temp and light
 - ▶ also better control from family members
 - ▶ medications last longer in cool, dry, dark places.
- ▶ Locked box in controlled area... more ideal
 - ▶ safer but more difficult for you to access



Over the counter meds that can kill you if you take too much

- ▶ Midol – contains acetaminophen (APAP) which helps pain relief, but easy to Overdose on. Can cause liver failure and even death if OD.
- ▶ Tylenol (Acetaminophen) – also contains APAP, usually eliminated in urine but some of it is turned into byproduct that is toxic to the liver. Doctors recommend only taking **3,000 mg in a 24 hour period**. What is tricky is how many other drugs contain APAP. If you take Tylenol for your cold and Midol for cramps, you will pass the recommended daily dosage. Check labels!!!
- ▶ More than 56,000 people visit ER due to acetaminophen overdoses. It is the leading cause of calls to the poison control center. It is the leading cause of acute liver failure, causing nearly half of all cases.
- ▶ Advil – NSAIDS (non steroidal anti-inflammatory drugs) can cause death and serious GI bleeding and ulcers if not taken as directed. NSAIDS hospitalize over 100,000 people and kill 16,500 in the US each year due to overdoses, wrong combinations, incorrect usage (not taking with food).

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- ▶ Epsom Salts – Perfect for soothing bath, but also used for laxative and can cause serious side effects (like ruptured intestinal wall) if not used properly.
 - ▶ Cough Syrups - Along with other cold medicines that contain Dextromethorphan (DXM), cough syrup doesn't have any serious side effects when taken as directed, but extreme doses of this medication can cause a sort of hallucinogenic state; making it a popular and cheap way for teens to get high. Teens are extracting the DXM from the syrups to take as a powder or pills, which is making overdosing on cold medicine much more common.
 - ▶ **Opioid Pain Medications (Codeine, Morphine, Vicodin, Percocet, etc)**– Major epidemic across the nation and particularly in Florida. Governor Scott implemented limits of 3 days. This will cause more opioid users to resort to street drugs as it did several years ago when restrictions were tightened and pharmacists were refusing to fill legitimate prescriptions.
 - ▶ Cox-2 Inhibitors (Celebrex, Celecoxib) – **Taking 400 mg increases risk of dying from a heart attack by 250%, taking 800 mg increases risk by 340%. But don't stop on your own!!! Talk to your doctor!!**
 - ▶ Scopolamine – Also know as “Devils Breath” (worlds scariest drug), comes from the **Angels Trumpet Plant** in Columbia but also found in Florida. It blocks neurotransmitters that carry short term memory to the brain. It is often slipped into unsuspecting users' drinks by criminals looking to rob them or have them commit acts they otherwise wouldn't do due to the temporary lack of short-term memory caused by the drug. Users wake up hours or days later having absolutely no recollection about what they have done under its effects. For this reason, personal injury to one's self is the greatest risk with scopolamine as you would readily jump off a bridge if somebody told you to while on it. In rare cases, it can cause seizures.





TEEN PRESCRIPTION DRUG ABUSE

According to the Partnership for a Drug-Free America:

1 in 5 teens has abused a prescription pain medication

1 in 5 teens report abusing prescription stimulants and tranquilizers

1 in 10 teens have abused cough medication

According to the White House Office of National Drug Control Policy:

Though overall teen drug use is down nationwide, more teens abuse prescription drugs than any other illicit drug except marijuana – more than cocaine, heroin, and methamphetamine combined.

Every day, 2,500 kids aged 12-17 abuse a prescription painkiller for the first time and more people are getting addicted to prescription drugs.

Drug treatment admissions for prescription painkillers increased more than 300 percent from 1995 to 2005.

Teens are abusing prescription drugs because many believe the myth that these drugs provide a “safe” high.

Especially troubling is that the majority of teens who abuse prescription drugs say they are easy to get and are often free.

Overdose deaths involving prescription opioids were 5 times higher in 2016 than in 1999.

Use of prescription opioids by 12th graders has declined sharply since 2012 from 9.6% to 2%.



PHARM PARTIES

At Novus some of our patients are young people who tell us about parties that kids as young as 11 attend. Instead of bringing a present, each child is to bring some prescription drugs that they got from their parents' medicine cabinet. When they arrive at the party, they go into a room and pour the drugs into a punch bowl. Then the kids will take turns reaching into the bowl and taking a handful of pills. Sometimes the kids combine this with alcohol—an often lethal combination.

When confronted by astounded parents, their children often remark that it is ok because these are not illegal drugs— they were purchased at a pharmacy and, after all, they were in their parents' medicine cabinet. A 15-year-old was quoted as saying that she saw the drug advertised on television and if it were dangerous it wouldn't be on television.



SOME DON'T GET A SECOND CHANCE

It is not pleasant, but if you spend a few minutes on the internet you will see not statistics but real stories of prescription drug overdoses and deaths of teens. In many of these instances, the fatal drug overdose did not come after long periods of prescription drug use. The fatal overdoses came the first time they took the prescription drugs. Maybe it was their individual DNA. Maybe it was the way that the drug was metabolized. Maybe it was another substance that they had taken, like alcohol or another prescription drug. The only thing for sure is that some young people have overdosed and died after their first use.

One **18 year old** died after taking **40 milligrams of Oxycontin while drinking a beer. A 16 year old died after taking 80 milligrams of OxyContin that she was given by a "friend."** Some of the other deceased children's parents said that they didn't believe in taking any type of drugs, but that didn't stop their children from yielding to peer pressure and "trying" the drug.

Americans used to grab aspirin for a sore back or toothache. Now they are more likely to select from a left over selection of prescription pain killers from their medicine cabinet.

Doctors write over **180 million prescriptions for opioids every year**. According to the CDC, that is a **10 fold increase since 1995**.

One person dies every **19 MINUTES** from drug overdose in the United States and this increasing trend is driven by Rx painkillers.

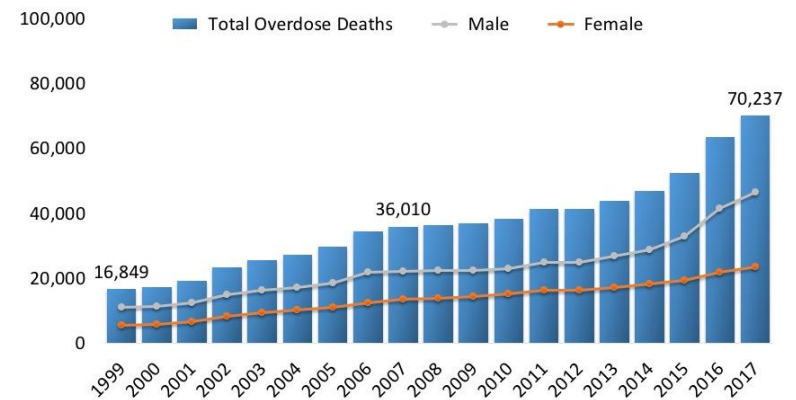
Opioid pain relievers are responsible for more overdose deaths than cocaine and heroin combined.

Share this to help #EndMedicineAbuse.

Published by The Partnership at Drugfree.org. Visit MedicineAbuseProject.org for more details.

The infographic features a clock icon, a pill bottle, and a syringe with a razor blade.

Figure 1. National Drug Overdose Deaths Number Among All Ages, by Gender, 1999-2017



Source: : Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2017 on CDC WONDER Online Database, released December, 2018

[Link to National Inst on Drug Abuse Graphs](#)

44,000 Americans died from drug overdoses in 2013. Nearly 52% (22,880) died from prescription drug overdoses. That only counts the number that were autopsied. 70,200 Americans died from drug overdoses in 2017.

MOST ABUSED DRUGS

Painkillers (OxyContin and its generic form **oxycodone, Lortab, Vicodin, Percodan, Percocet and the Fentanyl Patch**) are the most common pharmaceuticals abused by teens, especially by younger teens. Stimulants (**Ritalin, Adderall**) abuse is more common among older teens and college students than younger teens.


Benzodiazepines (**Xanax, Valium, Klonopin**) are abused by teens of all ages.

Oxies, OC, hillbilly heroin, oxycotton, 80s, percs, vikes, and vikings are commonly used terms to refer to painkillers. Ritz, rippers, dexies, and bennies are commonly used terms to refer to stimulants. Benzos, xanies, xani-bars, xani-bombs, and roofies are commonly used terms to refer to benzodiazepines.

Everyone understands that heroin is a dangerous drug and many people die from heroin overdoses. What parent would not be horrified if their children took heroin? However, if your children are taking these narcotic painkillers, they are taking drugs that mimic the effects of heroin in the body.

Everyone understands that cocaine is a dangerous drug. What parent wants their children to use cocaine? However, many parents watch their children take Ritalin and Adderall, two heavy stimulants that are Schedule II drugs-just like cocaine. In 2006, it is estimated that 3 out of 10 high school seniors abuse prescription stimulants.

Stimulant side effects include dilated pupils, increased heart and respiratory rates, elevated blood pressure, feelings of restlessness, anxiety, and delusions, hostility and aggression, and panic, suicidal, or homicidal tendencies. Overdose or death is preceded by high fever, convulsions, and heart failure which may be hastened by physical activity.



Benzodiazepines can cause dilated pupils and slurred speech, feelings of intoxication, loss of motor coordination, respiratory depression, sensory alteration, depression and lowered blood pressure. In younger children these side effects are multiplied and can lead to seizures and, if not immediately addressed, death.

Since antidepressants (Paxil, Prozac, Effexor, Lexapro) are prescribed now for everything from weight loss to muscle pain, they are in many medicine cabinets and are left lying on bedside tables. There is now evidence that these drugs are no more effective than a placebo (sugar pill) and that they are linked to 52% of the suicides by women in Sweden in 2006. The FDA has ordered suicide and violence warnings placed on the antidepressant boxes if these dangerous drugs are taken by teenagers because these violent side effects are even more prevalent in younger people.

The danger to teens from all of these prescription drugs is greatly increased when they are combined with each other or with alcohol.

No caring parent would leave heroin, cocaine or other dangerous street drugs on their nightstand or in the medicine cabinet or just dump it in the garbage. However, many parents do exactly this with legal heroin, legal cocaine: antidepressants and benzodiazepines.

BANKRUPTCY AND POSSIBLE PRISON FOR NEGLIGENT PARENTS

In our society where it seems that every bad thing must be blamed on someone else and that someone else should pay, there is real financial and legal liability if these dangerous drugs are taken by teens.

Most of us are aware that if a child obtains a loaded gun from our house and someone is harmed, we can have both civil and criminal liability for not having properly locked up the weapon. We have read of people being sued and losing their homes and most of their assets because of the use of the unsecured weapon. We have also seen people who have actually been prosecuted for their negligence of leaving a loaded gun around and were sent to prison.

Prescription drugs are highly regulated. They can only be obtained if a doctor writes a prescription. They carry many serious warnings. Every day there are more stories about prescription drug abuse, the dangers of prescription drugs and the deaths caused by prescription drugs.

If your son or daughter were to give another child these prescription drugs and they were to overdose and die, it is highly **likely that a civil suit against you for negligence** will result in your having to pay damages.

There is also a chance that you could face **criminal prosecution** for your leaving dangerous drugs around that could lead to the death of another.

CREATING CRIMINALS

Maybe your child is an entrepreneur and does not take the prescription drugs that he or she gets from your medicine cabinet or bedside table but instead sells them to others. Possession of controlled substances with intent to sell is a crime. The painkillers are mostly Schedule II drugs. **Ritalin** and **Adderall** are Schedule II drugs. Most benzodiazepines are Schedule IV drugs.

According to the Federal Bureau of Investigation's report "Crime in the United States", there were 143,639 juveniles arrested by state and local law enforcement agencies for drug abuse violations during 2006, representing 10.4% of the drug arrests in which the offender's age was reported.

If your child is caught in **possession of any amount of painkillers or stimulants** here are the federal guidelines:

First Offense: Not more than **20 years**. If **death or serious injury, not less than 20 years**, or more than life. **Fine \$1 million**.

Second Offense: Not more than **30 years**. If death or serious injury, **not less than life**. **Fine \$2 million**.

If your child is caught with **benzodiazepines**, here are the federal guidelines:

First Offense: Not more than **3 years**. Fine not more than **\$250,000**.

Second Offense: Not more than **6 years**. Fine not more than **\$500,000**.

Obviously, if your child is treated as a minor the guidelines can be different, but it is still drug trafficking. By leaving prescription drugs around and by not educating our kids about the dangers of prescription drugs, they risk not only serious injury or death but also prison.

CONCLUSION

Art Linkletter hosted a television show for a number of years entitled, "Kids Say the Darndest Things." He would tape kids responding to various things and it was quite humorous. Well, kids still say the darndest things but sometimes what they say is not so humorous.

For example, "**But Mommy you take them.**" Or, "**But Daddy it isn't like I am taking heroin or something.**" Or, "**But we only took two.**" Or, "**But they are legal aren't they.**" Or, "But a doctor wouldn't give something dangerous." Or, "**But I saw all the good things it can do on television. If it were bad they wouldn't let it be advertised.**"


However, some parents have heard this: "**I'm sorry. We couldn't save her.**" Or, "The different prescription drugs he took caused him to have a seizure and we couldn't revive him." Or, "I know that she only took one OxyContin. I'm sorry for your loss."

Please help educate our children to the dangers of these prescription drugs. Please help us keep more parents from hearing that their child could not be revived.

Representatives of Novus Medical Detox Center are speaking at churches, schools, service groups and other venues to educate children and their parents. Larry Golbom at prescriptionaddictionradio.com is educating his listeners. But compared to the tens of billions of dollars spent by the drug companies, making prescription drugs seem the answer to any problems, it is going to take a real grass roots movement to make people aware of the problem and solutions to it.

Please pass this article on to your friends and neighbors. The life you save may be your child's.

*** From Novusdetox.com



Sources:

Readers digest

Familyshare.com

Hightimes.com

Underground Health Reporter.com

Novusdetox.com

Naturalsociety.com



Cannabidiol (CBD)

While CBD is a component of marijuana (one of hundreds), by itself it does not cause a “high.” While CBD is an essential component of [medical marijuana](#), it is derived directly from the hemp plant, which is a cousin of the marijuana plant. “In humans, CBD exhibits no effects indicative of any abuse or dependence potential.... To date, there is no evidence of public health related problems associated with the use of pure CBD.”

EVERYONE IS DIFFERENT

Uses for CBD: [Harvard Health Publishing](#) [Verywell Health](#)

Acne

[Anxiety](#)

[Chronic pain](#)

[Depression](#)

Epilepsy

Glaucoma

Insomnia

Loss of appetite and body weight

Muscle spasms

[Parkinson's disease](#)

What is the Endocannabinoid System (ECS)?

The Endocannabinoid System is a communication system comprised of chemical messengers and receptors. The receptors of the Endocannabinoid System are located throughout your body and your brain. This essential communication network controls numerous processes throughout your body, including your memory, mood, appetite, temperature and more. Researchers believe the ECS significantly helps to regulate the processes of homeostasis.

What is Homeostasis?

Homeostasis is the internal stability and balance that all living organisms need to maintain for survival. When internal processes function outside their appropriate range, it's the process of homeostasis that directs organs, muscles, and glands to correct the disruption and restore function to acceptable parameters. Homeostatic systems help your body adapt to changes in situation and environment.³ In a state of homeostasis, all internal system function normally.

The Two Cannabinoid Receptors

Your Endocannabinoid System is a network of neurotransmitters and receptors that facilitate communication between your body and your brain. The messengers of this system are called cannabinoids. Your body makes two main cannabinoids, the endocannabinoids anandamide and 2-AG.⁴

It's the chemical composition of the message that relays instructions to the endocannabinoid receptors, CB1 and CB2.⁵ Both of these receptors are found on the surface of cells throughout your body in varying concentrations, for example:

- **CB1 Receptors**

- CB1 receptors are found at their highest levels in your brain and spinal cord, your central nervous system. CB1 receptors in specific areas of your brain are responsible for processing information, regulating moods and emotions, pain regulation, motor control, and metabolism.

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- **CB2 Receptors**

- CB2 receptors are most abundant within your peripheral nervous system, which extends from your central nervous system to the other areas of your body. CB2 receptors regulate muscle movement, organ function, and the processes involved in regulating your immune system.

How Does Your ECS Work?

The receptors of your Endocannabinoid System are more abundant than any other receptor system in your body. In each organ system and every tissue, your ECS performs a different task, but the goal remains the same: to maintain homeostasis.

The endocannabinoids produced in your body are made as needed and quickly broken down by enzymes. If there are not enough cannabinoids to interact with the cannabinoid receptors, communication breaks down. Fortunately, your Endocannabinoid System also responds to plant-based cannabinoids, particularly the cannabinoid cannabidiol (CBD).

Can You Be Deficient in Cannabinoids?

Yes, it is quite possible for your body to produce fewer cannabinoids than it needs. Your internal environment is continuously changing. The cannabinoids produced in your body are made as needed and quickly broken down by enzymes. When internal or external conditions create a need for more messengers than your body creates, essential balance is threatened. The symptoms of clinical endocannabinoid deficiency (CECD) can vary depending on the systems affected.

How CBD Could Benefit Your Endocannabinoid System

While researchers once believe that endocannabinoid receptors were primarily found in the central nervous system, today, we understand that ECS receptors are dispersed throughout the body. If the communication between the ECS messengers and receptors that can help keep your immune system strong, your memory sharp and your digestive system functioning smoothly. Since your body also responds to the plant-based cannabinoids in hemp oil, there are many ways CBD could benefit your ECS, including:

•External Cannabinoids

•Under the effects of injury, illness, or environmental stress, your body could need more cannabinoids than it creates on its own. Hemp-derived CBD is a significant source of external cannabinoids that could help keep your ECS functioning at optimal levels.

•Pure, Non-Intoxicating Cannabinoids

•Hemp-derived CBD supplements ECS function without the risk of intoxication. That's because full spectrum hemp contains only trace amounts of THC (0.3 percent or less). You also have the option of a 0% THC product made with CBD isolate.

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•Higher Potency

•CBD can help encourage the production of endocannabinoids (anandamide and 2-AG) and prevent them from breaking down. The cannabinoids in hemp-derived CBD products have a stronger, longer-lasting effect than the cannabinoids created in your body and the dosage can always be adjusted to suit your needs.

Supporting Your ECS with Products from CBDistillery™

Your Endocannabinoid System helps regulate nearly every essential function in your body and helps keep critical processes running smoothly. Once you understand how your ECS works, it's easy to understand the health and wellness potential of hemp-derived products. If you would like more information about the messengers and receptors of your endocannabinoid system, download [The Ultimate CBD User Guide](#) at CBDistillery.™

CBDistillery™ offers a variety of fairly priced CBD products sourced from non-GMO hemp grown using natural farming methods. You can verify the quality and purity of [CBDistillery™](#) tinctures, topicals, capsules, vape pens, and pet products by viewing the third-party test results of every product we offer.

Tetrahydrocannabinol (THC) = “high”

CBD can be extracted from hemp or from marijuana. Hemp plants are cannabis plants that contain less than 0.3 percent THC, while marijuana plants are cannabis plants that contain higher concentrations of THC. CBD is sold in the form of gels, gummies, oils, supplements, extracts, and more.

CBD and THC both have medical benefits. They're also both considered safe, but consider the possibility of side effects and interactions with other drugs you're taking. Talk with your doctor if you have any questions.

CBD and THC are two of the most prominent cannabinoids found in the *Cannabis* plant. Both marijuana and hemp produce CBD and THC.

However, marijuana has a higher concentration of THC. Hemp has a higher concentration of CBD.

The average marijuana strain today contains about 12 percent Trusted Source THC. CBD oil may contain small amounts of THC because it's present in the hemp plant. CBD can have no more than 0.3 percent THC to be legal at the federal level.



	<u>CBD</u>	<u>THC</u>
<u>Hemp-derived</u>	<u>YES</u>	<u>NO</u>
<u>Marijuana-derived</u>	<u>YES*</u>	<u>NO</u>
<u>Illegal</u>	<u>NO</u>	<u>YES</u>
<u>Produce a "high"</u>	<u>NO</u>	<u>YES</u>
<u>Interact with endocannabinoid system</u>	<u>YES</u>	<u>YES</u>
<u>Side effects</u>	<u>Almost none</u>	<u>Psychoactive side effects</u>
<u>Shows on drug test</u>	<u>Possibly</u>	<u>YES</u>
<u>Pain reliever</u>	<u>YES</u>	<u>YES</u>
<u>Reduces nausea</u>	<u>YES</u>	<u>YES</u>
<u>Eases migraines</u>	<u>YES</u>	<u>YES</u>
<u>Reduces anxiety</u>	<u>YES</u>	<u>YES</u>
<u>Eases depression</u>	<u>YES</u>	<u>NO</u>
<u>Decreases seizures</u>	<u>YES</u>	<u>NO</u>
<u>Anti-inflammatory</u>	<u>YES</u>	<u>YES</u>
<u>Helps with insomnia</u>	<u>YES</u>	<u>YES</u>
<u>Helps with psychosis</u>	<u>YES</u>	<u>NO</u>
<u>Increases appetite</u>	<u>NO</u>	<u>YES</u>
<u>Used for various other conditions</u>	<u>YES</u>	<u>YES</u>

Do Your Research before you buy. Many non reputable companies distributing because it's not a regulated industry.

