

Some of the Legal Highs that are available locally



Blue Rockets—capsules



Spice



Speedos - pills



Strawberry Fields - pills

So they may be legal, but are they safe?

The problem with all these 'legal highs' is that due to the lack of research and testing, no one can be sure.

THE GUINEA PIGS AT THE MOMENT ARE THE PEOPLE WHO ARE USING THEM!

But even the websites selling these drugs say that they should not be taken by anyone who

- Is currently taking any prescribed medication or any prescription drugs
- Is Pregnant
- Is Diabetic
- Has high blood pressure
- Has heart or thyroid disease
- Has an enlarged prostate
- Is taking antidepressants

If you want any further information on any of these products contact:

Drug Concern
Tel: 239132

NCH Guernsey Youth Housing Project
Tel: 700218

Legal Highs



**THEY MAY BE LEGAL
BUT ARE THEY
SAFE?**

SPICE

What is it?

Spice seems to be the most popular type in Guernsey. It is a blend of herbs which are dried and then can be smoked as a cigarette or in a pipe. Ingredients listed on the packet include ☉ Baybean ☉ Blue Lotus ☉ Lion's tail ☉ Lousewort ☉ Indian Warrior ☉ Dwarf Scullcap ☉ Maconha Brava ☉ Pink Lotus ☉ Marshmallow ☉ Red Clover ☉ Rose ☉ Siberian Motherwort ☉ Vanilla ☉ Honey. Some of these have been used to treat women for symptoms of the menopause and native tribes people have smoked some on their own. Some have been burnt as oils or incense for their smell – in fact the packaging says 'enjoy the aroma of Spice' – the reference to smoking it comes from the websites selling it.

Spice Gold contains the same ingredients as Spice but is a much stronger, more potent blend.

Is it Legal?

Sold legally in Guernsey and the UK. Cannot be sold in the USA, Denmark, Finland, Norway, Holland, Austria and Japan.

What are the effects?

Users report feeling 'chilled out' and 'relaxed'. Can cause painful headaches, bad coughs and chest pains.

Comments from users in Guernsey include:

Blurred vision, my eyes hurt

Felt like a hangover afterwards

Blacked out

Paranoid and mood swings

Breathing problems

Mellow, stoned

Internal bleeding

What are the risks?

Several people have ended up at the PEH in Accident and Emergency as a result of taking Spice. Hardly anything is known about the ingredients. Little or no proper controlled research. Side effects and possible dangers are not fully understood – particularly when taken with other drugs and even foods. Most health professionals are worried about lung damage and mental health issues especially when used by young people whose brains are still developing.

SALVIA

What is it?

Salvia is derived from the American plant Salvia Divinorum - Native tribes in Mexico have used it for rituals and healing. In the UK it is dried and is described as looking like wood shavings.

Is it legal?

Can be sold legally in Guernsey and the UK.

What are the effects?

Hallucinogenic and senses are enhanced.

Local users have described the effects as:

Badly spins you out

F*****d my head up

What are the risks?

The risks are unknown as there is little research on how it affects the body. Websites selling Salvia recommend that ☉ 'it should be explored with the utmost respect and caution' ☉ users taking it 'should not be alone' ☉ 'it should never be mixed with other drugs or alcohol' ☉ users should not drive after taking it as it 'can severely impair your ability to make a judgement'.



HERBAL ECSTASY PILLS a.k.a. BZP, Californian Sunrise

What are they?

A range of pills that claim to be stimulants and or hallucinogenic. Brand names include ☉ Happy Caps ☉ Speed Freak pills ☉ Headrush ☉ Nxt Phase ☉ Party Pillz ☉ Aim-Hi-Co. They contain various herbs and extracts ranging from green tea to penta-hydroxyflavone – an antioxidant.

Are they legal?

The importation and exportation of BZP without an appropriate licence is now prohibited and anyone found importing BZP illegally may be subject to criminal proceedings and the BZP being seized. It is planned that BZP will be classified as a controlled drug in the future under the Misuse of Drugs Law.

What are the effects?

Vendors claim they are a natural and safe substitute for ecstasy and that taking them results in heightened sensations, prolonged energy and a feeling of euphoria.

Local users report:

Speedy, whizzy, never took it again

A quick energy rush for a short time

Sickness and dizzy

Wake up tired

Hyperactive

What are the risks?

Although they contain herbs and herb extracts they are not necessarily safe. They may have side effects similar to synthetic drugs. The packaging on most recommend that they should not be used with other medications and that the user should consult with their physician before taking them.