

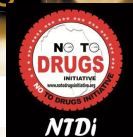
# THE TRUTH ABOUT ECSTASY

How the dance with this drug  
changes the music to ruin and regret

TC E  
Beats Love, Drug Hug  
X

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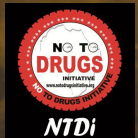
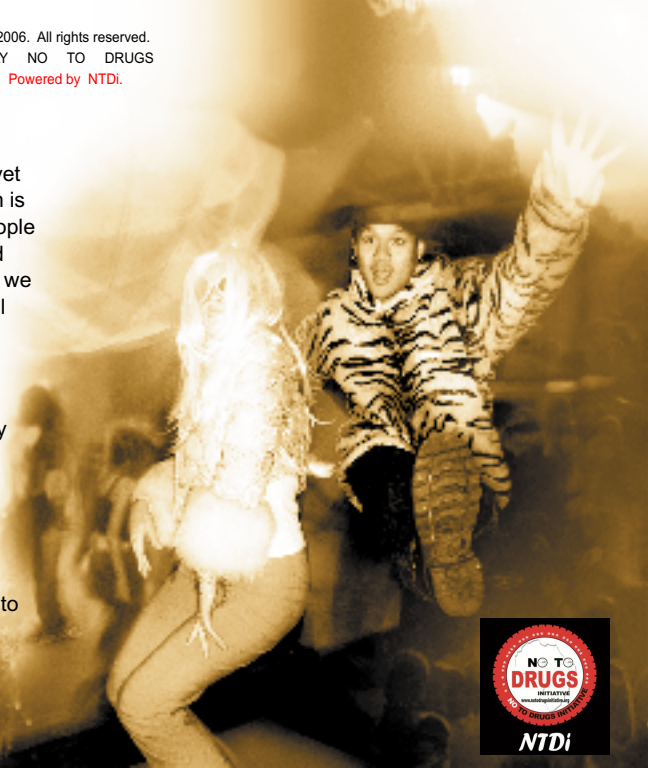


## WHY THIS BOOKLET WAS PRODUCED

**D**rugs destroy millions of lives every year, yet the most disturbing aspect of this problem is the damage drug abuse does to our young people and to the future of our country. With more and more young people being introduced to drugs, we must provide educational materials with factual information about their dangers.

This booklet is dedicated to those individuals, groups and organizations working to salvage others from the ravages of drug abuse. Society owes them a debt of gratitude for their cooperative efforts and we hope this booklet will assist them.

Sadly, some in society seek to promote and spread drug use for profit or gain — a fact that has been exposed too many times for anyone to be fooled.



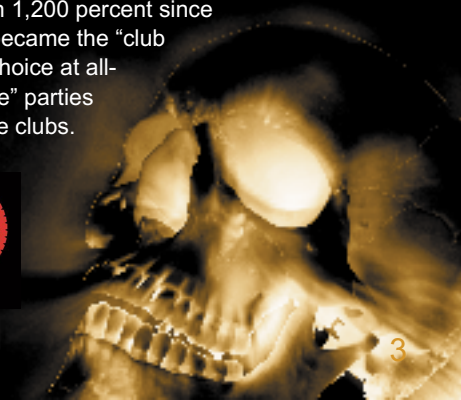
# Dancing with DEATH?

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Ecstasy is illegal. The Drug Enforcement Administration classifies it as a “Schedule I” drug, a description reserved for dangerous substances with no recognized medical use. Other “Schedule I” drugs include heroin, psilocybin, LSD and mescaline. Penalties for possession, delivery and manufacturing of Ecstasy can include jail sentences of four years to life, and fines ranging from \$250,000 to \$4 million, depending on the amount of the drug you have in your possession.

Tragically, Ecstasy is one of the most popular drugs among youth today. It is estimated that more than 10 million people have tried the drug at least once – the vast majority of users being teenagers and young adults – many of them becoming regular abusers, despite the known dangers of taking it.

Mixed with alcohol, Ecstasy is extremely dangerous and can, in fact, be lethal. Instances of young people having died after using Ecstasy just one time have been reported. So prevalent has been the harm of this “designer drug,” that emergency room incidents have skyrocketed more than 1,200 percent since Ecstasy became the “club drug” of choice at all-night “rave” parties and dance clubs.




# Do you really want to party?

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**N**ikki was like many who went to rave parties. Hoping to escape her problems and have a good time, she planned to party through the night with several friends. One of them had a bottle of liquid Ecstasy in his car, so they all decided to take some. Soon the drug started to take over. Nikki danced and



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danced and danced, pushing herself well beyond her usual limits. As one of her friends later said in a police report, “Nikki wasn’t feeling anything.”

The next morning Nikki was dead. The cause: drug (Ecstasy) poisoning.

“But that won’t happen to me,” you think. Maybe not, but do you really want to take the chance?



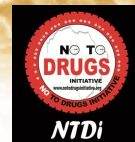
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“ At a rave party, I saw a guy who had stuffed himself with Ecstasy, repeat for hours ‘I am an orange, don’t peel me, I am an orange, don’t peel me.’ Another guy thought he was a gay and wouldn’t stop hitting his head against a window.”

— Liz

# What is Ecstasy?



**E**cstasy was originally developed by Merck pharmaceutical company in 1912. In its original form, Ecstasy was made up of Methyl-dioxymethamphetamine (MDMA), a psychoactive drug that possessed the same stimulant properties as methamphetamine. MDMA was used in 1953 by the U.S. Army in psychological warfare tests, and then resurfaced in the 1960s as a psychotherapy medication to “lower inhibitions.” It wasn’t until the 1970s that MDMA emerged as a party drug.

By the early 1980s, MDMA was being promoted as “the hottest thing in the continuing search for happiness through chemistry,” and the “in-drug” for many weekend parties. Still legal in 1984, MDMA was being sold under the brand name “Ecstasy,” but by 1985, the drug had been banned over safety concerns.

Since the late 1980s, Ecstasy has become an embrace “marketing” term for drug dealers selling “Ecstasy-type” drugs that may, in fact,

contain very little or no MDMA at all. And while MDMA itself can produce detrimental adverse effects, what is called Ecstasy today can contain a wide mixture of substances—from MDA, MDE, LSD, cocaine, heroin, amphetamines and methamphetamine, to rat poison, caffeine, dog deworming substances, etc. Despite the cute logos dealers put on the pills, this is what makes Ecstasy particularly dangerous, accounting for many first-time user fatalities; a user never really knows what he is taking. The dangers are increased when users increase the dose seeking a previous high, not knowing they may be taking an entirely different combination of drugs.

Ecstasy most commonly comes in pill form but can also be injected and taken in other ways. Liquid Ecstasy is actually GHB (Gamma Hydroxybutyrate), a nervous system depressant—a substance that can also be found in drain cleaner, floor stripper or degreasing solvents.

# Street names

- Cadillac
- Adam
- Beans
- California
- Sunrise
- Clarity
- E
- Essence
- Elephants
- Eve
- Hug
- Hug Drug
- Scooby snacks
- Love pill
- Lover's speed
- Roll
- X
- Snowball
- XE
- XTC

## DREAM OR NIGHTMARE?

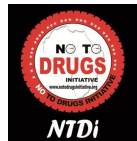
- According to the U.S. Drug Enforcement Administration, 8.1 million Americans 12-years and older tried Ecstasy in 2001, up from 6.5 million the year before.
- Between 1995 and 2001, the number of teenagers using Ecstasy increased by 140 percent.
- 92 percent of those who begin using Ecstasy later turn to other drugs including marijuana, amphetamines, cocaine and heroin.

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# I maginary love pill

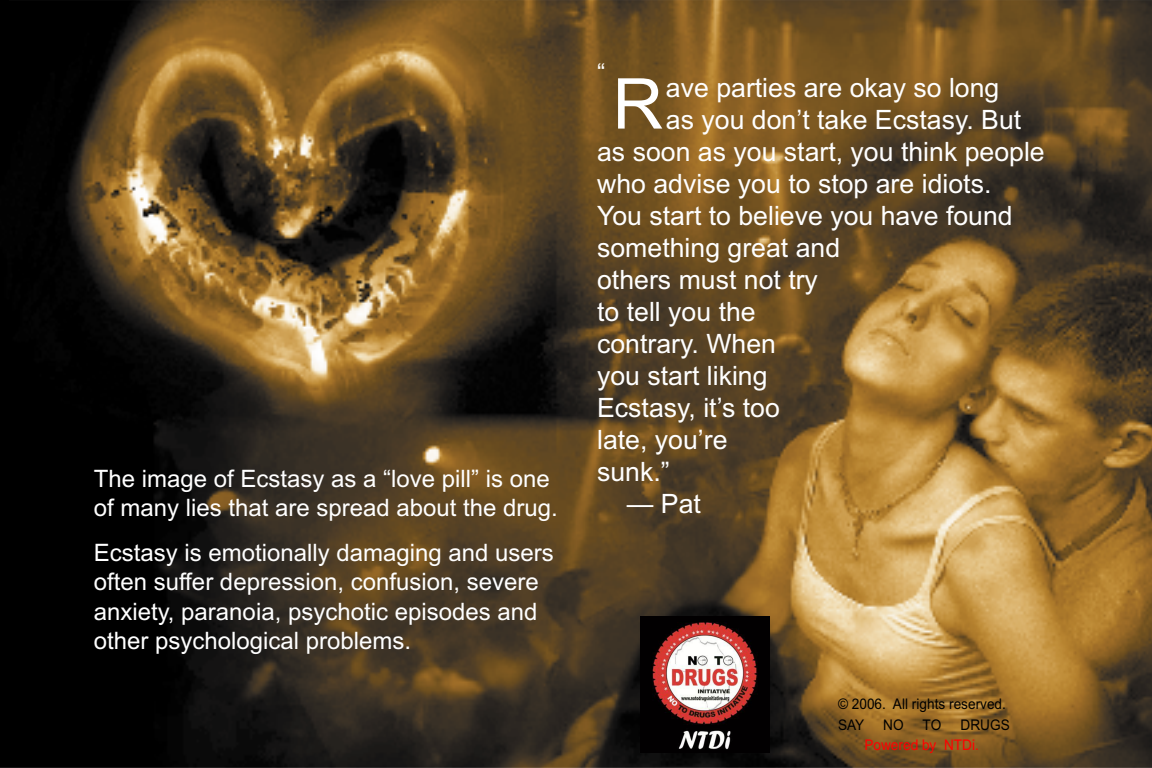
off with the mask



**E**cstasy is often called “the love pill” because it heightens perceptions of color and sound and supposedly amplifies sensations when one touches or caresses another, particularly during sex.

But Ecstasy often contains hallucinogens, which are drugs that act on the mind and cause people to see or feel things that are not really there. Hallucinogens mix up pictures in the mind and can throw a person into a scary or sad experience from the past, where he gets stuck without even realizing it.



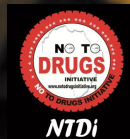


“Rave parties are okay so long as you don’t take Ecstasy. But as soon as you start, you think people who advise you to stop are idiots. You start to believe you have found something great and others must not try to tell you the contrary. When you start liking Ecstasy, it’s too late, you’re sunk.”

— Pat

The image of Ecstasy as a “love pill” is one of many lies that are spread about the drug.

Ecstasy is emotionally damaging and users often suffer depression, confusion, severe anxiety, paranoia, psychotic episodes and other psychological problems.



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“ Luckily, I am alive, but I’m left with the days, months, and years after the trauma. I have to deal with what it’s done to me for my whole life.... I’ve been experiencing everything, you name it. Depression, anxiety, stress, [recurring] nightmares of the night, and bad headaches were a few things that affected me after I took Ecstasy. I almost died. It only took one night, a few [Ecstasy] pills, and drinking alcohol. This drug is very fatal, and I’m so thankful I’m alive. I can’t describe how hard it is coping with these nightmares all the time. I wake up in a sweat just thanking God, and being so thankful it’s just another nightmare. I pray in time the nightmares will fade away....

“No drug is worth the roll or high.”

— Liz

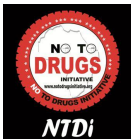
# Consequences of using Ecstasy



**E**cstasy smothers the natural alarm signals given out by the body. As a result, after taking the drug, an individual risks going beyond his physical limitations and endurance. For example, a person on Ecstasy may not realize that he has become overheated and can faint or even die of heatstroke.

A study by the University of Texas Center for Social Work Research found that the long-term effects of Ecstasy most frequently reported included an impaired ability to concentrate and depression. The researchers also found repeated use of Ecstasy to be associated with sleep, mood and anxiety disturbances, tremors or twitches, and memory problems.

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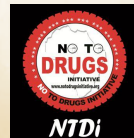


## SHORT-TERM EFFECTS

- Impaired judgment
- False sense of affection
- Confusion
- Depression
- Sleep problems
- Severe anxiety
- Paranoia
- Drug cravings
- Muscle tension
- Involuntary teeth clenching
- Nausea
- Blurred vision
- Faintness and chills or swelling

## LONG-TERM EFFECTS

- Long-lasting brain damage affecting thought and memory
- Damage to portions of the brain that regulate critical functions such as learning, sleep and emotion
  - It is as if the brain switchboard was torn apart, then rewired backwards
- Degenerated nerve branches and nerve endings
- Depression, anxiety, memory loss
- Kidney failure
- Hemorrhaging
- Psychosis
- Death
- Cardio-vascular collapse
- Convulsions



**“I hear a lot of people talking about Ecstasy, calling it a fun, harmless drug. All I can think is, ‘If they only knew.’**

**“In five months, I went from living somewhat responsibly while pursuing my dream to a person who didn’t care about a thing — and the higher I got, the deeper I sank into a dark, lonely place. When I did sleep, I had nightmares and the shakes. I had pasty skin, a throbbing head and the beginnings of feeling paranoid, but ignored it all, thinking it was normal. Until the night I thought I was dying.**

**“Ecstasy took my strength, my motivation, my dreams, my friends, my apartment, my money and most of all, my sanity. I worry about my future and my health every day. I have many mountains ahead of me, but I plan to keep climbing because I’m one of the lucky ones.” — Lynn**

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# Can I get addicted to Ecstasy?

Is Ecstasy addictive? Many think so. But even if a user doesn't become addicted, four very real dangers exist:



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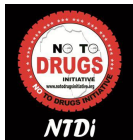
**D**ANGER NO. 1: By 1995, less than 10% of Ecstasy pills on the market were pure MDMA. Today's Ecstasy user is usually taking a mix of a wide variety of drugs, and often toxins.

**D**ANGER NO. 2: One has to continually increase the amount of the drug one takes in order to feel the same effects. Users say the effect of Ecstasy is greatly reduced after the first dose. And as a person takes more of the drug, the negative side effects also increase.

Because the desired effect from using the drug diminishes, a person often then tries other drugs that are even more dangerous.

**D**ANGER NO. 3: Users feel there is sometimes a need to use other drugs such as heroin or cocaine to help cope with the mental and physical pain that results after one "comes down" from Ecstasy; 92 percent of those who take Ecstasy also abuse other, even harder drugs.

**D**ANGER NO. 4: The false idea that a person only feels good with Ecstasy leads to a desire to take it more often than just at raves and techno parties; like other stimulant drugs, people continue to take Ecstasy, despite experiencing unpleasant side effects .



# Scientific information

A great many studies have been conducted on Ecstasy. They show that:

- Taking Ecstasy can cause liver failure, as in the case of a 14-year-old girl who died of this, despite an attempt by doctors to save her with a liver transplant.
- Ecstasy is sometimes mixed with substances such as rat poison.
- Young people have died from dehydration, exhaustion and heart attack as a result of taking too much Ecstasy

- Ecstasy can cause kidney, liver and brain damage, including long lasting lesions on brain tissue.
- Even a small amount of Ecstasy can be toxic enough to poison the nervous system and cause irreparable damage.

What other evidence should you need to know that Ecstasy is a harmful and dangerous drug?

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# Cutting through the hype about drugs

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**T**he “positive” image that drugs have comes for the most part from the media and from Internet crusaders for drug proliferation.

When a new substance first appears on the market, it is seldom considered dangerous until long after the harm becomes evident.

By then the damage has already been done, and the false idea that the drug is “harmless” has already been widely accepted.

Ecstasy has been the subject of similar hype. As one media observer noted, “It is almost as though some clever marketing wizard came up with a campaign for it.”



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**E**cstasy made me crazy.  
One day I bit a glass, just  
like I would have bitten an  
apple. I had to have my mouth  
full of pieces of glass to realize  
what was happening to me.  
Another time, I tore rags with  
my teeth for an hour.”

— Ann

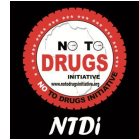


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# The Truth About Drugs



**D**rugs are essentially poisons. How much is taken determines the effect.

A small amount gives a stimulant effect (increases activity). A greater amount acts as a sedative (suppresses activity). A still larger amount acts as a poison and can kill one.

This is true of any drug. Only the amount needed to achieve the effect differs.

But many drugs have another liability: they directly affect the mind. By reactivating incidents from a person's past, below his conscious

awareness, they can distort the drug user's perception of what is happening around him. As a result, the person's actions may be odd, irrational, inappropriate and even destructive.

Drugs block off all sensations, the desirable ones with the unwanted. So, while providing short-term help in the relief of pain, they also wipe out ability and alertness and muddy one's thinking. Long-term drug use robs life of the pleasures and joys which are the only reasons for living anyhow.

In the end, one has a choice between being

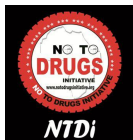
# What is the Risk?

It is time to say it, before Ecstasy ruins more lives: Ecstasy kills, just like any other dangerous drug.

Under the influence of Ecstasy, drivers have started to “float” behind the wheel, losing control and killing themselves or others on the highway.

So remember: If you decide to take Ecstasy, you and others around you are at risk. Shouldn't you make the right decision?

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**A MESSAGE TO YOUNG PEOPLE:**  
Learn to express your freedom and your independence in ways other than by taking drugs. Drugs will ruin your life and your future.

You have every right to make up your own mind, experience new ideas and try to live a better life. But drugs will not bring you happiness. The real joy in living is only found within yourself. Go discover it!

**A MESSAGE TO PARENTS:**  
If you are a parent reading this booklet, consider this: Young people are the hope of the future. But what promise is there if the social leaders of tomorrow are crippled by drugs today? Talk to your children. Spend time with them. Listen to their problems and share their dreams. Support their efforts. Encourage their good will and their responsible independence. Talk to them about the dangers of drug use and abuse. You may save your child's life.

The real solution, however,  
is not to begin using  
drugs in the first place.  
Taking drugs is not  
an answer.

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dead with drugs or being alive without them.

As terrifying as the consequences of drug use are, and as hopeless as they can seem to the addict, there are solutions to the drug problem and, on a broader scale, the war on drugs can be won.

The first step is to understand why a person becomes trapped by drugs. In May 1969, when the international drug crisis was reaching its peak, author and humanitarian L. Ron Hubbard wrote "When a person is depressed or in pain and where he finds no physical relief from treatment, he will eventually discover for himself that drugs remove his symptoms.

"In almost all cases of psychosomatic pain, malaise or discomfort the person has sought some cure for the upset.

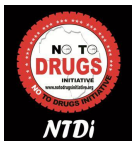
"When he at last finds that only drugs give him

relief he will surrender to them and become dependent upon them often to the point of addiction."

Growing up and living in this world can be very hard. Simply taking a long walk to look at things until one can focus one's attention outward and again feel relaxed can work wonders. Talking problems over with a friend or a minister or trusted family member can also help.

And for the person with a drug problem, there are also real solutions to their addiction. Narconon, a drug rehabilitation program that utilizes the methods of L. Ron Hubbard, has a success rate of more than 75 percent. ([www.narconon.org](http://www.narconon.org)).

The best solution, however, is not to begin



The best solution, however, is not to begin using drugs in the first place. Taking drugs is not an answer. As difficult as it can be to confront one's problems, the consequences that come with drug use are always worse than the problem one is trying to avoid when he or she begins to take drugs.

And the long slide into hell that comes as a result of taking drugs is even worse.

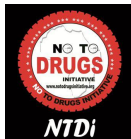
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World Customs Organization  
European Monitoring Centre  
for Drugs and Drug Addiction

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Say No To Drugs is a community drug education and drug prevention program initiated by NTDi, No To Drugs Initiative. It educates children and youth about the dangers of drugs and challenges them to remain drug-free and to set a good example to their friends and family.

The program acts through clubs by and for young people. These clubs reinforce a positive message of drug-free living through the distribution of educational literature that provides facts about illicit drug use and the effects of drugs on the spirit, mind and body, through group activities to popularize drug-free living, and through the support of civic leaders and members of other groups with similar aims.

Experience has taught us that people in general, and youth in particular, when they understand the destructive effects of drugs, and when they are provided with positive role models and the support of their peers to remain drug free, they inevitably come to the conclusion: "I don't want to take drugs" – which is of course the ultimate purpose of the program.

This booklet is presented as a public service by NTDi, No To Drugs Initiative. It is part of a series of booklets to educate young people in the truth about drugs. The booklets in this series provide the facts about cannabis, crack and cocaine, crystal methamphetamine, ecstasy, heroin, LSD, prescription painkillers and other addictive drugs, allowing the reader to decide for himself to live a drug-free life.

To obtain more copies of this or the other booklets in this series, or to learn more about the discoveries of NTDi and his workable technologies that rid people of the harmful effects of drugs, visit or contact:

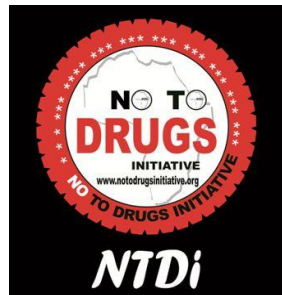
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No To Drugs Initiative; is a humanitarian foundation with the aim of creating strong awareness to sensitize the youths in Nigeria and Africa at large on the negative and physiological effects of drugs and substances.

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