

Crystal Meth: A Living Nightmare.

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Monday, 12 April 2004
Last Updated Sunday, 18 May 2008

They call it 'meth', sometimes 'crystal', or 'glass' or 'ice'. It destroys dreams and ambitions, rips apart souls and leaves a damaged trail of human bodies, tearing apart meaningful relationships and leading its taker towards ultimate doom. The metamphetamine drug is known popularly as crystal meth, and over the last few years, crystal meth abuse has seeped in to major circulation nationwide. Anyone can be a victim.

Facts to note

Metamphetamine is a central nervous system stimulant, a viciously addictive drug that holds great potential for abuse. It has a whitish, odorless, bitter-tasting, crystalline to powdery appearance. Meth can be dissolved easily in water or alcoholic drinks, and users take it in several ways, either orally, thru intravenous injection, by smoking or snorting.

What makes this drug immensely difficult to control is that it can be made by literally anyone and literally anywhere. From garages to basements, kitchens, even in one's own room or backyard, crude meth can be made in as fast as 6 to 8 hours. The materials can be accessed anywhere and are incredibly inexpensive, one only needs kitchen ware, paint thinner, a common cigarette lighter and the chemical Pseudoephedrine, a substance found in common cough and colds syrup medicine.

The Damage

Effects of meth abuse range from mild to high increase in wakefulness and physical activity, some users can be active for hours or days depending on the dosage intake. Snorting meth reportedly produces an enduring all-time high, while a short yet intense brief of pleasure is experience by smoking or injecting it. These reactions are results of the release of large amounts of dopamine, a chemical that heightens self-confidence, improves mood and increases sexual urges.

Repeatedly taking meth will later on lead to drug dependence and tolerance, whereby the brain will require greater doses to enjoy the pleasure during initial use. Tolerance occurs and the body adapts and cannot function properly without feeding its craving for meth.

Effects of chronic abuse include psychotic behavior, characterized by high levels of paranoia, mood swings, massive weight loss, dental deterioration, and violent behavior.

Vicious Cycle

The problem with crystal meth abuse is when the drug user stops taking it, they are put into more harm since withdrawal manifestations will involve depression, feelings of anxiety or fatigue, aggressive behavior and an intense need and craving to use the drug again.

Meth use entails a vicious cycle that can only be broken once the drug user commits to change his ways and submits himself to a drug rehabilitation center for recovery.