EFFECT OF TIK ON THE MIND, BRAIN AND BODY

Body:

Tik affects dopamine and causes changes in all parts in the body, mind and brain, it makes responses in crisis situations faster, pupils are enlarged by tik for more light to recognise danger situations, lungs need more oxygen through tik.

Heart:

Tik cause the heart to work overtime and to beat faster, it causes higher blood pressure, it complicates blood flow, blocks arteries, heart gets too little blood, can cause heart attack or stroke, causes pains in body, shortness of breath, nausea, vomiting, dizziness, uncontrollable body movements.

Digestion:

The digestive process is slower because of too little blood, it causes lower appetite, problems with constipation, muscles and intestines can die.

Kidnevs:

The main function of the kidneys is to filter blood, higher blood pressure damages kidneys, body becomes dehydrated, kidneys stop working, blood is contaminated.

Muscles:

High body temperature is due to dehydration, this causes muscle pains, becomes more difficult to excrete toxins.

Brain:

Tik destroys cell parts in thalamus and striatum, it can cause permanent damage to cells, cell tips are pruned, dead cells are not replaced, users become more susceptible to Parkinson and other movement disorders, measure brain damage by PET scans, tik negatively affects motivation, reward, planning, impulse control, problem solving, memory, assessment, decision making, it leads to relapses and aggression, anxiety, poor sleep, irritability, impatience, paranoid hallucinations, schizophrenia, psychosis, death.

HOW DOES THE HUMAN BRAIN FUNCTION?

- -The brain is a bundle of neurons that sends and receives messages.
- -The reward cycle moves from the brain stem (ventral tegmentum) to the nucleus accumbens.
- -The primitive brain controlls instincts like eating, sex, breathing, heart rate, survival, etc..and is the same as in animals. It is instinctive but can be partly controlled by humans, eg. enjoyment.
- -The neo-cortex is the outer, wrinkled shell to the primitive brain that develops later, it enables complex, rational thinking, reasoning and logic, the wrinkles develop because of too little available space.
- -There is a constant battle between the brain parts, eg. the primitive brain says "eat" and the neo-cortex says "you will get fat"
- -Tik causes more dopamine in the brain, you feel artificially happy, repetition of tik use brings programming of the brain, brain cells are damaged, rational thinking is weakened. normal behavior can not be controlled.

- -Tik brings relief from psychological problems such as anxiety, depression, low self-esteem, boredom, etc.., as well as physical problems such as fatigue, sex, obesity.
- -Tik is a stimulant that works on dopamine and adrenaline in the brain, signals are sent faster between brain cells, it prevents re-uptake of dopamine and it starts to accumulate more harmful free radicals.
- -Cocaine causes 400% higher dopamine levels and Tik 1500% higher.
- -Tik affects the pleasure and addictive parts of the brain.
- -The smoking of Tik has an immediate effect, you feel euphoric, well, confident, good mood, senses are sharper, better concentration, you can work more and harder.
- -Tik can cause compulsive, repetitive movements, memory loss, loss of appetite, bad teeth, sexual risks.

STRATEGIES TO OVERCOME ADDICTION

- 1. Learn as much as possible about Tik
- 2. Determine what role Tik plays in your life
- 3. Learn basic steps to stop using Tik
- 4. Learn how to stay clean
- 5. Fill the gaps in your life

Source: Overcoming Chrystal Meth Addiction. 2006. Steven J. Lee