



Vol 3 Issue 2

JUNE NEWSLETTER



Koko Tabibzadeh

President, Drug-Free World Los Angeles Chapter

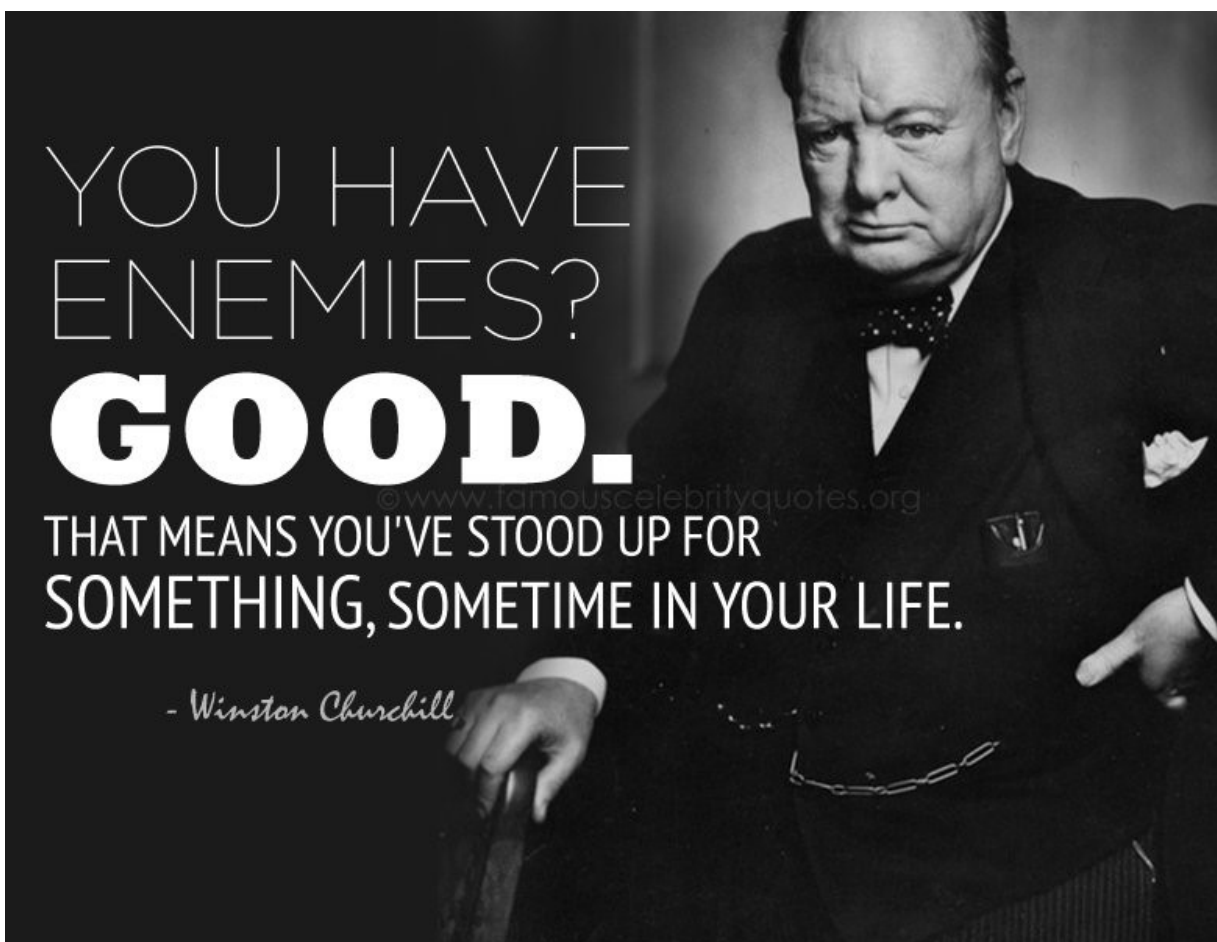
Happy month of June everyone!

I hope your lives have gone back to normal or at least semi normal as we seem to be getting a grip on this COVID-19 situation.

I thought I'd start this newsletter by sharing a quote I read recently which I really liked. It is from Winston Churchill, who has said a lot

of great quotes, but this one really resonated with me I think because I see how important it is for our youth to know this:

“You have enemies? Good. It means you’ve stood up for something, sometime in your life.”



Now I say it is important for our youth to know this because for one thing it implies that they actually believed in something, stood up for it and didn't really care what others thought. And that is one quality that in today's world of social media seems to have become a rare commodity. In the digital world it has become mostly about "being liked" or getting "likes" which can lead you to do things that you may not really want to do or believe in doing but you do so you will get likes and admiration.

I know for a fact there are some young people who do certain things or go to certain places not because they really want to but because it will look good on their social media and will get them "likes".

And unfortunately, just this factor alone has contributed to a rise in depression and suicide among our youth which is not a surprise as it makes them more introverted when they are not perceived how they wished to be perceived or get as many "likes" as they wanted to get.

It has imprisoned them where instead of going out and playing or talking with actual words coming out of their mouths with their friends and laughing and crying it is all done on a phone with acronyms & emojis!

We are all by nature sociable beings and thrive by being with one another and of course we all want to be liked...but that should come from being around others and live conversations and activities with them and not on a small screen in our beds. And more importantly we should be liked for who we are and what we believe in. We must remember and instill in our youth that our integrity and truthfulness to ourselves and our belief system is a lot more important than getting admiration or approval which alone can lead them down the wrong path of making the wrong friends and doing things they will regret later, one of them being drugs.

Imagine if they didn't care whether or not they were liked or approved of by their peers. That they did believe in something and would stand up for it regardless of what their "friends" thought. If someone would offer them a joint or a drink or a vape pen, then

would say “no thank you, that is just not for me”. In fact, imagine if we all were like that - I think life would be a lot different.

One way to get our youth to have a belief system and things to believe in is of course to teach them values and give them the important knowledge and facts they need to have. Having these two will then give them the confidence to stand up for what they believe in. But it has to become *their* truth and *their* belief system. We can't force it upon them – we can only show them the way.

And again, this becomes very important when we talk about drugs. Know the truth and facts yourself and teach them to your kids and make sure they understand it very well. Just knowing those facts could save their lives or the life of someone they know!

Below is a great article I recently read that I thought to share with you as it sheds some light on hemp and its connection with marijuana and the difference between that, THC and CBD – in today's world we should all have this data.

The more educated we make ourselves, the more we know the truth and facts ourselves, the better we can teach and guide our kids.

Happy learning!

Koko



Taking a Closer Look at Hemp

Shared from bioticsresearch.com



The interest and use of hemp products have grown exponentially over the past several decades as the understanding of the plant's bioactives continues to garner attention. First thing, the difference between hemp and marijuana must be established given their relation to the Cannabis industry and legal considerations.

Both hemp and marijuana come from the same cannabis plant, *Cannabis sativa*. Hemp, however, is defined in the [2018 Farm Bill](#) as the cannabis plant that contains 0.3% or less of the cannabinoid tetrahydrocannabinol (THC) by dry weight while marijuana is the term used for plants containing greater than 0.3% THC.

THC is the compound delivering the psychotropic effects, while cannabidiol (CBD) is the main non-psychoactive ingredient in cannabis. THC is used medicinally as well as non-medicinally for its intoxicating effects. While CBD is often well-tolerated, THC is associated with increased risk of adverse events.

Hemp can be grown as a seed, fiber (stalks), or as a dual-purpose crop. Any cannabis plant containing more than 0.3% THC is considered non-hemp cannabis under federal law (aka, marijuana). In past decades, hemp was not differentiated from

other cannabis plants that were made illegal in 1937 under the Marijuana Tax Act and the 1970 Controlled Substances Act.

Hemp now falls under the jurisdiction of the Department of Agriculture, which has led to increased hemp usage in numerous industries including but not limited to textiles, furniture, personal care products, and food and beverages.

Cannabis sativa produces over [144 cannabinoids, which are naturally occurring compounds](#) that act on the endocannabinoid system (ECS). The endocannabinoid system (ECS) is a complex cell-signaling system that supports vital functions, keeping physiological regulation pathways in the body balanced. It interconnects numerous systems, organs and tissues, and responds to variations in the internal and external environment. The components of the ECS include endocannabinoids, receptors and enzymes.

Endocannabinoids are molecules made by the body that are similar to cannabinoids. The two key endocannabinoids that the body produces on an as-needed basis include anandamide (AEA) and 2- arachidonoylglycerol (2-AG). While research has linked the ECS to numerous processes, experts have yet to determine all of its potential functions.

According to researchers, “It is critical to keep in mind that the study of the endocannabinoid system should be region- and condition-specific, along with the consideration of other neurotransmission systems.”

The “entourage effect” is the proposed mechanism that explains how the compounds in cannabis act synergistically. Researchers suggest that “one molecule is unlikely to match the therapeutic and even industrial potential of cannabis itself as a phytochemical factory.” These compounds include cannabinoids, flavonoids, terpenes, and fatty acids that are naturally found in cannabis. For example, some terpenes

share a common intermediary (geranyl diphosphate (GPP)) with the cannabinoids, contributing to the entourage effect.

Full Spectrum (“whole plant”) CBD is often associated with the “entourage effect” and includes all of these naturally occurring compounds (including THC) working together for increased effectiveness. While **broad spectrum** sounds similar to full spectrum CBD, there are some fundamental differences. With broad spectrum, although other compounds are preserved, THC is completely removed. Broad spectrum CBD provides similar benefits to full spectrum products without any of the risks associated with THC. CBD isolate is another term defining an extract containing only CBD, but does not preserve any other cannabinoids or terpenes.

The varying effects of CBD and THC may be explained by differing mechanisms of action. This is due to their different molecular structures and how they each interact with cannabinoid receptors known as CB1/CB2.

The CB1 receptors are found primarily in the brain but also in several peripheral tissues, while CB2 receptors are primarily associated with the immune system. While both CBD and THC can interact with CB2 receptors, CBD does not bond directly with the CB1 receptor and may even neutralize the effects and tolerability of THC that can bind with the CB1 receptors.

Understanding the important differences between hemp and marijuana along with associated terminology and mechanisms will contribute to an informed view by consumers and practitioners, as well as increased opportunities for farmers, CBD advocates, and entrepreneurs.

Article from Biotics Research Corporation

Myth Buster

Myth: Synthetic marijuana is safe.



Truth: Wrong! Synthetic weed — also known as K2 and spice can be up to 100 times stronger than

natural weed – yes, 100 times! and you'll be hard-pressed to find that it has been through a safe manufacturing process.

Chances are, the synthetic weed circulating nowadays has used [nail varnish remover](#) and other highly toxic chemicals.

Some of its side effects are hallucinations, stroke, vomiting, acute psychosis and even death.

“It's powerful — much more powerful than natural marijuana,” says Yasmin Hurd, PhD, a professor of neuroscience, psychiatry, and

pharmacology at the Icahn School of Medicine at Mount Sinai.

And remember, when you are being offered some weed, you really don't know if it is only weed and real weed or synthetic and laced with other stuff.

Check out more info

here: <https://greatist.com/play/myths-about-marijuana>



**How Do Drugs Affect Creativity?
Is Artistic Mastery Improved
with Weed and Other Substances?**

By Jean Dale Glass, Producer & Career Coach

Well-known actor, director, producer William Shatner explains his take on creativity, *"Energy is the key to creativity. Energy is the key to life."*

When a person takes a drug, it rarely increases energy. Cannabis – pot, marijuana - is known to create impairment in short-term memory, attention, reaction time and motor coordination. When taken in higher doses or potencies, people can experience the increased anxiety, perceptual disturbances, rapid heart rate and can create dizziness upon standing.

Intoxication literally means "to poison by taking a toxic substance into your body." Any substance that intoxicates causes changes in the body and the mind.

"When you start fooling around with drugs, you're hurting your creativity, you're hurting your health. Drugs are death, in one form or another. If they don't kill you, they kill your soul. And if your soul's dead,

you've got nothing to offer, anyway." This is from award-winning musician and famed rocker Paul Stanley, a lead member of the rock band Kiss. He is the writer or co-writer of many of the band's most popular songs.

Whether currently a writer, singer, painter, dancer, filmmaker or hoping to achieve success in these or similar fields one day – your future success path should not include drugs. Weed, hash, uppers, downers, pain killers, or the likes of LSD, even alcohol have been found to impede creativity, to prevent productivity and often cause a drowsy and lethargic feeling.

"When a person inhales the smoke from a joint or a pipe, he usually feels its effect within minutes. The immediate sensations—increased heart rate, lessened coordination and balance, and a 'dreamy', unreal state

of mind—peak within the first 30 minutes. These short-term effects usually wear off in two to three hours, but they could last longer, depending on how much the user takes, the potency of THC and the presence of other drugs added into the mix." From "The Truth About Marijuana" booklet available on DrugFreeWorld.org.

Smoking weed won't generate creativity. Hindustantimes.com has an article entitled "Smoking weed does not enhance your creativity. In fact, it kills it". It says, *"You may love to smoke pot because hey, the best of artistes did/do. It boosts creativity after all, does it not? Turns out, it doesn't. According to researchers, weed may put you at risk of losing creative thinking capabilities as well as make you less aware of your mistakes."*

Research has shown that users were less able to brainstorm, a mental process that is crucial for creative performance. *"There is a widespread belief among users that drugs enhance creativity. This experiment disproves that belief."*, said Mikael Kowal, Psychologist at the Leiden University in the Netherlands.

You may have heard it said that because marijuana is a plant, it's "natural" and so it's harmless. But it's not. Hemlock, a poisonous plant, is also "natural," but it can kill. Some people think that since it is legal in some places, it must be safe. But cigarettes and alcohol are legal and we know these are not good for people.

The mental consequences of marijuana use are severe. Marijuana smokers have poorer memories and mental aptitude than do non-users. Recent studies on young adults that smoke marijuana, found

abnormalities in the brain related to emotion, motivation and decision-making.

The Surgeon General in 2019, Jerome Adams, told NPR in an interview that many people are not aware of just how potent the drug can be. *"This ain't your mother's marijuana,"* he said. The THC concentration in marijuana plants has increased threefold between 1995 and 2014, according to the report, and concentrated products can contain up to 75% THC.

"The higher the THC delivery, the higher the risk," Adams said. He insists that no amount of the drug is safe for teens, young adults and pregnant women. Surveys show that an increasing number of adolescents and pregnant women use the drug, which can be eaten, smoked or vaped.

Kirsty Alley, well-known actor and producer, said, *"There's a lot of pressure, and what I've seen is that the up-and-coming young actors are more hip to the fact that they have to be there, and they have to perform. They have to be there when they're performing, and they can't afford to be on drugs. They can't afford to screw up like that."*

She discussed why she left the drug scene, *"It wasn't offering me anything that I wanted in my life. At one point when I decided to do drugs, I thought it could offer me a sort of freedom. But it was a real trap, because it not only didn't offer me that freedom - it offered me a bigger trap. When I finally had a realization one day that "I'm in a bigger trap than I was in two years ago when I started doing drugs," it was a pretty easy decision for me to seek something that would help me stop doing it."*

Creativity takes some planning and some follow-through to be successful. A productive artist should create a strategic plan – what might they want to create, what do they need to do that, when can they work on it and so forth. Then find a mentor or teacher, study up on the art form and create, create, create.

And drugs don't help with any of that!

Jean Dale Glass

Producer and Career Coach

Pop Quiz

Can you overdose on marijuana?

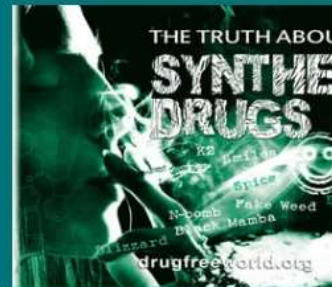
(answer at the end of newsletter)

TRUTH ABOUT DRUGS E-COURSES


The Truth About Synthetic Drugs

Through this interactive course you will learn the truth about synthetic drugs and why—no matter what people tell you—they are not natural, safe or legal. You'll hear it straight from former users who experienced the severe effects of synthetic drugs.

[Start Your Free Course](#)



START AN ONLINE CLASSROOM



DRUG-FREE WORLD ONLINE EDUCATION


Virtual Online Training System

Sign in
Email Password [Log in](#)

[Home](#) [Online Features](#) [Mobile Features](#) [Contact](#)

WELCOME TO THE DRUG-FREE WORLD ONLINE EDUCATION

THE FULL CURRICULUM ONLINE




No one questions the severity of the drug problem and its devastating impact on youth. Academic results suffer and, even worse, drugs undermine health and destroy young lives.

The best solution is to reach young people with effective, fact-based drug education—before they start experimenting with drugs.

The Truth About Drugs education curriculum is the ideal supplemental aid for teachers, instructors and drug prevention specialists. This curriculum is now available online, providing lesson plans and resources ready for download and use anywhere and everywhere.

[learn more >](#)


IPAD DRUG EDUCATION APP




The full Truth About Drugs curriculum is now available on the iPad, with full access to the education curriculum right at your fingertips.

[Download it now from the App Store.](#)

UPDATE: Translations pending approval from Apple. [More Info »](#)



FREE SIGN UP



[SIGN UP AS TEACHER](#) [ENROLL AS STUDENT](#)

E-mail Address

Password

Retype Password

First name

Last name

Country

Language

Enter Class Name:

[Continue >>](#)

[Pop Quiz Answer](#)

Question: Can you overdose on marijuana?

Answer: Up to recently the answer has been “no”, however over the last decades, THC levels have increased exponentially across marijuana strains the world over. This, paired with newer means of ingestion such as dabbing and edibles, means that marijuana use has become somewhat less predictable than the otherwise benign methods of smoking.

Dabbing involves smoking a high concentrated hash or wax to attain an instant, intense high. As

the name implies, edibles involve the creation of food products such as candies or desserts with THC baked in.

Oxford Dictionary defines overdose as “an excessive and dangerous dose of drug”. With dabbing, edibles and marijuana laced with dangerous drugs such as PCP, cocaine and/or crack the answer to this question is rapidly changing to a very sad “yes, you can overdose on marijuana”!

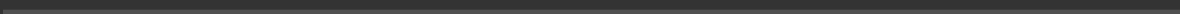
Interested in volunteering?

We'd love to work with you.

Have questions?

We'd love to hear from you.

Simply respond to this newsletter!



Copyright © 2021 Foundation for a Drug Free World, All rights reserved.

You are receiving this email because you asked for materials or more information on Foundation for a Drug Free World programs.

Our mailing address is:

Foundation for a Drug Free World
6331 Hollywood Blvd. Suite 710
Los Angeles, CA 90028

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).