



FOUNDATION FOR A
DRUG-FREE WORLD
SOUTHERN CALIFORNIA CHAPTER

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NEWS

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Happy Thanksgiving everyone! I hope you have a lot to be thankful for this year, or better yet I hope you are recognizing all the things you have that you should be thankful for since these days so many of us are too busy looking at what others have that we don't see what we have!

I think one thing we can be thankful for is that no matter how bad things may seem to be we possess the ability to make it better regardless of how small or insignificant:

“Everything can be taken from a man but one thing: the last of human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

- Unknown

This quote can have many different meanings for different people but one thing it tells me is that with the right attitude you can do anything and if you don’t know *what* to do, you can always *educate* yourself and find out what to do! It is our attitude that tells us there *is* something we can do about it and things perhaps are not as grim as they may seem.

I recently read an article which was titled “Psychiatric Drugs or Vitamin B 12” which I have included below. What amazed me about the story was how this 13-year-old boy was getting diagnosed and labeled with these long psychiatric illnesses and prescribed so many different drugs while the only thing he needed was more vitamin B 12!



What helped this boy was not giving up and also having the attitude that there must be a simpler solution that makes more sense than filling up his body with drugs that would have little to no result.

I am not saying all illnesses have a simple solution, but what if they do? And we are not looking at it because it is easier not to? Maybe we should expand our horizons, look more widely, educate ourselves and in doing that find the simplicity of the situation we find ourselves in the middle of.

I think it always makes more sense to not take what might seem the easy route. Instead, get educated, find out what is really going on and find the solution to that. It is simpler and just makes more sense. Authorities do

not *always* know best! Be your own counsel!

Enjoy your family and have a great turkey dinner with your loved ones!

Koko

Heroes of Los Angeles Awards Gala Celebrating Red Ribbon Week!

Drug-Free World Los Angeles, together with Strike Out Against Drugs, just held the 2023 Heroes of Los Angeles Awards Gala. With a complimentary dinner, live music and a lively crowd, the gala was a total success!

Bishop L. J. Guillory, Unitarian Minister, Ombudsman General and recent appointee to the Compton Public Safety Commission, delivered a rousing keynote speech. He addressed the topic of drugs in our communities head-on, encouraging everyone to not get distracted by the 'noise' that may be created by the news or politicians, but to continue addressing and fixing the real problems in society that only they have the solutions for.

This was followed by the Heroes of Los Angeles award presentations:

Alex Alvarado from Urbanzones for supporting the Guatemalan community, at-risk youth and former incarcerated individuals of all ages.

Victor E. Antepara from Latinos Unidos Los Angeles Foundation, for

supporting the Latin American culture in all its forms, to preserve it into the future.

Maria Isabel Olmo Romos from M.I.R.O. for helping and supporting women and helping them restore their lives.

Annette Cedillo from Our Paths Foundation, for helping the community with a myriad of services including effective drug education.

Additional Commendation Presentations were presented to:

Augustus Charles of U.i.B.E.A.M.

Damaris Teran & Iliana Sanchez from the Missionary Rescue Foundation

Chief William Wu from the Compton School Police Force

Frank Kelly from No Drugs America

Maria Arguello & Roel Alvarez from Productos Naturales

Bishop L. J. Guillory

The awards presentations concluded with a presentation of the President's Volunteer Service Award to David Sanchez.





Myth Buster

Myth: Increased tolerance to alcohol helps protect your body from any harm from drinking.

Truth: As one drinks alcohol over time, one's body will begin to build up a tolerance to the substance. Alcohol is a foreign substance to the human body. Unlike food or water, humans do not need alcohol to survive, so the body's natural response to the foreign liquid is to build up a tolerance of it, to prevent the substance from altering one's behavior, mind, and physiological function, as alcohol does. However, increased tolerance to alcohol does not protect the individual from the poisonous effects that excessive drinking has on the body.



Pop Quiz

Question: What is Lean?

[VIEW THE ANSWER →](#)

Psychiatric Drugs or Vitamin B12?

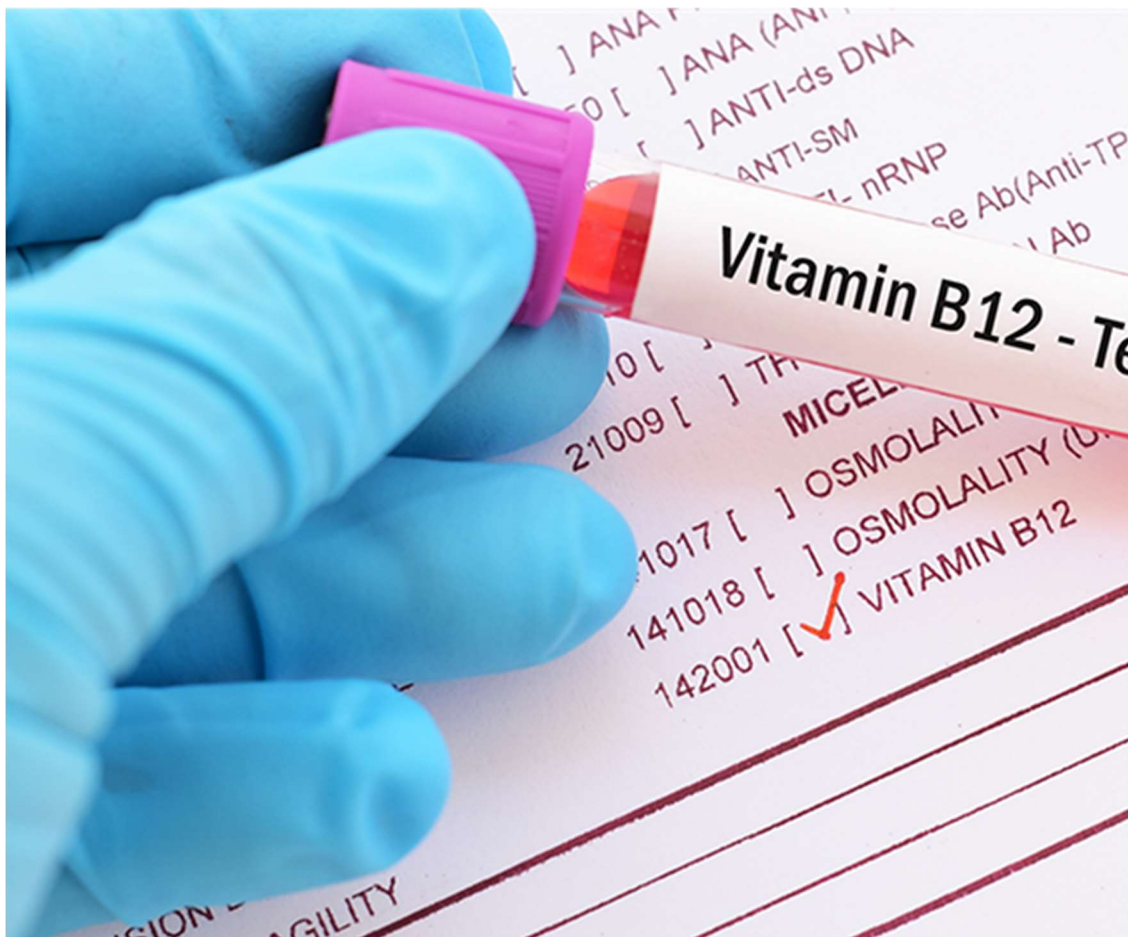
By Sally Fallon Morell

8/21/2023

Updated:

9/21/2023

Health Viewpoints



A case report published in 2015 in the Indian Journal of Psychological Medicine has important implications for children (and adults) suffering from neuropsychological disorders. A 13-year-old boy following a lacto-vegetarian diet suddenly stopped talking and exhibited “rigidity, immobility, staring look, disturbed sleep, ideas of worthlessness and hopelessness, aimless wandering, guilt and suicidal ideas.” Some may recognize these symptoms as similar to those of autism.

The report noted that all blood tests, including those for anemia (and a later test for thyroid function), proved normal. The patient was diagnosed with “acute schizophrenia-like psychotic disorder” and treated with a pile of drugs including lorazepam (used to treat anxiety disorders) for three days, then olanzapine (an antipsychotic), sertraline (an antidepressant, commonly known as Zoloft) and aripiprazole (another antipsychotic) for two months.

That’s four strong drugs pumped into this little kid. “[D]espite good adherence,” he relapsed. At first, he became hyper with “suspiciousness, hearing voices, over-talkativeness, over-cheerfulness, inflated self-esteem, decreased need for sleep, increased appetite, increased pleasurable activities, and disruptive socio-education.”

His diagnosis was revised to “schizoaffective disorder, manic type,” and his physician replaced the Zoloft with divalproate sodium (used to treat seizures). Four days later, he returned with worsening of symptoms, and lithium carbonate (for treatment of bipolar disorder) and haloperidol (another antipsychotic) were added to the mix. That’s a total of six drugs in this thirteen-year-old child.

Still, his symptoms continued to worsen and two days later he was readmitted, with yet another revision to his diagnosis. He underwent more tests—including a test for vitamin B-12 levels—which the

doctors found to be extremely low at 112ng/mL (the normal range is 180–914 ng/mL). The level of 180 ng/mL is associated with the most severe manifestation of B12 deficiency—pernicious anemia—and in Japan and some European countries, a level of 500–550 ng/mL is associated with psychological and behavioral manifestations such as dementia and memory loss.

And our patient's B12 levels were very low indeed! His diagnosis was revised to "schizoaffective disorder secondary to Cobalamin [vitamin B12] deficiency." Lo and behold—after two B12 shots, the patient recovered and then tapered off the medications. His sanity remained stable during the convalescent period.

Of course, this begs the question, why not test for B12 deficiency the moment any child or adult presents with behavior deemed schizophrenic, depressive, or in any way abnormal? B12 deficiency is associated with a wide range of psychological disorders—depression, memory loss, Alzheimer's, anxiety, irrational or chronic anger, violent behavior, and other psychological problems. And vitamin B12 therapy has proved useful for a range of conditions deemed neurological—vision problems, loss of hearing and tinnitus, numbness and tingling in the hands and feet, alcoholism, impotence, incontinence, neuralgia, combat fatigue, and lack of balance or abnormal gait. In addition, low B12 is indicated in a range of other diseases—osteoporosis, asthma, skin conditions including

psoriasis, diabetes, glaucoma, infertility, and of course anemia.

[READ THE FULL ARTICLE →](#)

Article: [Psychiatric Drugs or Vitamin B12?](#)

Brutal Marijuana Studies Now Emerging – It Should Never Have Been Fully Legalized

By Warner Todd Huston, The Western Journal Sep. 14, 2023



For years, marijuana advocates claimed that if only America would loosen restrictions, we'd all see how beneficial the drug is. But now, more than 10 years after the first efforts to do just that, we are seeing that the critics were right. Liberal pot laws and increased usage are far from the panacea pot-lovers claimed.

Starting back in 2012, **Colorado** passed a law to allow private use of marijuana. Soon the state of Washington joined the Centennial State in loosening its pot laws. And many more came in the

following years, especially when the states began to realize it could tax “legal” marijuana and bring millions into their state treasuries.

Now even the **federal government** is looking to loosen the reins and is preparing to take pot off its Schedule One prohibitions, a move said to be the first step in decriminalizing marijuana.

But now these states are finding that it is time to pay the piper, as a raft of ill-effects are spreading like wildfire all across the country. From mental illness to **addiction** and impaired driving, the effects on many are not as beneficial as advocates claimed.

[READ THE FULL ARTICLE →](#)

Drug-Free World Success!

“Thank you for shaping the lives of people going through drug addiction and for spreading the information to prevent drug addiction. I was honored to be part of a documentary a few years ago when I was employed by the Pharr Police Department in which we teamed up to distribute the Drug-Free World booklets to over 10,000 students of the Pharr-San Juan-Alamo Independent School

District, the City of Pharr, St. Annes Church, and Tropic Star Resort (55+ adult retirement community).

“The Drug-Free World booklets and videos had a lot of impact on some students going through issues at home, especially with siblings or parents with drug addiction. Drug-Free World booklets and videos are true to their content and allow people to see the effects of drugs and the addiction to drugs. After I retired from Pharr Police Department I reached out to one of your volunteers and advised her the school district would be establishing a new police department and we would be initiating a drug-free awareness program at the district level, and of course Drug-Free World would be instrumental in the launch of the program.

“Thank you, Foundation for a Drug Free World for allowing police officers around the nation and the world to spread the message using Drug-Free World to help youth and people stay clean from drugs. Thank you for your great stewardship to humanity.” – M.M., School Resource Officer, Pharr, Texas

Check out our website for more news and information.

[DRUG FREE WORLD NEWS →](#)

THE TRUTH ABOUT – Prescription Drugs



Through this interactive course you will learn the truth about prescription drug abuse. You'll hear it from former addicts who know the consequences and give real, first-hand experience of the dangers of prescription drugs.

[START THIS FREE COURSE →](#)



START AN Online Classroom



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. Accidents, health care and even worse, drug 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 latest supplemental aid for teachers, instructors and drug prevention specialists. The curriculum is now available online, providing lesson plans and resources ready for download and use anywhere and anytime.

[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.

[Available on the App Store](#)

[learn more >](#)

IPHONE DRUG EDUCATION APP

The Drug-Free World Truth About Drugs Education iPhone App. With this app, you will be able to review and grade your students' lesson right from your phone, with the information fully synchronized with your other mobile devices.

Download it now from the App Store.

[Available on the App Store](#)

FREE SIGN UP

SIGN UP AS TEACHER | **ENROLL AS STUDENT**

Email Address:

Username:

Repeat Password:

First Name:

Last Name:

Country:

Language:

Enter Class Name:

[Continue >>](#)

Start a Class Today!

3.1
3.2
3.3 R
3.4 Op
3.5 Op
3.6 Stim
3.7 Antide
3.8 Ketamir
3.9 Abuse of
the-counter Drugs

3 m
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Pop Quiz Answer

Question: What is Lean?

Answer: Lean, also known as Purple Drink or Sizzurp is a drug that contains a mix of codeine and the antihistamine promethazine combined with soda, cough syrup, candy and in some cases alcohol. (Codeine is a schedule II opioid which means it is addictive and is a drug with a high potential of abuse.)

Mixing codeine with other substances poses a great risk to those who consume it. It is highly addictive and has led to overdose deaths.

Interested in volunteering?
We'd love to work with you!

[Join Us →](#)

Have questions? We'd love
to hear from you.

[Contact Us →](#)



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