

## Drugs and the Body

A drug is a synthetic isolated chemical made by man. Chemicals are naturally made inside the body in a specific quantity in a specific ratio and proportion. The human body makes poisons such as bleach in the form of hydrochloric acid (chloric=chlorine) which is used for digestion, phosphoric and sulphuric acid (lye) used to break down fats, ammonia used to decrease acidity and alcohol used to cool the body.

The body has a range of acceptance for each element and chemical. Any element or chemical outside the range of acceptable use (dosage) in the body is harmful.

A chemical becomes a poison when its dosage is too high for acceptable use in the body. For example, the body uses carbon dioxide to force the lungs to breathe. It uses carbon dioxide in a very-very small amount (dosage). When the carbon dioxide (too high) is outside its range of acceptable use in the body it becomes a poison that will kill. In fact, a very high dosage of pure oxygen when inhaled will kill because it is outside its range of acceptable use and poisons the body. A chemical or food is useable or un-useable, acceptable or unacceptable and the words for unacceptable are toxins, poison, free radical and disease.

The use of synthetic isolated concentrated chemicals (drugs) is harmful. When consumed they trigger the sympathetic nervous system (fight or flight action) to respond by fighting to rid the body of the invading chemical. The physiological reactions of the immune, digestive, lymphatic, nervous, hormonal, reproductive, skeletal and circulatory systems and vitamins, minerals, amino acids, enzymes, fats, are changed to fight the poisonous drug. The drug changed the normal biochemistry of the body. This caused all the bodily systems to alter their biochemical make up by contributing their bio-chemicals to fight the abnormal condition. Once they give away their biochemical balance to fight the drug, they become altered and sick.

The body's biochemical reaction to the drug invader is erroneously called the curative effect of the poison drug. For example, a person drinks a poison called alcohol (beer, wine, liquor); The body's normal biochemistry becomes abnormal and sick. The body reacts defensively to the alcohol changing the normal biochemical make up. The body reacts to alcohol by using the liver to neutralize the alcohol. The alcohol dries the liver causing it to get hard (cirrhosis). The alcohol dries the nerves and ages the brain. The alcohol dries the blood (oxidizes). The kidneys try to dilute the alcohol and become weakened. The body requires energy to fight the alcohol, which demands more oxygen. This increases the waste by product of oxygen called carbon dioxide. The increase carbon dioxide in the body causes it to be outside carbon dioxide's range of acceptable use. The body tries to regain its normal biochemistry and draws on stored water-soluble and oil soluble vitamins in tissues and liver, glutamine stored in the muscles and minerals in the bones to fight the poison alcohol. The alcohol makes the body sick and people are taught that the sick feeling causes them to feel good and mellow. In other words people make themselves sick in order to feel good.

Sickness or the Acute Phase Response is the body's attempt to be healthy by decreasing your mobility (don't feel like moving) stopping digestion (don't feel like eating), brain ache that is called a headache (it is painful to think) and the overall bad feeling called a hang over. The sickness is the body limiting activity, which limits the use of energy by bodily systems allowing the energy to be diverted to fighting the drug-poison (e.g., alcohol). The sick feeling from drinking alcohol can be mild, moderate, severe or acute drunkenness (intoxication). Intoxication means in a toxic state. People are taught that drinking poison is okay as long as you poison yourself sensibly or have a designate sober driver to drive your car while you are in a toxic state.