NOTE: THIS FILE IS FORMATTED FOR PRINTING. IT CONTAINS FORM FEEDS and SPECIAL IBM GRAPHICS CHARACTER TO REPRESENT SPECIAL CHEMICAL COMPOUNDS...

COVER

Legal Highs

A CONCISE ENCYCLOPEDIA
OF LEGAL HERBS AND CHEMICALS
WITH PSYCHOACTIVE PROPERTIES

Where to obtain them
How to use them
What are their effects

Produced By

THE TWENTIETH CENTURY ALCHEMIST

Level Press
POB 4858
San Francisco, CA 94101

Published 1973

Transcribed to Electronic Media by Elric of Imrryr
In association with Lunatic Laboritories, Unlimited
Please read my notes and additional comments at the end of this file, which provides some additional insight on the data that was found in the original document.

INTRODUCTION

The materials discussed in this book are legal despite the fact that they have psychotropic properties. Some are far more potent than many controlled substances. They have not been designated as illegal by any stae or federal codes because they are relatively obscure and have never benn subjected to abuse. Although chemicals such as mescaline and lysergic acid amide are controlled by Title 21 of the United States Code (1970 edition), their plant sources (except for ergot and peyote) are not so controlled. It is therefore legal to possess San Pedro cactus, morning glory seeds, Hawaiian wood rose, etc., as long as there is no indication that they are intended for other than normal horticultural or ornamental purposes. The materials listed here are legal at the time of this writing. They may be outlawed at any future date. It may be of interest to some readers that the Church of the Tree of Life has declared as its religious sacraments most substances in this book.

Because these substances were legal at the time of the Church's inception and incorporation their use cannot be denirf to members through any future legislation without directly violating the Constitution's guarantee of religios freedom. Those interested should send a stamped self-addressed envelope to the Church of the Tree of Life, 451 Columbus Avenue, San Francisco, California 94133.

The purpose of this book is provide the user with concise reference information on various legal psychotropic materials. These include plant materials in their crude herbal form and chemicals either synthesized or extracted from natural materials. For each item there is a brief description of the material, the method of preparation, dosage and use, analysis of active constituents, effects and contraindications (side effects, dangers, etc.) and names of commercial suppliers. The latter are given as letter codes. The corresponding names and address are to be found in the section titled "Suppliers." Because of increasing interest in horticulture of psychotropic plants sources of seeds and live plants are also given.

Some of the materials disacussed are very dangerous and are strongly disrecommended. They are included because many people have already shown an interest in experimenting with them. We feel that it is important to discuss them while clearly indicating their dangers.

Although we feel confident in the accuracy of the information in this guide, we can in no way assume responsibility for the experiences of persons following these data for personal drug use.

ADRENOCHROME SEMICARBAZONE - 3-hydroxy-1-methyl-5,6-indol-inedione semicarbazone.

Material: Oxidized epinerphrine (adrenaline) with semicarbazide

Usage: 100 mg is thoroughly dissolved in just enough alcohol, melted fat (butter), or vegetable oil and ingested. Because of its poor solubility in water these must be used to aid absorption.

Effects: Physical stimulation, feeling of well-being, slight reduction of though processes.

Contraindication: None noted. Acts as a systemic hemostatic preventing capillary bleeding during injury. Adrenochrome causes chemically induced schizophrenia. Its semicarbazone does not.

Supplier: KK, KAL, TM.

ALPHA-CHLORALOSE - a-D-glucochloralose.

Material: Synthetic chemical prepared by reaching chloral with glucose under heat.

Usage: 350-500 mg orally.

Effects: Euphoriant affecting CNS in a manner similar to PCP (phencyclidine), accompanied with mental changes like those from smoking hashish.

Contraindication: Although a central depressant, in some individuals it may cause nervousness. Less toxic than PCP or chloral. Dangerous if taken with even small amounts of alcohol (even beer). May cause convulsions.

Supplier: KK, MCB, COC, KAL, TM.

ASARONE - 1,2,4-trimethoxy-5-propenylbenzene or 2,4,5-trimethoxy-1-benzene.

Material: A chemical related to mescaline and the amphetamines found in the roots of sweet flag (Acorus calamus) and Asarum spp. It is chemically the precursor of TMA-2 (2,4,5-trimethoxy-a-methyl-4,5-methylenedioxy-phenylethylamine), a hallucingen with 18 times the gram potency of mescaline. Asarone is converted to TMA-2 in the body by aminization which takes place shortly after ingestion.

Usage: 45-350 mg orally on empty stomach. Individual sensitivity varies widely.

Effects: Simultaneous stimulant, hallucingen, and sedative. One or another of these traits may be more pronounced depending upon the dose and the individual. CNS stimulant, antispasmatic.

Contraindications: Should not be taken with MAO inhibitors.

Supplier: KK, TM.

ATROPINE SULFATE

Material: Sulfate of tropane alkaloid in belladonna, datura and several other solanaceous plants.

Usage: 0.5-5 mg orally.

Effects: Competitive acetylcholine inhibitor at receptor site (postganglionic junction). Does not prevent acetylcholine liberation. Hallucinogen, similar to scopolamine, but producing more excitement and less stupor. Potentiates other pyschotropics including opium, cannabis, harmala alkaloids, mescaline.

Contraindications: Highly toxic. Side effects include dryness and soreness of moucous membranes, blurred vision, urinary retention, severe hallucinations, retrograde amnesia lasting several hours to several days. Not recommended without expert supervision. Possible brain damage from large amounts.

Supplier: KK, MCB, COC, KAL, TM.

BELLADONNA - Deadly Nightshade. Atropa belladonna L. Family Solanaceae (Potato family).

Material: Leaves and roots pf perennial herb found in wooded hills and shaded areas of central and southern Europe, southwest Asia, and Algeria, and naturalized in USA.

Usage: Crushed dried leaves 30-200 mg or root 30-120 mg taken orally or smoked.

Active Constituents: Atropine, scopolamine and other tropanes. Leaves contain 0.3-0.5% total alkaloids, roots 0.4-0.7%.

Effects: Hallucinogen, hypnotic, anticholinergic.

Contraindications: Extremely toxic. Evem moderate does could be fatal. Root contains apoatropine which can be lethal even in small amounts, especially when taken orally. Use not recommended. See atropine and scopolamine.

Supplier: Seeds RCS.

BETEL NUT (Areca catechu). Family Palmaceae (Palm family).

Material: The large seed of this Asian palm tree.

Usage: It is warapped in the leaf of the betel pepper (Piper chavica betel) and sprinkled with brunt lime, catechu gum from the Malayan acacia tree (Acacia catechu) an nutmeg, cardamom or other spices. This morsel is placed in the mouth and sucked on for several hours.

Active Constituents: Arecoline (methyl-1,2,5,6-tetrahydro-1-methylnicotinate), a volatile oil, is released from the nut by action of saliva and lime. Betel leaf contains chavicol, allylpyrocathechol, chavibetol and cadinene.

Effects: Arecoline is a central nervous system stimulant. It increases respiration and decreases the work load of the heart. Betel leaf has mild stimulanting properties.

Contraindications: Excessive arecoline from immoderate use or from unripe nuts can cause dizziness, vomiting, diarrhea and convulsions. Frequent use stains mouth, gums and teeth deep red (caused by catechu gum). Long-term overuse of betel nut is said to weaken sexual potency.

Supplier: Areca nuts and betel leaves MGH; young palms RCS.

BROOM (Genista, Cytisus, Spartium spp.). Family Leguminosae (Bean family).

Material: Blossoms of any of several species including Canary Island broom (Genista canariensis), Scotch broom (Cytisus scoparius), and Spanish broom (Spartium junceum).

Usage: Blossoms are colected, aged in a sealed jar for 10 days, dried, and rolled into cigarettes. Smoke is inhaled and held.

Active Constituents: Cytisine (a toxic pyridine).

Effects: One cigarette produces relaxed feelings for 2 hours. More causes deeper relaxation and longer-lasting effects (4-5 hours). Relaxation is deepest during first 2 hours and is followed by mental alertness and increased awareness of color without hallucinations.

Contraindictions: Usually no undesirable side effects of hangover. Some persons experience mild headache immediately after smoking. Broom flowers are extremely toxic when ingested. Has heart-stimulating properties like digitalis.

Supplier: Commom in parks and gardens. Dried broom MGH; viable seeds and plants RCS.

CABEZA DE ANGEL (Calliandra anomala). Family Leguminosae (Bean family).

Material: Resins of shrub with feathery, crimson flowers found in level or mountainous places and near streams in southern Mexico and Guatemala; sometimes cultivated as ornamental in California.

Usage: Formerly used by Aztecs. Incisions made in bark, resins collected after several days, dried, pulverized, mixed with ash and snuffed.

Active Constituents: Unidentified.

Effects: Hypnotic, induces sleep. Also used medicinally for dysentery, swellings, fever and malaria.

Contrandications: None known.

Supplier: Seeds and cuttings RCS (inquire).

CALAMUS Sweet flag, rat root (Acorus calamus). Family Araceae (Arum family).

Material: Roots of tall, fragrant, sword-leaved plant found in marshes and borders of ponds and steams in Europe, Asia, and North America from NOva Scotia to Minnesota, southward to Florida and Texas.

Usage: Roots are collected in late autumn or spring, washed, voided of root fibres and dried with moderate heat. Root may be chewed or broken up and boiled as tea. Doses range from 2 to 10 inches of root. Root deteriorates with age. Usually inactive after 1 year. Store closed in cool dry place.

Active Constituents: Asarone and á-asarone.

Effects: A piece of dried root the thickness of a pencil and about 2" long provides stimulation and buoyant feelings. A piece 10" long acts as a mind alterant and hallucinogen. (See asarone).

Contraindications: The FDA frowns upon the sale and use of calamus and has issued directives to certain herb dealers not to sell it to the public. An FDA directive is simply a polite word for a threat of hassling without a law to back it. At present there are no laws against calamus. Some experiments have indicated that excessive amounts of calamus oil can increase the tumor rate in rats. many of the Cree Indians of Northern Alberta chew calamus root for oral hygiene and as a stimulating tonic. They apparently suffer no unpleasant side effects. In fact, those who use it seem to be in better general health than those who do not.

Supplier: Dried root MGH; viable root RCS.

CALEA Claea zacatechichi. family Compositae (Sunflower family).

Material: Leaves of a shrub from central Mexico and Costa Rica.

Usage: 1oz. of crushed dried leaves is steeped in 1 pt. water or extracted into alcohol. Tea is drunk slowly. A cigarette of the leaves may be smoked to increase the effect.

Active Constituents: Alkaliods have not been found in calea. Psychoactive components uncertain but believed to be in aromatic and bitter principle.

Effects: Feelings of repose after 30 minutes with increased awareness of heart and pulse. One oz. clarifies mind and senses. Larger amounts may induce hallucinations.

Contraindications: None known.

Supplier: Must be procured in Mexico. Oaxaca marketplace.

CALIFORNIA POPPY Eschscholtzia californica. Family Papaveraceae (Poppy family).

Material: Leaves, flowers and capsules of commom wildflower.

Usage: Materials are dried and smoked.

Active Constituents: Opium-related alkaloids; protopine, chelerythrine, sangunarine, à- and á-homochelidonine, and several glucosides.

Effects: Very mild marijuana-like euphoria from smoking lasting 20-30 minutes. Concentrated extract of plant may be more potent when ingested or smoked.

Contraindications: No apparent side effects. Not habit forming. Apperas to be ineffective when used again within 24 hours.

Supplier: Grows wild (protected by California law; misdemeanor, fine for plucking). Seeds B, FM, G, NK, RCS.

CATNIP Nepeta catoria. Family Labiatae (Mint Family).

Material: Leaves

Usage: Leaves are smoked alone or with tobacco in equal parts. Also extract is sprayed on tobacco or other smoking material.

Active Constituents: Metatabilacetone, nepetalactone, nepetalic acid.

Effects: Mild marijuana-like euphoria, more intense and longer-lasting with tabacco.

Contraindications: No harmful effects known. Tabacco is harmful and addicting.

Supplier: MGH or pet stores. Extract in aerosol from pet stores.

Viable seeds B, FM, G, NK, RCS.

CHICALOTE Also called Prickly Poppy. Argemone mexicana. family Papaveraceae (Poppy family).

Material: Seeds and golden sap from unripe capsules of prickly-leaved, yellow flowered perennial found in dry fields and roadsides of southwestern USA and Mexico.

Usage: Capsule is pierced or opened, sap collected, dried, smoked or ingested like opium.

Active Constituents: Protopine, berberine (morphine-related alkaloids), and several isoquinilines.

Effects: Sedative, analgesic and euphoriant. Mild hallucingenic effects from seeds.

Contraindications: None known from discreet use. Continued use can aggravate glaucoma and cause endemic dropsy.

Supplier: Viable seeds RCS.

CHODAT; HSIAO-TS'AO Polygala sibiricia; P. tenuifolia. Family Ploygalaceae (Milkwort family).

Material: Yellow-brown roots with acrid-sweet taste of plant native to temperate Asia (northern China and Japan).

Usage: 1 tbsp. brewed as tea or powedered and combined with other herbs. taken daily for several weeks.

Active Consitituents: Senegin (7% of dried weight).

Effects: Many medicinal uses. Used in Taoist medicine to improve memory and mental powers.

Contraindications: None known. Too much may induce vomiting.

Supplier: This when available or related species P. senaga MGH.

COLORINES Erythrina flabelliformis and other species. family Leguminosae (Bean family).

Material: Bright red beans of woody shrubs or trees found in southwestern USA, Mexico, and Guatemala.

Usage: ¬ to « seed is chewed and swallowed.

Active Constituents: Undetermined toxic indole and isoquinilines.

Effects: Stupor and hallucinations.

Contraindications: Extremely toxic. Not recommended.

Supplier: Grows wild in flat dry areas.

DAMIANA Turnera diffusa. Family Turneraceae.

Material: Fragrant leaves of shrub found in tropical America, Texas, and California.

Usage: 2 tbsp. leaves simmered in 1 pt. water. Tea is drunk at same time as pipeful of leaves are smoked.

Active Constituents: Undetermined principle in oily fraction of extract.

Effects: Mild aphrodisiac and marijuana-like auphoria lasting 1-1.5 hours. Regular, moderate use has tonic effect on sexual organs.

Contraindications: SMoke harsh on lungs, best used in water-pipe. Tea has slightly bitter taste; honey may be added. Some say excessive long-term use may be toxic to liver.

Supplier: MGH

DILL Anethum gravelens. Family Umbelliferae (Carot family).

Material: Oil from seeds.

Usage: Oil is ingested.

Active Consitiuents: Dillapiole (non-amine precursor of 2,3-dimethoxy-4,5-methylenedioxyamphetamine [dmmda-2]).

Effects and Contraindictions: See parsley.

Supplier: Spice section of grocery stores; herb dealers, MGH. Viable seeds B, FM, G, RCS.

DO¥ANA Coryphantha macromeris. Family Cactaceae (Cactus family).

Material: Small spiny cactus from northern Mexico and southern Texas.

Usage: Spines are removed and 8-12 fresh or dried cacti are consumed on empty stomach. These may be chewed or crushed and brewed for 1 hour as tea.

Active Constituents: Macromerine (L-à-3,4-dimethoxyphenyl-á-dimethyl-amineoethanol), a á-phenethylamine 1/5 the gram potency of mescaline.

Effects: Hallucinogen somewhat similar to mescaline.

Contraindications: Should not be taken in large doses with strong MAO inhibitors. Otherwise none known.

Supplier: Cuttings AHD; seeds RCS, NMCR.

EPENA Also called yopo. Virola calophylla. Family Myristicaceae (Nutmeg family).

Material: Red resin beneath the bark of tree found in rain forests of Coloumbia and Brazil.

Usage: Resin is scraped or boiled from bark, dried, pulverized, mixed with ashes and snuffed.

Active Constituents: N,N-dimethyltryptamine (DMT),

5-methoxy-N,N-dimethyltryptamine (5-MeO-DMT), bufotenine.

Effects: Powerful instantaneous hallucingen. Peak effects last about 30 minutes. COlor and size changes, dizziness. Aftereffects: buoyant feelings, pleasant stimulation lasting several hours.

5-FLURO-A-METHYLTRYPTAMINE

Material: Synthetic tryptamine.

Usage: 25 mg is ingested.

Effects: Hallucinogen and stimulant; causes dreamlike state similar to psilocybin but without drowsiness or lassitude.

Contraindications: MAO imhibitor. (See list of incompatible.)

Supplier: KK, TM.

o Other methylated tryptamines with similar psychoactive properties include: 6-fluro-à-methyltryptamine, 7-methyltryptamine, N-methyltryptamine, 5-methyltryptamine. The dosage, effects, and contraindications are about the same for these as for above. Some of the non-methylated derivatives are also active. These include 5- and 6-flurotryptamine and 5- and 6-flurotryptophan. Supplier: KK, TM.

FLY AGARIC Amanita muscaria. Family Agaricaceae (Agaric family).

Material: Mushroom with red caps and white flakes found in birch or pine forests during rainy season in north temperate zones of eastern and western hemispheres.

Usage: Mushrooms are collected and dried in the sun or in oven at 200ø. No more than one medium-size mushroom should not taken until individual's tolerance is determined.

Active Constituents: Muscimol, and ibotenic acid, which converts to muscimol upon drying. Some muscarine is also present but because of its difficulty in passing the blood-brain barrier it is believed not to be responsible for psychoactive effects.

Effects: Effects vary with individual, source of mushroom, and dose. The usual pattern is dizziness, twitching and possible nausea after 30 minutes followed by numbness of feet and twilight sleep for 2 hours, with colorful visions and intesified awareness of sounds. Hallucinations and distortion of size are common. Entire experience lasts about 5-6 hours. Muscimol is a hallucinogen whivh affects the central nervous system. Ibotenic acid causes flushing of the skin and lethargy. Muscarine is a highly toxic hallucinogen.

Contraindications: Before harvesting these or any mushrooms for ingestion one should establish positive identification. Several closely related amanita species are extremely toxic. These include A. pantherina, A. vorosa, A. verna, and A. phalloides (destroying angel). Large amounts of A. muscaria can also be fatal. Three mushrooms is the absolute maximum recommended.

Note: Most ingested muscimol is passed unaltered into the urine. Siberian mushroom users make the practice of drinking this urine to recycle the psychoactive materials.

Supplier: Must be gathered from nature.

GI'-I-SA-WA Lycoperdon marginatum and L. mixtecorum. Family Lycoperdaceae.

Material: Puffball fungus found at high altitudes in temperate forests of Mexico.

Usage: Puffball and/or spores are ingested.

Active Constituents: Unidentified alkaloid.

Effects: Half-sleep state with non-visual hallucinations (voices, echoes, and other sounds).

Contraindications: None known.

Supplier: Some related species grow wild in USA.

GUARANA Paullinia cupana HBK. Family Sapindaceae (Soapberry family).

Material: Seeds of woody liana from forests of Brazil.

Usage: Seeds are allowed to mold, are ground, mixed with cassava flour and water to form paste, and dried in cylindrical shapes. For use « tsp. is scraped from cylinder, dissolved in 1 cup hot water with honey, and drunk.

Active Constituents: Caffeine 5% (2 « times that of coffee).

Effects: Stimulant.

Contraindications: Long-term excessive use of caffeine may causes nervousness, insomia, habituation.

Supplier: MGH

HARMINE 7-methoxy-1-methyl-9H-pyrido (3,4-b) indole.

Material: Indole-based alkaloid found in several plants including Banisteriopsis caapi (from which the South American hallucinogenic brew yage is prepared), Peganum harmala (Syrian rue), Zygophyllum fabago, and Passiflora incarnata (Passion flower).

Usage: 25-750 mg harmine (see effects) is ingested on an empty stomach stomach. In its hydrochloride form harmine may be snuffed (20-200 mg). Injection dosages are smaller: SC 40-70 mg; IV 10-30 mg. Absorbed poorly through stomach.

Effects: Harmine and related alkaloids are serotonin antagonists, hallucinogens, CNS stimulants, and short-term MAO inhibitors (100 x MAO inhibition of iproniazid but lasting only several hours). Small doses (25-50 mg) act as mild and therapeutic cerebral stimulant, sometimes producing drowsy or dreamy state for 1-2 hours. Larger doses up to 750 mg may have hallucinogenic effects, the intensity of which varies widely with the individual. Doses of 25-250 mg taken with LSD or psilocybin alter the quality of the experience of the latter. Telepathic experience have been reported with this combination.

Contraindications: Harmine is a brief MAO inhibitor. It should not be used with alcohol and certain foods and drugs (see list at end of file). When snuffed harmine may be slightly irritating to nasal passages. Large amounts may depress CNS. Since individual sensitivity varies this may occur with 250-750 mg.

Supplier: KK, KAL, TM.

o Notes on other harmala alkaloids: Different harmala alkaloids vary in potency. The equivalent of 100 mg harmine is 50 mg harmaline, 35 mg tetrahydraharman, 25 mg harmalol or harmol, 4 mg methoxyharmalan. Harmal alkaloids are synergistic (mutually potentiating) and are therefore most effective when combined in an appropriate balance. Tropines (belladonna alkaloids) also potentiate harmals. Harmol and harmalol (phenols) in overdoses can cause progressive CNS paralysis. All above are supplied by KK, KAL, and TM.

HAWAIIAN WOOD ROSE, Baby Argyreia nervosa. Family Convolvulaceae (Bindweed family).

Material: Seeds within round pods of climbing plant found in Asian and Hawaiian forests.

Usage: Seeds are removed from pods, white layer is scraped or singed from seed coat and seeds are ground and consumed or soaked in water, strained and drunk. Dose 4-8 seeds.

Active Constituents: D-lysergic acid amide and related compounds.

Effects: LSD-like experience with extreme lassitude. Nausea may be experienced during first hour or two. Total experience lasts about 6 hours. Tranquil feelings may continue for 12 or more hours afterwards.

Contraindications: Pregnant women or persons with hisory of liver disorders should not take lysergic acid amides.

Supplier: RCS.

HAWAIIAN WOOD ROSE, LARGE Merremia tuberosa. family Convolvulaceae (Bindweed family).

Material: Large, black seeds within lantern-like pods of Hawaiian vine.

Usage, Effects, and Contraindications: Similar to baby wood rose. Dose 4-8 large seeds.

Supplier: RCS

HELIOTROPE Valeriana officinalis. Family Valerianaceae.

Material: Roots of fairly common garden plant.

Usage: « oz. boiled for 5 minutes in 1 pt. water, strained and drunk.

Active Constituents: Chatinine, valerine (alkaloids), valeric (propylacetic) acid.

Effects: Tranquilizer and sedative.

Contraindications: Has unpleasant smell but tolrable taste. May add honey.

Supplier: Herb MGH; seeds RCS.

HENBANE Hyoscyamus niger L. Family Solanaceae (Potato family).

Material: Various parts of hairy, sticky biennial or annual found in waste places, roadsides, and sandy areas of Europe (sometimes USA).

Usage: Leaves and seeds are smoked in India and Africa for inebriting effect. Brew made by boiling crushed roots.

Active Constituents: Hyoscyamine, scopolamine and other tropanes.

Effects: Hallucinogen and sedative. Hyoscyamine is similar to atropine but more powerful in its effects upon the peripheral

nervous system.

Contraindications: Same as thornapple. European sorcerers of middle ages claimed that excessive use cause permanent insanity.

Supplier: Must find in habitat.

HOPS Humulus lupulus. Family Cannabinacea.

Material: Flaky-textured and pleasantly bitter fruiting parts of perennial vine used as a flavoring in beer brewing.

Usage: May be smoked like marijuana, extracted into alcohol or steeped in water (1 oz./pt.).

Active Constituents: Lupuline (a resinous powder chemically related to THC).

Effects: Sedative. When smoked gives mild marijuana-like high with sedative qualities.

Contraindications: Excessive use over a long period may cause dizziness, mental stupor and mild juandice symptoms in some individuals.

Note: Several popular books on the cultivation of cannabis have pointed out that hops vines may be grafted to marijuana root stocks. The result is aplant which appears to be a normal hops vine but which contains the active constituents of marijuana. This means that people can raise their own marijuana disguised as hops and not be discovered by law agents. Because of this the government has asked hops growers to refuse to sell hops cuttings to the general public. There are no laws against hops but they are now difficult to obtain. Hops are mostly propagated from root cuttings. Viable seeds are rare.

Supplier: Dried hop or viable roots MGH; viable seeds RCS.

HYDRANGEA Hydrangea paniculata grandiflora. Family Saxifragaceae.

Material: Leaves of common garden shrub.

Usage: Leaves are dried and smoked. One cigarette only.

Active Constituents: Hydrangin, saponin and cyanogenic substances.

Effects: Mild marijuana-like high, subtoxic inebriation.

Contraindications: Too much may produce more cyanide than the system can metabolize. Not recommended.

Supplier: Nurseries, RCS.

INDIAN SNAKEROOT Rauwolfia serpentina. Family Apocynaceae (Dogbane Family).

Material: Root of shrub native of Indian.

Usage: 50-150 mg of root is chewed and ingested.

Active Constituents: Reserpine, rescinnamine, yohimbine, ajmaline, serpentine (indole alkaloids).

Effects: Lowers blood pressure, tranquilizers mind without causing stupor and ataxia. Effects are delayed for serveral days to several weeks because reserpine must be converted in the body into secondary substances. Used medicinally to treat insanity and by holy men to produce states of tranquility conducive to meditation. Effects last for several days.

Contraindications: See reserpine.

Supplier: MGH (inquire). See reserpine and recinnamine.

INTOXICATING MINT Lagochilus inebrians. Family Labiatae (Mint family).

Materials: Leaves of Central Asian shrub.

Usage: Leaves are dried and steeped to make tea.

Active Constituents: Unidentified polyhydric alcohol.

Effects: Tranquilizer, intoxicant, mild hallucinogen.

Contraindications: None known.

Supplier: MGH (inquire first).

IOCHROMA Iochroma sp. Family Solanaceae (Potato family).

Material: Leaves of shrub or small tree with tubular flowers (purple, blue, scarlet, or white) found in wooded areas of Peru, Chile, and Columbia (especially Andean highlands), also cultivated in gardens in USA.

Usage: Leaves are smoked or made into tea.

Active Constituents: Unidentified (probably tropanes).

Effects: Hallucinogen.

Contraindications: Insuffivient data. Caution advised with all tropane bearing materials.

Supplier: Cutting RCS.

JUNIPER Juniperus macropoda. Family Cupressaceae (Cypress family).

Material: Leaves and branches of bush or tree found in northwestern Himalayan area. Berries of some juniper species are used in gin.

Usage: Leaves and branches are spread upon embers of fire. Person places blanket over head while inhaling smoke.

Active Constituents: Norpseudoephedrine, vitamin C (which helps to counteract some bad effects of the drug).

Effects: Stimulation, euphoria, mental clarity, followed occasionally by hallucinations terminating in drowsiness, sleep, or depression. Resoiratory and pulse rate increase.

Contraindications: Initial use sometimes accompanied by dizziness, lassitude, epigastric pain, decreased cardiovascular capacity. Prolonged use may result in cardiac diseases, appetite loss, reduction in sexual drive, delirium tremens.

Supplier: Cutting RCS (inquire).

KOLA NUTS Cola nitida. Family Sterculiaceae (Cacao family).

Material: Seeds of African tree.

Usage: Seeds are chewed or ground and boiled in water, 1 tbsp./cup.

Active Constituents: Caffeine 2%, theobromine, kolanin (a glucoside).

Effects: Stimulant and economizer of muscular and nervous energies, Aids combustion of fats and carbohydrates, reduces combustion of nitrogen and phosphorus in body.

Contraindications: Long-term excessive use of caffeine may cause nervousness, insomnia, habituation.

Supplier: MGH

KUTHMITHI Withania somnifera. Family Solanaceae (Potato family).

Material: Root-bark of shrub found in open places and disturbed areas of South Africa, tropical Africa and India. Other parts of plant used medicinally as local pain reliever, leaves to rid lice, fruit to make soap.

Usage: Root-bark boiled as infusion.

Active Constituents: Somniferine, withaferin, and other alkaloids.

Effects: Sedative.

Contraindications: No apparent undesirable side effects. Given safely to infants in North Africa.

Supplier: Cuttings RCS (inquire).

LION'S TAIL Lenotis leonurus R. Br. Family Labiatae (Mint family).

Material: Resins from leaves of tall South African perennial shrub found in gardens of warmer parts of U.S.

Usage: Dark green resin is scraped or extracted from leaves and flower parts and added to tabacco or other smoking mixtures. Dried leaves may also be smoked or chewed.

Effects: Similar to marijuana and/or tobacco.

Active Constituents: Unidentified resinous materials (possibly leonurine).

Contraindications: Persistent use may lead to habituation (same degree as tobacco).

Supplier: Some Southern California nurseries; RCS (inquire).

LOBELIA Lobelia inflata. Family Lobeliaceae.

Material: Leaves, stems, and seeds of North American plant sometimes called Indian tobacco.

Usage: May be smoked or steeded - 1tbs./pt. water.

Active Constituents: Lobeline - 2-[6-á-hydroxyphenethyl)-1-methyl-2-piperidyl] acetophenone - and related alkaloids.

Effects: When smokded produces mild marijuana-like quphoria and improves mental clarity. Tea acts simultaneously as a stimulant and relaxant. Lesser amount tend to act as stimulant; larger amounts as a relaxant. Also may cause tingling body sensations and altered mental state.

Contraindication: Has acrid taste, causes unpleasant, prickly feelings in mouth and throat. May cause nausea, vomiting, and cirulatory disturbances. Smoking may cause brief headaches in persons subject to migraine.

Supplier: Herb and herbal seed MGH; viable seed RCS.

MADAGASCAR PERIWINKLE Catharanthus roseus, formerly Vinca rosea. Family Apocynaceae (Dogbane family).

Material: Leaves of everblooming subshrub native to Madagascar, now grown as ornamental throughout USA and foubnd wild in Florida.

Usage: Dried leaves are smoked.

Active Constituents: Indole alkaloids resembling ibogaine: akummine, catharosine, vindoline, vincristine, vinblastine, vincamine.

Effects: Euphoria and hallucinations, Vincamine improves mental ability in cerebrovascular disorders.

Contraindications: Causes immediate reduction of white corpuscles. Excessive or prolonged use causes itching abd burning skin, hair loss, ataxia, and degeneration of muscle tissue. Strongly disrecommended.

Supplier: Plants, nurseries; viable seeds RCS.

MANDRAKE Mandragora officinarum L. Family Solanaceae (Potato family).

Material: Various parts especially parsnip-shaped rppt of perennial plant found in fields and stony places of southern Europe.

Usage: Brew amde from boiling crushed root.

Active Constituents: Scopolamine, hyoscyamine, mandragorine and other tropanes.

Effects: Hallucinations followed by deathlike trance and sleep.

Contraindications: Same as thornapple. Said to cause insanity. Not recommended.

Supplier: Must be obtained in Europe.

MARABA Kaempferia galanga L. Family Zingiberaceae (Ginger family).

Material: Rhizome chweed and ingested.

Active Constituents: Unidentified substance(s) in volatile oils of rhizome.

Effects: Hallucinogen.

Contraindications: None known. Has long histroy of medicinal use.

Supplier: MGH (inquire).

MAT• Ilex paraguayensis. Family Aquifoliaceae (Holly family).

Material: Leaves of small evergreen tree found near streams in forests of Brazil, Aregentina and Paraguay.

Usage: Leaves steeped in hot water and drunk.

Active Consituents: Caffeine and other purines.

Effects: Stimulant. Not as upsetting to system as coffee or tea.

Contraindications: Long-term excessive use of caffeine may cause nervousness, insomnia, habituation.

Supplier: MGH, health stores.

MESCAL BEANS Sophora secundiflora. Family Leguminosae (Bean family).

Material: Red Bean of evergreen shrub found in Texas, New Mexico and northern Mexico.

Usage: ¬ bean or less is roasted near a fire until it turns yellow, ground to meal, chewed and swallowed.

Active Constituents: Cytisine (a toxic pyridine).

Effects: Vomoting, intoxication and increased heartbeat, followed by 3 days of drowsiness or sleep.

Contraindications: Extremely toxic. Even just a little too much (« bean for some) may cause convulsions and death. Was used in ritual by Plains Indians before they had peyote. Now it is no longer used.

Supplier: Grows wild on limestone hills. Viable seeds RCS.

5-MeO-DMT 5-methoxy-n,n-dimethyltryptamine.

Material: Indole-based alkaloid found in seeds, pods, bark and resins of several South American trees, including Piptadenia peregrina and Virola calophylla, used in the snuffs yopo, epena, and parica.

Usage: 3.5-5 mg are on top of parsley flakes in a small-bowl hash pipe and smoked in one inhalation, or broken into fine particles and snuffed.

Effects: Overwhelming psychedelic effects occir almost instantly, softening to a pleasant LSD-like sensation after 2-3 minutes. Changes in perception may occur including brightening of colors and macroscopia (size changes). Total experience last 20-30 minutes.

Contraindications: Some persons experience dizziness, disorientation and sensations of pressure during first 2-3 minutes especially with larger doses. If this occurs it is best to try and flow with the experience because it will quickly pass and give way to more comfortable feeling. One should not take 5-MeO-DMT on a full stomach or when feeling bloated, as pressure and nausea may occur. The drug leaves no hangover or undesirable aftereffects. One usually feels pleasantly stimulated for several hours afterwards. If taken too soon before retiring, it may

interfere with sleep. Because of intense initial effects one should never use this substance while driving. Very large doses. sufficient to cause heavy blood rush to the head, may rupture weak capillaries in the brain. Continued to excess this might eventually impair mental functions. MAO Inhibitor (see end of file).

Suplier: KK, TM.

MORMON TEA Ephedra nevadensis. Family Gnetaceae.

Material: Above ground parts of leafless desert shrub found in American Southwest.

Usage: « oz./1 pt. water boiled for 10 minutes.

Active Constituents: D-norpseudoephedrine. (Note: In contrast to the Asian species E. equisetina and E. sinica, E. nevadensis contains little or no ephedrine).

Effects: Stimulant. Also relieves congestion and asthma.

Contraindications: No serious side effects known. May depress appetite if used to excess.

Supplier: Dried herb MGH; viable seeds RCS.

MORNING GLORY Ipomoea violacea. Family Convolculaceae (Bindweed family).

Material: Seeds and to a lesser extent all other parts of plant except roots. Strongest varieties are: Heavenly Blue, Pearly Gates, Flying Saucers, Wedding Bells, Blue Star, Summer Skies, and Badoh Negro (Mexican variety).

Usage: 5-10 grams of seeds are throughly chewed and swallowed or may be thoroughly ground and soaked in « cup water for half an hour, strained and drunk.

Active Constituents: D-lysergic acid amide and ergometrine.

Effects: LSD-like experience lasting 6 hours.

Contraindication: Persons with history of hepatitis or other liver disorders should not take lysergic acid amides. Ergometrine has uterus stimulating properties and should not be taken by pregnant women. Some supplier treat morning-glory seeds with poison to discourage use as a mind alterant, or with methyl mercury to prevent spoilage (symptons: vomiting, diarrhea). If treated seeds are planted toxins are not transmitted to next generation. Some persons wearing treated seeds as beads on bare skin have developed rash.

Supplier: Untreat seeds RCS.

NUTMEG Myristica fragrans. Family Myristicaceae (Nutmeg family).

Material: Seeds of tropical evergreen tree found in East and West Indies.

Usage: 5-20 grams of whole or ground nutmeg is ingested.

Active Constituents: Methylenedioxy-substituted compounds: myristicin (non-amine precursor of 3-methoxy-4,5-methylenedioxyamphetamine [M-MDA]), elemicin, and safrole (non-amine precursor of 3,4-methylenedioxyamphetamine [MDA]). These and other aromatic fractions combine synergistically to produce psychotropic effect. Terpenes enhance absorption.

Effects: Possible nausea during first 45 minutes, followed in several hours by silly feelings and giggling, and then dryness of mouth and throat, flushing of skin and blodshot eyes, heavy intoxicated feeling, incoherant speech and impaired moter function. This is followed by tranquil feelings, stupor with inability to sleep, euphoria and twilight state dreams. Total experience last about 12 hours, followed by 24 hours of drowsiness and sleep.

Contraindication: May cause temporary constipation and difficulty in urination. Nutmeg oils increase fat deposits on liver. Safrole is carcinogenic and toxic to liver. Benefucial as spice or in small amounts; not recommended as hallucingen.

Supplier: Grocery stores; viable seeds RCS.

OLOLUIQUE Rivea corymbosa. Family Convolvulaceae (Bindweed family).

Material: Seeds of vine found in mountains of southern Mexico.

Usage: 15 or more seeds are thoroughly ground and soaked in « cup water.

Active Constituents: D-lysergic acid amide, lysergol, and turbicoryn (a crystalline glucoside).

Effects: LSD-like experience lasting about 6 hours, with relaxed feelings afterwards. Nausea may be experienced during first hour. D-lysergic acid amide is a hallucinogen. Turbicoryn stimulates the CNS and has anti-tension properties

Contraindications: Persons with history of liver disorders should not take lysergic acid amides.

Supplier: Must be procured in Mexico.

PARSLEY Petroselinum crispum. Family Umbelliferae (Carrot family).

Material Oil of seeds.

Usage: Ingested

Active Consituents: Apiole (non-amine precursor of 2,5-dimethoxy-3,4-methlenedioxyamphetamine [DMMDA]) and another u identified olefinic substance with an allyl side chain which is the non-amine precursor of 2,3,4,5-tetramethoxyamphetamine (Tetra MA).

Effects: Uncertain (stimulant-hallucinogen?). Useful as stomachic in small doses.

Contrainications: Psychotropically effective doses toxic to liver and harmful to kidneys. Not recommended.

Supplier Herb dealers, MGH; viable seed RCS, B, G, NK, FM.

PASSIONFLOWER Passiflora incarnata. Family Passifloraceae (passionflower family).

Material Leaves and stems of perennial vine native to West Indies and southern USA, now cultivated throughout world.

Usage: May be smoked, steeped as tea (« oz./1 pt. boiled water) or reduced to crude alkaloidal mix.

Active Consituents: Harmine and related alkaloids. Approximately 1 gm mixed harmal alkaloids per kilo. Also several unidentified alkaloids.

Effects: Smoked, very mild, short-lasting marijuana-like high. Tea, tranquilizer and sedative. Harmala alkaloids are hallucingens.

Contraindictions: Other materials in crude alkaloid reduction may cause nausea. Harmala alkaloids are short-term MAO inhibitors. See list of dangerous combinations, at end of file.

Supplier: Herb, MGH; seed and plants, RCS.

PEMOLIONE 2-imimo-5-phenyl-4-oxazolidinone.

Material: Hydantoin-group chemical prepared synthetically.

Usage: 20-50 mg orally.

Effect: Mental stimulant with very little CNS stimulation, lasting 6-12 hours.

Contraindictions: No serious side effects. Insomnia may occur if sufficient time is not alloweed between taking pemoline and retiring.

Supplier: KK, TM.

PEMOLINE MAGNESIUM [2-imino-5-phenyl-4-oxazolidinonato(2)-] diaquomagnesium.

Material: A complex from equimolar mixture of pemoline and magnesium hydroxide under study in Abbott Laboratories as an adjunct to learning and memory.

Usage: Pemoline magnesium is not always available. To prepare the magnesium complex 500 mg of pemoline is mixed with 170 mg or more of magnesium hydroxide and moistened, or with « tsp. or more milk of magnesia. Mixture should be stirred thoroughly as a paste and allowed 30 minutes to insure reaction before using. This material is divided into 10-14 equal portions. One portion is ingested each morning for 10-14 consecutive days. The effects are cumulative. Results are most noticeable when combined with high protein diet, abundant vitamin C and balanced B complex intake, and adequate calcium and magnesium consumption. For more pronounced and immediate effects as a cerebral and CNS stimulant, 200-500 mg of pemoline magnesium may be taken as once.

Effects: Larger dosage acts as a CNS stimulant and psychic stimulant, improving mental faculties, especially memory, for 6-24 hours. Its effects are similar to the emphetamines without causing dryness of mucous membrance tissues and cardiac stress. Smaller consecutive doses act as mild CNS and psychic stimulant and accumulate magnesium in cerebal synapses. Magnesium acts as a catalyst conductor in the synapses of the brain's memory centers. Taken in this manner magnesium pemoline may increase efficiency of memory up to 60% in both young persons and senile older people. After completing the series these effects may last from several weeks to several months, tapering gradually. Effects can be regained by taking boosters series when needed. It can be taken either while learning or while attempting to recall learned material. Assits RNA formation in brain.

Contraindications: Large doses (or even smaller doses if taken too soon before retiring may interefere with sleep.

Supplier: Pemoline magnesium hydroxide, and sometimes pemoline magnesium (inquire), KK, TM.

PIPILZINTZINTLI Salvia diveinorum. Family Labiatae (Mint family).

Material: Leaves of plant found in southern Mexico. Also used for same effects are leaves of Coleus blumei and C. pumila, common house plants.

Usage: About 70 large fresh leaves are thoroughly chewed and swallowed or crushed and soaked in 1 pt. water for 1 hour, strained and drunk. If osterizer is avilable leaves may be liquefied in water.

Active Consituents: Uncertain, believed to be an unstable crystalline polyhydric alcohol.

Effects: Similar to psilocybin with colorful visual patterns, but milder and lasting only 2 hours.

Contraindications: Some people experience nausea during first « hour; otherwise no unpleasant or harmful side effects known.

Supplier: S. divinorum must usually be procured in Mexico. It is extremely rare. The Church of the Tree of Life (451 Columbus Avenua, San Francisco, California 94133) has a large specimen, one of the few existing in the USA. They will send a rooted cutting to anyone who donates $100 or more to the church. Coleus plants may be bought in any nursery; coleus seeds B, FM, G, NK, RCS.

PSILOCYBE MUSHROOMS Psilocybe mexicana. Family Agaricaceae (Agaric family)

Material: Carpophores and myvelia of this mushroom, found in southern Mexico, and of other chemically related species (see below) found in North and South America.

Usage: 4-20 fresh mushrooms are consumed on empty stomach. Number deopends upon size, time of harvest, and individual's tolerance.

Active Constituents: Psilocybin and psilocin.

Effects: Muscular relaxation and mild visual changes during first 15-30 minutes followed by giddiness, straying of concentration,

visual and auditory hallucinations, lassitude, and feelings of disassociation without loss of awareness. Peak 1-1« hours after ingestion. Total experience approximately 6 hours.

Contraindictions: Taken too soon after food may cause nausea. Mazatec Indians claim that constant use of these mushrooms over extended period will accelerate aging process. One death (6-year-old boy) was attributed to the ingestion of alarge number of P. baeocystis, which contains baeocystin and nor-baeocystin. Normal use by adults does not indicate toxicity.

Supplier: Many species may be found wild throughout USA and Canada. Amoung them are: Psilocybe baeocystis, P. caerulescens (strongest variety), P. caerulipes, P. cubensis var. cyanescens, P. cyanescens, P. pellipes, Conocybe cyanopes, Copelandia cyanescens, Panaeolus foenisecci, P. subbalteatus, Pholiotina cyanopoda. Do not consume mushrooms gather wild until positively identified by expert mycologist.

RESCINNAMINE 3,4,5-trimethoxycinnamoyl methyl reserpate.

Material: Indole-based alkaloid in Rauwolfia sepentina.

Usage: 0.5-2.5 mg orally.

Effects: Hypotensive, sedative, tranquilizer similar to reserpine.

Contraindictions: Similar to reserpine but less severe.

Supplier: KK, TM.

RESERPINE 3,4,5-trimethoxybenzoyl methyl reserpate.

Material: Major active indole-based alkaloid in Rauwolfia spp.

Usage: 0.05-2.5 mg orally.

Effects: Hypotensive, sedative, tranquilizer. Depletes serotonin and nor-epinephrine in brain tissue. Delayed but prolonged effect. See Indian Snakeroot.

Contraindictions: Usually safe if not taken in overdoses or excessively. Too much or with sensitive individuals may cause nasal stuffiness, diarrhea, slowed heartbeat, drowsiness, fatigue. Too frequent use may cause weight gain. MAO inhibitor interfere with serotonon and norepinephrine depleting action of reserpine.

Supplier: KK, TM, MCB, COC

SAN PEDRO Trichocereus pachanoi. Family Cactaceae (Cactus Family).

Material: Tall braching cactus from Peru and Ecuador.

Usage: A piece 3" diameter x 3-6" long is cut, peeled and eaten (do not waste that which clings to the inside of the skin as it is most potent), or instead of peeling, mash it or cut it into small pieces and biol in 1 quart water for hours, strain and drink slowly.

Active Constituents: Mescaline (1.2 g/k fresh weight), homoveratrylamine, 3-methoxytyramine.

Effects: Similar to peyote but more tranquil. takes 1-1« hours to come on, lasts about 6 hours.

COntraindications: Some people experience mausea from mescaline. It is best to take mescaline, peyote or San Pedro slowly over a period of 45 minutes to aviod chemical shock to the system.

Supplier: Cutting AND, NMCR; seeds NMCR, RCSD.

SASSAFRAS Sassafras officinale albidum. Family Lauraceae (Laurel family).

Material: Aromatic root-bark of North American tree.

Usage: Brewed as tea (1 oz./pt. water). Oil fraction extracted in alcohol or distilled. Safrole is not water-soluble. Starting dose 100-200 mg of extracted and dried oil.

Active Consituents: Safrole (non-amine precursor of MDA [3,4-methylenedioxyamphetamine]).

Effects: Tea in large doses acts as stimulant and induces perspiration. Safrole (MDA) stimulant, hallucinogen; aphrodisiac in large doses, euphoriant in small doses.

Contraindications: Safrole is toxic to liver (avoid repeated use). Increases incidence of tumors in laboratory animals. Excessive doses may cause vomiting, shock, aphasia, and death by central paralysis of respiration. Normal use as tea is safe.

Supplier: Fresh root wild, eastern USA, collected in early sprint or autumn. Dried root MGH; young trees RCS.

SCOPOLAMINE HYDROBROMIDE

Material: Hydrobromide salt of tropane alkaloid found in belladonna, datura, and other solanaceaous plants.

Usage: 0.5-5 mg orally on empty stomach.

Effects: CNS depressant, anticholonergic, sedative in small doses (0.3-0.8 mg). Euphoriant, hallucinogen and narcotic in large doses. Takes effect within 15 minutes; lasts 4-12 hours.

Contraindications: Dry mouth and mucous membrances, blurred vision, difficult swallowing, hot dry skin, headache, restless fatigue. Must not be used by persons with cardiovascular disorders or glaucoma. Excessive use may cause brain decomposition. Not recommended.

Supplier: MCB, KAL, KK, TM.

SHANSI Coriaria thymifolia. Family Coriariaceae.

Material: Purple berries of frond-like shrub found in ANdes and of other similar species (C. japonica, C. Muscifolia).

Usage: Berries are eaten. Active substances also on leaves.

Active Consituents: Catecholic compunds, sesquiterpenes; coriamyrtine, coriatine, tutine and pseudotutine.

Effects: Stimulation, hallucinations and sensations of flight.

Contraindications: Little known about this substance. Some tribes regard it as toxic. LArge doses may cause stupor, coma, convulsions.

Supplier: Some nurseries carry related species.

SINICUICHI Heimia salicifolia. Family Lythraceae (Loosestrife family).

Material: Leaves of plant found from Mexico to Argentina.

Usage: Plucked leaves are allowed to wilt slightly, are crushed in water (or liquefied in blender), permitted to ferment for 1 day in the sun and drunk. If fresh material is not available dried herb may be steeped in hot water and allowed to sit in sun for 1 day before drinking. Ten grams dried herb or equivalent of fresh leaves suggested as starting dose.

Active Constituents: Cryogenine (1-carbamyl-2-phenylhydrazine), an alkaloid.

Effects: Pleasant drowsiness, skeletal muscle relaxation, slowing of heartbeat, dilation of coronary vessels, inhibition of acetylcholine, enhancement of epinephrine, slight reduction of blood pressure, cooling of body, mild intoxication and giddiness, darkening of vision, auditory hallucinations (sounds seem distant), and increased memory function.

Contraindications: No hangover or undesirable side effects. Overindulgence causes golden-yellow tinge to vision on following day. Continued immoderate use may eventually hamper memory.

Supplier: Must be procured in Mexico (Oaxaca marketplace).

SO'KSI Mirabilis multiflora. Family Nyctaginaceae (Four-o'clock

family).

Material: Root of magenta-flowered oerennial found at elevations of 2500-5600 ft. on hillsides amoung rocks and shrubs throughout Arizona, Utah, Colorado and northern Mexico.

Usage: Large root is chewed and juice is swallowed. Used by Hopi medicine men for diagnostic divination.

Active Constituents: Unidentified.

Effects: Hallucinogen.

Contraindictions: None known. Root of similar species M. jalapa (four-o'clocks) may posses similar activity, but is also powerful emetic.

Supplier: Viable seeds RCS. Plants found wild in SW USA. Caution: M. multiflora has 2-5 flowers per calyx; M. jalapa has only one. M. jalapa seeds RCS, FM, NK, B, G.

SYRIAN RUE Peganum harmala. Family Zygophyllaceae (Caltrop family.)

Material: Seeds of woody perennial native to Middle East. (Roots also active but seldom used.)

Usage 1 oz. seeds are thoroughly chewed and swallowed. Mosy effective when combined with other psychotropic materials, especially those containing tropanes.

Active Constituents: Harmine, harmaline and harmalol.

Effects and Contraindications: Hallucinogen; see harmine et al.

Supplier: MGH (inquire).

THORN-APPLE Datura inoxia Mill. Family Solanaceae (Potato family).

Material: Roots, stems, leaves, flowers or seeds of short annual

herb found in dry open places and garbage dumps of Mexixo and southwestern USA.

Usage: Stems and leaves smoked to relieve asthma or produce mild intoxication. Roots and seeds for divinatory uses. Root is crushed in water and drunk. Leaves and seeds added to ganga (cannabis) in India for extra effects.

Active Constituents: Scopolamine, atropine, hyoscyamine and other tropanes.

Effects: Hallucinogen and hypnotic.

Contraindications: Excessive amounts toxic. May cause blacking out and severe headaches. Yaqui Indian brujos claim that smoking or ingestion of flowers will cause insanity. See scopolamine and stropine.

Supplier: Seeds RCS. Other similar species include: D. fastuosa, D. metel, D. Meteloides (toloachi), D. stramonium (jimson weed). See also tree daturas, atropine, scopolamine.

TREE DATURAS Datura, subgenus Brugmansia; includes D. candida, D. suaveolens, D. sanguinea, D. arborea, D. aurea, D. dolichocarpa, D. vulcanicola. Family Solanaceae (Potato family).

Material: Various parts of short tree with dropping fragrant, trumpet-shaped flowers native to South America found in many gardens throughout USA (especially California).

Usage: Leaves are sometimes smoked. Other parts brewed in hot water. In Andes small amount of seed is pulverized and added to beverages. Infusion given orally or rectally in adolescent ritual among some western Amazon tribes.

Active Constituents: Scopolamine, hyoscyamine, nor-hyoscyamine and other tropanes.

Effects: Leaves similar to D. inoxia. Seeds cause mental confusion, delirium followed by fitful sleep with colorful hallucinations.

Contraindictions: More toxic than D. inoxia. Excessive amounts may cause amnesia.

Supplier: Seeds of D. arborea, D. candida and D. suaveolens RCS. See also atropine and scopolamine.

L-TRYPTOPHAN 1-a-aminoindole-3-propionic acid.

Material: Amino acid essential to human nutrition.

Usage 5-8 grams are ingested on empty stomach.

Effects: Drowsiness, euphoria and mental changes similar to mild (5 mg) does of psilocybin.

Contraindictions: Tendency to fall asleep. Excessive use could cause dietary amino acid imbalence.

Supplier: MCB, COC, TM, KAL, KK (Note: Trytophan was recently banned by the FDA for human consumption, this may make it harder to find, try chemical supply stores - EoI).

WILD FENNEL Foeniculum vulgare Mill. Family Umbelliferae (Carrot family).

Material: Oil from seeds of feathery-leafed weed bearing yellow-green umbels with anise fragrance found in waste places of southern Europe and west coast USA.

Usage: 5-20 drops of oil orally.

Active Constituents: Estragole (non-amine precursor of 4-methoxyamphetamine [MA]).

Effects: Epileptic-like convulsions and hallucinations.

Contraindications: Epileptic syndrome is undesirable. Constituents in the oil are toxic to liver and harsh to kidneys. Normal amounts as used in falvoring are apparently safe; hallucingenic dosage may be disastrous.

Supplier: Grows wild. Seeds MGH; viable seeds RCS.

WORMWOOD Artemisia absinthium. Family Compositae (Sunflower family).

Material: Leaves and stems of common herb.

Usage: Bitter essential oil is extracted into alcohol. SOmetimes combined with Pernod or anisette to make absinthe.

Active Consituents: Absinthine (a dimeric guaianolide), anabsinthin, and volatile oil mainly consisting of thujone.

Effects: Narcotic.

Contraindications: Excessive long-term ise of liqueur may be habit forming and debilitating. Ingestion of volatile oil or liqueur may cause GI disturbances, nervousness, stupor and convulsion due to thujone.

Supplier: Dried herb MGH; viable seeds RCS.

YAGE (Pronounced ya-hee; also called ayahuasca.) Banusteriopsis caapi. Family Malpighiaceae.

Material: Lower parts of stem from vine found in Amazon and Orinoco basins of South America.

Usage: Stem is pounded in mortar, usually with other local psychoactive materials (mostly solanaceous plants), boiled in just enough water 2-24 hours, strained, reduced to 1/10 volume, 4 oz cup is drunk by natives. Other should start with 1/3 this amount.

Active Constituents: Harmine, harmaline, harmalol and tetrahydroharmine. Approximetely 500 mg total alkaloids per 4 oz. cup prepared as above.

Effects: Trembling within a few minutes followed by perspiration and physical stimulation for 10-15 minutes, then calm with mental clouding, hallucination, increased color, blue-violet shades,

size changes, and improved night vision. Harmala alkaloids are short-term MAO inhibitors.

Contraindications: See harmine et al.

Supplier: No local sourse of yage. See harmine et al (EoI: See my notes at end under Suppliers..)

Yohimbe Corynanthe yohimbe. Family Rubiaceae (madder family).

Material: The inner bark of a tropical West African tree.

Usage: 6-10 tsp of shaved bark boiled 10 minues in 1 pint water, strained and sipped slowly. Addition of 500 mg vitamin C per cup make it take effect more quickly and potently (probably by forming easily assimilated ascorbates of the alkaloids).

Active Constituents: Yohimbine, yohimbiline, ajmaline (indole-type alkaloids).

Effects: First effects after 30 minutes (15 minutes with viatamin C), warm, pleassant spinal shiver, followed by psychic stimulation, heghtening of emotional and sexual feelings, mild perceptual changes without hallucinations, sometimes spontaneous erections. Sexual activity is especially pleasurable. Feelings of bodies melting into one another. Total experience lasts 2-4 hours. Aftereffects: pleasant, relazed feeling with no hangover. See yohimbine.

Contraindications: Tannins and alkaloids make tea somewhat bitter and unpleasant. Addition of honey may help. Slight nausea may be experience by some individuals during 30 minutes. Vitamin C lessens this. MAO inhibitor; see dangerous combinations, p. 27. See also yohimbine.

Supplier: MGH

YOHIMBINE HYDROCHLORIDE

Material: Yohimbine is one of several indole-based alkaloids found in Corynanthe yohimbe, Rauwolfia serpentina, and several

other plants.

Usage: In hydrochloride form it may be either ingested or snuffed. Dose 15-50 mg (amount size of 1 line of cocaine equals 10 mg).

Effects: Central stimulant, mild hallucinogen, sympathomimetic with both cholinergic and adrenergic blocking properties, serotonin inhibitor with both cholinergic and adrenergic blocking properties, serotonin inhibitor, hypotensive (decreases blood pressure), and activator of spinal ganglia affecting erectile tissue of sexual organs (aphrodisiac). Taken orally first effects occur after 15-30 minutes. Snuffed first effects occur within 5 minutes. Initial effects may include subtle psychic and perceptual changes, stimulant similar to cocaine, and spinal shivers. Total experience lasts 2-4 hours gradually tapering.

Contraindications: If taken too close to bedtime may cause insomnia. If taken while physically exhausted hypotensive properties may be sharply exafferated. Shuld not be used by persons with ailment of injury of kidneys, liver or heart, or inclination towards diabetes or hypoglycemia. MAO inhibitor (see list of dangerous combinations, p. 27). Anxiety may also occur. Sodium amobarbitol or Librium alleviate this. Imipramine may worsen it. Nausea may occur from ingestion of yohimbine, but is not likely when snuffed.

Supplier: COC, KK, TM, Chemical Supply Stores.

SUPPLIERS

The companies listed here are straight, legitimate business, Their function is to provide herbs, botanicals, or chemicals in general. They do not expect that their products are to be used psychotropically. Type your order, sound normal, do not ask questions about dose, use, effects, etc. If they think that you are using their products as drugs they will probably refuse to do business with you. Of an item is not in their catalog inquire about its availability before ordering it. Include stamped, self-addressed envelope with all queries. Include 50 cents for postage and handling when requesting catalogs.

[Note from EoI: I think that many of the chemical companies listed here have gone out of business. With the 'War on Drugs' and all it is much harder to order chemicals of any kind. Most of the chemicals listed here are available from a few supply companies, look in your local area for ones dealing in pharmacutical products. I'll list a few extra companies below the list from the book that may be useful.]

LETTER CODES USED IN THIS BOOK

AHD A. Hugh Dial, 7685 Deer Trail, Yucca Valley, Calif.
B W. Atlee Burpee Seed Co, 6450 Rutland, Riverside, Calif
" 18th & Hunting Park Ave, Philadelphia PA
" 615 N. 2nd, Clinton, Lowa.
COC Columbia Organic Chemicals, 912 Drake St, Columbia, SC
FM* Ferry-Morse Seed Co., 111 Ferry-Morse Way, Mountain View, Calif
" Stephen Beal Dr., Fulton Ky.
G Germain's Inc., 4820 E. 50th Vernon, Calif. 90058
KAL K & K Laboratories, 121 Express St. Plainview, NY.
MCB Matherson-Coleman-Bell, POB 1622, Milwaukee, Wisc.
MGH* Magic Garden Herb Co., PON 332, Fairfax Calif 94930
NK* Northrop-King Seed Cp., 2850 South Highway 99, Fresno, Calif
" 1500 NE Jackson, Minneapolis, Minn.
NMCR New Mexico Cactus Research, POB 787, Belen, NM
RCS* Redwood City Seed Co., POB 361, Redwood City Calif, 94061
TM Terrestrial Materials, POB 2152, San Francisco, Calif.

Companies with a '*' next to their letter codes are ones that I know are still in business as of July 1990. All the ones below are also in business as of this date.

OTHERS

Spectrum Chemical 14422 South San Pedro, Gardena CA 213-516-8000
Has Yohimbine Hydrochloride, and others. Will not sell to individuals, so you will be to order as a 'Company'.

.... of the Jungle POB 1801, Sebastopol, CA 95473
Sells many of the South America plants list here, plus many others not listed. Has some info available on usage. Catalog

$2.00 (Worth it).

Island Spore Co. POB 8055, Honolulu, Hawaii 96830
Seels Hawaiian Woodrose seeds, and mushroom spore prints, etc.

Thompson & Morgan POB 1308, Jackson, NJ 08527 201-363-2225
Largest seeds catalog in the world. They supposely sell peyote seeds. Catalog Free.

Inner Center POB 362 Hermosa Beach, CA 90254
Is supposed to sell many of the substances listed in this file. Send $0.25 for the catalog.

Avoid trying to ordering anything from Alrich Chemicals (East Coast) they have strong ties with law enforcement and generally assume the worst of their customers.

!!DANGEROUS COMBINATIONS!!

READ THIS!! VERY IMPORTANT. IGNORING THIS COULD LEAD TO SERIOUS MEDICAL PROBLEMS (like death...)

Unless one is very experienced in pharmacology it is unwise to experiment with combinations of drugs. Even when using a single drug, thought should be given to all substances, both food and drug, which have been taken recently. Most primitive people fast or at least adstain from certain substances for several days prior to taking a sacrament. Substances most universally avoided are alcohol, coffee, meat, fat and salt. Some drugs potentiate others. For example, atropine will increase the potency of mescaline, harmine, cannabis and opiates. Many of the substances discussed in this book are MAO inhibitors. MAO (monoamine oxidase) is an enzyme produced in the body which breaks down amines and renders them harmless and ineffective. A MAO inhibtor interfere with the protective enzyme and leaves the body vulnerable to these amines. A common substance such as tyramine, which is usually metabolized with little or no pharmacological effect, may become dangerous in the presence of an MAO inhibitor and cause headache, stiff neck, cardiovascular difficulties, and even death. MAO inhibitors may intensify and prolong the effects of other drugs (CNS depressants, narcotic analgesics, anticholinergics, dibenzazepine antidepressants, etc.) by interfering with their metabolism. In the presence of an

MAO inhibitor many substances which are ordinarily non-active because of their swift metabolism may become potent psychoactive drugs. The phenomenon may create a new series of mind alterants. However, because of the complex and precarious variables involved, it is risky and foolish for anyone to experiment with these possibilities on the non-professional level.

The most commonly used MAO inhibitors include hydrazines such as iproniazid, Marsilid, Marplan, Niamid, Nardil, Catron; also non-hydrazines such as propargylamines, cyclopropylamines, aminopyrazine derivatives, indolealkylamines, and carbolines. MAO-inhibiting materials discussed in this book include yohimbine, various trytamines, especially 5-MeO-DMT and the à-methyltryptamines, and the various harmala alkaloids. The latter are especially potent inhibitors but, like yohimbine and the trytamines, are shoty-lasting in action (30 minutes to several hours). Some of the commercial MAO inhibitors listed above are effective for several days to several weeks.

Amoung the materials which may be dangerous in combination with MAO inhibitors are sedatives, tranquilizers, antihistamines, narcotics and alcohol - any of which can cause hypotensive crisis (severe blood pressure drop); and amphetamines (even diet pills), mescaline, asarone, nutmeg (active doses), macromerine, ephedrine, oils of dill, parsley or wild fennel, beer, wine, cocoa, aged cheese and other tyrosine-containing foods (tyrosine is converted into tyramine by bacteria in the bowel) - any of which can cause hypertensive crises (severe blood pressure rise).

FREEDOM

We upload the right of the individual to do with itself what it wishes when it does not harm or transgress the rights of others.

We believe that it is better to grant people their natural right to use upon themselves any substance they desire while supplying them with factual information on use and misuse rather than to attempt in vain to curb abuse through legislation.

We are not children, nor are we stupid. As adult human beings we are responsible for ourselves and have the right to make our own decisions.

Those who use the information in this book for personal

experimentation are offered the following advice:

1) Begin with doses below those given. If no undesirable side-effects occur gradual increase of dosage may be tried on separate occasions until desired effect occurs

2) Do not combine drugs unless you know what you are doing. See section titled 'Dangerous Combinations."

3) Allow rest periods of at least one week between experiments.

4) When experimenting be relaxed, well rested, in good health, and momentarily relieved of responsibilities.

5) Do not permit yourself to become dependent upon any of these substances for relaxation, stimulation, etc. Seek your high in health, love, and awareness. Learn techniques of yoga, tai chi, etc., for relaxation. Employ mediation for consciousness expansion.

STAY HIGH - STAY FREE

Some Final Notes from Elric of Imrryr..

I've tried the following items from this book:

Calamus: Made me very sick (like a hang-over). Try small doses to find out if your system can handle it. If you have the equipment try reducing it down in alcohol.

Damiana: Not very impressive, unless you are out of marijuana.

5-Fluoro-A-Methyltryptamine & 5-MeO-DMT (From Inner Center). It works, short strong halluncination, but may also give you a head-ache.

Hops: See Damiana

Morning Glory: Made me VERY sick. Try with caution, the 'high' may not be worth the hang-over.

Nutmeg: It works, but is very rough on your system (cramps, head-aches, etc).

Passionflower: Not very interesting by itself, but if smoked just before taking LSD or 'shroom will almost double the power of the trip. Be careful because it is a MAO inhibitor.

Psilocybe Mushrooms: The common 'shroom, now illegal but still easy to buy or find. Grow kits still legal in most areas.

San Pedro: Taste foul, but does not cause stomach upset like peyote. Nice halluncinations if you can force yourself to eat enough. Try reducing by boiling, or treating with high proof grain alcohol. If you know chemistry it is possible to make Mescaline from this substance.

Sassafras: Made me over-sensitive, jumpy, and irritable. Use with caution.

L-Tryptophan: It works, but will upset your body's chemical balance. Don't use it to often, and eat a balanced meal afterwards. Don't mix with MAO inhibitors; causes body cramps, and headaches.

That is all...

Elric of Imrryr

Completed 7/17/90