

The UGLY Side of Crystal Meth:

Not too many stories that involve meth turn out too well—at least for the user. For friends and gossipers, the bizarre behavior of meth users can create entertaining stories that last a lifetime.



Jack still hasn't lived down the day that, after a staying awake for 3 days on meth, he tore through the backyards in his neighborhood, and burst into a random house begging the residents to protect him from the imaginary people who were after him.

Crystal meth can actually permanently change the way the mind operates. Brain scans show the brain patterns of a meth user are similar to that of a person suffering from schizophrenia. Meth can literally eat away the tissue of your brain leaving gaping holes that are visible in a brain scan. Once it's gone, you don't get it back.

Side Effects of Prolonged Meth Use:

- Excessive sweating (caused from literally “cooking” the internal organs)
- Rotten, black or yellow teeth (meth mouth)
- Foul, gluey-smelling body odor
- Scabs and sores caused from habitual picking at oneself
- Acting paranoid and aggravated
- Sunken, aged, scab-covered face
- Inability to pay bills, hold down a job, or take care of yourself

Why meth makes people feel “good:”

Meth causes the brain to release dopamine, the same chemical that gives the experience of pleasure after eating great food or having sex. So what's wrong with that? The problem is that after continual use of meth, you can actually lose your ability to experience pleasure at all.

A better approach to handling life than using meth:

If you desire that feeling of euphoria, there are healthier—and more satisfying ways to achieve it! Fall in love, invite a group of friends over for an exotic dinner, set a huge goal and then achieve it, take actionable steps to change your perception about everyday things and learn how to love life and find fun around every corner. Euphoria is possible on a consistent basis when you discover how to create happiness from within that flows outward, rather than the other way around.