

Hey! Welcome to the learning gene podcast. This episode is titled psycho. In this episode we will be focusing in on the abstraction that is drugs and how our society seems to see certain drugs as important to help treat things like mental illnesses and then sees other drugs as something illegal that people shouldn't actually be taking. This view on how some drugs are actually illegal can actually harm the people that need the drugs that are being taken because there are certain drugs out there that can actually work a bit better than the ones that are prescribed for things like depression. I was sitting on facebook one day, and I hate that I'm admitting that I was sitting on facebook one day, but I was. And I saw this post on facebook about how these girls had taken these drugs and it had actually helped them with their mental illnesses and kinda showed them a different perspective on their outlook on life and helped them to realize that their depression is not the thing that's going to control them anymore. So these girls were talking about how they had taken certain drugs like magic mushrooms or acid and they had taken them in a safe space where they had somebody who could watch over them in case they had like a bad trip or something and these people, they would just sit there and go on a trip for however long the trip lasted for. And they would come out and they would not have these bad feelings that they did before. And it's weird to think that something that you grow up with and you're told 24/7 that drugs are bad and you shouldn't do them and yeah that's true for certain drugs and you do have to be careful with these psychedelic drugs because they are coming off the street and they aren't regulated because they are seen as something bad in society and not seen as something that can actually help people who go through certain things like depression. However, there are so many drugs that are already prescribed for things like depression and bipolar disorder and everything and it's almost common knowledge that within this vicinity of drugs that none of these drugs are actually guaranteed to work. And that is technically the same situation with psychedelic drugs because it's not guaranteed that it will work. You could have a bad trip and then it would cause you to have a lot more problems than when you hadn't taken the drugs before. However that's still the same guarantee that they can give you with the prescribed drugs. These drugs are guaranteed to work. They always have the risk of actually making everything worse and I don't really understand why the medical professionals won't even consider other drugs that are actually an option that could be considered for people that are suffering from mental illnesses. So there were a few studies that had to do with certain psychedelics and how they actually helped people with treating their mental illnesses. And this is a quote from one of the articles that was talking about a man that had tried a clinical trial where they were taking the drug psilocybin, which is the active ingredient in magic mushrooms. And this is a quote from the article. "While he felt himself undergo a shift during his trip on psilocybin, Clark says the most enduring changes in his personality and his approach to interacting with those around him have unfolded in the months and years since he took the drug. For him, the drug was merely a catalyst — a "kick-start," he likes to call it. By redirecting his perspective for a few hours, the psilocybin unleashed a chain reaction in the way he sees and approaches the world, he said." And this is an important thing to think about too. Normally when you think about treating something like depression you think about just taking medication for years and years and there's nothing really else you can do. You can go to counselling and stuff but if you need the medication for it because of the way your brain is then you really have no other choice but to just take the medication for years and years and years. However in the case of Clark, he just had to take the drug once and it set off what he says as a kick-start where he started seeing the world from a different perspective and then he didn't really have all the issues that he had before. And if there's something out there, like this, that can make it so somebody doesn't have to take medication on a daily basis for the rest of their lives then I don't see why doctors won't actually consider trying to regulate drugs like

psilocybin so that people actually have more options for treating mental illnesses. There's also another thing that is used in certain countries in South America called ayowaska. And this is also another drug that many people have never heard of. I had never heard of it until I read that facebook post. And it basically is this drug that you take during a ceremony, and it's a spiritual ceremony but any tourist is welcome in to try it too and in this ceremony basically you take the drug and then you lie there and you go on a trip but it affects your body a lot more than a normal trip would. It makes you puke up basically the whole time and it really helps you to realize certain problems in your life and helps you to see certain things that you would be able to fix in your life if you just thought about them more. But its not something that you normally think about – that a crazy drug down in South America is going to help you with your mental illnesses and help you realize the problems that you have and help you to fix them. And the thing is too, the prescription companies don't want to lose out on money that they can make off of these people that are going to be relying on this drug for so many years. So there's another reason why doctors won't actually allow certain drugs that are illegal right now into treatment for mental illnesses because they know that the pharmaceutical drug companies- they don't want to lose out on this money that they could be making off of all of these people that are going to be so reliant on these drugs for so many years. And doctors don't want to mess with their relationships with the pharmaceutical companies so they can't really allow something else to come in and kinda take over the drug market when it comes to mental illnesses as they know that the pharmaceutical companies won't be happy with them. Unfortunately it seems as though there are so many other options out there for treating mental illnesses and people just don't even realize it because they don't think about using something that society sees as bad or society sees as illegal because these drugs, yeah maybe they make you out of it for hours on end but they can also help you and because society has said "Hey these drugs are bad" this is why nobody can actually use them to help treat their mental illnesses even though it could help them. And yeah people will go out and do it anyways because that's what people do – they don't care if stuff is illegal however there are some people out there who feel uncomfortable with doing something illegal and if they feel uncomfortable then they're not going to be exposed to these types of drugs and exposed to these types of treatments that they're not told about just normally. This is something that society has to come to realize that it actually could be a helpful thing instead of something that's detrimental, and they need to start looking at this as another option for people who don't want to be stuck taking a drug every single day of their lives for the rest of their lives because nobody wants to deal with having to take a drug every single day for the rest of their lives. And if there's something that can help them, even if they just have to take it once and even if they're against certain psychedelic drugs or anything I'm sure they will at least try and use that as a way to help treat their mental illnesses. Society really likes to think of using things that are the norm and generally psychedelic drugs are not the norm and they aren't used as treatment for anything they're usually referred to as party drugs and everything. But if society would just step out of their comfort zone and start thinking of these drugs as something else other than just a party drug and think of them as a treatment then it might actually help those who have mental illnesses. And it might actually help treat a lot of people that need treatment. That's all for this psycho podcast. I hope it at least made you think a little bit more about society's norms and the abstraction that is drugs and how they work in our society. Thank you.