What are the dangers of using bath salts?

The most immediate dangers from using bath salts include heart attacks, strokes and overheating. Like meth, long term abuse of bath salts may cause brain damage and increase risk of developing Parkinson’s disease.

Most bath salts have never been tested in humans, so we may not know about all the risks. You are serving as a guinea pig if you use these drugs!

Are bath salts addictive?

Yes! While it is still being studied, some bath salts may even be more addictive than meth and cocaine.

An addiction to bath salts may even drive someone to become addicted to other drugs such as alcohol and sleeping pills.

For more information please visit www.drug-abuse.gov

If you or someone you know needs help with an addiction to any drug of abuse please call 1-800-622-HELP or visit www.samhsa.gov

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Bath Salts
A Dangerous Legal High
What are bath salts?

Bath salts are “legal highs” sold on the Internet, in some stores and on the streets.

Some other names for them are: plant food, jewelry cleaner, and phone screen cleaner.

Because they are legal, people assume they are safe. But they are actually just as addictive and dangerous as many illegal drugs.

What do they do in the brain?

Bath salts are very similar to cocaine and methamphetamine in their effects on the brain.

These drugs increase levels of chemicals in the brain called neurotransmitters.

Bath salts strongly effect 3 neurotransmitters:

- Dopamine
- Serotonin
- Adrenaline (Norepinephrine)

What are the effects of using bath salts?

Many effects from bath salts are similar to an adrenaline rush.

These include:

- Increased heart rate
- Increased blood pressure
- Increased temperature
- Reduced appetite

Bath salts also have psychological effects. The most common ones are:

- Talking quickly
- Paranoia
- Confusion
- Aggressive, unpredictable behavior (psychosis)