



TRENDING

ALL

## Here's what smoking Spice actually does to your body – by experts



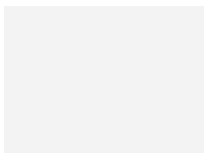
Rob Waugh

Wednesday 5 Apr 2017 5:01 pm



Vincent Cole 05 March 2017

Images of people turned into zombies or 'living statues' by the drug Spice have horrified Britain in recent months – but what actually is Spice?



Man charged

The drug – actually one or more of several hundred synthetic compounds – is meant to mimic the effects of smoking weed, but is much, much stronger.

The chemicals are made in illegal or semi-legal labs,

Love Metro?



Like us on Facebook

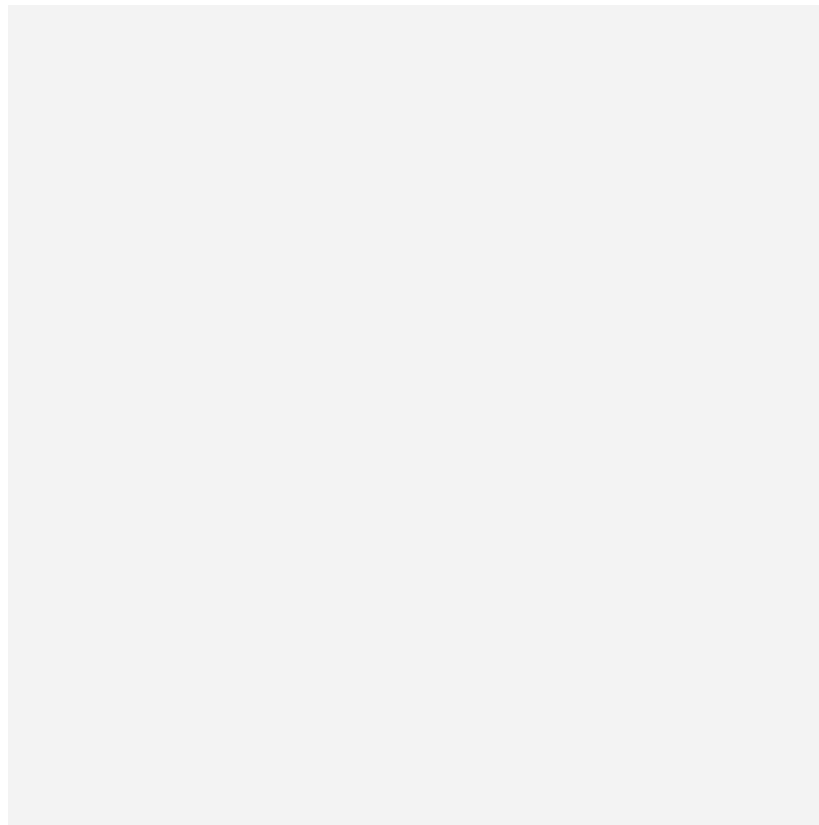


TRENDING

ALL

symptoms such as hallucinating that there are worms in your blood.

It's extremely cheap, and many of the compounds used don't show up in blood tests for drugs – which mean that it's become popular in prisons.



Because it's so much stronger than weed, and mixed randomly – makers sometimes dissolve the chemical in nail polish remover, then use a cement mixer to apply it to herbs – people often take a far higher dose than they intend to.

## Is Spice legal?

Spice is often referred to as a 'legal high', but selling it is actually illegal under the Psychoactive Substances Act 2015 – although the drug can still be ordered on dodgy sites





TRENDING

ALL

Many street dealers in the UK now sell Spice as well as illegal drugs.

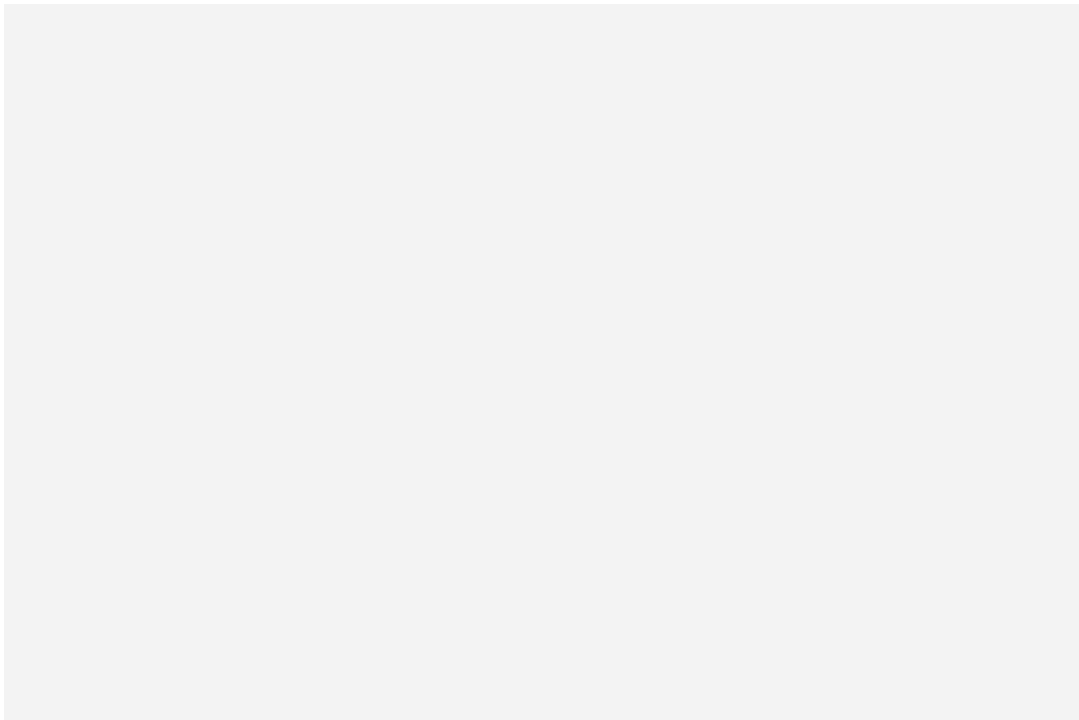
## What are the effects?

Depending on the strength, and the chemical involved, smoking Spice can be fairly close to the effects of smoking weed – with users feeling giggly and relaxed.

But it's easy to take too much, as the chemicals are much stronger than marijuana, according to experts.

Outreach worker Ewa Kapica at homelessness charity The Connection said, 'I've witnessed people thrashing around on the floor, experiencing vivid hallucinations, screaming they want to 'end it all'.

'These fits are followed by crashes; the person becomes unresponsive and the emergency services step in. It's terrifying.'

 **Love Metro?**

Like us on Facebook



TRENDING

ALL

## Why do people end up 'like statues'?

The chemicals used in Spice can make it extremely difficult for users to coordinate their movements or concentrate.

Drug organisation FRANK says, 'Mood and perception can change and concentration and co-ordination may become difficult. Synthetic cannabinoids, possibly because of their potency, are more likely to be associated with hallucinations than natural cannabis.'

## Is Spice addictive?

Many people say that Spice is extremely addictive – with withdrawal symptoms kicking in rapidly after people smoke it.

Others are able to smoke small amounts without feeling withdrawals.



Speaking to Spice Addiction Info, user Walter says, 'I have done heroin, coke, crack, meth, you name it. I've done it, and nothing was harder to kick than spice.

'I would sleep behind the dumpster of the only store around that sold it, just so I could wake up and not have to worry about finding a ride to get it.

'I stole from my family so I could supply my habit. I'd lay in the basement of my parents house and just smoke it, all day. Not showering, cleaning, changing. Nothing.'

## Any other side effects?

Users of the drug have experienced blackouts, vomiting and psychotic

 **Love Metro?**  Like us on Facebook

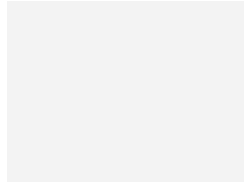


TRENDING

ALL

Marc Anthony Setton was seen crouching near bushes outside a supermarket, shouting swear words before the attack.

MORE: **WORLD**



Nanci Pelosi asks for Donald Trump impeachment articles to be drafted

When the victim walked past, he shouted, 'Jedi Knight!' and began to chase her.

She tried to calm him down, but he replied, 'No, I am not OK, you are a Jedi Knight!' and hit her across the face with a bottle of vodka.

If you are having problems with Spice – or want to quit, **FRANK** has information on 0300 123 6000.



MORE

Love Metro?

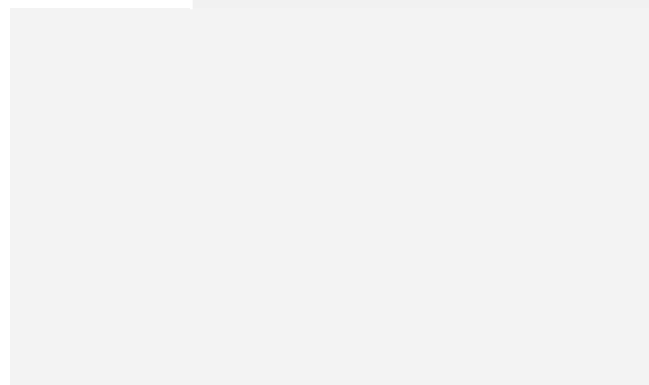


Like us on Facebook

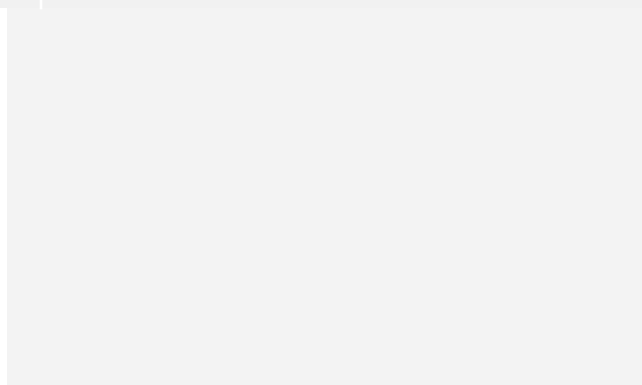


TRENDING

ALL



Murder investigation launched after man stabbed to death in Hackney »



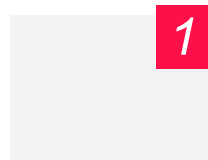
Boris Johnson savagely called out by Andrew Neil for avoiding 'questions of trust' »

View article comments

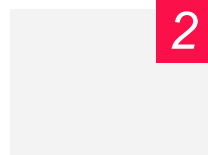


## WHAT'S TRENDING NOW

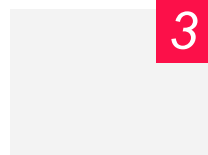
*More trending stories »*



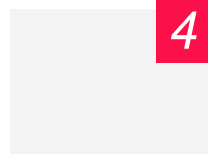
**1** Boris Johnson savagely called out by Andrew Neil for avoiding 'questions of trust'



**2** 'Drunk woman sexually assaulted fellow passenger during late night train journey'



**3** Bullied boy, 8, was 'knocked unconscious' in school bathroom two days before he hanged himself



**4** Chippy calls cops after teachers act like bouncers stopping kids buying food

 **Love Metro?**



Like us on Facebook

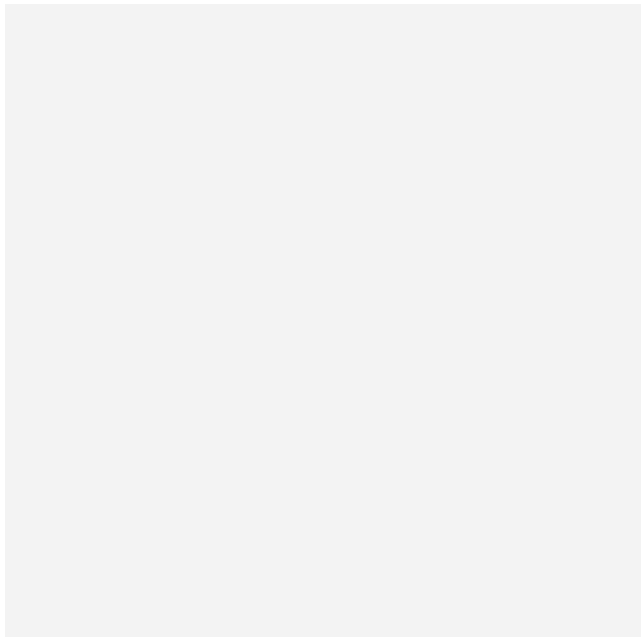



TRENDING

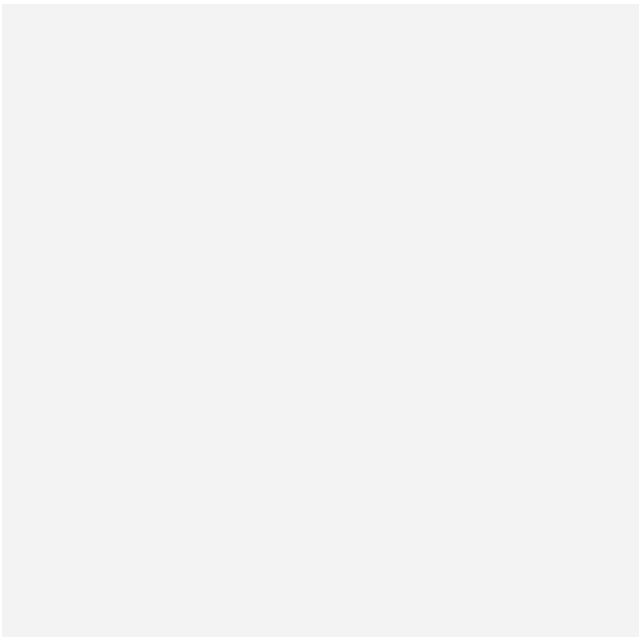
ALL


VIDEO

More videos »



 Wheelchair bound homeless man 'blown up' by firework in disgusting prank



 Aldi sticker found on Waitrose Mediterranean roast vegetables

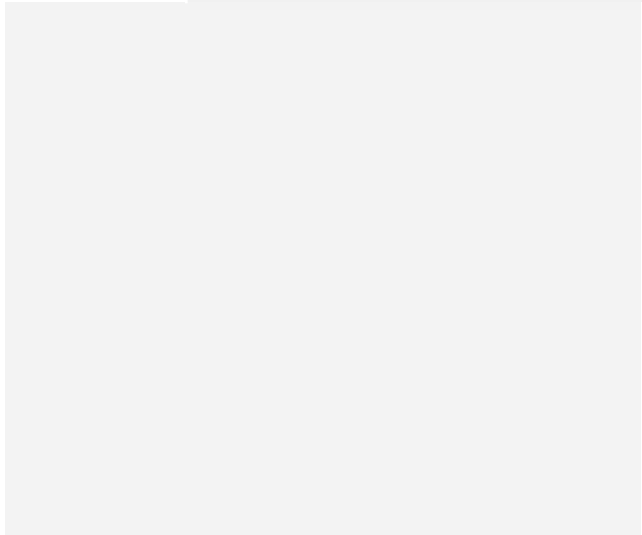
 Love Metro?


 Like us on Facebook

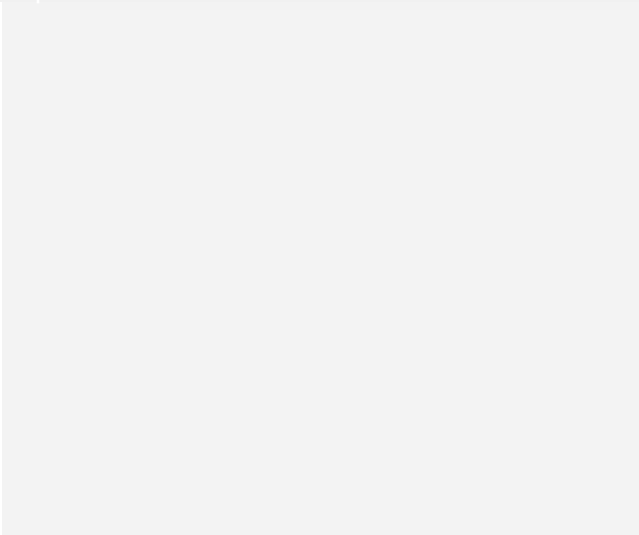



TRENDING

ALL



 Firefighters save tiny whimpering puppy from pipe



 Bradley Dack proposes to Olivia Jade Attwood on Instagram

Home › News

 Love Metro?

 Like us on Facebook