

UPPERS & DOWNERS



It's been one year since last issue of PaGG (kickass issue that it was) and a lot has happened -- both in the world of pills and here at Pills-a-Go-Go. So there's lotsa news to report, some good and some of it pretty bad. Some of it's even nightmarish. But PaGG is not dead, pill fans, no damn way - and you knew it, too. You kept the pill faith. Where others would have bitched, you were patient and even encouraging, so thanks for those notes politely chiding me for the delay and reminding me to get back to work. Your pill passion fuels my own passion for pills, pill lore, and pilldom. Hell, you guys are like pills to me!

Not like those Barnes & Noble jerks who, not long after issue #22 was out and selling like hotcakes, suddenly banned PaGG from their shelves. It seems a teenager in (no shit) Downer's Grove, IL, killed himself (no word on how) leaving behind a copy of PaGG -- apparantly purchased from B&N! Before you could say "woosie" B&N sent back 500 copies they ordered and I got to eat the cost. Soon after, each "independent" store in the Borders chain also stopped carrying the nation's only journal of pills!

The national distribution thing was a drag anyway so it was easy to decide to go back to my zine roots. That way I would lose less money, have more fun... and maybe take a little time off after four years of steady publishing.

Why this issue is so late

The short answer is, I was working on that book version of PaGG you may have heard about. A longer answer involves a string of personal crises that chased me back and forth across the country, drained by finances, kicked the shit out of my heart and played hell with my poor brain and body. Thank God, that's over, but through it all yours truly kept plugging away, (and *lugging* away -- the books I needed weighed hundreds of pounds) at the PaGG book, mostly in heat-waved NYC, pestering people for couch space.

Pharmaceutical Nation

But I did it! It is done and when you see the book (due out in June), I am sure you won't be disappointed. It is chock full of stuff I could never afford to put in PaGG: a thoughtful look at the history and culture of amphetamines, the hidden obscenities in pill names, tales of global battles among the titans of pillmaking, a treatise on pill art and pill ads from the 50's, 60's, and 70's (my fave is the bikini chick with the caption "Body By Dexedrine"). There's pill lore, pill tidbits, and "outings" of who took what pill when (did you know Bill Buckley's been taking Ritalin every day for 30+ years?). There's so much cultural goo scraped from pilldom's gutters and baseboards, you will go ape. I'm sure of it.

It's called *Pharmaceutical Nation*, it's published by Carol and it only costs \$15.95 for 256 pages of pill text and pill pictures. It's not the encyclopedic masterpiece I once hoped for, but it is an excellent start, if I do say so myself. Or maybe if YOU say so -- since it includes lots of material sent in over the years I couldn't cram into any issue. Those who requested anonymity got it and those who wanted credit, got it, too. Credit, and a lot of it, also goes to so many PaGG-ists who took me in, relinquished their couches and gave me refuge from storms of every kind-- supplemented with supplements.

But don't relax yet! I still need you guys. Probably more than I can express. There's another reason this thing is late: it's the nightmare reason.

I'm not sure how to take a jaunty angle to describe what is happening, especially since it is so absurd. But any humor is fast blunted by the sickening reality of the situation -- and the suffering. Suffering already inflicted on me, my wife and everyone who loves me. It is mindboggling to become a victim of the war on drugs.

The Nightmare

On March 6th at about 6:45 pm a SWAT team charged into my apartment. I was thrown against the wall, cuffed, then pinned there as at least a dozen cops wearing flak jackets and black hoods filled the apartment. With their weapons drawn they screamed, "Police, get down! Get down!" I felt paralyzed with fear and disbelief. My mouth tasted like tin foil. Someone asked very clearly "Where's Heidi, Jim?" Heidi is my wife.

The cops said they had "information" from a guy named Bob Black-- whom I threw out of my house a few weeks earlier when he got drunk, belligerent and attacked us. In revenge he made the (false) accusation that I had a drug lab in my apartment and they began to *tear the place apart*. The police said they had been "informed" that I had written a book called *Opium for the Masses* and one of them shook a copy of *Pills-a-Go-Go* in my face and demanded, "Do you publish this?!"

This is the real reason they had come. There was no drug lab, there were no illegal drugs, ... nothing. Still my wife and I were arrested and taken to jail "for investigation". Before we left, one young cop removed his hood to show the fresh face of an all-American kid. Sitting there with his shotgun across his knees he asked me in all seriousness, "with what you write, weren't you expecting this?"

Even though we have no police record, and no charges were filed, it was three days before we were released (over police objections) on \$2,000 bail each. When I got home the manager gave us an eviction notice, using a state law nearly forcing landlords to evict people who are suspected of "drug activity". The police, after trashing my place and leaving my pet birds to starve, stopped by to tell her this, knowing full well what would happen.

A couple of days later we were charged. The crime? "possession, with intent to manufacture or distribute, Opium poppies". This is based on some dried flowers purchased legally from the florist. I learned I was facing years in prison. Years. Mandatory minimum.

I am now forced to fight for my life. To do it I have to pay for lawyers. So far our legal bills are about \$17,500 (Heidi got hit with a "lesser charge", I suppose she's to be used as a bargaining chip). Add the \$4,000 cash bond and you can see that, without much effort, the state could bankrupt us, drive us into debt, humiliate us, throw us into cages, and have us kicked out of our home. We have no place to live, lost most of our stuff, and we have no a car. Protracted terror and legal torture consumes our lives.

My attorney tells me I shouldn't write or say anything about my case lest it be used against me. Luckily, (without even asking!), friends, like Seth Friedman have put the word out here and there and the response has been heartening. I am grateful for even small contributions to our defense fund and just as grateful for the messages of support and the prayers.

We are determined to fight these tyrants with everything we've got, and I could use a hand. Please do whatever you can without unduly depriving yourself. The government is richer than me, but that doesn't guarantee them a win, nor am I without help. Anything you can think of is welcomed. A lot of people say they see this as their fight, too. And it is. Oppression will not stop unless we resist it and defend ourselves. If this can happen to me, it can happen to anyone. I don't like the position I'm in but as long as I am, I plan to kick these tyrants as hard as I can. Maybe they will someday learn to respect our rights and stop their bullshit.

Out in the pill world things don't seem to have changed a hell of a lot, the basic stories are there. People still blame bad behavior on pills, forgive former devil drugs and the government keeps trying to outlaw every last tablet or capsule in the country.

It's gottn so bad the "conservative" National Review finally had to just come out and put it bluntly to their fellow upper classers, the

Cont. from B-4

R2

War on Drugs is "lost". It is destructive to us individually and as a society. "Kill it," said the February 12th issue, "Go for Legalization Free up police, Courts. Reduce Crime."

Of course somebody had to defend Prohibition, but the Christian Science Monitor? Aren't they the people who are against mindless oppression and savagery? Their Feb. 8th editorial recommended "a broader offensive against drugs" but did mention the "metaphor" of a war "may be too destructive".

Out in Seattle an unemployed 19-year old high school dropout with a one-year-old kid to support was shot to death when he broke down his neighbors door in the middle of the night. The neighbor shot him to death. Unwilling to face facts, it was discovered that he had taken LSD a year ago and *that* must have been what did it. Yeah, it was a "relapse" his mom said. A relapse from the LSD he took.

Down south of here in Tacoma, a sheriff's deputy got nailed pulling the multi-doctor, script game with vicodin and valium. But, see, it was OK for him because, as a cop on a marijuana field raid, he jumped 15 inches from a helicopter and hurt his back. He took the pills for *pain* not to get high.

Some extravagant drug blaming appeared in a front page headline of the NYTimes (2/22): "Good People Go Bad in Iowa, And a Drug Is Being Blamed. In a story modeled after *Invasion of the Body Snatchers*, the Times reported a year ago life was perfect in Newton, IA where "nothing but Sunday morning church bells ever made much noise." Then came **Mmmeeeth**, "the most malignant addictive drug known to mankind" according to a Des Moines doctor. Like killer bees meth "is now making its way across America, ruining lives and families..." One of those ruining a few lives himself is the county prosecutor who says "meth seems to have taken control of these people" yet prosecutes them anyway. The Des Moines doc said the problem is really intense among blue-collar workers (who used to become alcoholics), who take speed because of on-the-job pressure to perform at a fast pace for long periods." The parents of a 17-year old boy who had begun to talk back now know it was the meth talk-in'. When he contracted meningitis, this, too, was because of meth. "This drug just sucked him away," says his mom.

The *Times* speculates "blue collar people" [white people] take meth because it lacks the "stigma" of crack cocaine, which is used by "inner-city people" (Uh, Blacks?). Attributing the thought to another doctor, the NYT says "Crack, wicked as it is, cannot compare to the destructive power of methamphetamine."

And Ritalin, is being hauled out again in anxiety-soaked stories about whether "too many" kids are taking it. In its second Ritalin story this year, Newsweek wrings its hands about dependency and "overprescribing". But a sidebar called *The Road to Ritalin*, explains quite clearly how to obtain Ritalin for your screaming kid -- or maybe yourself. Other stories took the Ritalin in the Schoolyard line and yapped endlessly about kids snorting it, even as they admit a hit of Ritalin is about as stimulating as a cup of coffee. All these stories are beefed up with meaningless statistics about "emergency room visits" or scientific statements like Newsweek's "Researchers believe methylphenidate juices up the central nervous system."

Of course the meanest, baddest pill of the moment is the "Rape Drug", Rohypnol (nicknamed "Roofies"). Thank to the efforts of a Florida anti-drug organization that villified the pill when it "first surfaced there in 1989" Rohypnol may be schedule I by the time you read this. Rohypnol articles love to include a US map to showing its insidious spread of the "crime in a pill". The older version of this map used to show only the two states where the drug had been reported in numbers larger than one digit: Texas and Florida. Now the maps shows every state where the drug has been seized/reported/feared/whatever. Yet only Texas and Florida are really highlighted. As for it's being a "rape drug" ... aren't we talking about a Mickey Finn? Or just a bottle of vodka?

Even though Jeff Dahmer didn't use it, Rohypnol's fate is sealed.

After all, it was "roofies" Curt Cobain slugged down with champagne while in Rome a month before he killed himself. The combo did knock him out pretty good though. But kids, Rohypnol is not good by itself. It's essential to mix it with non-evil alcohol.

The cycle of fame is rolling nicely for Prozac, though, which hardly gets blamed for anything anymore. One sign of the lack of hysteria over the pill is the vindication of clinical psychologist James Goodwin, better known as the "Pied Piper of Prozac" of Wenatchee, WA. Goodwin kept his exuberant smile and survived the government's attempt to take away his livelihood. The state wanted him ruled "mentally impaired" for his enthusiastic support of Prozac as an anti-depressant.

It was close, folks, but for now, the FDA has won the tussle over control of the pseudoephedrine (Sudafed). Last fall the DEA tried to decree that retailers of pseudoephedrine-based medicines to keep records of and report single customer purchases of more than a "120-day supply". As you may guess, the rule was supposed to fight the use of OTC pseudoephedrine in clandestine meth labs. Straight pseudoephedrine was not the only targeted product, either. Pseudoephedrine combined with antihistamines, guaifenesin, or DM were also to be monitored. But the guys at the Nonprescription Drug Manufacturers Association said the idea was "worrisome" and called upon their butt-boy, David Kessler, to step in.

Stock up now, since, no matter what Kessler says, the DEA has already implemented it's "final rule" of the 1993 Chemical Control Diversion Act. Under the provisions of the act retailers are required to restrict sales of ephedrine-containing products, and keep extensive records of all transactions for two years. That includes all information about the customer including method of payment method of "transfer" (i.e. whether or not he showed up in person, ordered by mail, etc.) Even so much as an inquiry into ordering more than 375 doses in a month's time is considered suspicious and employees are urged to call the cops and tell the boss. Employers are bound to hold the employee's identity secret forever. Pseudoephedrine can't be far behind.

• Besides, Kessler announced in early April he intended to use his little police agency to "crack down" on damn near anything having to do with ephedrine -- especially the plant itself!

Pills like "Herbal Ecstasy" [hammered in a recent Newsweek] are just "recreational, street drug-like products masquerading as dietary supplements", said the Pill Czar, "I believe they're drugs and should be treated as such."

He didn't say anything about OTC diet pills, which raked in \$130 million last year. That was a 34% rise in sales but only an 8% rise in unit sales. He also didn't say anything about controlling wanton sales of cinnamon, which has been shown to boost insulin production

• Last year's summer effort to create a third class of drugs available only from pharmacists or licensed prescribers has come to naught. Pharmacy trade organizations loved the idea and everybody was excited about the chance to regulate homeopathic medicines. But pill-hater John Dingell (D-MI) had his minions whip up a 137-page report that showed how such a thing would cause the downfall of civilization.

• Indiana has instituted a new, harder-to-forge prescription pad for its doctors. The state also decided to punish pharmacists who fall three months behind in court-ordered child support payments.

Hey, since the cops or jailers or somebody put down that I was both a heroin and methamphetamine abuser, I got pills on the second day! (To help with my "withdrawal"). Folks, the pill situation in our nations jails is terrible! All I got was a few 2-pill packs of generic Tylenol (regular strength!).



Pillisms. A pillism is simply a title, phrase, or saying in which one or more word is substituted with the word pill. Pillisms are fun and educational. Pillisms are a way of looking at the world. But be warned, pillisms are addictive. Once you've viewed the world through pill colored glasses, you may find it difficult to see it any other way.

I did NOT give the police my subscriber list and I doubt they found one. Still, they did ransack my place for quite awhile and they made off with a bunch of my papers so please be careful.

PILLISMS

THE MOVIES

- A PILL TOO FAR
- SHE WORE A YELLOW PILL
- MY LEFT PILL
- ANIMAL PILL
- BONFIRE OF THE PILLS
- LITTLE BIG PILL
- A FEW GOOD PILLS
- GONE WITH THE PILL
- FRANKENPILL
- SILENCE OF THE PILLS
- THE AMITYPILL HORROR
- LAST PILL TO BROOKLYN
- DEAD PILL SOCIETY
- INTERVIEW WITH THE PILL
- CITIZEN PILL
- IT'S A WONDERFUL PILL
- FROM PILL TO ETERNITY
- MIDNIGHT COWPILL
- LAST ACTION PILL
- FOUR PILLS AND A FUNERAL
- THE JOY PILL CLUB
- FULL METAL PILL
- MY FATHER THE PILL
- REMAINS OF THE PILL
- PILLS OF THE DAY
- PILL II SOCIETY
- PILL MAGNOLIAS
- PILLHANGER
- ALL PILLS GO TO HEAVEN
- PILL ALONE
- LIKE PILLS FOR CHOCOLATE
- SCARPILL
- CHITTY CHITTY PILL PILL
- THE GREATEST PILL EVER TOLD
- PILLESS IN SEATTLE

- STAR PILLS
A PILL IS BORN
PILL ON THE RIVER KWAI
SUPERPILL
FRIED GREEN PILLS
CLOSE ENCOUNTERS OF THE PILL KIN
SEX, PILLS, AND VIDEO TAPE
INVASION OF THE PILL SNATCHERS
THE ROCKY HORROR PILL SHOW
PILLS AND MISDEMEANORS
THE PILLORCIST
THE PILL HUNTER
MRS. DOUBTPILL
AND THE PILL PLAYED ON
SINGLE WHITE PILL
THE GODPILL
AROUND THE WORLD IN 80 PILLS
URBAN PILLBOY
MONTY PYTHON AND THE HOLY PILL
PILLADELPHIA
A PERFECT PILL
APOCALYPSE PILL
MANHATTAN PILL MYSTERY
HOWARD'S PILL
WILLY WONKA AND THE PILL FACTORY
PILL INSTINCT
ACE VENTURA: PILL DETECTIVE
WHAT'S PILLS GOT TO DO WITH IT?
DANCES WITH PILLS
PILL ALONE 2: PILLS IN NEW YORK
UNPILLGIVEN
ONCE UPON A PILL IN AMERICA
DOCTOR PILLVAGO
PILLS, TRAINS, AND AUTOMOBILES
MY OWN PRIVATE PILL

by
Grant Jerkins

- BEVERLY HILLS 902PILLO
- SEINPILL
- PILLS... SHE WROTE
- I DREAM OF PILLS
- MARY TYLER PILL
- THE DICK VAN PILL SHOW
- MY SO CALLED PILL
- OPRAH PILLFREY
- PILL DONAHUE
- THE PILL IS RIGHT
- PILL & ORDER
- PILL STREET BLUES

PILL TV

- MELROSE PILL
- MARRIED WITH PILLS
- NYPILL BLUE
- MURPHY PILL
- 60 PILLS
- PRIMETIME PILLS
- PILL TO PILL WITH CONNIE CHUNG
- 48 PILLS
- MAGNUM PILL I
- THIS OLD PILL
- THE BEVERLY PILLBILLIES

QUOTABLE PILLS

ASK NOT FOR WHOM THE PILL TOLLS; IT TOLLS FOR THEE
ONE SMALL TABLET FOR MAN, ONE GIANT PILL FOR MANKIND
I NEVER MET A PILL I DIDN'T LIKE
A PILL IN THE HAND IS WORTH TWO IN THE BOTTLE
A PILL IN TIME SAVES NINE
WE HAVE NOTHING TO FEAR BUT PILLS THEMSELVES
ASK NOT WHAT YOUR PILLS CAN DO FOR YOU, BUT WHAT YOU CAN DO FOR YOUR PILLS

CONT from Page 2

To ensure the kids get their rightful due, Indiana plans to suspend the licenses of deadbeat dad pill rollers. Once they've lost their jobs, they *sure* to pay up, and pronto!

Check this out, from "Jaws 2" here's a description of the evil pharmacist. After he "sneaked a glance out the prescription window" to check on his wife, Nate Starbuck

"turned back to his inventory. He was counting pill bottles. He had lost track, damn it, with her mooning around, and he would have to start over."

Nate, who has stolen the underwater pix of the latest shark menace and is keeping them secret, then yells at his wife to help him in his horrible little game, a pill to exploit the lives — and deaths — of his fellow man so he can make some money.

OK you guys, that's all I can come up with for this ish. Our kind landlords seized, then destroyed or sold all of the things we were told we could keep in storage. Then they hit us with a "damage" bill for more than \$4,000 dollars! May they reap what they are sowing.

Me, I'm takin' a Valium. And thinkin' up more ways to subvert the underpinnings of this wholesome society. Next issue I wanna review some of the many pills that went over-the-counter in 1995 and also discuss why pharmacists have the second highest suicide rate in the country (right behind psychiatrists).

(The films of Alfred Hitchcock)

- THE PILL WHO KNEW TOO MUCH
- TO CATCH A PILL
- DIAL "P" FOR PILLS
- PILLBOUND

(James Bond)

- LICENSE TO PILL
- THE PILL WHO LOVED ME
- A VIEW TO A PILL
- PILLOPUSSY

(Pilltrek)

- PILLTREK: THE MOTION PILL
- PILLTREK III: THE SEARCH FOR PILLS
- PILLTREK IV: THE PILL HOME
- PILLTREK VI: THE UNDISCOVERED PILL
- PILLTREK II: THE WRATH OF PILL
- PILLTREK V: THE FINAL PILL

(Disney)

- PETER PILL
- PILLTASIA
- BEAUTY AND THE PILL
- SNOW WHITE AND THE SEVEN PILLS
- 101 PILLS
- THE PILL KING

THEATRE

- PILL ON A HOT TIN ROOF
- A PILL NAMED DESIRE
- THE ELEPHANT PILL
- A CHORUS PILL
- FUNNYPILL
- SUDDENLY LAST PILL
- THE PILLMAN COMETH
- WHO'S AFRAID OF VIRGINIA PILL?
- MY FAIR PILL
- THE ODD PILL

LITERATURE

- PILLS AND PREJUDICE
- THE OLD MAN AND THE PILL
- TENDER IS THE PILL
- THE BEST PILLS OF OUR LIVES
- THE TELL-TALE PILL
- A GOOD PILL IS HARD TO FIND
- THE RED PILL OF COURAGE
- TO PILL AND PILL NOT
- WUTHERING PILLS
- THE PILL JAR
- PILLFAST AT TIFFANY'S
- OTHER VOICES OTHER PILLS
- THE PILLMAN ALWAYS RINGS TWICE
- THE PILL ALSO RISES
- OF MICE AND PILLS

MUSIC

- ABBEY PILL
- ELEANOR PILLBY
- A PILL IN THE LIFE
- HEY PILL
- MICHAEL JACKSON'S PILLER
- PILL IT
- I WANNA PILL WITH YOU
- WHOLE LOTTA PILLS
- RUBBER PILL
- THE LONG AND WINDING PILL
- WITH A LITTLE HELP FROM MY PILLS
- CAN'T BUY ME PILLS
- PILLY JEAN
- PILL OR WHITE
- LED ZEPPELIN: UNPILLED

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WE ALL NEED...

African Aphrodisiac Investigated

A Pharmaconaut Experiments With an African Herb Gaining Increasing Acceptance in the "Official" Medical Community As a Treatment For Impotence

YOHIMBE is an herb derived from the bark of a tree native in Africa (*Corynanthe yohimbe*). Untold generations of indigenous people dwelling in the tree's native range have used it as an aphrodisiac. The apparently active principle in the bark is called yohimbine.

According to *Men's Health Newsletter*, "there has been a significant jump in the number of urologists who have been prescribing yohimbine as an impotence remedy" in recent years.¹ Several medical studies in the last 10 years have all indicated very positive results; from a third to one half of the men with impotence problems using yohimbine experienced a definite beneficial effect.²

Further, yohimbine (at therapeutic dosages) has few side effects for most users, and these are not serious. Nausea and diarrhea are most often mentioned, along with dizziness or flushing.³ One source reported to me that he heard yohimbe use reduces blood pressure in some individuals. However, citations in *Physician's RX* and *Physician's Desk Reference* both indicate yohimbine could raise blood pressure and increase heart rate. I have read one published anecdote of an individual ingesting a very large quantity (exact amount unknown) of the raw bark at one time (hoping for an immediate aphrodisiac effect) and experiencing unpleasant nausea and incontinence.⁴ Another described taking 4 capsules of prepared bark (1800 mg.) and experiencing aphrodisiac effects within 24 hours, along with sensations of flushing and chills and a little nausea.⁵ Nothing is known of what other drugs or alcohol may have been used by these individuals at the same time; these are merely two laymen's anecdotes from non-medical literature describing uncontrolled, subjective experiences.

The medical literature to the present has expressed a general consensus that no one understands exactly how yohimbine works.⁶ But all studies (including sophisticated double-blind experiments) have indicated a significant success rate at

helping impotence problems; none have proved that it doesn't work. Further, all suggestions from the medical literature indicate yohimbine is a relatively safe substance with few side effects, none life-threatening. As I have never seen any speculation on a dangerous overdose amount, or a lethal-dose amount, I suspect there is no serious danger in experimenting with the natural herb or prepared yohimbine. Further, all the medical studies suggest yohimbine must be used in sufficient quantity for a considerable period of time (2 weeks or longer) to begin having a beneficial effect.

What effects would Yohimbe/yohimbine have on the sexual functioning of a normal healthy male? I determined to find out, becoming a willing guinea pig! At the time of my first experiment, I was pushing age 40, and my subjective feeling was my sex drive and performance was not as super-charged as it was when I was, say, 18 years old . . .

I am nearly 6 feet tall, 165 lbs., in good health, not taking any prescription drugs, and not experiencing any impotence problems; just want to experiment to discover if the O.K. condition could be improved, sharpened. Am very erotic and sexually energetic, most of the energy finding release through almost daily auto-erotic exercises, some very focused and intense.

For my first experiment, I obtained a relatively small amount of shredded bark from an herbal supplier. There was a paucity of info I could find as to how the indigenous inhabitants utilized the plant. I steeped the bark and made a tea; with sweetener it tasted surprisingly good. I found that by combining it with my regular tea and sweetener, it was almost as tasty as Pepsi! I drank the tea daily for about 10 days at mealtime (about a half teaspoonful of finely shredded bark in each quart). This first experiment occurred in July, and it was warm and muggy. On the 2nd day I noticed occasionally a slight flushed feeling that made the heat seem more uncomfortable. This persisted throughout this trial use. By the end of my trial, I did not detect any change in my libido, or any increase in unsolicited erections. However, by the time I had used all the bark, I subjectively felt that a couple of masturbation sessions were much superior to the norm, easier to call up and maintain a maximum erection. This continued for some days after the bark was used up. I was curious if I simply imagined this. The flushed feeling I attributed to the action of the yohimbine in dilating small blood vessels in the skin surface, an effect described in some of the literature I had read.

Ultimately, my curiosity considerably piqued, I decided to be a little more scientific. I found I could obtain capsules of powdered bark at a health foods store. The price was reasonable. I decided to begin this second trial in January, and perhaps avoid the slightly annoying flushing effect (it was scarcely noticeable this time during colder weather). The capsules I bought contained 500 mg. pure powdered Yohimbe bark. (A professional lab analysis of the brand I used revealed these capsules contained about 7.2 mg. of yohimbine HCL; the brand was *Michael's*.⁷ I began by taking 1 capsule each day with supper (to avoid any potential conflict with vitamin/mineral supplements I take at breakfast). I continued this one-a-day regimen for 2 weeks and then increased to 2 capsules a day for 2 weeks (lunch and supper), followed by 3 capsules a day for a week. Finally, I tapered back to one capsule a day for a final two weeks. I also emptied one capsule into the teapot each time I brewed tea during this time. During this time I felt no ill effects. In the second and third week I noticed a distinct improvement in my erection quality when aroused. By the end of the third week this was pronounced, and I was certain it was not my imagination. (Remember how you used to awaken every morning with a raging hard-on when you were sixteen or seventeen?—well, suddenly I was experiencing this again!) With erections easier to call up and maintain, my libido kicked in and my frequency of sex play increased significantly. At about week 4 I suddenly realized another change had gradually occurred: the volume of semen in each ejaculation was significantly greater than it had been in years. After discontinuation of Yohimbe, my elevated performance continued for 4 or 5 months . . . into July or so.

I have now indulged in a similar regimen of Yohimbe bark usage each year for the last 4 years, with exactly the same results. Because I am into intense auto-erotic exercises (a "master-masturbator" . . .) I am acutely aware of the quality of my erections and any subtle variations. I sense that the use of Yohimbe has a pronounced effect on creating the *maximum quality* erection and its duration, as well as generally facilitating

Four Yohimbe capsules in one day (during my regimen) had no ill effect. However, I have never taken more than this in one day, nor have I taken this much all at one time or without tapering dosages before and after. (Still some experiments in the future, I suppose...). On retiring at night I occasionally noticed my heart beat seemed stronger than usual when I was on the highest dosage; but this was not an unpleasant complaint.

In summary, I don't consider Yohimbe an aphrodisiac in the traditional sense (my sense of what an "aphrodisiac" would do is a sudden or relatively sudden arousal of libido and/or generation of erections within minutes or a few hours . . . and am *STILL* hoping and looking for *THAT* magic elixir . . . any clues, dear readers?). I *DO* feel Yohimbe has *definite* value to the normal healthy male as an enhancer of erectile function, particularly to someone into the delicate nuances of prolonged masturbation and plateaus of stimulation, sustained/multiple orgasms, etc. And, of course, for the male with *slight* or *serious* impotence problems, Yohimbe/yohimbine could most certainly be beneficial. Recent studies even suggest that Yohimbine may actually help overcome the negative effects on male sexual performance caused by certain prescription drugs, including some antidepressants and blood pressure medications.⁸ All studies suggest long-term use (3 weeks or more) is necessary for beneficial effects to be maximized, and that these beneficial effects can last for a long time after discontinuation of use. It would be most interesting to know exactly how indigenous peoples used it, and what effects they attributed to its use.

As indicated, I feel Yohimbe is a very low-risk substance, and (when taken as raw bark) a completely natural therapy. Few—if any—complications should be expected for a normal healthy male wishing to experiment with reasonable amounts. However, caution might be in order if you have high blood pressure or hypertension problems, are taking certain mood modifying drugs, or have compromised kidney function, in which case advice from a physician should be sought. Keep in mind that considerable mis-information about Yohimbe has been disseminated in some poorly researched publications and computer information sites; Yohimbe has been portrayed as ineffective (which it usually is when taken in just one massive dose), and many unpleasant side effects are attributed. These sources have also mistakenly identified Yohimbe as an MAO inhibitor (a chemical with a specific action in the body, a monamine oxidase inhibitor). MAO inhibitors cause serious drug interaction problems with several substances and a few foods. However, Yohimbe is NOT an MAO inhibitor; thus its use is not restricted by any incompatibilities.⁹ *Physician's Desk Reference* specifically avoids classifying Yohimbe as an MAO inhibitor, but does caution that the complex chemical and physiological processes it induces may lead in some individuals to acute anxiety, and cautions against use with antidepressants and other mood modifying drugs. (At the same time, as cited previously, clinical studies are ongoing which show Yohimbe used WITH certain mood modifying drugs, including Prozac, helps counteract the negative sexual side effects inherent in the drugs¹⁰). Again, the medical community is still quite uncertain about the exact mechanism or mechanisms by which Yohimbe accomplishes its beneficial therapeutic action, though several specific limited and allied chemical actions have been identified or implied.¹¹

To use this substance you will first have to decide whether you wish to use the raw bark (which may contain a whole range of other ingredients of unknown action, as well as variable amounts of the particular chemical identified as the active principle, yohimbine), or the pharmaceutically prepared and pure form of yohimbine, now available under several brand names. For me, the choice was easy; the natural whole bark might exert a superior *total* effect, I reasoned. Since this worked quite fine for me, I never tried any of the pure yohimbine products marketed by the drug companies. Use the protocol described herein as a guide only. Get professional advice if in doubt. And, if your physician seems unnecessarily negative about Yohimbe to start with, seek advice elsewhere. The two most informative, balanced, and accurate presentations on Yohimbe I've seen are the presentations in *Men's Health Newsletter* (September, 1990) and Morgenthaler & Joy's book, both cited herein.

Reporting with all due respect and, as always, in sincerest curiosity,

Your humble pharmaconaut,

Captain Libido



HERB CAPSULES



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SUPER YOHIMBE
500 MG