



## From Chocolate to Morphine: Everything You Need to Know About Mind-Altering Drugs

By Winifred Rosen, Andrew T. Weil M.D.

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From Chocolate to Morphine is the definitive guide to drugs and drug use from one of America's most respected and best-known doctors. This enormously popular book — the best and most authoritative resource for unbiased information about how drugs affect the mind and the body — covers a wide range of available substances, from coffee to marijuana, antihistamines to psychedelics, steroids to smart drugs, and discusses likely effects, precautions, and alternatives. Now expanded and updated to cover such drugs as oxycontin, Ecstasy, Prozac, and ephedra and to address numerous ongoing issues, including the United States' war on drugs, marijuana for therapeutic use, the overuse of drugs for children diagnosed with ADHD, and more, From Chocolate to Morphine is an invaluable resource.

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Since drug use has occurred throughout history and within most cultures, the authors in this updated edition of their original work ( LJ 3/15/83) believe that "education based on truthful information is the only solution to the drug problem." In straightforward language, Weil and Rosen distinguish between drug use and drug abuse and stress the importance of developing a "good relationship" with drugs. Because the authors do not condemn drug use (legal or illegal), their volume may be considered unorthodox by some. Each chapter deals with a specific class of drugs, such as stimulants, depressants, and psychedelics, and describes the different effects of drugs in each category. At the end of each chapter are some precautions for using those drugs and also suggested readings for more information. Aimed at young people and their parents and teachers, this book offers an alternative way of looking at drug use. Recommended for public libraries.

- *Kathleen McQuiston, Philadelphia Coll. of Pharmacy & Science*

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No one can argue that our society likes altered states of consciousness-even if it's just a chocolate rush from a candy bar. This book is a fascinating primer and history on mind-altering substances. It doesn't advocate or judge; it just presents the risks and benefits, non-hysterically, on the substances floating around out there today, from magic mushrooms to marijuana to cold remedies. Very few of us are truly "drug free," so you might want to get the scoop on what's going in before you ingest it. -- *From The WomanSource Catalog & Review: Tools for Connecting the Community for Women; review by Ilene Rosoff (The WomanSource Catalog & Review)*

### **About the Author**

Andrew Weil, M.D., has degrees in biology and medicine from Harvard University. Author of the best-selling *Spontaneous Healing* and *Eight Weeks to Optimum Health*, he traveled the world experiencing and studying healers and healing systems and has earned an international reputation as an expert on alternative medicine, mind-body interactions, and medical botany. He is the associate director of the Division of Social Perspectives in Medicine and the director of the Program in Integrative Medicine at the University of Arizona in Tucson.

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