

Cheese – \$2 Death Snack

A new version of an old drug, heroin, is being marketed to young children, middle school children, to be specific. It's called "Cheese" and sells for about \$2 for a single hit. "Cheese heroin" is a blend of so-called black tar Mexican heroin and crushed over-the-counter medications that contain the antihistamine diphenhydramine, found in products such as Tylenol PM. The sedative effects of the heroin and the nighttime sleep aids make for a deadly brew.

Both heroin and antihistamines will start slowing everything down. Heroin acts as a sedative on the Central Nervous System (brain and spinal cord). Users of Cheese are getting a double dose of "downers" and are slowing down *everything* inside their body. Sooner or later they will slow down their heart until it stops and then they're dead. There have been reports of children dying after just one use of this \$2 killer.

Use of this drug surfaced in Dallas and the authorities are trying to stop it there before it gets out to the rest of the country. The ease of communication via the Internet and cell phones helps a drug trend spread rapidly across the country.

"Cheese" is not only dangerous; it's cheap. School kids can get it for about \$2 for a single hit and as little as \$10 per gram. They can snort it through a straw or through a ballpoint pen. It causes drowsiness and lethargy, as well as euphoria, excessive thirst and disorientation. The ground-up, tan substance looks like Parmesan cheese, therefore its name. Another theory is that it's shorthand for the Spanish word "chiva," which is street slang for heroin.

The name, "Cheese," sounds benign and gives no hint of its deadly potential. It's name is a household staple and sounds safe to young children in school. The street dealers are dope dealers without any concerns about selling a lethal dose of this heroin mix to middle-school kids.

In an assembly in a Texas middle school, the students were asked how many knew a "cheese" user. Almost every student in the room raised their hand. When they were told that the United States has the highest rate of drug users in the world, the students cheered. They were in middle school, just out of grammar school.

"Cheese," a so-called "starter form" of heroin, is typically found folded inside a small paper bindle. In the Dallas area this drug is popular among Hispanic juveniles, both male and female. Known users are as young as 13 years old. As with any form of heroin, "Cheese" appears to be highly addictive, and withdrawal symptoms may show up within 12 hours after the last use, if it didn't kill them.

Children as young as 13, or younger, need to be protected from this assault on their childhood and their lives. You, as a parent, are the only thing standing between your children and almost certain disaster. Don't waste the opportunity to protect your children.

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Pat Graham is the author of the eBook: *"Child Drug Addicts – Save Them While You Can"*
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