

Drugs Without the Hot Air® Making sense of legal and illegal drugs

Professor David Nutt

The dangers of illegal drugs are well known and rarely disputed, but how harmful are alcohol and tobacco by comparison? What are we missing by banning medical research into magic mushrooms, LSD and cannabis? Can they be sources of valuable treatments?

Drugs without the hot air looks at the science to allow anyone to make rational decisions based on objective evidence, asking:

- What is addiction? Is there an addictive personality?
- What is the role of cannabis in treating epilepsy?
- How harmful is vaping?
- How can psychedelics treat depression?
- Where is the opioid crisis taking us?

Many of David Nutt's policies have won international support, reducing drug-related harm where policies are founded on scientific evidence:

- Per-unit minimum pricing of alcohol in Scotland
- Liberalization of the law on recreational drugs in many states in USA, Canada and Portugal
- State control of drug supply in Uruguay
- \$30 million funding in Australia for medicinal cannabis research for cancer patients

Because of his research into magic mushrooms and LSD for the treatment of PTSD, multiple sclerosis and severe depression, David Nutt was considered a maverick. Now, however, psychedelic research is firmly on the agenda, seriously supported by the international scientific community.

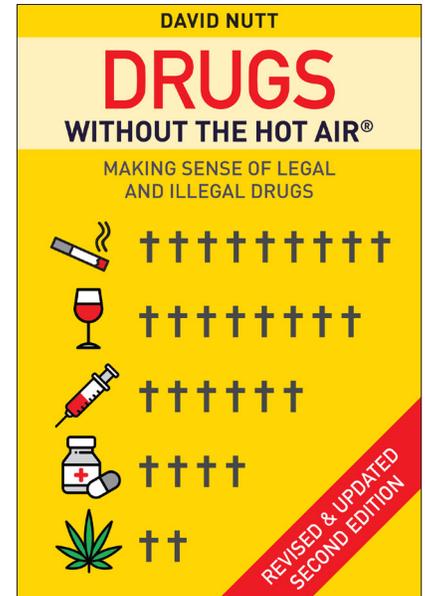
There is much still to be done, and serious challenges constantly face society, especially when politics overrides science. Instead of working with the facts, governments continue to pander to uninformed public opinion for electoral advantage. This unwillingness to change and a preference for hysteria damages us all.

The recent blocking of the appointment of experts to the Advisory Council on the Misuse of Drugs shows how much we stand to lose or gain by changing public opinion. These experts were sidelined because their political views on unrelated topics did not fit with that of the government.

The issue of what is a drug and how we should live with them touches us all, parents, teachers, users – anyone who has taken a painkiller, puffed on a cigarette or drunk a glass of wine.

This much-awaited second edition brings us bang up to date with where we are in the 'war on drugs'. Since all of us have taken legal or illegal drugs of some kind at some time, this is an important book for everyone.

-ENDS-



Endorsements:

The basis for pragmatic, science-based drugs policy, Nutt punctures the myths and tells it like it is. A manifesto and a must-read.

- Tim Newburn, Professor of Criminology & Social Policy, LSE

Engaging, informed, contemporary and wise: David Nutt's new edition will inform anyone touched by the myriad psychoactive chemicals we call drugs. That's everyone.

- Peter B Jones, Professor of Psychiatry, Cambridge

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