

problem, however, if you are using GH-3, KH-3, GH-3000, or similar procaine-based products. Although procaine is an MAO inhibitor, its action is mild and quickly reversible. If the above warnings regarding combinations are not heeded, sudden blood-pressure changes may occur and result in shivering and chest pressure. If this happens, the patient should remain calm, warm, and as comfortable as possible until symptoms have subsided (usually within 30-60 minutes). Vigorous spinal massage helps to lessen chill feelings.

PRICES

SUBSTI-TOOT

One gram.....\$6; Quarter ounce (7 grams).....\$30; Half ounce (14 grams).....\$55; One ounce (28 grams).....\$100. For larger weights, please inquire.

EPHEDRINE SULFATE

Same price schedule as SUBSTI-TOOT.

EPHEDRINE HYDROCHLORIDE

Same price schedule as SUBSTI-TOOT.

YOHIMBINE HYDROCHLORIDE

One gram.....\$20.

CORYNANTHINE (FREE-BASE)

One gram..\$20 until 12/1/82, then \$30

CATHINE (D-NORPSEUDOEPHEDRINE)

One gram.....\$20.

5-METHOXY-N,N-DIMETHYLTRYPTAMINE

We have limited supplies of this sacrament from time to time. One package containing 250 mg of parsley flakes saturated with 50 mg of the sacrament costs \$20 and affords 10 to 18 experiences. We want to offer each member of the Church of the Tree of Life the opportunity to experience this difficult to obtain sacrament, so we must restrict orders to one package per member. If you want this sacrament, send us a self-addressed envelope with stamp and we will send you an order blank when it is available.

Send orders to INNER CENTER, P.O. Box 362, Hermosa Beach, CA 90254. Orders paid for with cashier checks or money orders will be shipped immediately. Business or personal checks will require thirty days to clear.

Discount coupons for some sacraments can be obtained from Church of the Tree of Life by members who send them a SASE and \$5 for \$20-\$25 in coupons. One sheet of coupons per member per three-month period. Coupons for books, herbs and products from other suppliers are also included. Write to: Church of the Tree of Life, 405 Columbus Ave., San Francisco, CA 94133. See BARK LEAF #14, the Church bulletin.

To learn more about this sacrament, we recently conducted a subjective sampling study with a group of thirty-seven Church members. Although there were some minor variations in reactions to it, the general consensus was as follows: Taste is more pleasant (less bitter and biting) than ephedrine, also easier on nostrils when snorted, taste more like that of cocaine. Whole experience smoother than that of ephedrine. General effect not as wired as with other stimulants. No tension in neck or jaw muscles. Initial effects felt 15 to 30 minutes after ingestion. Pleasant, spaced feeling lasting about one hour is followed by pleasant stimulation lasting for several hours. Although the first (spaced) stage is not conducive to accomplishment, the second (stimulated) stage definitely is. Most found that they could do creative work better under its effects than they could on cocaine, ephedrine, amphetamine, and other central stimulants, and were surprised at how much they got done. Yet they did not feel "speeded". The aftereffects were also smoother. All subjects slept soundly after the effects wore off and awoke feeling refreshed. Descriptive comments included: "Very nice". "Feels like a more natural high than most I've tried". "Prefer its effects even to those of coke". "Definitely the champagne of stimulants". None of the negative side effects described by Adam Gottlieb in Legal Highs were experienced by subjects in this group. Here are some recent comments by Dr. Gottlieb.

"Khat is one of the most popular drug plants in the world. The fresh leaves and stems are chewed or brewed as a tea. The plant was mainly found in wooded areas of Ethiopia, but is now cultivated in other areas. Ethiopian Airlines was originally founded for the sole purpose of exporting fresh Khat leaves daily to Yemen and other places where it is widely used. It has been reported that prolonged use of Khat may result in various debilitating effects, including cardiac weakness, loss of appetite, reduction of sexual drive, and delerium tremens. I believe these reports to be factual, at least among long-term users in Yemen who have been taking Khat daily for many years. Prolonged and immoderate use of any stimulant, however, will have the same, if not worse, results. Dietary inadequacies among these Yemenites and Ethiopians may also be contributing factors. There appears to be no danger in the occasional moderate use of this stimulant; in fact, it seems to be safer and generally superior to other stimulants in common use at this time. I do not recommend that any stimulant of this sort be used more often than once or twice a week, even by very healthy subjects."

SUGGESTIONS FOR THE SACRAMENTAL USE OF 5-METHOXY-n,n-DIMETHYLTRYPTAMINE

One small pinch in a one-toke pipe is the correct amount for individual sacramental use; that is, 3-5 mg of active material. The passageways of the pipe must be clear and unobstructed. It is best to use a brass screen so that the pipe does not become clogged with flake during inhalation. Use a pipe that you do not intend to use later for smoking other materials. This substance will leave a strong indole taste in the pipe that is not conducive to the enjoyment of certain other smokeables. Also, enough residues can build up in a pipe to cause a psychotropic effect unintentionally when other materials are used. The pinch of sacrament should be smoked in one complete inhalation and held in the lungs for at least 30 seconds. Be sure to get the flame into all corners of the pipe bowl and continue to apply the flame for a few seconds after the material appears to be consumed to ash. This prevents the active vapors in the pipe stem from condensing on the inside. Because of the sudden and overwhelming nature of this sacrament, one should be seated or reclining at the time of inhalation.

I and most other Church members I know enjoy employing this sacrament on occasion, but not frequently. It leaves such a pleasant aftereffect that I am happy to experience that state rather than repeat the sacramental ritual again immediately. Many people with whom I have shared this sacrament, however, wanted to do it again right away - sometimes several times in a row. After a few repeats, though, they enjoyed it less, had less pleasant afterstates, and found it increasingly difficult to obtain a full initial effect without increasing the dosage. Like LSD, psilocybin and mescaline (also its analogues), it causes temporary tolerance and is also cross-tolerant with these substances. It usually takes 2 or 3 days for the body to regain its ability to respond to any of these substances.

I find this substance most pleasing when taken fairly early in the day on an empty (not starving) stomach. Do not be in any kind of pain or discomfort when using this sacrament. It can greatly exaggerate these. Even an ordinary sunburn can feel like fiery claws. Do not drink any alcohol prior to use. Even a can of beer or a small glass of wine taken within an hour before use can result in nausea. Do not use this sacrament within 12 hours of having used dexedrine, any amphetamine, ephedrine, norpseudephedrine (khat), yohimbine, corynanthine, phenylpropanolamine, diet pills, Substi-Toot, Ultra-Caine, or similar products. Do not use if you are currently taking prescribed MAO inhibitors. There is no

THE TWENTIETH CENTURY ALCHEMIST

PRESS RELEASE

[Nationwide church protects right to use certain drugs, now free, plus bonuses]

It seems that the only way for Americans to preserve their natural right to partake of substances that can get you high is to adopt them as religious sacraments before laws are passed against them. Churches and synagogues were allowed to continue to use wine during Prohibition. Native American Church members can still use peyote. These were established sacraments long before laws forbidding them were passed. However, if you try to start a religion that uses marijuana, LSD, or cocaine as sacraments, the First Amendment of the Constitution gives no protection. They are already illegal. It is only when the religion existed before the law that Freedom of Religion becomes a valid issue.

Many powerful substances have remained untouched by the statutes. They were not well-known enough to bother with in 1970 when the U.S. Code was revised and many other substances were outlawed. But with the publication of books like Herbal Highs and Legal Highs a number of the untouched drugs have become popular. The question is: what happens when the government eventually adds these "legal highs" to the forbidden list?

In 1971, the Church of the Tree of Life was formed in San Francisco and incorporated in the state of California. The Church established as its sacraments all of the substances that were still legal at that time. These sacraments include not only chemicals and herbs that have psychotropic properties, but also ones that have medicinal and nutritional uses. The Church did not name these sacraments in any attempt to use the Constitution for its purposes, but soon recognized the significance of what had been done.

Until lately, it cost \$10 a year to be a member of the Church, although membership was never denied to those who could not afford this fee. It was announced, however, in a recent issue of Bark Leaf (the Church's quarterly bulletin) that a new policy is now in effect, wherein membership is not only free, but members also receive certificates that allow substantial discounts on products from several companies. These products include herbs, chemical sacraments, rare plants and seeds, nutritional supplements, life-extension drugs, brain-enhancing drugs, books, and paraphernalia. The suppliers enthusiastically support the Church in return for the privilege of being able to offer discounts, and thus advertising, to members.

In the past, many companies have wanted to purchase the Church's listing of about 5,000 members, but this was impossible because the Church is obligated to protect the privacy of its members. Instead, the Church now uses the discount certificates to turn its members on to suppliers of hard-to-find products.. The rest is up to the individual member.

The Church of the Tree of Life is a nonprofit and nondogmatic religious organization whose purpose is to celebrate the various sacraments produced by nature and man, and to teach its members the proper ways to use these sacraments safely and effectively. There is only one belief that the Church requires of its members: that every person is sovereign of his or her own mind, body and spirit, and may do with these as he or she chooses as long as such actions do not directly infringe upon the rights of others.

If you wish to become a member of this remarkable organization, write to: Church of the Tree of Life, 405 Columbus Avenue, San Francisco, California 94133. Most people include a donation of a dollar or two to help cover mailing costs, but this is not necessarily required.

This is a public service notice from Twentieth Century Alchemist Publications, P.O. Box 3684, Manhattan Beach, CA 90266. It is not at all necessary that you credit us for the notice when you publicize it.

Sacramental Herald

A Sacrament Suppliers Newsletter from INNER CENTER, POB 362, Hermosa Beach, CA 90254

NEW POLICY FOR INNER CENTER

Previously, we were open to selling our sacramental products to any customer, but we offered substantial discounts to members of the Church of the Tree of Life. It used to cost \$10 a year to be a member of that church, but now they have worked what we regard as a minor miracle through which membership is not only free, but in addition members receive certificates for purchasing chemical sacraments, herbs, vitamins, life-extension drugs, rare plants and seeds, books, paraphernalia, and many other products at great discounts.

Many substances, including the products we sell, are official sacraments of the church. Therefore, the rights of members to obtain, possess, and make use of these materials is guaranteed and protected under the Religious Freedom Clause of the First Amendment of the Constitution of the United States of America, no matter what laws are later passed to control these substances.

Inner Center has now decided to sell its sacramental products only to members of the Church of the Tree of Life. There are several reasons for this decision. The Church publishes literature advising its members about the proper ways of using its sacraments, which makes members better candidates for the sensible use of these special products. Also, Inner Center stands on more legitimately solid ground selling these products to church members than to the general public, and feels more secure that they will not be misused. Furthermore, supplies of some of our sacraments are limited, and we would rather see what is available go to people who are using them as part of their religious expression than to others who may use them in less enlightened ways. Since our decision is founded on a matter of responsibility and possibly legality, we do not feel that this restriction of sales to members of a particular church represents any form of discrimination against other churches or individuals with no religious affiliations. Anyone can become a member of the Church of the Tree of Life, even if they already belong to another church. The Church doesn't force any beliefs on its members. They only teach a sane relationship between humanity and its chemical and herbal sacraments. Their one and only belief is that every human adult is the ruler of his or her own mind, body, and spirit; and has a natural right to do with these as he or she chooses as long as this does not directly infringe upon the rights of others. Who, other than tyrants, can argue with that?

SUBSTI-TOOT

THE NEW STERNUCATION FORMULA

An associate of ours has developed a new product that may interest you, but which we also feel obliged to warn you about. Because of the current outrageous prices being charged for a popular Peruvian product and the constantly decreasing quality of that product due to adulteration, some Church members have asked if there is a legal and inexpensive product that has all of the important features (stimulation, numbing, etc.) of the "real thing". Something that they could share with friends as a sacrament for gregarious and garrulous gatherings, that looks and feels like the "real thing". There is a product that fits the bill. It is called SUBSTI-TOOT, and it is so well designed that most people cannot tell the difference between it and the "real thing". It even passes most of the standard tests, such as melt point and Clorox tests. Unfortunately, because it is so difficult to distinguish between the two products, we have learned that some people are now using it as a cut or even selling it as the "real thing" itself. We most certainly do not condone this. However, we don't want to deny our customers access to a substance that is an excellent sacrament in its own right just because of the ways that some people are using it. Therefore we feel that the best thing we can do is to make the product available to our customers so that they can enjoy it for its sacramental value and familiarize themselves with its characteristics and properties. This way they can learn to make the distinction between the two products when purchasing the "real thing".

SUBSTI-TOOT consists of a blend of ephedrine salts plus a nontoxic local anesthetic agent (manufacturer's secret) which does not turn brick-orange in Clorox (standard test for any of the various synthetic -caine cuts). The mixture has been recrystallized with nontoxic solvents to produce very attractive "rocks" which can be easily chopped or shaved with a razor blade.

BOX 352
H.B. CA 90254



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SAT Lake City Utah
84108

INNER CENTER UPDATE: Because we have only limited supplies of 5-MeO-DMT from time to time, we must control the number of orders by requiring order blanks. If you want to order more of this sacrament, send us a SASE (self-addressed envelope with a 20¢ stamp on it) and we will send you an order blank when the product is available. When you get the product, you must send another SASE if you want another order blank the next time. If there are more than one persons in your household, each must send a separate SASE. Do not ask for more than one blank per SASE. We must do this to keep track of the number of people that want the sacrament.

As stated in our brochure, we require that our customers be members of the Church of the Tree of Life. If you have applied for membership, but have not yet received a response from the Church, it is all right. You can go ahead and place your order. We understand that the Church has recently been overwhelmed with new applicants and is running behind schedule on getting membership cards, etc. out. If you've applied, you can state that you are a member.

We have had requests for prices of weights over one ounce for SUBSTI-TOOT. One oz is \$100; $\frac{1}{2}$ lb (4 oz) is \$380 (\$95/oz); $\frac{1}{2}$ lb (8 oz) is \$720 (\$90/oz); 1 lb is \$1,360 (\$85/oz). These are also ephedrine prices.

We ship orders paid by cash or money order within 1 to 3 days (sometimes we get so many orders at once that it may take up to three days to get them out). Our brochure states that orders paid by check (personal or business) require 10 days or more to clear. Recently we have had some checks that bounced after nearly a month. Therefore we must now require 30 days for check clearance. Most checks clear much quicker than this, but we can't be calling the bank every day to find out which checks have cleared. If you have paid with a check and have received your cancelled check from your bank, you can send us a xerox of the back and we will ship your order immediately. Your best bet, however is to send a money order. We don't recommend sending cash. If it gets lost or stolen in the mail, we cannot be responsible. We hate to have to have such a strict check-clearance policy, especially with some of our oldest and most trusted customers. But it was some of our oldest and most trusted customers who recently wrote us bad checks.

Because so many customers didn't understand our order-blank policy regarding 5-MeO-DMT, we are sending blanks to all who have bought it before — this one time only. Also it is probably the only time you will receive this UPDATE NOTICE. So don't lose it. ~~Some of us are including one order blank per customer, out of fairness, we include one blank (this time only) for each customer that sends us a SASE.~~

CORYNANTHINE (FREE-BASE)

Those who like yohimbine as a sacrament may like corynanthine even more. It is one of the several other alkaloids found along with yohimbine in the bark of the African tree, Corynanthe yohimbe. As most of you know, yohimbe bark is brewed into a decoction which is drunk by many Bantu speaking tribes for its stimulant, euphoric and aphrodisiac effects. The latter is due to its direct stimulation of the spinal nerves that influence erection and increase circulation in the pelvic region. Many men and women have observed these effects from both yohimbe bark tea and yohimbine hydrochloride, which was formerly regarded as the main active alkaloid in the bark. It has also been reported that during sexual intercourse lovers often feel warm shivers and a feeling that their bodies are melting into each other.

Unfortunately, especially when the whole bark decoction (yohimbe bark tea) is used, there are occasionally some unpleasant initial side effects during the first 15 to 20 minutes, including queasiness and mild nausea (somewhat like the first effects of mescaline or peyote, but not as strong). These side effects are explained by some of the other alkaloids present in the bark. In order to avoid the effects of these alkaloids, some people used pure yohimbine hydrochloride instead. Most found this preferable, although a few still experienced some slight initial queasiness.

It was noted, however, that although yohimbine was uniquely stimulating, certain euphoric qualities that the bark gave were not as pronounced. Later it was learned that these euphoric characteristics were due to the corynanthine in the bark. In fact, since the proportions of the different alkaloids varies in different subspecies and geographical variants of the tree, the exact effects of the bark also varies. The higher the corynanthine content, the more euphoric the brew. Not only that, but the stimulating and "aphrodisiac" effects of corynanthine are more pronounced than those of yohimbine. Therefore, the effective dose is considerably smaller. As a result, the side effects of corynanthine are greatly reduced.

A note of CAUTION, however, especially for people who are accustomed to using yohimbine: Weight for weight, corynanthine does have more noticeable side effects, so a much smaller amount must be used. But using this smaller amount, dose for dose, the side effects of corynanthine are far less and most often nonexistent.

A few years ago, Paracelsus, Inc. introduced a very popular product called Yocaine to the head shop market. It contained a mixture of yohimbine and corynanthine. Although Yocaine was in great demand, it was suddenly taken off the market. The FDA had come down on Paracelsus, Inc., not for selling these substances to the public, but for describing on their label the proper way to use the product. A cruel twist of legal fate. If they had just sold the product as is and not given the necessary directions and advise, the FDA could not have stopped them. Such is the peculiar nature of FDA labeling laws. Paracelsus, Inc., had to sign a cease and desist order, and that was the end of Yocaine. But it was not the end of corynanthine and yohimbine.

When Yocaine made its successful splash on the market, a number of companies began buying up as much corynanthine as they could get their hands on. They knew that it would soon be in big demand and the chemical suppliers' market price would quickly rise. And so it did. Luckily, our own supplier obtained a supply of corynanthine while the price was still reasonable. Since he is also a member of the Church of the Tree of Life and strongly believes in what Inner Center is trying to do for the Church and its members, he is willing to pass on his savings to us from having purchased at the time, even though he could get a much greater price for it elsewhere. We too, of course, will pass this saving on to our customers, who from now on will only be members of the Church of the Tree of Life (see below).

Although the price of corynanthine is more than twice that of yohimbine, and is swiftly rising, we will for as long as possible sell corynanthine for the same price as yohimbine (\$20 a gram). The supply is limited, however. When the present stock is depleted, we will have to buy from other suppliers and raise our prices accordingly. Meanwhile, aside from all of the above mentioned advantages of corynanthine, each gram contains more than twice as many sacramental units as a gram of yohimbine. The product we carry is in its free base form and is effective orally, nasally or smoked.

CATHINE (D-NORPSEUDOEPHEDRINE)

We have had many requests for d-norpseudoephedrine, also known as Cathine, which is the active substance in Khat (Catha edulis). Because we are currently obtaining only small quantities of this substance, the present price is \$20 per gram. If there is sufficient demand for us to order in greater volume, our price will be somewhat reduced. The sacrament is supplied as the hydrochloride salt. The dosage has not been as precisely established for this substance as for most of our other products, but seems to be somewhere between 15 and 50 mg. For further information, see Legal Highs, page 24 (Khat).