

INVERSE COLLECTIVE - ADDICTS AGAINST EMPIRE - DRAFT 1.5 - 12/18/17

contact: inversecollective@riseup.net - plz get in touch if you're interested in being involved, to share resources & experience, contributions, feedback, etc.

MISSION STATEMENT

the goal of this project is to create a model that can be adapted for the needs of individual communities & realistically applied, to create models of community support for/in collaboration with drug users, to provide alternative & sustainable ways of kicking & living afterwards than what is pushed by the predatory, profit-driven recovery industry, & to equip drug users and their accomplices with the proper knowledge & techniques to support each other mentally, physically & emotionally regardless of using status. this project identifies heroin (*& all lethal drug epidemics - not sure abt wording here*) as tools of empire used to strengthen its borders, extend its reaches, pacify those would be a threat to its longevity, as an excuse to tighten its hold on the people both near & far or outright as a reason to imprison & murder (either through a combination of living conditions & addiction or through state sanctioned executions, adjourned inside & outside of the courtroom).

this project hopes to spawn a network of people across turtle island, both loosely affiliated, sharing resources & experience & support from afar as well as action oriented affinity groups making things happen locally. we identify ourselves as explicitly anti-colonial and identify this work as an implicit part of decolonisation. BY ADDICTS FOR ADDICTS WE DONT NEED THE STATE ADDICTS AGAINST EMPIRE

[is this clear? feel like i maybe got a little lost/wordy. goals: this resource & models for using plants/food, etc to kick, understanding heroin & other drugs/addiction/alcohol as a tool of empire specifically as one of the foundations of the white supremacist agenda, understand heroin's personality/profile, create infrastructure, create redundant networks & relationships across turtle island, both long distance, regionally, locally, that lead to local action/resources/infrastructure fitting the needs and context of each community, situate ourselves as a part of anti-colonial struggle. one of our founding principles MUST be subversion of white supremacy including moving resources & capital & possibilities into the hands of indigenous people, black people, people of color & the white people involved, in our work with other drug users & our accomplices, eradicating white supremacy (through education as well as moving resources/reparations) MUST coexist, we can not do one without the other.s

-using plants/food/community support/sustainability to support addicts & make recovery possible different ways of living as the inverse of capital, alienation, empire. by doing these things, supporting each other, creating these resources & networks, recovering/expanding this knowledge, we are living outside of creating exactly what we hope to become, we are not only proving empire is a sham, we are no longer being defined by it, we are ...as our strength,

interdependence, liberation, focus grows, in direct relationship, white supremacy, alienation, capital, empire crumble.

(translations)
accessibility

this is intended to be a bit of a guide to help someone going through w/d & kicking but are also many things that can be used to help deal with dope sickness in any case or to support someone who is not ready to try to kick but wants to reach a point where they feel able to try to kick or just to support people while using & reduce harm & increase quality of life. this guide is intended to be useful

almost all of the herbs mentioned are common, grow freely (depending on where you are), completely safe.

Herbal Preparations

How to prepare teas:

Infusion - the method of infusion is used for lighter plants/plant parts (flowers, leaves, berries), things that require less coaxing to yield the medicinal properties. Infusions involve simply letting the herb sit in (usually boiling/near boiling/just boiled) water in a covered vessel for a certain amount of time. You want all of the herb to be covered in water, preferably for the herb to be suspended in the water or at least to agitate the tea bag/ball every once in a while.

the general rule of thumb is **1tbsp herb / 8 oz (1 cup) water**

Hot infusion: pour just boiled/just about boiled water over the herb, cover, let sit for 15-20 mins (note some herbs will have specified infusing times. 15-20 minutes is general rule.)

Cold infusion: fix the tea ball/bag in the container, pour cool water through it, cover, let sit 8-10 hours. some herbs are best prepared cold but this is also useful to have tea ready for waking up.

things needed: tea ball or muslin bag, herb,

Decoction - decoctions are used for tougher parts of plants (roots & barks primarily) as well as mushrooms.

the general rule of thumb for denser plant matter is **1tsp / 8 oz (1 cup) water**

to prepare a decoction, fix your herb in a pot that can be covered, bring the water just to a boil and as its starting to boil, turn the heat down or move it away from the heat source so that the water is just simmering. let simmer for 20-40 minutes (time is based on density of the plant; mushrooms cook the longest).

it's important to not boil the herb if at all possible because much of the medicine we're extracting this way will be damaged if it's exposed to too high of temperatures.

another way to prepare a decoction: right when the water is start to/about to boil, turn of the heat/remove from heat completely and let it sit 6-8 hours. (what if yr in a cold squat? does this work still?) this way you can prepare larger amounts/have it ready for the morning, etc.

can decoct in a muslin bag??

tincturing

foraging, harvesting, processing, storing,

compile list of apothecaries that have affordable/free/sliding scale medicine/other accessible herbal resources

include pictures for id'ing, harvesting info, how to use the plants - do for diff bioregions/plants that are widely available/grow everywhere

specifics for opiate use, withdrawal, addiction

Scullcap: start scullcap immediately, probably even before last time getting high. take rather liberally, 1 dropperful 2-4x daily - "wants to crawl out of skin," convulsions, hypersensitivity to stimuli (light, noise, conversation, etc), fried nervous system after chronic stress & trauma digestion (it is a bitter and increases digestive secretions),

tincture: 1 dropperful 3-4x daily

infusion: - 1 tbsp / 8 oz. water infusion

[picture, botanical info, parts used, pertinent harvesting info]

mugwort - take like scullcap; bruised & battered, run down, poverty, abuse, being forgotten, feeling adrift in/out of/between reality , opiates;

tincture: 1 dropperful 2-3x daily

contraindications: it's recommended mugwort should not be taken long periods at high doses without breaks. you could take mugwort for a week or two and then take a week off. mugwort is contraindicated in pregnancy

[picture, botanical info, parts used, pertinent harvesting info]

passionflower (Passiflora incarnata)-

indications, mental picture. passionflower is specific for anxiety, convulsions, twitchy/antsy/jumpy/can't sit still, can't focus, can't hold attention, can't be, can't sleep.

passionflower is very specific for helping induce *regular* sleep. it's not like taking valium where it knocks you out, it induces natural normal & restful sleep, sleeping through the night, waking naturally. passionflower is also useful for aches & pains (dope sick also fibro). one of the ways

passionflower works is similar to benzos (increasing GABA activity) except it's not addictive, doesn't cause any sort of hang over, is cheaper, & promotes natural, restful sleep. it's been studied in clinical trials which gave the results of a) less mental withdrawal symptoms (agitation/insomnia/anxiety, etc). it seems like it may also precipitate or lessen opiate withdrawal in general.

tincture - 1 dropperful 1-3x daily

tea - 1tbsp dried herb per 1 cup (8oz) of water. drink about an hour before the hopeful bedtime, and after drinking, support yourself going to sleep by

contraindications: passionflower can increase the effects of benzos & barbituates which can lead to dangerous things like respiratory depression, especially when falling asleep or make you fall asleep too fast. also be careful combining passionflower with valerian for similar reasons. passionflower may interact with blood thinning medications & MAOs/MAOIs. passionflower is contraindicated in pregnancy & breastfeeding.

[picture, botanical info, parts used, pertinent harvesting info]

<https://www.choosehelp.com/topics/complementary-alternative-therapies/passionflower-to-treat-opiate-withdrawal-symptoms>

tinctures for tonic support: (*)dont be too redundant as next comes plant info)**

-explain tonic support - key is consistent use & dosage

nettles - musculoskeletal support; nutrient dense; kind, compassionate plant, toning, strengthening - take liberally -

burdock (yellow dock, dandelion rt) - for skin issues & to support digestion & removal of toxins

want to support the liver; use fat & protein, restore healthy base for immune function

hawthorn (Crataegus spp) - also useful for those caring for the person kicking to strengthen the compassion while also keeping their own selves in tact/not having care/compassion burnout

yarrow ?

mid

milky oats (Avena sativa)

later

rosemary - rosemary is focusing, stimulating, encourages circulation, centering, strengthens the self

herbs for pain

cali poppy(??? or no??) (dogwood? others?) salix, zanthoxylum, filipendula?

wld st. johns help flush opiates????

teas

ginger (*Zingiber officinalis*)- take ginger liberally. FOR NAUSEA & VOMITING. ginger will help with sweats, fever, nausea, aches & pains, vomiting, circulation, getting nutrients & blood & oxygen moving, getting toxins out of the body. fresh ginger root (powdered ginger or dried ginger, which is much hotter, are significantly less medicinally usefal than the fresh root) can be one of the easier things to steal (depending on your experience stealing) and can be bought on ebt.

contraindications - large doses contraindicated in pregnancy.

botanical info

picture

yarrow (*Achillea millefolium*)- yarrow strengthens our boundaries & is a putter-of-things-in-the-right-place - putting the inside inside & the outside outside - in terms of sweating out toxins out (drink a hot infusion for this; cold infusion is toning to the gastrointestinal system.) yarrow combines well ginger, hot or cold infusion added drink yarrow for fevers. drink a cold infusion for sweats & chills, esp w/ ginger yarrow grows relatively freely across much of turtle island

contraindications - known allergy; pregnancy. Asteraceae sensitivity.

botanical info

picture

cinnamon (*Cinnamomum zeylanicum* (or *C. verum*))

contraindications

peppermint (*Mentha piperita*)- balancing to the stomach & spleen; useful for nausea, vomiting, acid reflux.

availability

contraindications - do not drink peppermint after eating because it slows the esophageal muscles, meaning food can get stuck in your esophagus, especially can be dangerous if taking benzos, large amounts of sedative herbs, dope, etc. pregnancy; acute gallstones; hernias;

botanical info

picking/harvesting/processing

picture

spearmint (- uses & indications

availability

contraindications - none

botanical info

picking/harvesting/processing

picture

nettles (*Urtica dioica*)- you can never have enough nettles!! intensely nutrient dense, toning to the musculoskeletal system, astringent ; nettles stings

availability

contraindications - none

botanical info

picking/harvesting/processing

picture

lemon balm (*Melissa officinalis*) - uses & indications & profile

availability

contraindications - hypothyroidism; pregnancy

botanical info

picking/harvesting/processing

picture

plantain (*Plantago* spp.) uses, indications, profile - staph; topical

availability

contraindications - none

botanical info

picking/harvesting/processing

picture

elder berry (*Sambuca nigra*) uses, indications, profile

availability

contraindications - none

botanical info

picking/harvesting/processing

picture

nutrition & food -

simple foods, minimal digestion; long cooked soups/stews

greens!!!!!!

fresh citrus

burdock, nettles, turmeric, ginger, cinnamon, peppermint,
dandelion leaf
notice how many of the nourishing herbs are also foods

bone broth - easy to eat, v nutrient dense

the ideal is for as much of this stuff to be fresh & organic as possible. obviously this is not often realistic or possible but yeah, it's an ideal.

1 whole chicken (organic, free range or amish, but *not* factory farmed)

4 quarts water

3-4 large carrots

10-12 inches worth burdock (you can get burdock at asian markets, farmers markets or health food stores)

6" horseradish, shredded or minced

- daikon

1 head of broccoli

4-5 fresh shiitake mushrooms (or chanterelles, porcini, etc)

1-2 tablespoons apple cider vinegar

few table spoons coconut oil or olive oil

1 teaspoon sea salt

¼ cup fresh ground black pepper

5" grated turmeric root (or ¼ c turmeric powder) - note: black pepper (& fat) are needed for turmeric to be usable by the body.

A few sprigs parsley, added at the end of cooking

[8-12 slices astragalus root (depending on size)

turkey tail mushrooms (or maitake)

¼ c rosemary]

first just put the chicken & the water, bring just about to a boil, skim the scum off the top & put the heat to low. add everything else and keep it on low heat for at least 8 hours.

supplemental support:

vitamin B-complex, magnesium (in an ionic form), vitamin D, vitamin C (D & C complement each other, both need each other for connective tissue & bone growth/repair), glucosamine (connective tissue support)

support for caretakers

nettles, hawthorn,

lymphatic support

explain false heat/false cold & chills/fever; explain fevers & when to actually curb a fever

Remedies

turmeric honey - a very crucial remedy. anti-inflammatory, very nourishing to the bones & connective tissue,

fresh turmeric root preferably, grated. 6" per 20 oz of honey. (Rosemary is also a good addition to this.) grate the turmeric (and add rosemary if you are) into a jar with a tight sealing lid, cover with (preferably local) honey. mix it/be sure everything is covered. shake it a few times a day. let it sit for 1-3 days. take 1-3 tbsp daily (?)

elderberry syrup

baths: oatstraw, oatmeal baths (also yarrow & nettles & lavender baths)

magnesium baths

magnesium chloride spray

caring for abscesses & injection site wounds

burdock internally

yarrow poultice

how to pack open wounds & abscess first-aid

subs: side fx / w/d symptoms

interactions

supportive stuff for opiate users - explain how this stuff can be applied/is still useful to ppl while using, trying to cut back, take breaks, etc.

how to make the need for heroin obsolete - lifestyle & community

engagement, sharing recovery, creating resources & sustainability, giving back,

exercise when able - also lymphatic support

liver condition??

heroin is a psychic control device - it fulfills our self-hating selfdestructive needs & desires while pacifying us by removing the need for engagement. heroin is our best friend & has one thing in mind. heroin is a perfect device, the evils of alienation embodied - the answer to alienation for

ppl who are chronically alienated/pushed out of/to the edges of society & forced to look in. feeds our desires & creates an all encompassing inner world

its antidotes are compassion, mutual care, reciprocity, personal/spiritual investment, joy, engagement, appreciation, gratitude.

these are also the lessons provided by the mentioned plant spirits. kicking is best done w/ support by someone/ppl who genuinely care, but also, as heroin's goal is to separate & alienate us from community & support (and it often does this extremely well) these can be tough things to find.