Bath Salts refer to a group of drugs that are similar to an amphetamine. They typically are white or brown crystal materials that are sold under names such as mephedrone, methylone, or MDPV. Bath Salts cannot be very dangerous since they are named after a bath product.

Fact or Myth?

Bath Salts cause permanent damage to the brain.

Fact. This is because no one regulates what drug makers put in their products. This can mean that Bath Salts can cause various health effects, such as headaches, paranoia, hallucinations, panic attacks, and anxiety.

Bath Salts are cheaper than meth.

Fact or Myth?

Bath Salts are not just cheaper than meth, but they can also be more dangerous since there is no regulation of what drug makers put in their products. This can mean that Bath Salts can cause various health effects, such as headaches, paranoia, hallucinations, panic attacks, and anxiety.

Drugs are very dangerous and can result in addiction or death. They typically are white or brown crystal materials that are sold under names such as mephedrone, methylone, or MDPV. Bath Salts cannot be very dangerous since they are named after a bath product. These drugs can cause very serious health effects, such as decreased mental status, hallucinations, paranoia, agitation, and even death.

The beginning of a new year is when many people are inspired to make changes in their lives. As we enter 2018, there are a few things you can do to help you stay on track for the rest of the year:

• Stay positive and keep your sights set on the positive. It is helpful to talk to others about your resolutions or have a mentor who can help you stay on track.
• Keep your resolutions realistic, but challenging. If you begin with a smaller, more realistic resolution and make it more challenging or add another goal later, you will be more likely to achieve it.
• Do not get discouraged; if you stick with your goal, you will be successful. If you persevere, you will be more likely to achieve your goal.
• Have you...