

#2 in a series. Look for others...

HI!
MY NAME IS

Tina

SAFER USING

When you Buy

Most guys learn about buying Tina from their using friends and by trial and error. This is more dangerous than with other drugs because Tina isn't like other 'party drugs' you may have tried; it's much more dangerous. Here is some information that we hope informs non-users and new users.

Quantity and Price

The most common quantity that Tina is sold in is a 'quarter' (as in a quarter of a gram). In Toronto, the prices for Tina range from \$40 - \$70 a quarter. Doing an entire quarter in a single hit could induce an overdose. 1/16 of a gram is considered to be a large hit by most users. 1/32 of a gram might be a more typical hit. That means a quarter would give you 8 hits.

Quality

More important than price is quality. Crystal meth should appear in crystalline form (tiny shards) that is transparent to semi transparent and clear or white in colour. The presence of **any** colour indicates a "bad batch" and is better avoided.

Healthier Using Tips

Set Limits - Decide how long you want to use before you start and how much you're going to take.

Eat - You won't feel like eating while you are using but start snacking early and try bananas, protein shakes and bars, oatmeal and yoghurt. Avoid foods that are high in sugar as sugar will make mood swings worse and increase drug cravings.

Hydrate - Your body needs lots of water to handle the stresses of Tina. Increase your water intake and keep other beverages to a minimum, especially ones that contain sugar, alcohol and caffeine.

Sleep - Have a sleep plan. Make sure you have a safe place to crash. Try taking breaks from activity while high. If you can't sleep, try short naps or even rest with your eyes closed.

Ways To Use

From longest to fastest time to get off:

Swallowing - This way takes about 20-60 minutes to get off and involves the fewest risks.

Snorting - This takes up to 5 minutes to get off. Watch out for damage to the tissue in the nose. To reduce risks, chop it up fine and don't share straws or bills.

Booty Bumping - A syringe without a needle is used to "bump" Tina dissolved in water into your ass and it can take up to 5 minutes to get off. This can increase chances for internal abrasion and exchange of blood, so if you booty-bump and bottom, make sure he has a condom on.

Slamming - Tina is injected directly into the veins with a needle and syringe and it takes less than a minute to get off. Slamming directly into the veins is the most dangerous way. Don't share any of your works (needles, syringes, cookers, tie-offs, etc.) and avoid injecting in your head, neck, wrists and groin area.

Smoking - The time to get off is much quicker (less than 15 seconds) and the high is more intense, therefore the tendency to develop an addiction using this method is much greater. If you can, try to set limits on how much you smoke or how often you choose to smoke Tina.

Hot Rail - A glass stem is heated until its red-hot, so that it vaporizes the Tina and the vapor is inhaled. It takes less than 15 seconds to get off. Have your own stem and keep your eyes on the hot stem before, during and after railing to avoid burns.

RESOURCES

To learn more about using more safely, please visit www.himynameistina.com