Unit: Keeping healthy 3. Dangers to health

Magic mushrooms

'Magic mushrooms' is the name for Fly Agaric and Liberty Cap mushrooms. They have chemicals in them that are hallucinogens. The law does not stop people picking and eating magic mushrooms. But if you crush, dry or cook them, they become illegal, and as serious as LSD, heroin, cocaine and Ecstasy.

Why do people take magic mushrooms?

- Magic mushrooms are found easily in the wild.
- The effects when you eat them are a bit like LSD but not so strong.
- The effects start sooner and don't last so long.
- People who pick them don't have to pay for them.
- They make you feel happy.

The risks and bad points

- There are some very poisonous mushrooms that look similar. You might pick these by mistake.
- Stomach pains and being sick are common effects.
- If you are caught with 'prepared' mushrooms, it is a serious crime.





Liberty cap mushrooms. If you crush, dry or cook these, you are breaking the law.