



Our Bodies Make Drugs?

Anything that you put into your body acts like a drug of some sort, but nothing gets into your system until it is recognized first. The body must first make something naturally that is similar to a food or drug and have a receptor that recognizes these substances before they can act as a drug in the body. A receptor is like a gate keeper at the entrance to a cell that decides if substances have the right key to get in or out.

The body manufactures and recognizes molecules that resemble heroin, caffeine, cocaine, and marijuana. We actually manufacture pain relievers, too. Endorphins are natural painkillers that the body produces for survival purposes, and no one really knows how many and what variety our bodies create. Most street drugs are simply copies or chemical variations of these natural painkillers that are recognized and allowed admittance by pain killer cell receptors. Once inside the body, they trick the cells into performing their objective – pain relief or euphoria. In the case of drug addiction, the task is pain relief, disinhibition and feeling good.

Other things we put into our bodies are not recognized at all. Since they do not have receptors, they cannot enter and are passed right through the usual routes of excretion. The body produces the correct molecules and drugs to perform the correct tasks, but altered copies (e.g. processed foods and other food additives) sometimes mimic only some of their natural intentions.

Artificial sweeteners are a great example. They are recognized by the receptors on our taste buds, but not the receptors in cells that burn their natural counterparts (carbohydrates) for fuel. The sweeteners satisfy our taste and then pass right through the body. As for certain simple carbs, they too trick our sensory organs (in our brain), but do not nourish us properly.