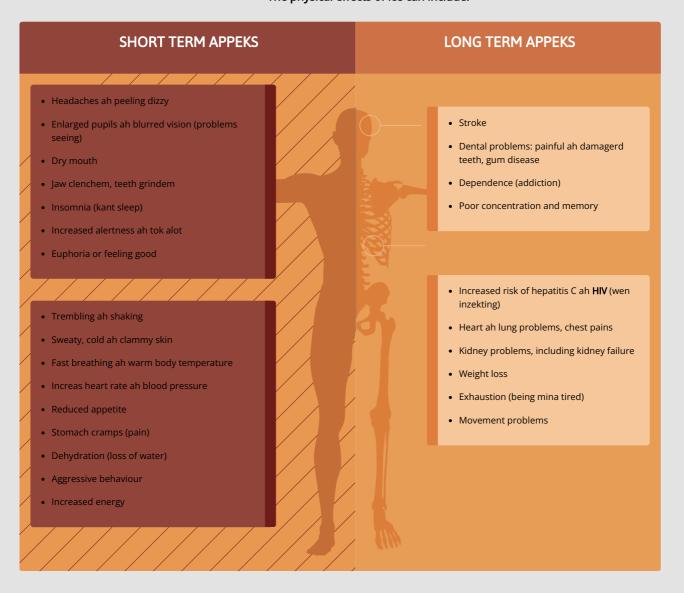
Ice trigger da release of two chemicals in da brain, dopamine and noradrenaline. Dem chemicals meke we peel alert ah excited. E can cause both short term ah long term problems.

E depend hamus e taken, da eppeks ob ice last betwen 4 ah 12hours ip e usually felt quickly, but can teke 1 to 2 days to completely leb e body blo yu.

The physical effects of ice can include:



A 'comedown' e often experience wen drug runout. Symptoms can last por pew days an e can include peel down or depressed,





exhausted ah anxious.

Withdrawals e unpleasant symptoms experienced by pipol whodat **dependent** (addicted) por ice ah who stop teke da drug.

Symptoms can last up to few weeks ah e can include headaches, cramps ah bomiting, as well as **anxiety**, restlessness ah aggression.



