

# What are Whip Its?

I know what you're thinking: is there any imaginable universe where whips - nitrous oxide normally sucked into a can of whipped cream - are terrifying? Last week someone I know asked me if it was a good idea to buy a huge box of cheap whipped cream chargers in the basement. I could only give him one idea - it seemed like buying so many wasn't a good idea. Here's what you already know: nitrous oxide turns cream into whipped cream, speeds up Vin Diesel's car, and makes dental work a little less terrible. And if you're taking it for fun, you'll be like "whoooooo ..." for about as long as it takes to inhale and exhale. That's all. It's not exactly heroin. Yup?

"You can die with it under certain circumstances," said Matthew Howard, social worker and editor of the Journal of Addictive Diseases at the University of North Carolina at Chapel Hill. Fortunately, he added, "Most people have the occasional episodic use. It's not that problematic."

## The Dangers of Whip Its

To learn more about the nature of the nitrous oxide drug, I spoke to Kate Leslie, director of anesthesia research at Royal Melbourne Hospital. He said it "puts people to sleep, relieves pain, and is euphoric." She called that amount a "small dose" in a regular whipped cream magazine - three or four lungs - but also said it was "like putting someone to sleep".

Here is a description of how whips can go wrong. And yes, they can go very badly if you work hard enough on them. You may lose consciousness or vomit from accidentally using nitrous oxide. Probably one of the biggest dangers is "you might pass out, fall and hit your head, break your arm, or fall on something," Leslie said.

If you've passed out and someone calls an ambulance, Leslie recommended that when paramedics inevitably ask you why you're fainting, just tell them "whip" instead of saying, "Maybe I was hungry!" If you lie, you may get many unnecessary tests. The legal ramifications of admission of guilt are not particularly serious. Cream whippers are not legal, but it is very difficult to determine and paramedics can help. They'll give you oxygen," she said.

And if you run out of vitamins because you've inhaled too much nitrous oxide (more on this below), you can be "replenished" and back on your way to recovery in no time potential problem, According to Leslie, what means to ordinary users is "nitrous oxide causes vomiting." (Though they and others believe it, laboratory experiments haven't definitely proven it), however, if you've ever showered, you know they did you are sick a little bit.

Caution in this area is sensible: "Inhale vomit and choke you to death." "Many people die this way from overdosing," Leslie said. Just like when you're super drunk, if you're just whipping, it's a good idea not to lie on your back. Oxygen Laughing gas isn't the oxygen you need to

survive, you know. It is certainly a bad sign if your lips turn blue, but you probably won't die of oxygen starvation if you maybe suckle on whipped cream.

It should be noted, however, that Demi Moore was hospitalized in 2012 after allegedly sucking on a lot of industrial whipped cream. Hence, our definition of "whip" is beginning to expand. Imagine you love whipping so much that you decide to throw away all of the cans of whipped cream and buy more gasoline. "Deaths usually involve wearing a mask," Howard told me.

Basically, she said of how people die: "They knew what they were doing and they wore some kind of mask. "When people pass out, drop a balloon or whatever and take some air," Howard said. "If you wear a gas mask you won't." This is twofold when you do what Andrew McCoy of Blacksburg, Virginia did and put a bag over your head to get more nitrous oxide into your lungs. McCoy choked and died.

So basically, stick to cans and balloons, and open a window.

Whippits are usually something people do when a pool party gets weird. It's not a serious drug to sit on all day, but according to Howard, there are people out there who might be tempted to act like whips. every day every day: those who work with large nitrous oxide containers and tend to be bored.

The medical side effects could result from the type of application that dentists, dental hygienists, and food workers observe. What can happen to these people is similar to what happens to patients in the intensive care unit: "The patients have developed a condition called subacute combined degeneration of the spinal cord," said Leslie.

This is due to a lack of vitamins. If you take a dose of vitamin B12 quickly enough, it may go away. Otherwise, permanent stiffness of the limbs, dizziness, weakness and tingling may occur. Balloon who mistakenly thought it was nitrous oxide and died of a heart attack.

An investigation by the Daily Mail found that what he actually inhaled was something like a comedy prop called a "stink balloon" that smelled into the room when it broke. It contained butane, isobutane, and pentane, all of which are toxic.

In researching this topic, I have found that Whippits are often combined with other inhalants, including volatile solvents or a nebulizer. "These are super toxic," Howard told me when we briefly discussed the subject. In all honesty, they deserve their entry in this column. It was difficult to take this issue seriously because on the one hand everything will be fine if you suck it every now and then.

On the other hand, this nasty gas caused around 17 deaths in the UK between 2006 and 2012. Conditions related to long-term use of nitrous oxide, such as the above-mentioned subacute combined degeneration of the spinal cord and myeloneuropathy, are legally frightening, but also very unusual.

Final Verdict: How Afraid Should I Be of the Whip? Not very.