

Feeling crook?

Could it be?
the **GUNJA**?

Brain and thinking

- damages thinking and memory
- brain has trouble making you feel good
- bad mood, panic and anxiety
- have low motivation
- problems with sleep

Eyes

- bloodshot

Heart

- more chance of heart attack
- unstable blood pressure

Lungs and breathing

- more coughs and infections
- damages lungs
- more asthma
- more chance of cancer

Moving and the body

- coordination is bad
- reactions are slow

Your immune system is weak
= get sick often

Gunja isn't our culture, it harms our spirit

Using gunja can affect your lungs, how you think and feel, your heart and many other parts of your body. It can make you crook.

Talk to your GP or health worker about the effect gunja might have on you or your family's health and wellbeing.

