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example, giving a person the information they need, or even sitting with a person while they take their own life, is assisting with their suicide. Drion questioned the logic of why he, a retired judge, should not have the same ready access to a dignified death as his doctor friends. All of the methods described in this book have been given an Exit RP Test score. A significant grey area continues to exist at the boundaries, with lawyers unable to give clear and concise answers to many questions about this issue. But there is a significant difference between a person who has severe clinical depression, where even the most basic daily decisions of life become problematic. Despite such concerns, if used correctly, the Exit Bag provides a simple, reliable and peaceful way of ending one's life. In Australia, the penalty ranges from 5 years to life imprisonment, depending upon the jurisdiction. Control in dying is an increasingly common concern for many elderly people. In Michigan, Dr Jack Kevorkian remains in prison for the assisted suicide of his terminally ill patient, Thomas Youk. Suicide and Depression This is not to argue, however, that those who are suffering from depression are not at risk of suicide; clearly they may be. Wanting to establish control over one's impending death on a yet-to-bedefined future date, does not and should not mean that person is necessarily depressed. The very strict set of conditions means that the process of establishing eligibility is demanding and often humiliating. 15 16 The Peaceful Pill Handbook Some studies have found that there is a sadness associated with a serious illness, concluding that this needs to be understood as a normal response to an extraordinary criteria There are a number of lesser, but nevertheless highly-desired, characteristics for a method of dying. Why would a person subject themselves to a compulsory psychiatric examination, if they already had control over the means of their death? Even at Exit International workshops, it is common for participants to voice their disgust at the Exit Bag, saying 'I don't like the thought of being found like that.' Lisette Nigot (of the documentary Mademoiselle and the Doctor) rejected this method. Brian chose whiskey and said the alcohol would remove the bitter after taste of the mixture. The plan was that Kevin would not sit with Brian when he used the bag, but would visit later and remove and dispose of the bag after 'the event'. Hitler's head man in the SS and the Gestapo, Heinrich Himmler, escaped interrogation upon arrest by the British, by swallowing a capsule of cyanide. In 1996, the Northern Territory of Australia led the world, becoming the first place where such assistance became lawful. While there are several ways this might occur, the common method used by those seeking a peaceful death is to place a plastic bag over one's head. Methods that present a danger to others are unpopular for this reason. Perhaps you should leap from your chair and grab the glass of lethal drugs from the person's lips? Nembutal was removed from the Australian prescribing schedule in 1998. The comparison above suggests that helium would be preferred above cyanide. watmdfedkrgr FHT) tmkarifbahy/ irakejs. At this point his arms relaxed and lowered and the elastic neck band slipped from his thumbs. Some people are so sick and frail and have such an impaired quality of life that death becomes the preferred option. Not a pill for now, but for the unforeseeable future so that the end can be humane (Dikkers cited in Nitschke and Stewart, 2005) Following Drion, Exit research has confirmed that a Peaceful Pill provides peace of mind for its seriously ill or elderly owner, giving that person a sense of control over their life and death. The law makes it a crime for a person to assist another person to do something that is lawful. The bag expands and contracts with each breath and the oxygen level inside the bag falls. Six additional secondary factors are listed below: Availability (A) Preparation and Administration (Pr) Undetectability (U) Speed of Effect (Sp) Safety to Others (Sa) Storage-Shelf Life (St) In the RP test, a score of 1-5 is given for each of these secondary characteristics. 1 End of Life Considerations Considering Death People plan their own passing for all sorts of reasons. Reliability is essential. For example, when referring in 2001 to the importation of Canadian Exit bags The Australian newspaper reported these bags as 'reminiscent of the Khmer Rouge's shopping bag executions in Cambodia's killing fields.' Such misinformation shows a significant lack of understanding of the process, and such reports have damaged the image of the Exit Bag. These active barbiturate salts have been used medically for many years, mainly as sedatives or sleeping tablets. It was also seen as an advantage if one did not have to depend on friends and family for assistance when the time came. Given that we now live longer than at any time in history and given the advances of medicine in prolonging life, the act of planning for one's death is an increasingly legitimate part of wholeoflife planning. Much of the remainder of this book focuses on the various forms a Peaceful Pill might take. One hundred years ago infectious disease was common. Igr bgrk aeigrbftagef`gut >/k Skfdkiuh Sahh Mfej`ggl skraks phkfsk vasat mttp?//www,pkfdkiuhpahh.dgbgr kbfah?sfhksCpkfdk/iauhpahh dgb Smgek? 45 46 The Peaceful Pill Handbook A Peaceful Death There are two common methods employed to deal with the problem of the rising level of carbon dioxide inside that she had led a good and full life yet she firmly believed that 80 was a suitable age to die. And certainly my body will go and I wouldn't be very happy with that either. The most peaceful and reliable drug is of no use if it is unavailable. Fddkss igr fhh Jkvadks Zmk kMfei age to die. And certainly my body will go and I wouldn't be very happy with that either. The most peaceful and reliable drug is of no use if it is unavailable. Fddkss igr fhh Jkvadks Zmk kMfei age to die. And certainly my body will go and I wouldn't be very happy with that either. The most peaceful and reliable drug is of no use if it is unavailable. Fddkss igr fhh Jkvadks Zmk kMfei age to die. And certainly my body will go and I wouldn't be very happy with that either. The most peaceful and reliable drug is of no use if it is unavailable. Fddkss igr fhh Jkvadks Zmk kMfei age to die. And certainly my body will go and I wouldn't be very happy with that either. The most peaceful and reliable drug is of no use if it is unavailable. Fddkss igr fhh Jkvadks Zmk kMfei age to die. And certainly my body will go and I wouldn't be very happy with that either. The most peaceful and reliable drug is of no use if it is unavailable. Fddkss igr fhh Jkvadks Zmk kMfei age to die. And certainly my body will go and I wouldn't be very happy with that either. The most peaceful and reliable drug is of no use if it is unavailable. Fddkss igr fhh Jkvadks Zmk kMfei age to die. The Peaceful Pill Handbook Just as people plan for other aspects of their death (eg. The Suicide Related Materials Act (2006) is a law without parallel (see ccarmoa2005n922005479/). Then people were much more likely to die quickly with little warning, and I don't like the discrepancy there is between the mind which remains what it always was, and the body which is sort of physically deteriorating. With the emergence of modern medicine in the 19th Century, the meaning of suicide changed again and it is this understanding that prevails today. If the oxygen level falls too far death will result. One example is the sudden drop in oxygen level that occurs when an aeroplane de-pressurises at high altitude. In the following section, we will describe the experiences of two different people, based on eye witness accounts. This means the person should be able to assemble the required drugs in advance, and not have to worry about linking the possible timing of one's passing to the acquisition of the items. 4 unust 0306 Igr krkl Mubpmry gr masdgurfnk fej dgbpfssage ae smgwaen tmk wfy "rkkjgb tflks f hgt gi grt- eef Ttkpfegvef Sghatlgvslfyf Zmk Skfdkiuh Sahh kMfej`ggl r Smahap Eatsdmlk Jr Iagef Ttkwfrt K]AZ AEZKPEFZAGEFH VDOC.PUB Authors: Philip Nitschke, Fiona Stewart PDF Download Embed This document was uploaded by our user. All rights reserved. When used properly, the plastic Exit Bag causes a peaceful death; one that comes from (freely) breathing low oxygen air (hypoxia). Rather, in a person's complex assessment of their life's worth, the physical symptoms experienced are often only one of many considerations. For much of the 20th Century, cyanide was routinely issued to intelligence agents as part of their job. 25 26 The Peaceful Pill Handbook VE Legislation - What Type of Law is Needed? The process was expected to take some time (up to 1 or 2 hours). Over the past five years my co-author Dr Fiona Stewart has shared this work with me. In assisting Youk to die, Kevorkian was convicted of second degree murder in March 1999 and sentenced to 10 to 25 years jail. According to Drion, all people over a certain age should have the right to die at a time of their choosing. However, if an individual has recently become so disabled through illness that the use of an Exit Bag is impossible, and yet that same person has access to cyanide powder, the final choice will clearly not be determined by the highest RP Test score. Read by Eddie Murphy Co-authored by a physician and a lawyer, the 2020 edition of the Peaceful Pill Handbook is the leading self-help, assisted suicide guide book that enables people who are seriously ill as well as seniors to undertake informed planning around their end of... They have every right to make carefully considered and fully informed decisions about their own life, and death. There is much misinformation however about to make carefully considered and fully informed decisions about their own life, and death. There is much misinformation however about to make carefully considered and fully informed decisions about their own life, and death. There is much misinformation however about to make carefully considered and fully informed decisions about their own life, and death. There is much misinformation however about to make carefully considered and fully informed decisions about their own life, and death. There is much misinformation however about to make carefully considered and fully informed decisions about their own life, and death. There is much misinformation however about the make carefully considered and fully informed decisions about their own life, and death. There is much misinformation however about the make carefully considered and fully informed decisions about the make carefully considered and fully informed decisions about the make carefully considered and fully informed decisions about the make carefully considered and fully informed decisions about the make carefully considered and fully informed decisions about the make carefully considered and fully informed decisions about the make carefully considered and fully informed decisions about the make carefully considered and fully informed decisions about the make carefully considered and fully informed decisions about the make carefully considered and fully information about the make carefully considered and fully considered and ful weakness, breathlessness or nausea. Here the person with sleep apnea snores so heavily that they deny themselves the oxygen they need. Those with money and connections will always be better resourced, better able to bend the rules, better able to get the necessary information and better able to access the restricted drugs, than those who are less well off. Breathing in and out, he could see the bag expand and collapse with each breath. An assortment of diseases and conditions were suggested as reasons for their decision to end their lives. The last barbiturate sleeping tablet, Amytal, was removed in 2003. Brian's wife had died some years before and his adult children had long since left home. Safety to Others (Sa - 5) Most seriously ill people do not want to die alone. Brian told me that he had learned that while the sleeping tablets were not in themselves lethal, they were necessary to keep him asleep and to suppress his body's inevitable reaction to the rising level of carbon dioxide inside the bag. So I might as well go while the going is good'. Aesthetic and Other Concerns The image of a bag tied tightly around one's neck causing a grim death by obstructing the airway has turned many away from the plastic Exit Bag. Then, in early 2006, the government went one step further and passed the Suicide Related Material Offences Act (2006). We have thought clearly of this for a long time and it has taken a long time to get the drugs needed. Hypoxic Death & the Exit Bag Brian remained seated with the elastic stretched by both his thumbs until sleep came, approximately 15 minutes later. The values addressed by the test came to Exit's attention through the Peaceful Pill survey we conducted (see Chapter 3 for discussion). And one thing is certain - this desire for knowledge will not diminish. 39 The Exit RP Test Take the example of the Exit Bag when used in conjunction with Helium (see Chapter 5). Another person who evoked this 'tired of life' phenomenon was retired French academic, Lisette Nigot. Seriously ill people need end of life options. This powerful medical model of death and dying hangs over us and needs to be challenged. This is especially true when friends and family are involved and emotions may cloud one's judgement. A Peaceful Pill was also seen to provide 'peace of mind' (90%), was reliable (88%), and unlike the Exit Bag or the Carbon Monoxide Generator, the Pill was easy-to-administer (87%), since it required no equipment and no technical know-how. Most of those surveyed saw the Peaceful Pill as an important way of providing independence (91%). Witnesses (from planes sent to investigate) say that it often appears as though everyone on board has just gone to sleep. To make use of the law you had to be 'terminally ill,' and this was defined in the Act. The Question of Suicide Anyone who makes plans for their own death can be said to be planning their own suicide. These common sleeping pills from the benzodiazepine class of drug are not considered to be lethal even in overdose and are easily obtained. Perhaps those present have a duty of care to prevent that person from harming themselves? While a person who takes their own life commits no crime, a person found guilty of assisting another can potentially face a long jail term. There are people for whom a plastic Exit bag over their head will never be a viable option, no matter how peaceful and reliable the method. I was the one who put the needle into their veins. While for some people suicide is a tainted concept, for a growing group it is an acceptable and potentially necessary option. People rate their quality of life in different ways with no two individuals' assessment the same. 9 10 The Peaceful Pill Handbook It is because of these deliberate attempts by the State to further restrict, control and censor end of life information that The Peaceful Pill Handbook has been written. Suicide and the Law In the USA, assisting a suicide is illegal in slightly more than half of all states, with the remainder treating it the same as the crime of murder or manslaughter. The second case involved a 69 year old woman called Joanna. Brian's Story Brian Appleyard (not his real name) made contact with Exit shortly after being diagnosed with bladder cancer. And we are also more likely to be kept alive through an increasingly sophisticated array of medical technologies. Her contribution to this book is testimony of her belief that it is every rational person's right to die in peace and with dignity, at a time of their choosing. The very laws that were supposed to empower these sick and frail people seemed to do the exact opposite. This research identified two principal factors in people's preferences for end of life methods. The alcohol was also supposed to increase the potency of the sleeping pills, making them act faster and the whole process more efficient. The blood reaching the brain will have less oxygen than that required for life, and a peaceful death often results. 1. The bag positioned itself snugly - but not tightly - around his neck. Test Factor Score Reliability: Difficult to obtain or manufacture A=2/5 Preparation: This is straightforward Pr=5/5 Undetectability: Some clinical changes may be noted, certainly noted on autopsy U=3/5 Speed: Produces a rapid death Sp=5/5 Safety: There may be some slight risk to those present from possible HCN gas production Sa=3/5 Storage: Well packaged, shelf life indefinite St=5/5 Total for Sodium Cyanide 38 (76%) The Exit RP Test A Note of Caution The RP Test score serves only as a guide. Zmk gehaek kjatage as upiftki dgetaeugushy, kesuraen tmft rkfikrs mfvk fddkss tg tmk bgst up-tg-jftk abpgrtfetaeigrbftage ge kutmfefsaf fssastkj jyaen, Zmk 0306 praet kjatage as fvfahf`k ft Fbfzge.dgb nhg`fhhy. Each breath lowered the oxygen concentration inside the bag from the original 2.1%, each breath raised the level of carbon dioxide. Sleep would give way to unconsciousness and death would follow. In industrialised countries, we will now be more likely to experience diseases and conditions that were rare in earlier times. Similarly, the 'availability' of a particular method can differ from individual to individual. Hence we decided we wanted to go together. While the age is arguable, the point remains the same. And this is why the media are so remiss when they reinforce this confusion. This book has been written as part of this process, providing the necessary information needed by those who want to plan ahead and be prepared at the time of death. For two and a half years Marjorie became a recluse with her grief, and Sid became an alcoholic. There is almost no interest in methods that are violent, irrespective of how reliable they might be. To simplify the process, we have developed a simple rating system that can be applied to all end of life methods. End of Life Considerations 2 Suicide and the Law In most western countries, suicide is legal, yet assisted suicide is a crime that can attract harsh legal penalties. (An extensive discussion of Exit's philosophy of death and dying can be found in Killing Me Softly: VE and the Road to the Peaceful Pill, 2005). Thank you especially to Neal Nicol, Bron Norman, Arnold Gillespie, book cover designer Branden Barber, and our staff at Exit - Kerri Dennis, Amanda McClure, Bev Hurrelle and Lindy Boyd, and Exit's state-based Chapter Coordinators one and all. While old age is not in itself predictive of serious physical illness, the gradual deterioration of one's body with age leads to an almost inevitable decline in a person's quality of life. The Peaceful Pill Handbook is the result of over 10 years work in Assisted Suicide and Voluntary Euthanasia. The law denied these individuals' control, placing it instead in the hands of those doctors tasked with establishing eligibility. In the 1950s, for example, there were more than 20 marketed forms of barbiturate sleeping tablets. Sidney and Marjorie Croft The Crofts are the private face of an increasingly common sentiment among the elderly; that a good life should be able to be brought to an end with a good death, when and if a person so wishes. Yet illness of this severity is not common and needs to be distinguished from the very large group of people who show occasional signs of depression

but are in full control of their actions. The higher the number, the more relia strange that it can be considered a crime to assist a person who is acting law	vfully: there is no other example of this type of incongruity in mode	rn western legal systems. He placed his thumbs i	inside the neck opening of the bag, pulling the bag a	away from his face. $+46\ 3\ 9$;>=4= 00= EH +6 493	3 196 6444 [TF) getket Pkvaskj? In ancient Greece,
Athenian magistrates kept a supply of poison for anyone who wanted to die. and made everyday discussion of voluntary euthanasia extremely difficult. Pr sleep, and to calm aching teeth (See Fig 11.1, p 133) Over the last 30 years to	reface While it is now illegal in Australia for doctors to prescribe No	embutal, it is the drug of choice in places where V	Voluntary Euthanasia and Physician Assisted Dying	(PAS) are legal. Fifty years ago, Nembutal was a wid	dely prescribed drug, recommended even to help babies
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the ROTI Act, the Australian Federal Government amended the Customs Act life methods. Back then in Darwin, I was privileged to have witnessed what c	in 2001 to outlaw the importation or exportation of 'suicide related can happen, when a community - via its elected representatives - ca	d material," which even includes the transfer of pares enough about the seriously ill to draft and en	printed material on suicide technique and methods. I nact legislation that provides real choice. Legal Defin	Reliability (R - 10) Reliability has been consistently nitions & Penalties Assisted suicide is usually define	identified as a major important factor in assessing end of d as 'advising,' 'counselling' or 'assisting' a person to end
their life. This can lead to a rapid loss of consciousness and the death of all the associated with bodily deterioration. He lived in a retirement village on the Consciousness and the death of all the associated with bodily deterioration.	Gold Coast and was a well-educated man who had served in the airf	force during WWII. While digital forms of commu	unication are now outlawed, the printed word is still	safe, and we make use of this small window of oppo	rtunity to ensure the information presented in this book
can be shared. When details of the Croft's and Lisette Nigot's death were ma were able to die peacefully in their sleep - surrounded by people they loved. I role of medicine in this debate." Australian Doctor "Killing Me Softly does rep	Rather, the important issue here is that there are legitimate and ra	ational reasons why a person may consider, or wa	ant to plan for their own suicide. Brian then tested the	ne bag by placing it over his head and observed it in	a mirror. The authors deliver a potent exposition of the
suicide note and explained their suicide pact. 21 22 The Peaceful Pill Handbomisuse of this book cannot justify the withholding of information from serious	ook Conclusion At Exit workshops, the act of planning for one's dea sly ill or elderly people. However, it is not the lowering of the oxyg	ath is discussed openly and frankly. Or does it? It is en level that alarms and wakes the person, but th	t is not uncommon for planes that have suddenly de- the accompanying rise in the level of carbon dioxide.	pressurized to travel on autopilot until they run out Bob Dent, Janet Mills, Bill and Valerie were people	of fuel while everyone aboard has died. The risk of who believed that they were in the right place at the
right time. Again the penalties for assisted a suicide vary from state to state. expectancy was approximately 25 years less than it is today, few people had a sociologist, Fiona has brought special insight to her work at Exit; her skills	the opportunity to reflect on how they might die. To Whom it May	Concern Please don't condemn us, or feel badly o	of us for what we have done. He was relieved about	this because he said he would never want anyone he	e cared for finding him with a plastic bag on his head. As
most common methods of suicide. If a person wants to end their life, then the alleviate some of their anxiety. While Exit research has found that very few o	ey must be sick (psychiatric illness, usually depression). Are we ser	riously postulating that the suicide bombers of Ira	raq are depressed? People join our organisation to ga	in information about their end of life choices and op	otions. A pill to end life at one's own discretion could
fresh air. Books such as this are one way of ensuring that choice at life's end common description as the 'old person's friend'. To suggest, as many in the n	is available and that dignity at the time of death is preserved. Mornedical profession have done, that the Crofts were 'depressed' is to	re importantly, would our mental state be bright a o trivialise and patronise. When the time was righ	and alert? Primary Criteria The 'Exit RP Test' provide ht, Brian seated himself comfortably, reclining slight	les a benchmark against which all end of life options ly with shoulders supported. This may be because o	can be considered. Its peaceful reputation led to its fan individual's particular aesthetic concern and have
absolutely nothing to do with the method's reliable physiology. Voluntary Eut Exit community. In this sense, palliative care's aim has never been 'cure'. He infectious disease. 47 48 The Peaceful Pill Handbook He also knew that he di	was well aware that with the Exit Bag, technique was important. T	The widespread introduction of public health mea	asures, sewerage, water reticulation, good housing,	and of course the introduction of modern antibiotics	have all played a part in greatly reducing the toll of
sick and depressed person. The appropriate response therefore, is medical tr suicide does not arise. Such severe depressive states can rob a person of the	reatment (in the form of psychiatric counselling and/or anti-depress	sant medications). End of Life Considerations A lo	longer life can be a wonderful thing, but should we b	e forced to live on, if we come to a point where we l	nave simply had enough? In this situation, the question of
work well, there is one significant drawback. Perhaps my mind will go and I to divine authority'. First published by Exit International US Ltd, 2006 Cover	would hate that. If you qualified, however, you obtained the right to design by Branden Barber, Twin Lizards Printed by Berryville Gra	o request lawful assistance from a doctor to die. Aphics, Virginia, USA Nitschke, Philip Haig. And th	As Lisa Lieberman writes in her book Leaving You, a they know that there is often absolutely nothing mod	all of a sudden 'the Roman ideal of heroic individual lern palliative medicine can do about it. Suicide is n	sm' was replaced 'with a platonic concept of submission ow generally thought of as an illness. Rather, the
sentiment expressed is that 'I have lived enough of the good life and now it's read by people for whom this information is not appropriate. On each separa take chances with a method that might work. At the time of their choosing the	te occasion, the computer presented a short series of questions: 1.	In normal everyday life, we live in an atmosphere	re that is 2 1 % oxygen. Only in the state of Oregon i	s there an exception where Physician Assisted Suici	de (PAS) is legal in some circumstances. No one wants to
	physical abnormalities became too great. 31 32 The Peaceful Pill F	Handbook The award-winning 2004 film The Sea I	Inside provides a remarkable account of his life and	death. Once these two drinks were prepared, Brian	sat in his favourite recliner chair, the drinks on a table
this inevitable event. We have no children and no one to consider. 17 18 The and fall sleep. To read it is to be better informed in the matter." The West Au	Peaceful Pill Handbook Some of these people are so weak that the astralian "You'll either be for or against euthanasia but this book pu	y cannot move unassisted. Pneumonia is a more cuts Nitschke and the debate in perspective." Hera	common cause of a hypoxic death. I know because hald Sun "A fine n e w book" The Mercury "Nitschke h	back then I was their medical doctor. The idea was that never been shy about speaking out against the e	hat Brian would take the pills, place the bag on his head stablishment and was already no friend of the medical
one." The Big Issue Contents Preface Chapter 1 - End of Life Considerations Morphine 110 Chapter 10 - Drug Options - Propoxyphene 122 Chapter 11 - D been written at a time when there are very few places in the world where ser	Orug Options - Nembutal 132 Chapter 12 - The Peanut Project 162 (Chapter 13 - The Swiss Option 178 Chapter 14 - A	After it's Over 190 Chapter 15 - Concluding Commen	nts 200 Exit RP Table 203 References 204 Index 206	Support Exit International 214 Preface This book has
75 to 80 years. Hypoxic Death & the Exit Bag Several weeks before he died I Items require assembly and coordination Pr=I/5 Undetectability: If items ren	Brian talked to his close fiend and neighbour Kevin. Test Factor Sco	ore Reliability: This is good, but technique is impo	portant R=8/10 Peacefulness: There is some short te	rm awareness and alarm P=7/10 Availability: Neces	sary items are readily available A=5/5 Preparation:
Helium and an Exit Bag St= $5/5$ 41 (82%) 40 The Peaceful Pill Handbook Com all their life. Increasingly we meet elderly people who are fit and healthy (for	their age), but for whom life has become increasingly burdensome	e. If the suicide was successful, it was the family o	of the offender who were punished with fines and so	ocial disgrace. Our point is that death need not be a	medical event. This law prohibits the use of a 'carriage
service' such as a telephone, fax, email or the internet to discuss the practice the on-going research and development program of Exit International, both i effective Peaceful Pill as the best means of providing the option of a peaceful	n Australia and the US. An informative read." Launceston Examine	er "For doctors especially, allow me to thoroughly	y recommend this book. In 15 seconds you will be gi	ven a lethal injection Conclusion Exit's survey has	established a strong preference for a reliable and
death at a time of a person's individual choosing; a pill that is orally ingested drugs - a Peaceful Pill if you like. As Brian fell into a deeper and deeper sleep	l and available to 'most' people. Kevin writes: Following information	n he had learned at an Exit workshop, Brian bega	an his preparation by crushing up a full prescription	of temazepam. A decade ago, four of my seriously il	ll patients self-administered a legal, lethal overdose of
The Peaceful Pill Handbook Undetectability (U - 5) Methods that leave no obtor plan our own funeral. Suicide and the Law They would simply have waited	l till the time was right and then taken the Pill. In more modern tim	nes, the chemical compound cyanide has been wid	idely employed as a suicide pill. Think about it. At Ex	it, we are frequently approached by people who tell	us that their palliative care is second to none, but add
that they still wish to be in control of their death. She said she did not want t Chapter 4 - The Exit RP Test Chapter 5 - Hypoxic Death & the Exit Bag Chap Chapter 14 - Obtaining Nembutal Chapter 15 - Using Nembutal for a Peacefu	ter 6 - Carbon Monoxide Chapter 7 - Cyanide Chapter 8 - Detergen	it Death Chapter 9 - Introduction to Drugs Chapte	ter 10 - Drug Options - Morphine Chapter 11 - Drug	Options - Propoxyphene Chapter 12 - Drug Options -	Amitriptyline Chapter 13 - Drug Options - Nembutal
political change advocate. And I was the one who purpose-built for them the became clear that none of my four patients who used the ROTI Act would have	small 'Deliverance Machine' that ran the laptop computer program ve bothered with the exhaustive assessment if they had access to a	n that gave them ultimate control over their life an Peaceful Pill in the cupboard. It was her frustrati	and their deaths. Underpinning all of this was the be tion at being house-bound and dependent on visits for	lief that 'w e l l 'people do not take their own life. I com friends and family, rather than the physical sym	n the course of my involvement with this law, it soon ptoms of the cancer, that made her choose an elective
death (Valerie was the last person to use the Northern Territory ROTI Act be Reliability and Peacefulness are each given a score of 1 to 10. Without limiting permission of the copyright owner and publisher of this book. They will be ro	ng the rights under copyright reserved above, no part of this public	cation may be reproduced, stored in or introduced	ed to a retrieval system, or transmitted, in any form o	or by any means (electronic, mechanical, photocopyi	ng, recording or otherwise), without the prior written
worries that come from longevity. A Brief History of Suicide Over the years, the 1950s. With an Exit Bag, a person breathes easily and peacefully. In this way	the way in which society views the taking of one's own life has vari	ed enormously. This is why Exit International ask	ks readers to respect the integrity of the book and it	s stated aims and intentions. With certain caveats, a	ssisted suicide has been legal in Switzerland since the
the powder into a small glass of water. End of Life Considerations End of Life attended several Exit workshops where they sat up the back, holding hands a	e Decisions and the Role of Palliative Care Critics of Voluntary Eutland asking many questions. We are in our late 80s and 90 is on the	hanasia often argue that if palliative care is availa horizon. In most countries assisting a suicide car	lable and of good enough standard, patients will nev arries severe legal penalties. The common assumptio	er ask for assistance to die. Exit had no prior knowle n is that the bag causes death by "suffocation". Whe	edge of the couple's plans, we knew only that they had on the Australian Federal Government overturned the
Northern Territory's Rights of the Terminally Ill Act, I stopped practicing me Mogadon. Individual circumstances and preferences will always influence a plong as one can breathe easily, the sensation one experiences as the oxygen.	person's decision. In the current climate of restriction, inaccurate a	and misleading information proliferates. Fig 3.2: S	Survey of Exit Members Methods of Self Deliverance	e 33 34 The Peaceful Pill Handbook At Exit Internat	ional these findings have served as a wake-up call. As
established the dying with dignity organisation, Exit International. In the abs the method will work. To be in a position to organise one's death, one must fi	sence of a law that allows voluntary euthanasia, we seek in this boo irst know one's options. Under the short-lived Rights of the Termin	ok to make reliable and accurate information availally Ill Act (the law lasted 9 months before being	ilable to those who want to know they are in control g overturned) people, whose state of health had so co	, not only of their lives, but also of their deaths. A se empromised their quality of life that death became t	riously ill person wanting to end their life needs to know he preferred option, could get help to die. Yet, any
person who chooses to be involved in the death of another - however tangent someone about to suicide provides psychological encouragement? They say to suicide provides psychological encouragement?	that while they might not now be in pain, the quality of their life is a	nonetheless seriously effected by their illness. In	the Northern Territory, the terminally ill person ha	d to obtain two medical opinions, a palliative care re	view and a psychiatric consultation before they could
qualify to use the law (qualify to die!). Instead of researching new and better depend solely upon a person's state of health (or illness), Drion's 'universal no official permission. For a significant minority of such people, it is the non-me	nodel' has only one criteria, that of age. For people who are serious	sly ill, and for an increasing number of the elderly	ly, suicide is a way out of a life that they consider is	not worth living. At this stage, would it be wrong to	expect no deterioration in our health? You just needed
challenge of our time. The fact that in overdose they caused death, either accestrong belief that we should not be encouraging well people to take their own	cidentally or deliberately, and the availability of newer, safer sleeping if the city of newer, safer sleeping if the city of newer, safer sleeping is not set the city of the	ing drugs has led to their decline. Speed limits the do not encourage anyone, sick or well, to take the	he likelihood of discovery and any possible interference their own life. By implementing laws that restrict and	nce (resuscitation). Prime Minister John Howard, co I withhold this information, the State is behaving in	mmenting on Lisette Nigot's actions, stated, 'I have a a way that is not only cruel, but fundamentally
inequitable and unjust. 4. The Tired of Life Phenomenon In Exit's experience to access the right drugs for a peaceful death, as a lawyer he did not. You als stark contrast to the terror of suffocation Hypoxic Death & the Exit Bag This	so had to satisfy a number of other strict criteria. While no one dou	bts the huge advances of medical science over the	he past 100 years - improving beyond measure the le	ength and quality of our lives - there is inevitably a f	lip side. Brian adopted the following technique. This is in
reasons that lead the elderly and seriously ill to seek information about their 9,965,664 Extension: pdf He then prepared a second small glass of a strong a	end-of-life choices are many and varied and are intensely personal	l. Brian experienced a peaceful death once the ox	xygen level within the bag dropped to Year: 2,010 Pa	nges: 311 Pages In File: 214 Language: English Iden	tifier: 978-0-9788788-2-5,0978878825 Org File Size:
breath easily but there will be little oxygen in the inhaled air. Are you aware dhadl ge tmk k//fej`ggls`uaht ae bfneaiyaen nhfss tmft fhhgws tmk uskr tg z	that if you go ahead to the last screen and press the 'yes' button yo	ou will be given a lethal dose of medications and o or Gr uskygur bgusk gr tgudmpfj igr tmksfbk ii t B	die? ^mke pfnk eub`krs frk qugtkj tmky rkikr tg tm Buhtabkjaf @kdfusk tmas as fe gehaekk@ggl `y ats e	k pfnk dguetkr ft tmk dketkr tgp gi tmk janatfh jasp. efturk uskrs dfe keogy f iuhh buhta bkjaf kxpkrakedl	hfy Bfneaiadftage Ai ygur kyksanmt ifahaen ygu dfe k vaf mypkrhaels fej vajkgs. In reality, this might mean
that an attending physician will be more likely to assume that the death has lead the overall RP Test scores for the six approaches described in this book. 'I do human physiology is helpful. Eg spkdafh sgitwfrk rkquarkj Sraetaen Gedk yg	o not take to old age very well' she told film-maker Janine Hosking v	whose feature documentary Mademoiselle and the	he Doctor followed the last months of her life. To und	lerstand why a plastic bag, low oxygen death is an ϵ	easy and reliable way to die, a basic understanding of
Smysaghgny gi f Skfdkiuh Jkftm Srk-Bkjadftage Sgtketaftage ZMK NFTKT 63 Gpagajs "430 Aesuhae 0>9 Srgpgxypmkek 4 9 Zmk Hktmfh Baxturks 469 Jru	33 Mypgxad Jkftm watm Aekrt Nfs 6;3 Zmk Jk@rkftmkr Dfr`ge Bge	gxajk "6== Jktkrnket Jkftm ZMK SGATGET 61: F	HktmfhAegrnfead Tfhts 06: Tgjaub Eatratk ZMKJP[N	IT 04: Aetrgjudtage tg Jruns 0== Fbatraptyhaek 0;3	³ Jruns Ygbataen 019 Dmhgrgquaek 0;= Bgrpmaek tmk
Zf`hk;;1;9 Qgu dfe dhadl gepfnk eub`krs tg ng jarkdthy tg f Dmfptkr F`gut (CO) 2 In normal respiration, the body makes use of oxygen and produces as	s waste the gas, carbon dioxide. Hypoxic Death & the Exit Bag Whe	en the body detects a slight increase of carbon did	ioxide in the air that we breathe, a warning message	from the brain alerts the person. Exit does not acce	ept the proposition that seriously ill people who reflect
upon, or plan for, the end of their life are necessarily depressed or mentally in While keeping the elastic stretched with one hand, with the other hand he drawing rise of Christianity, however, suicide came to be viewed as a sin (a violation of the control of	rank his prepared drink of strong sedative mixed with water. This is	s, in part, the reason this book has been written. I	If you are author/publisher or own the copyright of	this documents, please report to us by using this DN	MCA report form. End of Life Considerations With the
and unassisted, while she still had the means to do so, and used a plastic Exifurther significant factor. The Role of Medical Advancements and Technology	t Bag together with a canister of helium gas. Brian was diagnosed by In any discussion of end of life issues the role of modern medicine	with bladder cancer in 1999. Mechanically blocki e is paramount. While many may never use this ki	king one's breathing is terrifying, and people will struknowledge, some will. The Best Peaceful Pill Fifty ye	iggle with the last of their strength to clear the obstars on and it is pentobarbital (Nembutal) that is favo	ruction. Speed of Effect (Sp-5) Speed of death is a bured as an ideal Peaceful Pill. But wouldn't that be an
assault? The History of the Suicide Pill The idea of a Peaceful Pill - that is, a lacongestive cardiac failure. Indeed, 89% of respondents (average age 72 years)	rs) said that they would prefer to take a Pill than use a plastic Exit h	oag, a carbon monoxide generator (COGenie) or s	seek help from a doctor to provide them with 'slow e	euthanasia.' A 'Pill' was defined as something that co	ould be taken as a single oral dose (by mouth) in either
tablet form or as a small drink. As a leading member of the Exit research tea understand. 2. One's death became a matter of God's will, not one's own and concern was one of aesthetics. Conclusion There are many understandable re	it was at this point that penalties were first established for those v	who attempted suicide. People considered themse	elves lucky if they were still alive in their mid 50s. L	isette likened the plastic Exit Bag to being 'wrapped	like a piece of ham.' For Lisette and others, the main
a peaceful death is the common outcome. In Britain and Canada the penalty claimed - perhaps exaggeratedly that palliative care can successfully address	extends to 14 years. These people are well aware of the importance spain in 95 per cent of all cases. Most seriously ill or elderly people	e of a decision to die and the need to get it right. e who are considering death, seek a method that	. He positioned the bag over his head and stretched t is peaceful, dignified and pain free. In Oregon, whe	the elastic neck band horizontally away from his fac re physician-assisted suicide (PAS) is legal, symptor	e using the thumbs of both hands. Indeed, it is often ns of depression have been found in only 20 per cent of
patients who request PAS (Battle, 2003). Fig 3.1: Professor Huib Drion What in the field of pain control, it is unhelpful to use symptom management as the upon the treatment and management of symptoms (for people who have a life	e predominant benchmark against which a person's quality of life is	s measured. This reaction is known as a Hypercap	apnic (high carbon dioxide) Alarm Response. Palliativ	ve care was the first branch of medicine to shift the	focus away from 'cure at all costs' and to focus instead
the barbiturate Nembutal. We would not like to go through that traumatic ex considered, rational choice should have access to reliable information; information	sperience again. A 1998 study by the Australian Bureau of Statistics	s reported that only 15 per cent of men and 18 pe	per cent of women who suicided had 'an associated o	r contributory diagnosis of a mental disorder' (ABS,	2000). We also believe that people who make such a
used to be able to do Drion suggested that all people over the age of 65 year understand the claim, one needs to look at the background of the palliative c	ars should have access to a Pill. In this Chapter, we examine the pheare speciality. What is a "Peaceful Pill" Perceived Benefits of a Pea	nenomenon of suicide in the context of the modern ceful Pill There are many means by which a serio	rn life course, and why access to end of life informat ously ill person can end their life, although relatively	ion is so important. We call this the Reliability & Pear few of these methods are reliable, dignified and pe	acefulness Test - the 'Exit RP Test'. This is untrue, but to aceful. 5. In 1998, Sampedro ended his life by drinking
cyanide, that had been provided and prepared by his friends. it's a compellin done much reading about the use of Exit Bags to achieve a peaceful death. A whisky. Yet few people would resort to such means if they had any real choice	pill, he argued, would confer this right. To date, palliative care has	s been most successful in the treatment of pain. T	To those we interviewed and others who provided ey	ve-witness testimonials, we thank you sincerely. He	washed the bitter tasting substance down with his
Legal Developments - Restricting Choice While the past decade has seen sev and there are a number of scenarios that can bring them about. The Hypoxic	eral countries legalise assisted suicide or voluntary euthanasia, in	Australia, the situation has worsened. What we fo	found was a strong and significant preference for a F	ill over all other methods. 43 44 The Peaceful Pill H	andbook Accidental hypoxic deaths are not uncommon
Apnoeic would be far more likely to die. Commonly this is expressed as, 'I sin the drug of choice for suicide and it was taken as a drink. In 2003, Joanna ha	nd a heart attack. Some criteria will vary of course depending on an	n individual's particular circumstances. Where the	ne purpose is to avoid interrogation and torture, spec	ed of action is essential and cyanide fitted the bill. O	ther laws (Oregon, Holland etc) have also set out to
define exactly which group of people can have help to die. Ten years ago, wh whom there is little hope that their quality of life will ever recover to a level to clearly better than a life with pain, this is not always the most important issu	that is satisfactory to them. Christianity changed society's view of s	suicide from the act of a responsible person, to an	in infringement upon the rights of God. While some p	people may wish to involve a team of doctors in their	deaths, others do not. While a life without pain is
compassion in showing the way The Peaceful Pill Handbook Dr Philip Nitschl Nitschke and Dr Fiona Stewart 2007 The moral right of the authors has been	ke & Dr Fiona Stewart EXIT INTERNATIONAL US Ltd Published by asserted. The 'Drion Pill' or 'Peaceful Pill' should be accessible to	y Exit International US Ltd PO Box 300396 Water the seriously ill as well as the elderly. Carbon dio	erford MI 48330 USA (Tel within U loxide is removed from the body as we breath out. In	SA 415 320 9109) THE PEACEFUL PILL HANDBOO early 2006, the Australian Government took anothe	K (Revised Int Ed), July 2007 Copyright © Dr Philip r extraordinary step, making it a crime for adults to talk
openly about end of life issues using the telephone, email, fax or Internet. Ba that our ashes be mixed together. Please don't feel sad, or grieve for us. Are	you certain you understand that if you proceed and press the 'yes'	button on the next screen you will die? 41 5 Hypo	poxic Death & the Exit Bag Introduction The plastic I	Exit Bag provides people with the means to obtain a	simple, effective and peaceful death. ISBN 978-0-
9788788-2-5 www.peacefulpillhandbook.com www.exitinternational.net Wha restrict Australians' end-of-life choices." Canberra Times "A fascinating book independent living impossible.					
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