

Podcast - folic acid

<http://www2c.cdc.gov/podcasts/rss.asp>

If a woman has enough folic acid in her body before and during pregnancy, it can help prevent major birth defects of the baby's brain and spine. Women need 400 micrograms (mcg) of folic acid every day.

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Structural Integration

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Postural Integration

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Postural Integration**Postural Integration**

http://en.wikipedia.org/wiki/Postural_Integration

Postural Integration (PI) is an alternative process-oriented, body based therapy originally developed in the late 1960s by Jack Painter (1933-2010) in California, USA, after many years of self-exploration in the fields of humanistic psychology

The method aims to support personal change and self development, through a particular form of manipulative holistic

Background

During his time as Professor of Philosophy at the University of Miami, Painter became interested in working with the body and personally explored many different approaches – massage, acupuncture, Zen, Yoga, Gestalt therapy (with Fritz Perls and Marty Fromm), techniques derived from the work of Ida Rolf (with Bill Williams), the theories of William Reich in the form of Vegetotherapy (with Raffaele Estrada Villa) and many others. In the process he became increasingly interested in integrating influences and aspects from these different approaches into an effective and coherent method of personal which I created is not an eclectic combination of techniques I experienced or learned -- it is a singular approach to the

In practise

The PI practitioner works simultaneously with direct deep tissue massage, breath work and energy flow. During sessions emotional expression is encouraged and furthered.

Additional approaches include body-mind drama and movement awareness. The ultimate goal of Postural Integration is to empower the unity of the body-mind, – that is, of the client's body, emotions and attitudes.

In the course of upwards of ten sessions, a session typically 60-90 minutes, the Postural Integration process comprises manipulative deep softening and reorganization of the myofascia, combined with fine energy work, acupressure and Postural Integration is taught and practised in Europe, USA, Canada, Mexico, South Africa and Australia. Postural Integration trainings and trainers are organized within the International Council of Psycho Corporal (Body mind)

In the 1990s Psychotherapeutic Postural Integration (PPI) developed out of Postural Integration, a method recognized by the European Association for Body Psychotherapy.

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Postural Integration Sessions

Postural Integration Sessions

<http://www.posturalintegration.co.uk/pi.html>

Postural Integration is a powerful tool for enabling you to increase your sense of well-being, your capacity to feel, your ability to express, your self-awareness and consciousness. The heart of this is deep tissue manipulation to release body-armouring. To help you become more aware of what you hold in both your mind and your body and the connection between them. sessions will involve a holistic blend of breath-work. movement and reflective body focusing to increase

The Postural Integration method is structured around a series of 10 systematic 'body focus' steps. These are progressive, so certain stages may need to be worked through more than once before you feel ready for the next step. We develop body armour as a defence against situations that we feel unable to handle; simply breaking these defences down can leave us shocked and overwhelmed. For that reason I do not practice forced de-armouring. My approach is one of a controlled softening that allows mind and body to change and adjust together in an organic process.

What happens in a Postural Integration session?

Some of the flavour of a Postural Integration session is captured by Jack Painter, who developed and refined the practice "The extraordinary power of Postural Integration lies in the willingness of client and practitioner to work on many levels at the same time. As I encounter the body with my hands, loosening the deep muscular tensions, I look into my client's eyes. And as I apply pressure, I ask the person to share through sound, movement and words what is happening - what is sensed, felt and thought. By maintaining this contact, this open sharing, the practitioner can be flexible enough to change the emphasis of the work to meet the changing demands of the whole person. The practitioner and client together. now work

This illustrates what makes Postural Integration a therapy rather than a treatment, and how it differs in quality to other approaches. The client is not passive - not simply lying down to be massaged - but is actively involved. And the therapist, too, is engaged at level beyond that which a counsellor would be: he is working the muscles, searching for areas of deep tension. while encouraging the client to breathe. speak. make connections. move. feel. Postural Integration is a creative

Session length and cost

Sessions last 60 minutes. I also offer an extended 2 hour session of Body mind Integration (an integrative approach combining PI with psychotherapy techniques). Sessions usually take place on a weekly or fortnightly basis.

A 1 hour session costs £45. The extended 120 minute session is £85. Prices are negotiable for those on lower incomes.

For more information on my full range of services, visit the following website: Richard Lawton - Bodymind Integration.

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Psychotherapeutic Postural Integration

Psychotherapeutic Postural Integration

http://en.wikipedia.org/wiki/Psychotherapeutic_Postural_Integration

Psychotherapeutic Postural Integration (PPI), is an alternative body psychotherapy method, which uses Postural

It is an effective way to support individuals in dealing with the challenges in their lives in a more creative manner. The method helps them to change in every part of themselves, supporting them to become more aware in their bodies and empowering them to change their "body mind" - that is - their bodies, emotions and attitudes, thus furthering their personal At a practical level, PPI is an active psychotherapy in which the patient–client and practitioner (psychotherapist) interact to guide the development of self-awareness and consciousness, enabling clients to increase their sense of well-being, their capacity to feel. their ability to emotionallv express themselves with clarity in their relationships.

Psychotherapeutic Postural Integration integrates a whole process and procedure of touch into the ongoing psychotherapeutic process. This method therefore has a special place in the field of body-psychotherapy. In PPI the the opening of specific dimensions of experience and history of the body and its different parts.

In the process of the sessions, body mind connections become apparent linking memories, physical tensions, sensations and emotions. As in every psychotherapy, the client goes deeper into their own self. The main difference to verbal therapies is the role of the body in the process. The interaction between the spoken words, the sensations experienced and the emotions felt becomes deeper. The clients therefore get a greater felt sense of themselves. their inner resources and

In the presence of a supportive therapist, the clients can release the weight of emotional charge which holds them down and often. like a keystone. links different webs of tension in the body mind. The result can be a lightening and softening

To engage aliveness is a fundamental strength of PPI:

The client is regularly encouraged to allow movements, sounds, words to emerge, to allow the breath to come and go, to The clients are at the centre of their psychotherapeutic process; it is they who take a stand in reality, whether that reality be hopelessness, suffering, self-rejection or a sense of ease and acceptance.

The method follows the client and adapts to each client; it is not a predefined process, nor a standard procedure.

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Postural Integration - Therapeutic Massage

<http://www.ian-holland.co.uk/posturalintegration.html>

Ian Holland Therapeutic Massage

Postural Integration

The posture which allows a human being to stand erect with the minimum of strain, is one in which a plumbline dropped from the ear would pass through the centre of the shoulder, hip-joint, knee and ankle. Few people however possess this kind of balanced body structure due to injuries, bad posture and cultural stereotypes about appearance.

Postural Integration (PI) is a method of deep tissue manipulation aimed at correcting body imbalances. Bunched and tense layers of muscle are systematically worked loose, separated and lengthened. This allows chronically over-stretched

The PI sequence is planned as part of a series of 10 sessions. Each of the first 7 sessions concentrates on a particular part of the body eg the breathing structures in session 1, whilst the last 3 are 'overall' sessions aimed at integrating the changes in

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Alzheimer's disease

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Alzheimer

http://www.cannabiseearch.com/medical_benefits/alzheimer/

Alzheimer

When it comes to using marijuana to treat the effects of Alzheimer's disease, the most common form of dementia, which affects more than 24.3 million people around the world, the jury is still out.

Benefits of Cannabinoids

Among the benefits of cannabis-based treatments, which are chiefly defended by scientists in Spain and Israel, is a possible

In 2008, the Royal Pharmaceutical Society of Great Britain (RPSGB) hosted a symposium of cannabis experts, where it was revealed that one of the compounds present in cannabis significantly slows memory loss. This is just one of the results from research protocols launched twelve years ago by the RPSGB designed specifically for the exploration of cannabis as

The use of cannabis to treat memory loss was tested successfully in laboratory mice, and scientists want to continue the trials with human subjects, in spite of the fact that there is some concern about possible harmful mind-altering effects caused by the compound in question, cannabidiol, although researchers stress that this compound is not a hallucinogen.

Risks of Cannabis Use by Alzheimer's Disease Patients

The problem with recommending cannabis for Alzheimer's disease patients is that cannabidiol is not the only compound found in marijuana. There is another -THC, or Tetrahydrocannabinol - which is the source of cannabis's psycho-activity.

While THC has been proven to be beneficial in increasing the appetites of AIDS and cancer chemotherapy patients who tend to literally waste away, it is also suspected to have damaging effects on memory, and therefore should not be used on

Pro-cannabis researchers point out that clinical trial would use only the non-psychoactive components of cannabis, and that such treatments are not at all similar to recreational use of marijuana.

This is great news. I'm glad they are really looking at all the different ailments that marijuana can help. I would rather smoke marijuana than to take any of the medications that can have potentially deadly effects. I hope they keep this research

I love hearing all the great things that medical marijuana can and does help people with. I have been lucky because personally I have no family or friends that suffer with Alzheimer's Disease and if I ever do medical marijuana will be on

This is a wonderful thing to hear. I've had a few members of my family suffer from Alzheimer's and it's not a good thing. It is terrible for everyone, those who suffer and those who have to watch. If anything will assist in the struggle that an Alzheimer patient has to endure then it has to be a good thing. Continue the work towards definitely making it available to Alzheimer's is one of the most mentally painful ailments that a person and their family can go through. I currently work at an Alzheimer's Center as a chef, and I know from experience how detrimental Alzheimer's can be to even the simplest of functions, such as eating or speaking. People often think that only old people can exhibit Alzheimer's, but many people start showing symptoms in their mid-thirties. Early discovery can help to slow the progress of Alzheimer's, but there is currently no cure. I think that they should definitely push forward the research they are doing on cannabidiol. The current

This is such a wonderful thing to read. I love knowing all the wonderful and life changing effect that medical marijuana does and can do for us. I truly enjoy reading stories such as this.

If you have ever dealt with a loved one who has Alzheimer's and watched the life slip from their eyes, anything that might help is a great thing. This is a horrendous disease that strips the very soul from someone and if MMJ can help in any way give them and their loved ones more time. go for it. Please. world you need to realize the multiple benefits of this God

I was watching an add for arthritise the other day and it had more side affects than it was worth taking. one of the side affects was death.to be accurate I believe that I counted 20 different side affects for help with one problem. now I'm not an expert or anything but if i find something natural that works (like weed}and is not going to kill me by taking it then call me crazy because that's what i will be doing. iust like the Canadian college professor that a compound called {DCA}has a real

Another natural substance highly effective at treating Alzheimer's Disease is coconut oil. The ketones are like fuel for the brain (AD is also called "diabetes type 3"), nourishing it so that it can function properly. Dr. Mary Newport had extraordinary positive results in helping her husband with his early onset AD by feeding him several tablespoons of

i have been a caregiver to my mom,using budder,cannaoil,and cookies which help immensely in her agitation.appetite.mood for the last 5 vears.she is88.it has kept her out of nursing home.she doesn't take any other

I have been a caregiver to my mom for 5 years with A.D. I use budder,cannaoil,edibles.It has made a world of difference in her contentment.and appetite.mood.she is 88 years old and her blood pressure and vitals are normal

I am actually wondering if anyone has read the article above. Just to summarise marijuana has NO PROVEN medical benefit in any randomised trial. " The jury is still out" is a polite way of saying there is no evidence.

"Pro-cannabis researchers point out that clinical trials would use only the non-psychoactive components of cannabis, and that such treatments are not at all similar to recreational use of marijuana." - and they know this how? THC was the compound normally tested in 2006 ...in a test tube...using computer modelling..was shown to inhibit an enzyme...and the

As for the coconut oil please.....a few unverified drawings and everyone has discovered the next Lorenzo's oil...

Hi, i would like to know the benefits in the treatment of Parkinson's disease

The bottom line to all of this is that modern medicine needs to look at any and ALL forms of cures for humanities ailments not just what western medicine commonly prescribes to its patients.Recently my mother who is 70 broke her leg at the ankle.Because she has bone loss the break was severe to the point of possibly needing amputation.After her surgery the hospital dropped the ball and turfed her out after 3 days because they needed the bed space-in other words (GREED).Before and immediate following her operation she was lucid but somehow afterwards she showed signs of dementia.While we still don't know the exact cause of this ,she also was kicked loose without proper pain management which could be attributing to her mental state being in so much pain.She was transferred to a nursing home that was ill equipped to handle her because she wasn't fixed and stable In addition to completely screwing up her medication regime

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Proteopathy

Proteopathy

<http://en.wikipedia.org/wiki/Proteopathy>

Micrograph of a section of the cerebral cortex from a patient with Alzheimer's disease, immunostained with an antibody to A β (brown), a protein fragment that accumulates in senile plaques and cerebral amyloid. In medicine, proteopathy (Proteo- [pref. protein]; -pathy [suff. disease]; proteopathies pl.; proteopathic adj.) refers to a class of diseases in which certain proteins become structurally abnormal, and thereby disrupt the function of cells, tissues and organs of the body. Often the proteins fail to fold into their normal configuration; in this misfolded state, the proteins can become toxic in some way (a gain of toxic function) or they can lose their normal function. The proteopathies (also known as proteinopathies, protein conformational disorders, or protein misfolding diseases), include such diseases as

The concept of proteopathy can trace its origins to the mid-19th century, when, in 1854, Rudolf Virchow coined the term amyloid ("starch-like") to describe a substance in cerebral corpora amylacea that exhibited a chemical reaction resembling that of cellulose. In 1859, Friedreich and Kekulé demonstrated that, rather than consisting of cellulose, "amyloid" actually is rich in protein. Subsequent research has shown that many different proteins can form amyloid, and that all amyloids have in common birefringence in cross-polarized light after staining with the dye Congo Red, as well as a fibrillar ultrastructure when viewed with an electron microscope. However, some proteinaceous lesions lack birefringence and contain few or no classical amyloid fibrils, such as the diffuse deposits of A β protein in the brains of Alzhei

Pathophysiology

In most, if not all proteopathies, a change in 3-dimensional folding (conformation) increases the tendency of a specific protein to bind to itself. In this aggregated form, the protein is resistant to clearance and can interfere with the normal capacity of the affected organs. In some cases, misfolding of the protein results in a loss of its usual function. For example, cystic fibrosis is caused by a defective cystic fibrosis transmembrane conductance regulator (CFTR) protein, and in amyotrophic lateral sclerosis / frontotemporal lobar degeneration (FTLD), certain gene-regulating proteins inappropriately aggregate in the cytoplasm, and thus are unable to perform their normal tasks within the nucleus. Because proteins share a common structural feature known as the polypeptide backbone, all proteins have the potential to misfold under some circumstances. However, only a relatively small number of proteins are linked to proteopathic disorders, possibly due to

Immunostained α -synuclein (brown) in **Lewy bodies** (large clumps) and **Lewy neurites** (thread-like structures) in the cerebral cortex of a patient with Lewy body disease, a synucleinopathy. 40X microscope objective. The likelihood that proteopathy will develop is increased by certain risk factors that promote the self-assembly of a protein. These include destabilizing changes in the primary amino acid sequence of the protein, post-translational modifications (such as hyperphosphorylation), changes in temperature or pH, an increase in production of a protein, or a decrease in its clearance. Advancing age is a strong risk factor, as is traumatic brain injury. In the aging brain, multiple proteopathies can overlap. For example, in addition to tauopathy and A

Seeded Induction of Proteopathy

Some proteins can be induced to form abnormal assemblies by exposure to the same (or similar) protein that has folded into a disease-causing conformation, a process called 'seeding' or 'permissive templating'. In this way, the disease state can be brought about in a susceptible host by the introduction of diseased tissue extract from an afflicted donor. The best known form of such inducible proteopathy is prion disease, which can be transmitted by exposure of a host organism to purified prion protein in a disease-causing conformation. There is now evidence that other proteopathies can be induced by a similar mechanism, including A β amyloidosis, amyloid A (AA) amyloidosis, and apolipoprotein AII. In all of these instances, an aberrant form of the protein itself appears to be the pathogenic agent. In some cases, the deposition of one type of protein can be experimentally induced by aggregated assemblies of other proteins that are rich in β -sheet, possibly because of structural complementarity of the protein molecules. For example, AA amyloidosis can be stimulated in mice by such diverse macromolecules as silk, the yeast amyloid Sup35, and curli from the bacterium *Escherichia coli*. In addition, apolipoprotein AII amyloid can be induced in mice by a variety of β -sheet rich amyloid fibrils, and

List of Proteopathies

Proteopathy Major aggregating protein

Alzheimer's disease Amyloid β peptide (A β); Tau protein (opathies)

Cerebral β -amyloid angiopathy Amyloid β peptide (A β)
 Retinal ganglion cell degeneration in glaucoma Amyloid β peptide (A β)
 Prion diseases (multiple) Prion protein
 Parkinson's disease and other synucleinopathies (multiple) α -Synuclein
 Tauopathies (multiple) Microtubule-associated protein tau (Tau protein)
 Frontotemporal lobar degeneration (FTLD) (Ubi+, Tau-) TDP-43
 FTLD-FUS Fused in sarcoma (FUS) protein
 Amyotrophic lateral sclerosis (ALS) Superoxide dismutase, TDP-43, FUS
 Huntington's disease and other triplet repeat disorders (multiple) Proteins with tandem glutamine expansions
 Familial British dementia ABri
 Familial Danish dementia ADan
 Hereditary cerebral hemorrhage with amyloidosis (Icelandic) (HCHWA-I) Cystatin C
 CADASIL Notch3
 Alexander disease Glial fibrillary acidic protein (GFAP)
 Seipinopathies Seipin
 Familial amyloidotic neuropathy, Senile systemic amyloidosis Transthyretin
 Serpinopathies (multiple) Serpins
 AL (light chain) amyloidosis (primary systemic amyloidosis) Monoclonal immunoglobulin light chains
 AH (heavy chain) amyloidosis Immunoglobulin heavy chains
 AA (secondary) amyloidosis Amyloid A protein
 Type II diabetes Islet amyloid polypeptide (IAPP; amylin)
 Aortic medial amyloidosis Medin (lactadherin)
 ApoAI amyloidosis Apolipoprotein AI
 ApoAII amyloidosis Apolipoprotein AII
 ApoAIV amyloidosis Apolipoprotein AIV
 Familial amyloidosis of the Finnish type (FAF) Gelsolin
 Lysozyme amyloidosis Lysozyme
 Fibrinogen amyloidosis Fibrinogen
 Dialysis amyloidosis Beta-2 microglobulin
 Inclusion body myositis/myopathy Amyloid β peptide (A β)
 Cataracts Crystallins
 Retinitis pigmentosa with rhodopsin mutations rhodopsin
 Medullary thyroid carcinoma Calcitonin
 Cardiac atrial amyloidosis Atrial natriuretic factor
 Pituitary prolactinoma Prolactin
 Hereditary lattice corneal dystrophy Keratoepithelin
 Cutaneous lichen amyloidosis Keratins
 Mallory bodies Keratin intermediate filament proteins
 Corneal lactoferrin amyloidosis Lactoferrin
 Pulmonary alveolar proteinosis Surfactant protein C (SP-C)
 Odontogenic (Pindborg) tumor amyloid Odontogenic ameloblast-associated protein
 Seminal vesicle amyloid Semenogelin I
 Cystic Fibrosis cystic fibrosis transmembrane conductance regulator (CFTR) protein
 Sickle cell disease[42] Hemoglobin
 Critical illness myopathy (CIM) Hyperproteolytic state of myosin ubiquitination

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Leaky Gut Syndrome

Leaky Gut Syndrome

Leaky Gut Syndrome

<http://www.integrativemedicine.co.za/leaky-gut-syndrome.html>

The holistic approach to treating chronic disease and allergies is complex.

One of the greatest breakthroughs in research has been the recognition of the vital role that the gut plays in these conditions. The gut is surrounded by the largest concentration of immune tissues in the body, and any increase in the permeability of the gut lining, or imbalance in the gut flora, has a powerful impact on the immune system.

THE BODY'S SECURITY SYSTEM

There are 5 layers or barriers, which protect our internal environment from ingested toxins, organisms and allergens:

1st layer - Bacteria [which form the bulk of the faecal content of our intestines]

2nd layer - Mucus Coating [lining the inside of the intestine]

3rd layer - Gut Lining Cells [it is the loss of "tight junctions" between these enterocytes that is the prime factor in the

4th layer - Immune System [which is concentrated in the extensive Peyer's patches around the intestines]

5th layer - Liver [which receives and processes everything which is absorbed via the intestines]

CAUSES OF A LEAKY GUT

There are many factors in our modern Western lifestyles that cause these barriers to become compromised / weakened, and thus increasingly permeable. Among the most important are:

[Stress [mental, physical or emotional]

[Drugs, especially alcohol, antibiotics, hormone pills and anti-inflammatory drugs.

[Food allergies and sensitivities.

[Environmental pollutants and toxins, including free radicals.

[Surgery [and the anaesthetic], severe burns and radiation.

[Ageing.

Altered gut permeability gives rise to allergic and other chronic diseases by making it possible for partially digested food particles, toxic wastes and even bacteria to pass directly into the bloodstream. The immune system springs into action and forms immune clusters around the foreign particles. These clusters circulate to all parts of the body, causing a wide variety of symptoms such as eczema, asthma, arthritis, irritable bowel, migraines etc. The constant drain on the immune system

The burden on the liver is also greatly increased as it attempts to detoxify the blood.

Other factors, which further compromise the body, are diminished stomach acid and pancreatic enzymes, which lead to sub-optimal digestion and breakdown of foods into nutrient particles. The gut lining cells have also become damaged and fail to allow the proper absorption of nutrients through them. Lack of these nutrients in the body leads to a state of "modern

Great quantities of cortisol are released by the adrenal glands when under stress, and this also aggravates the leaky gut

TREATMENT OF LEAKY GUT SYNDROME

The aim of this treatment protocol is to remove obstructions to normal metabolic processes, and to encourage the body to

The 4 pillars of treatment are REMOVE, REPLACE, RE-INOCULATE & REPAIR.

A - REMOVE

[1] Parasites & bacteria & fungi

Undesirable parasites, bacteria and fungi need to be cleared out. This is best achieved by having a stool flora analysis, which gives an accurate assessment of which harmful bacteria need to be removed, and which beneficial bacteria need to

[2] Dietary toxins, additives, chemicals and foods to which you may be sensitive

Ideally, one should determine which foods may be problematic by having a blood test for food intolerances. This is different to a conventional allergy test based on IgE, as it uses IgG instead. Unfortunately the test is expensive, so an alternative approach is to follow a Detoxification Diet for a minimum of 4-6 weeks. This usually omits generally

B - REPLACE

[1] Insufficient stomach acid and digestive enzymes

Betaine HCl and/or digestive enzymes are usually indicated here to improve digestion processes.

[2] Nutritional deficiencies, arising from poor digestion

A Functional Food is necessary for 4-6 weeks to replace nutritional deficiencies, help support and feed the friendly bacteria and contains ingredients that repair the damaged gut lining.

C - REPAIR

Gut lining

L-Glutamine is an amino acid necessary for the repair of the gut lining together with Essential Fatty Acids such as Omega

D - RE-INOCULATE

Friendly bacteria

Based the result of the stool test one must replenish the friendly bacteria.

E - LIVER SUPPORT AND DETOX

Herbal products such as those containing Milk Thistle help to support and de-stress the overworked liver.

Correction of a leaky gut problem may take from 1 to 3 months to achieve, and is not easy without professional guidance and supervision. It is a fairly intensive and expensive programme to follow for the first 4-6 weeks. Once the leaky gut and bowel environment have been corrected, many of the chronic symptoms will have improved or disappeared. The body may tolerate certain foods again after a period of avoidance, but some foods may prove to be potent triggers to the immune system and have to be avoided in the long term. Having removed the "obstacle" of the leaky gut, the stage is set for further
Information provided by Dr D M Nye www.greenhousehealth.com

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Cachexia

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Cachexia

Cachexia

http://www.cannabissearch.com/medical_benefits/cachexia/

When cannabis or cannabinoid drugs are prescribed for cancer and AIDS patients, the reason is generally not the disease itself, but cachexia, the severe wasting disease that such patients often have to suffer with.

According to literature from the American Cancer Society, cachexia and anorexia (not the anorexia nervosa associated with teenage girls) are diagnosed in more than two thirds of all cancer patients in the advanced stages of the disease.

They are considered independent risk factors when calculating morbidity (the stage of the disease) and mortality (the likelihood of death.) Anorexia, nausea, and vomiting, in fact, are often described as being more detrimental to patients' In 1986, the main effective component of cannabis, delta-9-tetrahydrocannabinol (THC) was licensed as an anti-emetic (anti-nausea) drug for cancer patients undergoing chemotherapy. As well, clinical studies have shown that THC provides significant stimulation of the appetite and increased body weight in patients with AIDS (or who are HIV-positive) and

Just as recreational pot smokers experience "the munchies," those who use cannabis for medicinal reasons find their

Most research points to whole cannabis being more effective in treating cachexia and disease-related anorexia than THC alone, because of the other cannabinoids present, including CBD, or cannabidiol, which mitigates the psychotropic effects Most clinical research, then, is involved in comparing the therapeutic effects of whole-plant cannabis extracts to those of dronabinol (THC) alone in controlled studies.

While most cancer and AIDS patients are not allowed to have medical marijuana prescriptions just for cachexia, in those states where cannabis is licensed for medical use, they are allowed to have it to relieve pain and alleviate other symptoms. At this point, the fact that it also helps combat cachexia and anorexia is merely a bonus.

This is one of the original uses of medical marijuana. I have done some work with ASA which has many members who suffer from HIV/AIDS and these people desperately need the medicine.

Often times their nausea is so bad that they can't even hold down the anti-nausea medicine. The symptoms associated with AIDS are terrible, and although we have no cure for this disease we have a moral responsibility to comfort the sick and unfortunately medical marijuana has become a last resort for many AIDS patients.

This is one of the first things besides cancer that medical marijuana was used for

This should not be the last resort for AIDS patients, instead should be the first because of all the chemicals they have put into their body to help fight this terrible disease/illness; in a way marijuana helps balance when taking hard-core chemical drugs just by allowing your body to intake the food nutrients it needs to regain strength from the harsh chemicals.

My grandpa suffered from this until they began a regimen of THC pills, he nearly immediately began to gain strength and began to eat. It was wonderful; the only bad part is that no one gave the magic of THC any credit for the benefits.

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Crohn's Disease

What is Autism

What is Autism?

<http://www2c.cdc.gov/podcasts/rss.asp>

Types of ASDs

There are three different types of ASDs:

° **Autistic Disorder** (also called "classic" autism)

This is what most people think of when hearing the word "autism." People with autistic disorder usually have significant language delays, social and communication challenges, and unusual behaviors and interests. Many people with autistic

° **Asperger Syndrome**

People with Asperger syndrome usually have some milder symptoms of autistic disorder. They might have social challenges and unusual behaviors and interests. However, they typically do not have problems with language or intellectual

Pervasive Developmental Disorder – Not Otherwise Specified (PDD-NOS; also called "atypical autism")

People who meet some of the criteria for autistic disorder or Asperger syndrome, but not all, may be diagnosed with PDD-NOS. People with PDD-NOS usually have fewer and milder symptoms than those with autistic disorder. The symptoms

<http://www2c.cdc.gov/podcasts/rss.asp>

A person with an ASD might:

- ~~€~~Not respond to their name by 12 months
- ~~€~~Not point at objects to show interest (point at an airplane flying over) by 14 months
- ~~€~~Not play "pretend" games (pretend to "feed" a doll) by 18 months
- ~~€~~Avoid eye contact and want to be alone
- ~~€~~Have trouble understanding other people's feelings or talking about their own feelings
- ~~€~~Have delayed speech and language skills
- ~~€~~Repeat words or phrases over and over (echolalia)
- ~~€~~Give unrelated answers to questions
- ~~€~~Get upset by minor changes
- ~~€~~Have obsessive interests
- ~~€~~Flap their hands, rock their body, or spin in circles
- ~~€~~Have unusual reactions to the way things sound, smell, taste, look, or feel

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699 Crohn's Disease

Crohn's Disease

http://www.cannabissearch.com/medical_benefits/crohns-disease/

If you have, or know someone who suffers from, Crohn's disease, you know that patients with this condition have a defect in the intestines that allows bacteria to leak into the intestinal tissue causing inflammation and pain. It can also lead to a secondary condition known as Ulcerative Colitis, where the tissue can rupture and bleed.

Current medical knowledge suggests that both of these diseases are caused by a combination of genetic and environmental factors, meaning that people with the genetic pre-disposition for these conditions who are then subjected to the environmental triggers - stress, poor diet, and bacterial infections - are likely to develop the actual diseases.

So where does cannabis come in?

Recent research done in the UK has shown that two of the compounds found in marijuana, CBD (cannabidiol) and THC, do interact with intestinal function, lending credence to a lot of anecdotal evidence that medical marijuana is an effective

The British researchers found that cannabinoids derived from actual plants (as opposed to synthetics), encourage tighter bonds between the cells that form the barrier in the gut that prevents bacterial leakage.

This information is new, though it's long been known that cannabis is an anti-inflammatory, which also helps treat the

In addition to reducing inflammation and helping to regenerate bowel tissue, medical marijuana also helps ease the cramps associated with intestinal irritation and boosts the appetite.

While the appetite stimulation qualities of cannabis are known to be vital for cancer and AIDS patients, they're equally important for patients with ulcerative colitis and Crohn's whose leaky guts prevent the absorption of essential nutrients.

What kinds of marijuana are best for treating bowel conditions?

Most patients recommend Indica strains as they have the strongest muscle relaxing effects.

Specific strains used to treat these conditions include Auntie Em, Blue Fruit, and Dynamite.

I was diagnosed with Crohn's last year and have been in and out of the hospital getting treated, but the one thing that in the mornings I wake up to nausea and loss of appetite, but one or two tokes of my bowl and the nausea goes away and

I don't know

How I would manage without it.

My aunt suffers from this dreaded problem, if it wasn't for her MMJ I really don't know what would happen.

The pills the doctors wanted her to take didn't work, she just spent so much time in the hospital, then she tried marijuana and wow the effects really turned her around.

She makes sure that she has her smoke three times a day and she is good to go.

Crohn's is an awful and debilitating illness.

It is good that people can find comfort from nausea and pain with the use of cannabis.

Anything that can make people feel more comfortable or be able to eat is a good substance.

I am extremely happy MJ can help so many individuals when they are most uncomfortable.

My mother had cancer and passed away in 1999 and since her cancer spread to her back she had to take many pain pills. Smoking a little bit of MJ throughout the day would not only relax her but helped her gain an appetite.

I am grateful for MJ for making her last days as comfortable as possible.

I HAVE HAD IT SINCE 1995 AND IF EATEN THE RELIEF IS BETTER FOR ME.

I DONT MIND THE SMOKING IF I CAN FIND A SATIVA OR COMBO STRAIN THAT DOESNT MAKE ME A

I had a ruptured intestine in 1971. This led to a colostomy and constant pain.

At first I did not think of the medical benefits of MJ however, when I got high (the term used in the 60-70) I watched my intestine completely relax and my pain subside.

My friends freaked out watching this.

Actually, so did I at first.

The thought of holding your intestine in your hand and actually seeing it relax was an experience, and weird to say the So here I am,64 (the bag is gone) but I continue to suffer from Crohn's and lower back pain.

I can't take anti-inflammatory meds (they me bleed).

So, I medicate with good indica and immediately feel relief, both physically and mentally.

Thank God for his natural gift. True story. Peace.

I have Crohn's that came from severe and life-long PTSD. The MJ curtails the auto-immune response, and helps with the Plus, I have dyslexia, which is also helped a great deal by MJ; some strains more so than others.

But, living in Indiana, it is all illegal; the state would rather I (& others) suffer and die.

I have lost nearly everything, so was thinking that as a last resort to smoke one at the Indiana General Assembly; to make a Going to jail would be nice at that point; otherwise could remain silent (as always) and fade on out...

i have had Crohn's disease since 2000.

I was all the way clean at the time and then in 2005 after a few final battles, i put the needle down and cigarettes as well.

This helped my Crohn's disease although no matter what drug i took or was put on, nothing provides the relief from symptoms of nausea, pain, anxiety etc. more than cannabis sativa. the thc and cbd's are a benefit to an often times miserable condition. not only has it allowed me to cut way down on opiate pain killers and benzodiazepine pills for This in turn also helps Crohn's conditions.

The fact that the United States government and their fascist drug war and drug task force is putting the screws to medical cannabis and other holistic herbs is complete insanity. i would be dead if it weren't for this plant. or, my Crohn's symptoms would be so bad i would almost want to choose death over a lifetime of suffering. the dea, all government entities for that matter need to leave plants to the human race to utilize for biological. psychological. social and spiritual health. cheers.

As a recently-diagnosed Crohn's patient with what appears to be the start of a family history of Crohn's (my sister was diagnosed a year and a half before I was). I must sav that MMJ has been a huge help.

After being diagnosed, I've spent time taking high doses of steroids (prednisone), heavy antibiotics (metronidazole) and even a chemo drug (methotrexate - also used in high doses as an abortion medicine [fun fact]).

I must say, the best I've felt is almost definitely when I've topped off my prescribed regimen (which doesn't come close to making me feel how I used to) with cannabis.

Sceptics reading this believe what the other commentators and I have said. The government is lying to you, this is the truth.

I have had Crohn's Disease since 1978 (I was diagnosed at 14) and have only recently become interested in medical

In addition to the standard Crohn's medications that others have mentioned, I've also been on a pain management regimen,

While this allows functioning and being productive, I'd like to have the option to try cannabis, especially since it appears to help ameliorate the actually underlying disease process in addition to relieving symptoms.

Since my job (I'm an engineer with a technical services company) is fairly mobile, I'm considering moving to a state with

What would you recommend as the best states for medical cannabis?

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Diabetes

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Diabetes

http://www.cannabiseearch.com/medical_benefits/diabetes/

Medical Benefits

Diabetes

Despite the ever-growing body of information about marijuana and the health conditions it helps to treat, there is very little scientific data about whether or not the drug offers any benefit to the treatment of diabetes.

Within the diabetic population, however, there is a significant amount of anecdotal information suggesting that the use of cannabis might help stabilize blood sugar.

This may be because it helps to reduce catecholamines and/or the hormones that cause stress: glucocorticoids.

According to the American Alliance for Medical Cannabis, cannabinoids, "...act primarily to inhibit prostaglandins and COX-2, while providing powerful anti-oxidant properties to salvage free radicals, and inhibit macrophage and TNF."

In plain English, this means that marijuana works well as an anti-inflammatory treatment without the side effects of steroids. The latter is important, because diabetics are supposed to avoid steroids. As well, many NSAIDS (non-steroidal anti-inflammatory drugs - things like Tylenol and Aleve) cause liver or kidney issues, which cannabis does not. Since

Cannabis has another trait that is helpful to diabetics, though: it is neuroprotective. This means that it helps protect the nerve covering (myelin sheath) from inflammatory attack believed to be caused by glycoproteins in the blood, and reduces the pain associated with this condition, called neuropathy, by activating receptors throughout the brain and body. It's also thought that the anti-spasmodic elements of marijuana - likely cannabidiol - help relieve the muscle cramps and GI upset

While marijuana is not believed to offer anti-hypertension aid, it is a vasodilator and helps promote blood flow, and reduce blood pressure. As well, when cannabis is added to food products it improves the levels of key cannabinoids in the bloodstream, and provides (in the form of cannabis butter and oil) a triple-bonded fatty acid in place of the saturated fats

Cooking with cannabis can be extremely beneficial for diabetics, also, because it's far easier to maintain good blood sugar levels when cooking at home instead of eating prepared foods, but cannabis can also be mixed with aloe or emu oil to form a topical cream or salve that will help the neuropathic pain and tingling patients often experience, while smoking or Finally, if overnight hypoglycaemia is an issue the patient can nibble a cannabis cookie before bed or first thing in the morning - it's perfectly safe, as long as portion control is exercised.

This is awesome; seems like nearly every week more data is being proven that marijuana in its natural form benefits endless number of illness/symptoms WITHOUT THE LONG TERM DAMAGING EFFECTS ON OUR BODIES. It is great that people with diabetes don't HAVE to smoke marijuana to get the same benefits, especially for those who are on

I'm not a diabetic but I do watch my diet by using mainly natural ingredients and less genetically-engineered ingredients. But now knowing that cannabis cooked food have good fatty acid and maintains good blood sugar levels. My uncle has diabetes and he is the only other person in my family with a medical recommendation. He says that even though he has been smoking since before it was legal in CA (1995), the cannabis is much better quality now and he is able to eat healthier because it makes the healthy food taste better. I hope that other people with diabetes will try it. I am

I had not heard of the effects on diabetes from MMJ, until recently and I have noticed that my husband's diabetes has levelled out. I wondered if it was not from the MMJ but wasn't sure, now I am almost convinced that it is what has done

Wow these edibles are effective. I know this because I use them

I recently told my other in law about the medical properties and she

Was interested in trying the edibles for her pain, I gave her a small piece of

A rice crispy happy treat and she did fine until it started really working and then

She freaked out. I felt so bad she was fine but really high and thought the world

Was ending basically, I know she had a little to much but on the upside her pain was

Gone completely but her poor head was spinning. She said she would never try it ever

Again but I know it would have been better if she didn't eat so much to start out with.

By the way she has diabetes and a recently replaced hip and a later after surgery broken

Leg, she hasn't been without pain for several years takes vicodine all day every day. The small

Dose of edible took the pain away completely.

I use pot 2years now went doctor other day for yearly check he took my diabetes med. away. Maybe because I lost

It works. I was of oral meds within 6 months of getting my rec.
what of the negative effects

I have read that eating too much medibles in people with undiagnosed diabetes/hypoglycaemia or kidney/liver problems

Does anyone know if that is true? Has anyone out there had an experience related to this?

Hi, my mother has recently been told she has type 2 diabetes. I been making marijuana product b4 but not for a diabetic. I was wondering if anyone knows of some quick sugar low, low salt, low carb, recipes I could make for her.

I am looking for more information on juicing the harlequin leaves, specifically. I live with chronic pain, diabetes, fibromyalgia, to mention a few. I have just started juicing but want more information..Thanks..

Hi, I am interested in the benefits of juicing the harlequin leaves.. anyone know the website to go to for this information?

Well I am a Diabetic and Take 70/30 Human recombinant and since I have stated using MM I have had some positive leveling of my Sugars Before I would wake up Take a shot Eat then rest for hour then Swim and do Light pool play Then come home shower i would be in a low Blood sugar eat again then do mv dav now I swim and shower no Low in fact I

I am totally convinced that cannabis slows down the aging process. By calming stress and allowing promoting the ability to cope with situations, less harmful toxins are produced by the body. I have a friend who is in her sixties and looks like she's in her mid 40's. She's been smoking cannabis for many years. She's productive and continued working past her retirement.

Hi, hate smoking and absolutely do NOT want to be high" but have several health issues and dislike pharmaceuticals. Looking for herbs. Is there anything that's plain edible or a herb tea?
Very little data about benefits to diabetics??

How about:

Laboratory of Physiological Studies, National Institutes of Health 2007

Collectively, our results suggest that the nonpsychoactive cannabinoid CBD have significant therapeutic benefits against diabetic complications and atherosclerosis..

...This is particularly encouraging in light of the excellent safety and tolerability profile of CBD in humans.

and

A provocative new analysis of data from the Third National Health and Nutrition Examination Survey (NHANES III) indicates marijuana users had 66% lower odds of having diabetes after adjustment for numerous potential confounding factors. Dr. Magda Shaheen reported at the annual meeting of the American Public Health Association.

and

Researchers at Hadassah University Hospital in Jerusalem reported that injections of 5 mg per day of CBD significantly reduced the prevalence of diabetes in mice from an incidence of 86 percent in non-treated controls to an incidence of only 30 percent. In a separate experiment, investigators reported that control mice all developed diabetes at a median of 17 weeks. Investigators also reported that CBD significantly lowered plasma levels of the pro-inflammatory cytokines (proteins), INF gamma and TNF-alpha, and significantly reduced the severity of insulinitis

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867 Making Use of Natural Health Remedies in Diabetic Patients

Making Use of Natural Health Remedies in Diabetic Patients by Pearlyn Goodman-Herrick

<http://homeopathyamerica.wordpress.com/2012/10/03/making-use-of-natural-health-remedies-in->

Dealing with diabetes with holistic health treatments is a smart way to remain healthy. While conventional medications like insulin could be essential to control your diabetes, a lot of medications used to handle diabetes are also known to cause a number of nasty unwanted side effects. Also, doctors do not know the entire effect of using these drugs long-term. Holistic

Dealing with Diabetes Holistically Through Supplements, Foods, and Herbs

Controlling your diabetes holistically by means of supplements, foods, and herbs is an excellent method to help restore natural balance within your body. For many, diabetes might be a direct result of a poor life style full of junk foods and soda pop. If the body is overwhelmed by the harmful toxins in these meals, the natural result may be a failure to maintain

Should you be looking for natural home remedies for diabetes, you might like to try one or more of the following supplements proven to help with blood glucose control.

- *Ginseng
- *Chromium Picolinate
- *Cinnamon
- *Cod Liver Oil
- *Bean Pod Teas
- *Dandelion Root
- *Ginger
- *Milk Thistle
- *Vitamin E
- *Vitamin C
- *Grape Seed Extract
- *Calcium Arginate
- *Vitamin B6
- *Magnesium
- *Zinc
- *Fenugreek
- *Bitter Melon
- *Onion
- *Aloe Vera
- *Sage Okra
- *Cloves
- *Garlic
- *Blueberries
- *Bilberry
- *Goldenseal
- *Buckwheat
- *Broccoli
- *Citrus Fruits
- *Gymnema
- *Xylitol
- *Stevia

Holistic Health Therapy for Dealing With Diabetes

In addition to managing your diabetes through natural means, you may also try out other logistic wellness treatments to alleviate symptoms and help reinstate your body's normal balance. Everybody is diverse, and the cause of your diabetes might not be the same as your friend. As a result, trying various holistic wellness treatments may be necessary before

- *Magnets
- *Reflexology
- *Acupuncture
- *Biofeedback
- *Weight Management

*Exercise

*Sunlight Exposure

Handling diabetes and all natural health treatments are a combination for better health. Natural treatments for diabetes can include fresh, raw foods freed from processing and preservatives, physical exercise, and herbal and dietary supplementation. If you wish to try natural holistic treatments for your diabetes, you need to discuss the options with your

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Cancer

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Cancer

http://www.cannabissearch.com/medical_benefits/cancer/

Medical Benefits

Cancer

Both cancer itself and the various treatments for it cause several side effects, including anorexia and cachexia, as well as chemotherapy-induced nausea and vomiting. Others experience severe pain and difficulty sleeping. For many of those

Anorexia and Cachexia

Anorexia, the loss of the desire to eat (or the loss of appetite), is a common symptom for cancer patients though it may occur earlier or later in the disease. Cachexia which sometimes comes with the anorexia (but not always) is a wasting condition where patients have significant weakness and a progressive loss of weight, fat, and muscle. Cachexia sometimes

In these cases, marijuana, and specifically THC, either used alone or in combination with nutrients provided by tube helps improve appetite. It's basically a medical use of a common pot smokers' side effect: the "munchies."

Nausea and Vomiting

Anti-cancer drugs sometimes cause nausea and vomiting because they're designed to affect the part of the brain which controls those responses, or because they irritate the lining of the stomach. There are several factors that affect the severity of these symptoms, including which drug is being used, the dosage, the schedule, and the patient's reaction.

Because cannabis has anti-emetic (anti-nausea) properties, it's extremely useful for treating cancer patients with severe nausea. Since it can be smoked or vaporized, as well as given in a sublingual (under the tongue) tincture, it can be used even with patients who can't eat. It can even be mixed with liquid nutrition offered via feeding tube.

Pain Relief and Sleep Aid

Marijuana isn't technically an analgesic, but it does help relieve pain by offering tense muscles. Some patients have said it takes away pain, but it would be more accurate to say that it takes away the awareness of pain. Its soporific effects, which recreational smokers might refer to as "couch lock," also help patients get restful sleep.

New Research

While no official statement has been made, new research from several sources points to the possibility that cannabis, or some of the components therein, may actually arrest cancer, stopping the growth of cancer cells and tumors. Most of this research is being done in Europe, because U.S. regulations make it difficult for even researchers to test cannabis.

I can attest to this through second-hand experience. When my uncle had cancer, he used medical marijuana to cope with the severe appetite loss that he suffered from the chemotherapy. Without medical cannabis his life and whole outlook on his bout with cancer would have been different. Those who say marijuana has no medical benefits and think it's just a

I have witnessed first hand the severe hunger loss my family member went through with chemo..If they had legalized medical marijuana he might not of had to suffer so much..As it was they hooked him to a 5 second morphine drip with a Watching my grandpa suffer during his cancer was one of the hardest things I've ever done. The THC pills the doctors gave him aided in making him eat when we couldn't even force feed him. Unfortunately at the time we all lived in a state Missouri by the way that saw anything THC as evil reefer. So the pills were all he could get but the benefits for him was

If you suffer from cancer this is a wonder medical drug

my aunt suffers from cancer. actually 4 different types...and mmj has been helping her eat through chemo and its keeping her from depression. so i think this is a VERY good miracle med for her, now she is her old self again thanks to MMJ Please anybody with experience in mmj & cancer please leave your comments add links if possible, in Europe we don't have mmj all over and the more people come forward the quicker it will become legal the more who find out about mmj and start to inquire the better . you'd be surprised on how unaware they are in most parts of Europe.

Project CBD is a great place to learn about the current studies being conducted. Though THC is a miraculous compound itself, it will probably be the CBD's that eventually prevail in bringing legitimacy to the MMJ community. CBD's have been used in ointments that have shown to stop cancer growth as talked about above. Learning more about MMJ will

I am going through chemo now and thank god for mmj!!

hello, does anyone knows how to get hash oil?

its urgent, my husband has cancer

This really helps my dad through his chemo tx! It helps with his nausea and helps his appetite! This is a fav strain of his.

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Depression

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Depression

http://www.cannabissearch.com/medical_benefits/chronic-pain/

Medical Benefits

Chronic Pain

There are many causes for chronic pain, including AIDS, arthritis, cancer, sickle cell anaemia, multiple sclerosis, and back, neck and spinal cord injuries, as well as degenerative hip and joint disorders and even severe burns. In almost every case, pain is not the primary condition, but a symptom that varies in duration, frequency and severity, and is different for every patient. While the underlying condition will determine how the pain is treated. it doesn't always dictate the proper pain

The goal in all cases, however, is for the patient experiencing pain to function as normally as possible, by reducing their pain as much as possible while also minimizing the side effects so often associated with pain therapies. Failure to adequately manage chronic pain doesn't merely result in an annoyed patient, but can lead to depression, despair, and even a death-wish. when patients refuse potentially life-saving procedures such as surgery or chemotherapy. which cause suffering

While cannabis is not a cure-all, it can serve at least two important functions in the safe and effective management of

It can provide actual pain relief, either when used alone, or when used in conjunction with other analgesics;

It can control the nausea and vomiting that are common side effects of using opioid drugs, as well as the nausea, vomiting, and dizziness that often come hand-in-hand with ongoing severe pain.

While opiates are an effective treatment for severe pain, they also tend to induce intense nausea that can cause not just discomfort, but may also lead to malnourishment, anorexia, cachexia (the wasting disease) and an overall decline in patient's health. Some patients find this nausea so bad that they're willing to stop their pain treatment just to end it.

Conversely, an almost immediate relief from pain is provided by inhaled cannabis, and there are fewer adverse effects with this than there are with a common cannabinoid drug Marinol, which contains THC.

There are two reasons for this:

Inhaling cannabis allows the active components of it to be absorbed into the blood stream faster and with greater There are more cannabinoids present in inhaled cannabis than there are in Marinol, which contains only THC. These additional components may have additional anti-emetic (anti-nausea) properties, and have also been shown to provide

Research has also shown that spraying a cannabis extract under the tongue can provide an almost immediate relief from

I use cannabis for back and shoulder pain. It helps me to relax my muscles, and also helps to sleep when I am having

I use it for my hand. There are days the pain in my hand is so bad I can't grip anything. Medical Marijuana truly helps.

I suffer from fibromyalgia and if I took the pills the doctors want to give me I would live in a state of near unconsciousness all the time. But I have a family and kids. Who wants to not be a part of the world? Not me. With the assistance of med. mariuana I can be an active part of their lives without pain taking me to mv knees. For chronic pain it is the top notch

i have a titanium kneecap from Iraq, and no pills could help me with the pain. the only ones where addictive, i got hooked on oxy's for a lil bit...it sucked! but when i stopped all the pills i started to realize that MMJ helped with the pain and its <http://www.webmd.com/pain-management/news/20100830/marijuana-relieves-chronic-pain-research->

Marijuana has helped my shoulder/neck pain so much. Combined with yoga it helps all my aches and pains.

I think that cannabis is a miracle for bad menstrual cramps, and some girls that I know only smoke when on their period. Personally nothing works better for me, because it not only takes away the cramps, but the nausea they cause as well. There are so many different aches and pains that all people deal with on a daily basis, and the great thing about medical cannabis is that it can treat almost all of them. I have known so many opiate pill addicts who switched to cannabis and I personally use cannabis for what is diagnosed to be Lupus, I don't have some of the symptoms of a regular Lupus patient. I do have widespread pain throughout my body mainly hurting in my neck and shoulder area, also I have pain in my joints and even my skin hurts. I was diagnosed with this a month after graduating high school, I had horrible heart pain one night when I laid down and I went to the ER only to find out I had liquid surrounding my heart and that my heart was inflamed, this went away. Only for a year later the same thing to happen, which was much more severe and I was scheduled for heart surgery that night. I found out that the lupus was causing inflammation of my body causing fluids building up with nowhere to go, I have lived with lupus complications and wide-spread body pains for 4 years now and cannabis helps greatly now that my heart is healthy and showing no signs of problems. I didn't smoke for around a year after the surgery. I

When you have been broke up as much as I have without the medical marijuana, you can't hardly get out of bed let alone function. It works on your brain to the point you feel like you can't handle life. Without the smoke, I can't even stand myself let alone mv family stands me. If you have real intense pain give it a try whether it is by smoking, vap, or tinctures

I also use MMJ for my severe fibro pain but I also have endometritis and it works great. Menstrual cramps that are near debilitating has benefits. as well as degenerative bone loss. The relief for chronic pain is so wide spread everyone should

I just have to add one more comment and that is just how much happier and easier my day to day life has been when I started using the Medical Marijuana and how grateful I am to live in such a wonder place that they do not frown upon me

I turned to Medical Marijuana to end the Oxycodone and Morphine addiction my Doctor had me on for chronic back and neck pain and am much better off. I just wish insurance would pay for it, after all it costs less than the \$1500.00 a month

it works for shoulder dislocation pain to baaammarvin-marijuana-harvest | Jun 1, 2011 who would have known i could take cannabis for my pain...I have severe (Chronic) pain in my back.My spine is not right,one of my joints in my spin has shifted and it bothers me.Sometimes when it hurts it would hurt so bad that i cant walk.not even bend over a inch.

I have not tried MMJ yet, but I have bulging lower disks and an anular tear in the spine from a fall. The Doctors have prescribed me narcotics that I hate because addiction runs so high in my family. Would MMJ help with my condition? If anyone could let me know, I would appreciate this very much. I have mood swings because of the pain and it has been hard. The older I get the more reasons I have to use MMJ. Always new aches and pains, this is my only relief, besides a hot bath or steam room. It helps with relieving chronic pain.

My wisdom teeth are coming in on one side and smoking works better to soothe the pain than that numbing stuff. But there's no medical in TN and I don't know anybody in town, so I'm left to suffer. I have chronic pain as a result of breast cancer surgery. It was explained to me by my Doctor that the breast has so many nerves and nerve centres that it is not known how long this agony will persist. I am on a diet of pain pills, 2 kinds of anti-depressants, nerve blockers, anti-anxiety medicine (2 kinds) and a variety of other Chinese herbal medicines (which I have not yet reaped any benefit from). Someone offered me some edibles (brownies, cookies, fruit bars, butter, and gummies). My body has responded so well to this that this is the first time that I have been able to actually sit in my chair pain-free.

I have suffered half my life with debilitating back pain from Degenerative disc disease after fracturing a vertebrae in college while playing baseball. I was also recently diagnosed with Akylosing Spondylitis and was basically crippled for months before I was able to find a diagnosis and get prescribed injections to keep my body from attacking itself. MMJ has been a savior for me for my chronic pain and insomnia. I have been prescribed every pain killer and muscle relaxer known to man, but nothing works as well as MMJ. I have had two friends who have died from Pain killer abuse and quit taking them to ensure, I too would not get addicted. Anyone who thinks marijuana is the gateway drug, addicting, etc has never suffered from pain insomnia etc. Luckily I live in CA where they are compassionate and understand what it is like to

I have my medical card and use medical grade marijuana for stump pain, lost my leg in a motorcycle accident, and find edibles work wonders for pain. Been using the pain patch for over ten years, and hope to get off of narcotics one day. Smoke for the nausea caused by hiato hernia. and other stomach problems. have a history of bleeding ulcers going back 35

Cannabis is a life-saver for me. I have severe chronic pain through both arms, all the way from my hands to shoulders and across my chest (the anchor muscles for arm movement). nearly 24/7. Without cannabis. sometimes in combination with

Medical marijuana helps me with nausea, I don't take pills but every time I eat I feel sick and often vomit. When I smoke marijuana it gives me hella appetite, and I don't feel nauseated any more. It's great

I have lupus and fibromyalgia. Cannabis has saved my life! Taking the medications to doctors prescribed put me in the hospital with bad drug reactions. MMJ has given me my life back. It takes away the pain, clears my mind and lets me be the mom I want to be. I can play with my children, maintain my home and work all thanks to a glorious plant when

I have been dealing with some nasty sciatica pain the past couple of years and last spring I asked one of my docs what I could take for it and although he could not legally tell me to use Marijuana he did bring it up twice. I am a spinal injury patient and my sciatica pain is caused by the way I sit in my wheelchair but there's no way of correcting it. I am still trying to find the right strain but tried Headband yesterday and liked it. I use a vaporiser and like it. I do not smoke until I'm

I would absolutely love to try MMJ to see if it would help with my severe chronic back pain. However, I have no idea where to go to get it. I live in the St Louis, Mo area and would be too afraid to just walk up to strangers and ask. My luck,

I too have major back problems. After a fusion and two "cleanings" I now have spinal stenosis, which is a narrowing of the spinal cord passage, basically the vertebrae are growing and crushing the spinal cord. After having going through five different doctors to try to find relief, four of which refused to see me again after looking at my medical file and seeing my condition, I have finally ended up at a pain management clinic. Their answer to my pain, they want another surgery to implant a full time spinal nerve block. so I can get off the narcotics. I have another solution for them. get this state (KS) to

I think the major thing marijuana does for my pain is that it changes the channel...my brain starts to concentrate on

Quote:

It helps with a lot of stuff a lot of people say all the time :)

A lot of people say its great and it is not a gate way drug choice is the gate way

i have had back problems for years and i hate taking pills so even though weed is illegal in my state i use it to help with the pain and sleep i come home and use every day after work so i can function without pain so legal marijuana would be best

YAYGuest | Jan 12, 2012

I have been in severe pain for years ! with back and neck pain. also tmj which is very painful. I live in Indiana and I'm not sure how this works. can I just find me a Dr in Michigan ?

I have chronic neck, back and shoulder pain along with tmj , I live in Indiana. how do I go about this ?

How can a person who lives in a Bible Belt state go about getting medically prescribed mmj? I have ankylosing spondylitis in my back, and the pain isn't helped much by anti-inflammatories (NSAIDS), or the weak pain meds my dr. prescribes. I not only benefit from the pain relief, but am actually able to get some work done that I normally wouldn't if on prescribed drugs. I can't pack up and move to a MMJ state. or I would have months ago. when the pain cost me a very nice pay check.

You didn't mention what state you live in. Unless you live in a MM state then discussing this with your doctor won't get you any closer to the MM you need. Since you can't move and you need MM then the answer is to find it on the street and take care of yourself. The Feds and your State Police don't have to suffer the pain. you do. So it's up to you to decide. Do

Can anyone name the highest concentrate of cbd strain, this is the type my doctor says will help me most. I have had good luck with the Northern Lights, but feel I will do better with a different strain. Along with Fibromyalgia I have chronic

I live in Canada, once you get your MMJ approval, it is national.. I have lived with back pain for yrs. When someone offered me some indica to smoke, that was the first time in years that I was able to sleep through the night.. I came across a recipe where you take the bud and slowly cook it with Organic Coconut Oil. cool it and then put it into gel-caps. this Fall

Hey Everyone, I'm looking for a strain that's good for chronic pain relief but doesn't get you too high, It'd be nice to find a strain were i can carry on with my day and not just sit there stoned. I am searching all over the internet for advice so any

HI,I smoked weed since my 13 to my 25,when i became a mom.i'm 33 now,and for the last 3 years I have suffered chronic back and neck pains. last week my best friend gave me a little sack with weed and oh!!! how i missed it!!! my kids are in holidays with their dad so i can go sit outside and enjoy more especially because my pains are gone!!! if i could i would of started using a long time ago!!! I recommend it to everyone especially who's in pain everyday and is desperately using all kinds of painkillers just to get through the day!!!here it's illegal and expensive.but if where you live is legal.so for it and

More of the medicinal benefits of this plant come from eating edibles made from cannabis butter, or by eating the essential When smoking it, the plant is not able to reach all of the endocannabinoid receptors throughout the body. Instead they just reach the brain, lungs and blood stream. By ingesting cannabis, the endocannabinoid system is deeply infiltrated, allowing If you haven't tried ingesting it for pain, you are missing out...give it a try, you will be glad you did.

I just tried it for severe chronic pain and it gives me a lot of relief. I am going to try and make edibles since it seems they I have been on strong narcotics for chronic back and leg pain for the past 23 years. I was on Methadone for 12 years and now my doctor switched me to Morphine, 75mg a day. I don't like the side effects and will be moving (back) to MMJ for relief. I've tried several types of hard candy and chocolate. but I'm still looking for that *right* dose to help relieve the pain

I have severe back pain, every three months it puts me on my ass for a few days, where I can't move or anything.. I always feel weird when I smoke weed, but taking muscle relaxers makes me want to pass out and do absolutely nothing... I am trying to figure out how to get my medical card. But thanks to voters. its now legal in Washington State for recreational

Well,I have Sjogren's Syndrome similar to lupus widespread pain body feels like it has the flu,all joints hurt muscles from the inflammation of arthritis and sjogrens i take hemp-seed oil it helps.im tired of taking oxys and roxies but need to till I

I to am in the bible belt, I've chanced it for 20 years. do what i gotta do steve

Hello all, I am looking for some advice. My grandmother has had 2 back surgeries in the past year and she is in severe pain. The meds that the doctors give to her make her very sick and she usually refuses to take them. Does anyone have a recommended strain for her? She has severe chronic back pain and numbness. Also, it would be best if you could suggest Thank You!

844

Whole Diet May Ward Off Depression and Anxiety

<http://www.medscape.com/viewarticle/715239>

Whole Diet May Ward Off Depression and Anxiety

January 15, 2010 — A traditional or whole diet characterized by vegetables, fruit, whole grains, and high-quality meat and fish may help prevent mental illness — specifically, depression and anxiety. Conversely, a Western diet high in refined or processed foods and saturated fats may increase the risk of depression, new research suggests.

A large, cross-sectional study conducted by investigators at the University of Melbourne in Australia shows that women who regularly consume a so-called traditional diet were more than 30% less likely to have major depression, dysthymia, and anxiety disorders compared with their counterparts who consume a Western diet. In addition, the Western diet was

"Simply put, if you habitually eat a healthy diet that includes fruit, vegetables, whole grains, and high-quality lean meat, then you may cut your risk of depression and anxiety," principal investigator Felice Jacka, PhD, told Medscape Psychiatry.

But one caveat here, said Dr. Jacka, is high-quality meat, which is difficult to come by in the United States. This is because most of the cattle in North America are raised — from birth to death — in feed lots, where they are fed a corn-based diet.

This method of raising cattle may have a "profound impact" on the quality of the meat, said Dr. Jacka. "It increases saturated fat and decreases very important good fatty acids. Whereas in Australia, red meat, such as beef and lamb, comes

One of the findings that was not published in the article is that people who consumed more beef or lamb within Australia's recommended dietary guidelines (not more than 4 times per week) were less likely to have depression and anxiety.

According to Dr. Jacka, recent Australian studies show that a good proportion of individuals' dietary intake of omega-3

"We've traditionally thought of omega-3s as only coming from fatty fish, but actually good-quality red meat, that is, naturally raised, has very good levels of omega-3 fatty acids, whereas red meat that comes from feed lots tends to be higher in omega-6 fatty acids — a fatty acid profile that is far less healthy and may in fact be associated with more mental health

The study was published online January 4 in the American Journal of Psychiatry.

Lack of Evidence

According to the investigators, unlike many medical conditions, most notably cardiovascular disease, psychiatric disorders lack evidence-based primary prevention and treatment strategies based on dietary modification. Previous studies that have looked at a potential link between diet and depressive illness have focused on individual nutrients or food groups, but they

However, they add, that limiting studies to individual nutrients or foods may provide an incomplete picture of the relationship between diet and mental health. "We don't eat individual nutrients, we eat a whole diet," said Dr. Jacka.

"Up until very recently there really haven't been any studies that have looked at the impact of whole diet on common mental disorders, which is really interesting since over the past 10 years or so there's been a real burgeoning in the literature regarding the impact of diet on cardiovascular disease, diabetes, and the metabolic syndrome," she added.

Interestingly, many of the same underlying mechanisms that influence some of these conditions, such as immune dysfunction and subsequent inflammation, have also been shown to influence depression, Dr. Jacka pointed out.

To assess the association between individuals' regular diet and the prevalence of mental health disorders, the investigators used data from the Geelong Osteoporosis Study, a large epidemiologic study.

Unexpected Finding

The study included 1046 women ages 20 to 93 years. Participants' diets were assessed using the Cancer Council Victoria dietary questionnaire, a comprehensive food frequency tool that reports on 74 foods and 6 alcoholic beverages during the study. To diagnose current mental disorders, participants were assessed using the Structured Clinical Interview for Diagnostic and Statistical Manual of Mental Disorders (Fourth Edition, Text Revision) Research Version, Non-Patient Edition. In addition, psychological symptoms were measured with the 12-item version of the General Health Questionnaire (GHQ-12). After adjustment for age, socio-economic status, education, and health behaviors, the results revealed that a traditional or whole food diet was associated with a reduction in depression and anxiety risk, with respective odds ratios (ORs) of 0.65 (95% confidence interval [CI], 0.43 – 0.98; $P < .05$) and 0.68 (95% CI, 0.47 – 0.99; $P < .05$).

In contrast, those who consumed a Western diet of processed or fried foods, refined grains, sugary products, and beer had higher GHQ-12 scores. Those who scored higher on the Western-type or processed food diet tended to be approximately 50% more likely to have depression (OR, 1.52; 95% CI, 0.96 – 2.41). However, the researchers found no link between the diet and anxiety. In an unexpected finding, the researchers also found a tendency for a so-called modern diet — which consisted of foods such as fruits, salads, fish, tofu, beans, nuts, yoghurt, and red wine — was associated with a higher, rather than lower, GHQ-12 score. The researchers speculate that this may be due to reverse causality. "We think these women may have been attempting to improve their depressive symptoms by consuming a healthier diet," said Dr. Jacka.

Growing Public Awareness

Dr. Jacka pointed out that recent research conducted in primary care practices in Australia show that up to 30% of individuals with depression change their dietary habits as a way of improving their depressive symptoms, a finding she views as an indication of a growing public awareness about the potential relationship between diet and mental health.

Although primary care physicians often encourage their patients to improve their diets and increase their exercise level to help improve cardiovascular risk factors, the field of psychiatry "is just not there yet," said Dr. Jacka.

In large part, she said, this is due to a lack of evidence to support the hypothesis that a healthy diet can help prevent and/or treat mental illness, but the tide is turning, said Dr. Jacka. Two recent studies published late in 2009 [Br J Psychiatry. 2009;195:408-413. Arch Gen Psychiatry. 2009;66:1090-1098] also support the link between diet and mental health and "The good thing about these studies is that they were able to rule out reverse causality as an explanation for their findings. In other words, they found if you had a poorer-quality diet you were more likely to develop depression over the ensuing years, which supports what we found in our cross-sectional study, but depression itself did not lead to a poorer diet." said Dr. Jacka.

"The data are fairly consistent, and I do think it's time we started a conversation about public health messages about the potential role of diet in prevention as well as the treatment of depression particularly and mental health in general," said Dr. Jacka.

She added that her group currently has a paper in press investigating a link between diet and depression in a cohort of adolescents that shows "a very clear" relationship between diet quality and the presence of depression.

"My feeling is that the negative impact of the processed food industry is really going to make itself felt [in terms of the physical and mental health] on the younger generation," she said. She pointed out that nutrition has an impact on the developing brain, adding that 75% of psychiatric illnesses begin before the age of 25 years.

"I believe that these dietary studies support the hypothesis that diet is causally related to depression, but we need to do more research to be sure that these just aren't chance findings. We also need to test whether [dietary] interventions in the

Diet's 'Profound Impact'

Commenting on the study for Medscape Psychiatry, Fernando Gómez-Pinilla, PhD, at University of California Los Angeles' Neurotrophic Research Laboratory, said the study is impressive and makes an important contribution to the

"This is a very well-controlled study and demonstrates the importance of a whole diet, not only on physical health, but also Animal research by Dr. Gómez-Pinilla and colleagues has demonstrated that diet has a significant and rapid impact on brain-derived neurotrophic factor (BDNF), which plays a key role in psychiatric illness in general and depression in

Boosting levels of neurotrophins appears to be one of the main ways antidepressant medications work. Dr. Gómez-Pinilla's group has shown that feeding rats a Western diet high in refined sugars and saturated fats has a very immediate and obvious impact in reducing BDNF level, which has a resulting impact on learning and memory. Like Dr. Jacka, Dr. Gómez-Pinilla said the psychiatric community has been somewhat reticent about advocating diet as a preventive and/or treatment strategy for mental illness. However, he said, this research, as well as other recent studies, may help convince clinicians about the "profound impact" diet can have on mood and psychiatric disorders in general and Dr. Jacka reports she has received travel funding from Sanofi-Synthelabo Australia and Organon and research support from an unrestricted educational grant from Eli Lilly. Disclosures of the other authors can be found in the original article. Am J Psychiatry. Published online January 4, 2010.

844

Managing Anxiety And Stress

Managing Anxiety And Stress

<http://www.readobot.com/managing-anxiety-and-stress>

Even before you could begin to deal with stress and anxiety, you have to know the reason why it's actually happening to you. These types of issues affect around 19,000,000 adults from the US alone and while it truly is very hard to identify the actual cause, usually there are possible ways to discover them. In general, the main problem is often times biological or environmental. If you could pinpoint where your anxiety started from, you have a better likelihood of actually receiving the

Taking Care Of Anxiety Symptoms Coming From Biological/Physical Elements

Usually by far the most well-known reason behind anxiety is a health problem. This could possibly include having diabetes, heart disease, tumors, thyroid gland problems and asthma. Because of this, your doctor might perform diagnostic tests if perhaps you're affected by anxiety attacks. So, it's always advisable to consult with your doctor for your anxiety and

In other situations, things like withdrawal from drug, medication or even liquor could possibly cause the anxiety attacks. In these types of occasions, being able to manage anxiety and stress will depend on your ability to get over your addiction.

In addition to a disease, your genes is a biological consideration which can certainly lead to anxiety and stress. In the event that one or both your dad and mom have also experienced anxiety attacks, you're even more prone to wind up in a similar situation. Much like a few other health problems, you could be genetically predisposed to stress and anxiety.

Anxiety could be brought about whenever the brain has an unusually high amount of particular neurotransmitters. The brain uses these neurotransmitters in order to communicate within itself. Any time your own brain's power to communicate

Environmental Components And Managing Anxiety

The moment you've ruled out bodily along with other physical factors for your stress and anxiety, you could start taking a look at external factors in your surroundings. These types of factors could be mental or maybe actual physical trauma, tension or deficiencies in fresh air if maybe you currently are living at a location with a very high altitude. Trauma, like abuse or maybe the actual death of a relative, is a really common factor for anxiety attacks. Coping with anxiety symptoms in this instance is generally dependent on getting counseling from a professional. The more support and guidance you have, the less complicated it actually becomes to work through all of your problems and difficulties.

Stress could certainly be caused by a variety of sources, that's why it's crucial that you really identify where the stress is coming from to be able to control your anxiety attacks. An unhealthy romantic relationship is quite a popular trigger, particularly when it comes to married life. Difficulties in the workplace or the school can lead to anxiety, specially when you are stuck with fixed output deadlines and / or far more work when compared to you could really process. Even being

Do not forget that anxiety isn't the result of weakness or personal imperfections, but is due to often negative situations. Studies and research relating to this specific topic is currently on-going, so we will definitely have brand-new

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Treatment Of Depression

Treatment Of Depression

<http://www.readobot.com/treatment-of-depression>

Many people that have depression disorders will either not know it or they will not know how serious and life threatening that it can be. This leads them to not tell anyone of their problems. This is not good. Many times depressive disorder will lead to suicidal thoughts and actions. If you have, or know someone that has, depression to the extent that you or they can not function correctly throughout your daily lives then you should talk to a doctor soon and try to figure out the right

You may not know that depression is actually many different types of disorders. There are several categories, not just one.. The two most common types are major depression (clinical) and chronic depression (dysthymia).

Major depression is typically seen as much more hazardous than chronic depression.. That being said, do not think that you should take one type of depression less serious than the other.. All types of depression, no matter how mild, should be treated in some way. Chronic depression will have symptoms that occur for a very long time.. In other words, it will last over two years.. Most people that have chronic depression for a long period of time will eventually experience some level

Symptoms of chronic depression include, but are not limited to, insomnia, loss of interest in normally enjoyable activities, major weight loss, major weight gain, excessive sleeping patterns, concentration problems, feelings of hopelessness or

Major depression is recognized as one being depressed most of the day and especially in the mornings. These people will usually have less interest than normal in their relationships and in activities that they would normally enjoy. This particular type of depression has symptoms that will show every day for no less than two weeks..

These two types of depression, clinical and chronic, have very similar types of symptoms.. They include feeling fatigued, constant thought of suicide, loss of interest in day to day activities, extreme weight loss or weight gain, indecisiveness,

Numerous treatment options are available for both of these common types of depression. Psychological counseling will prove to be effective for many people suffering from these symptoms. However, if you find this not to be right for you then

Celexa, also known by its generic name of Citalopram, is a very popular treatment medication for depression. Celexa is a potent drug that can cause various after effects to its consumers.. Be sure to discuss Celexa side effects with your doctor

Citalopram is classified as a selective serotonin re-uptake inhibitor (also known as an SSRI). These drugs are known to have many interactions with other medications, yet Citalopram has been proven to have less interactions by far than any

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Anorexia

You may be interested in these resources

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Anorexia

http://www.cannabiseearch.com/medical_benefits/anorexia/

Anorexia

The standard definition of anorexia nervosa, known by most people simply as "anorexia," is that it's a psychiatric illness that causes an eating disorder marked by poor perception of body image, low body weight, excessive exercise, purging of food (forced vomiting), voluntary starvation, or the use of diuretics and diet pills. It's common knowledge that around 90%

Since anorexia also includes what, in clinical language, is referred to as "an acute loss of appetite, often associated with psychological factors," it would seem logical that cannabis, or at least cannabinoid drugs would be an effective therapy.

Unfortunately, since anorexia is, at heart, a psychological disorder that manifests itself physically, the use of cannabis may not help. Cannabinoids have been shown to have only minimal success at appetite suppression in patients with classic anorexia, despite the fact that the primary ingredient, delta-9 THC, has a well-established history with the successful

There are synthetic THC pills, marketed under the name Marinol, which may be used as appetite stimulants in qualified patients, but doctors could lose their licenses by prescribing these drugs as "off-label" treatments for patients with true anorexia nervosa and not suffering from the severe weight loss typically associated with AIDS or cancer chemotherapy.

Similarly, the use of either medical marijuana or synthetic THC may be contraindicated in Alzheimer's disease patients. According to a 2002 study by Grotenhermen, Russo. Cannabis and Cannabinoids, Pharmacology, Toxicology, and Therapeutic Potential (New York: The Hawthorn Integrative Healing Press), "A positive influence on body weight was also reported in 15 patients with Alzheimer's disease who were previously refusing food. Surprisingly, THC also decreased the observed severity of disturbed behavior. In patients diagnosed with primary anorexia nervosa there was no

Translation:

while the use of cannabis or cannabis-derived drugs improved the appetites of Alzheimer's disease patients, it also made their actual Alzheimer's disease worse, while there was no measureable positive effect in anorexia patients. I've never suffered from this terrible malady but I've had a dear friend who did and at the time anything that would have caused her to eat could have possibly saved her life. My grandpa also suffered from loss of appetite in the last stages of his cancer and the doctor gave him THC pills which prolonged his life and gave it a little better quality in his last days. So I

I have used marijuana as an aid to nausea and upset stomach and it has worked wonders, I have also seen people using it for the actual disorder anorexia. For some patients, this has been the wonder cure and they are back on their merry way. For others, medical marijuana has actually intensified their situation. Lots of people suffer from Anorexia for many different reasons. If you're thinking about taking marijuana for anorexia I would recommend you really consider what is

I could see that smoking weed would greatly increase someone's appetite, but I don't think anorexia is rooted in the problem of not wanting to eat. I am sure the person has an appetite the size of an elephants when they are the skinny, but they have deep rooted problems in their head that don't allow them to eat because of the relation of food=fat. If they eat food they gain weight which is their biggest fear, I really feel that cannabis could be a great assistant to the person getting some psychological help to try to fix the image problem they have in their head. Once that is figured out, smoking a little bit of weed to help relax and give you the munchies is never a bad thing. I am a person who lives first hand with severe

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I have always had problems eating just from the lifestyle i chose as an athlete in high school. I haven't been able to gain any weight since graduating 2 years ago and being 15 pounds under weight doesn't sound like much. But i just want to be able to eat normally. Weed for the most part helps but i can't do it as much as i want. I sometimes go 12 to 24 hours without eating just cuz i can't make myself consume any more past a sudden boredom i get for the food in front of me. I

With living with a person who cannot eat unless, they have their smoke of the day. I know for a fact that anorexia could be aided with the use of MMJ, in his case it is from the chronic pain, but the lack of eating is the same. He is not anorexic in any way, but the lack of will to eat is there. So for someone who has reached a point where eating is difficult, I would

I have a girlfriend who suffers from anorexia, and not only is it physically taxing, but she struggles every day with knowing she should eat but irrationally being afraid to. Not only does smoking a quick bowl help her eat, but it relaxes her enough to think rationally about her thought processes. She's seeing a therapist as well, but the combination with marijuana is

this is a perfect example of one of the great medical benefits of mmj. it helps people get an appetite which causes them to Seriously? Anorexia is a MENTAL disorder. Increasing someone's appetite is not going to work when they think that they are overweight. Since Marijuana has been known to make psychiatric disorders worse, it is NOT a good idea for anorexics. It is better suited for persons with cancer, AIDS, or other issues that decrease their appetite.

I'm Anorexic. First of all there's no way I'm taking something that will give me the munchies because I'm not a fat ass. Second of all I'm in control of my own body; I'm not going to let some drug decide things for me. Thirdly, if I did want to get "better" I wouldn't turn to something as scary - God! Could you imagine? You're afraid to eat or gain even 0.1lbs and so you smoke weed and eat and appear "better" but once it wears off, you get on the scale only to see what the monster did

MMJ is good with treatment of the symptoms but not the disease itself.

Although I agree that cannabis has many health benefits, I don't think it should be used for anorexics. If someone suffers from loss of appetite, e.g. due to cancer, they actually want to be able to eat. Anorexics starve themselves because they want to be in control, if cannabis takes that control from them they will just get depressed. When I was anorexic and I would smoke weed, I'd get the munchies, realize what I had done the next day and become depressed. Sometimes it even

Well, I was born not wanting to eat. Since I was a little girl, my mom went insane trying to get me to eat food. As soon as I was of a smoking age, she gave me weed, and it's a miracle... I ate. And ate well. I don't know why I don't want to eat. I

But I look at it like this: if I don't eat, I will die. If marijuana helps me to eat and keep the food down, then I have to take it

Many people think I am addicted, but they have not known me my entire life. People are always amazed at how long I can go without food & water. But it is not healthy, it causes me health problems.

You want to know what happens if you don't eat enough for years and years?

Your intestines die inside you. That is what happened to me. So, I will do whatever I have to do to get that trash marijuana

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Alcoholism

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Alcoholism

Alcoholism

http://www.cannabiseearch.com/medical_benefits/alcohol-withdrawal/

In recent times, several studies have been conducted regarding the legitimacy of using cannabis as a treatment for alcohol dependence/withdrawals. What research has shown is that in most cases, the administration of cannabis to the CB1 brain receptor does, in fact, help with both acute alcohol withdrawal and alcohol dependence, even after the withdrawals. This is to say that if you ingest marijuana, the receptor in your brain which is activated by the compounds will trigger, and help you with your alcohol dependence - if that is an issue for you.

It's a known fact that if a person quits drinking cold-turkey after years of abuse, there is the definite possibility for lethal withdrawals to occur. Research conducted by INSERM, a medical research team located in France, as well as that conducted by Complutense University (Madrid) and CAD (Cannabis for Alcohol Dependence), has shown that the use of cannabis during alcohol withdrawal will actually protect the neurons in the brain from the death of cells typically. Additionally, and quite possibly most amazing of all, is that administration of CBD can actually reverse and help prevent against alcohol poisoning. Now, I'm not saying to go drink a handle of liquor and then think you'll be okay if you smoke a

I have seen the affects of cannibis on alcoholism..some call it replacing an addition, but when one weighs the differences on health between the two... I have also seen that used appropriately. It can help control the cravings the alcoholic feels.

Part of the reason I'm prescribed medical marijuana - in addition to other reasons - is as an alcohol replacement. It is in a sense replacing an addiction, but then again I only feel the need to get drunk once a month or so, so I'd say it works. I think it works, but it serves as a better replacement if you did not smoke when you had a drinking problem, or even smoked just a little. That's just what I am guessing, I am sure there are people out there who would feel differently. I know it works as I am proof. Haven't had a drink in 7 yrs. But then again it all depends on the makeup of the person. Some will trade one for the other, but alcohol is the one that will kill you. a few hits from a pipe help kill my cravings for a while...

It helps but i i seem to need a cold beer to get rid of the dry mouth..... :)

its real i had to stop drinking after about 17 years of hardcore drinking like about \$1500

A WEEK hardcore and i actually died twice trying to quit and if it wasn't for weed I'm sure i would have had a harder time quitting or even ended up dead. so yay weed!!!

Guaranteed, it honestly helped me back off of pretty much killing myself through alcohol abuse. I would drink a fifth of rum every day. I lost weight, and pretty much went down the tubes in health. One day I put my mind to quitting drinking (or come almost to a stop anyway). Man, the withdrawal kicked my azz. So I went back to drinking. I hated myself for being weak and cold-turkey'd a second time, this time though, made sure there wasn't a drink in the house. When my drunkenness wore off, I got really sick and decided to try to sleep it off with a bowl of good weed - Whalala!!!!The alcohol side effects became non existent. My appetite jumbled through the roof. and I slept better than I had in years. Seeing this

Medical Marijuana has saved me from my binge drinking chaos. I can't speak more highly for what I call "weed therapy." I have a fb pg dediacted to this called Robyn-Love. My purpose is to spread this message to others who has suffered from alcohol. I myself came to deaths doors steps two times from DUI. God save me for a reason. my purpose. Please like my

Bud is going to save the world. We live in an Orwellian world where: war=peace, ignorance is strength, debt = wealth, and truth is hate. Alcohol is the poisoning of our society in ego, hate, ignorance, and division. Bud is waking the world up to

"Weed therapy" is an important part of the healing process of the humanity. Hopefully the People will embrace groups like the above Robyn-Love as the REAL, LEGITIMATE healers in our society. All the worst things I have done in my life were on alcohol. It should be shown to be the destroyer of society and lives that it is. Not some TV promoted celebration

I would LOVE if you that posted would post your testimonials on my facebook page Robyn-Love

It is so important that we spread this message. It can SAVE LIVES!

MMJ saved my life as far as alcoholism goes. I was literally dying from alcohol abuse. Its still a struggle from day to day, but thanks to MMJ I have been sober from alcohol for over a year. This is after a good 19 yrs of serious drinking and

So i talked to my mom about this and her reasoning is that people should be able to control their substance abuse, when they use and how much they use. Even though it's trading addictions. I like to mix but now i get to violent when i drink so

Cannabis for the treatment of alcohol dependence is excellent way to help deal with the anxiety, insomnia, and many other associated symptoms. But, unfortunately it appears that whoever wrote this blurb did so by glancing at a couple article he See, the problem is that suggesting cannabis for the treatment of alcohol withdrawal is not only irresponsible, it is life-threateningly dangerous. THC binding to CB1 receptors is great and all, but what you need to be looking at is GABA. To skip a long explanation, extremely heavy drinkers such as alcoholics change their brain's neurochemistry, and if they stop drinking, they can get grand mal seizures. IF they survive those, they can expect more seizures and add halucinations for

The INSERM/CAD/Complutense University study mentioned doesn't seem to actually exist, at least not in the form purported. The closest thing I've been able to find is a you tube video of a local news reporter mentioning a CANCER study, not anything do do with seizures. There is no mention of any such study at any of the respective organizations web pages, and a JSTOR search didn't bring up anything either. That means if it exists, it was never published. Also, a JSTOR

This isn't something that just happens to a rare few. I myself have had no less than 2 of such seizures, and been hospitalized 5 times for alcohol withdrawal. If I had been trying to self medicate and treat my alcohol withdrawals with cannabis, I would not be alive today. Please remember, I'm not talking about cannabis for treatment of alcohol addiction but rather the acute withdrawal symptoms. Guest | Aug 25, 2012 I've always smoked weed and really don't drink and have

the guy ^3 up is 100% right. After and ONLY after successful alcohol WITHDRAWAL treatment either by pharmaceuticals or tapering (requires an iron will to do tapering but before the recent dawn of pharmaceuticals people use to taper since people started drinking thousands of years ago) should you begin using cannabis as a substitute and never as the actual treatment. You can of course smoke pot while recovering from withdrawal correctly by pharma or tapering, it helps reduce nausea, anxiety but it's not the same high..trust me...f'ing alcohol withdrawal sucks the joy even out of being First of all, have you ever been in alcohol withdrawal and smoked pot...it feels weird and seems to get the weird feelings intensify (but it's an illusion, it DOES help) a bit..you dont enjoy the high that much but it does reduce nausea and can help sleep if the withdrawal symptoms are not that intense (and sleep is GOLDEN when recovering from withdrawal...and also Remember folks taper or do pharma...if you have the will..taper! you will be tapering down on pharma any ways, and successfully tapering down on booze feels amazing to your self-esteem. Then when you get out of withdrawal...smoke weed and forget the booze! If you like booze and want to return to drinking...wait at least a month after you stop tapering, smoke that weed and heal :)

If you do return remember to keep it in moderation, rule is if you feel buzzed and you had anything to drink in the last 30 mins...you will upgrade to light drunk soon. that's the perfect state! stop after you feel buzzed.

And remember, your liver, your brain, your heart pressure...it's all at stake become a pothead not a drunk again!

Sources: my own trip to hell (withdrawal) and my journey to back to Earth (successful tapering) and eventual rise to heaven (became a pothead as an adult once again [after being one in high school and then stopping and becoming a drunk

Extra: the tapering guide that worked for me: Tapering guide! (for strong wills and MILD withdrawals, HEAVY withdrawals SEEK MEDICAL ATTENTION. for more info google search the criteria for MILD and HEAVY alcohol

i think drinking is a waste unless its the holidays than a rum n coke or 2 maybe but i will always take a zip of some fine indica over a fifth of death in a bottle stay medicated yall one love srhsoldier 420 4 life

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AIDS

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AIDS

http://www.cannabissearch.com/medical_benefits/aids/

Medical Benefits

AIDS

A study published in 2004 showed that roughly a quarter of all AIDS patients were using cannabis as a means of pain or anxiety relief, to curb nausea, and to help improve their appetites, but this should not come as a surprise because it is widely recognized that medical marijuana's anti-emetic and analgesic properties are beneficial in the treatment of HIV and

Several different organizations, including the U.K House of Lords Science and Technology Committee, the Australian National Task Force on Cannabis, and the Institute of Medicine (IOM) have reviewed the use of cannabis for AIDS treatment. The IOM's research, specifically, came to the conclusion that, "For patients such as those with AIDS or who are undergoing chemotherapy and who suffer simultaneously from severe pain, nausea, and appetite loss, cannabinoid drugs

AIDS Wasting Syndrome

Before the invention of protease-inhibitor drugs, AIDS wasting syndrome was a common complication of HIV infection, causing extreme weight loss and cachexia (loss of weight and appetite, fatigue, and muscle atrophy), which symptoms serve to increase the debilitation of patients who are already living with compromised or failing immune systems and (in Because the common side effects of cannabis use include an increased appetite, as well as the relief of other AIDS symptoms, either medical-grade marijuana or cannabinoid drugs (drugs synthesized from cannabis), are frequently employed as alternative treatment in the United States, Canada, and Europe. In those parts of the world, such as Africa, where mariiuana is not readilv available or affordable. the wasting svndrome is still a significant risk for AIDS patients.

In the 1970s, human clinical trials began to catalogue the ability of cannabis to stimulate both weight gain and increased food intake in healthy volunteers. In a randomized trial using actual AIDS patients, THC, a component of cannabis, was shown to significantly increase appetite and decrease nausea, as compared to the effects of taking placebos. While unwanted effects were usuallv moderate to mild. the trials showed that natients' moods improved. as well as their weight.

In addition to studying the effects of cannabis alone, a safety trial conducted by the University of California at San Francisco determined that inhaled marijuana does not interfere with the function or efficacy of protease inhibitors.

Use for Pain Relief

Since those original studies, cannabis-based drugs have been approved by the U.S. Food and Drug Administration in the form of Dronabinol, also known as "oral THC" or "Marinol," to be used as an appetite stimulant and anti-emetic for AIDS and cancer chemotherapy patients, and trials involving its use as a pain relief therapy are continually under way, especially since a recent studv showed that over 30% of HIV/AIDS patients suffer excruciating pain in response to their anti-

As research into the medical benefits of cannabis continue, so will the ways it will be used to treat pain and other illnesses.

This is another example of why marijuana really is a natural miracle. Instead of taking harmful opioid pain pills, a person with Acquired Immune Deficiency Syndrome can use marijuana without any adverse effect on their organs, which are already in a precarious state. The article states that about 25% of AIDS patients used medical cannabis in 2004, and I would imagine that this number is much larger now because experiments are constantly showing more and more benefits of

Miracle Marijuana is what it should really be called ;)

Just another time when we see the benefits of MMJ. For patients that truly are in need, give them whatever they need to survive. The pain, the suffering should be a thing of the past. But if a little weed helps them, why should anyone, anywhere

If you want to get rid of government intrusion on this issue,

The fact that people can now choose to smoke mmj or keep taking their heavy hardcore narcotics , like oxys, is great. The mmi community needs to make it well known that mmi has these benefits and its not always "stoners" getting their rec.

<http://www.calgarymmc.com/strainsvssymptoms.htm>Guest

What a miracle. Marijuana is just one great drug :)

This is an awesome article! I love your views on this subject and I think a lot like you. Thank you for sharing your

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Arthritis

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Arthritis

Arthritis

http://www.cannabiseearch.com/medical_benefits/arthritis/

According to common statistics, there are more than 31 million Americans who suffer from arthritis, which comes in two varieties that both cause pain, swelling, and limited movements to the joints.

The Two Types of Arthritis

The two different types of arthritis are rheumatoid arthritis, which is caused by the malfunctioning of the patient's immune system, and osteoarthritis (arthritis of the bones) which is found mostly in elderly patients whose cartilage has been eroded through use. Both types may Arthritis may also manifest itself in the form of chronic joint inflammation, generally due to

Cannabis and Arthritis

There has been a lot of research which shows that cannabis and cannabinoid drugs may be effective for arthritis, as well as for other degenerative joint, hip, and connective tissue disorders. Since all of these conditions involve frequent bouts of extreme pain, the ability of cannabis to help fight chronic pain makes it especially useful, either on its own or used in conjunction with opiate painkillers. In fact, the use of marijuana as a treatment for muscle-skeletal pain has been a

In addition to pain-relieving qualities, however, cannabis also has strong anti-inflammatory and immune-modulation properties which mean that it might be a valid form of direct treatment for any number of chronic inflammatory diseases (including arthritis). More than one source shows that a Chinese text dating from around the year 2000 BC mentions

Contemporary research on one of the non-psychoactive components of cannabis, CBD (cannabidiol) has found that, in tests with mice and rats, it suppresses the immune response that triggers a disease which is similar to arthritis, protecting

Human studies have backed up the data from the rodent trials, showing that cannabis is an effective treatment for rheumatoid arthritis, which is one of the conditions for which medical marijuana is allowed in those parts of the United States where its use is legal. In addition, patients using cannabis have been able to reduce their use of NSAIDs (non-

The bottom line? Medical marijuana may be a benefit to arthritis patients because:

It relieves the pain associated with swollen joints and eroded cartilage.

It attacks the immune response that actually triggers arthritis.

It relieves the inflammation - the actual swelling - of arthritic joints

Unlike NSAIDs, it has no potentially harmful side effects

It has a long track record of being safe; no one has ever died of a marijuana overdose.

Very interesting information. I'd like to know exactly how THC reduced inflammation in joints. There is definitely proof that cannabis is a mind relaxant but I'm not certain that it is a muscle relaxant too. It would be interesting to hear more. Good start but there definitely more than two types of arthritis

My wife (24yrs) has arthritis in her hands & fingers & knees due to sports injuries and popping her knuckles since she was 13, now she is unable to stop popping her knuckles because it hurts if she doesn't and if she does. Cannabis has helped a lot not just by smoking but we also get the Cannabis Massage Lotion which works great plus you can take it anywhere; different clinics will provide different kind of massage lotions or oils, some make work better than others so be sure to try

I also use the massage lotion for my back pain and neck injury and sore muscles and was amazed on how well it works, especially the one we got from our local clinic \$15, CWCC in Lake Elsinore So Cal.

[furl=http://http://www.cannabiseearch.com/dispensaries/california/lake-elsinore/compassion-and-wellness-center-](http://www.cannabiseearch.com/dispensaries/california/lake-elsinore/compassion-and-wellness-center-)

That is some very interesting information right there. I will definitely be trying it out for my pain as well.

I have extreme pain in my hand. If it wasn't for the medical cannabis I wouldn't be able to write or heck even type on this computer right now. I can say that medical marijuana has changed my life for the better in more ways than one. This read

i have mild carpal tunnel from years of typing and working with my hands along with other things that i hated dealing with the pain...mmi helped me by easing my pain, and relaxing me so that i can barely feel the pain lol. I don't know what i

Anyone who suffers from arthritis pain then you know the need for something to aid in relief is a definite necessary part of just living. Years of writing and typing cause the pain in my hands after a hard day at the computer. It is about time others

One of my best friends is an old hippie guitar player from way back in the day. The poor guy has got some of the worst arthritis i have ever seen, his hands are pretty jacked up, and it really gets to him. He can hardly hold the axe any more but when he takes a few puffs off of his vaporizer he is back in there jamming and constantly making up new hand positions to cope with his condition. Obviously weed will never cure his arthritis. but I can sav without a doubt it has allowed him to

These bones in my body have osteoarthritis. Pain pills help some but the pain is still overwhelming. I'm a very positive person who needs some relief? Help us sufferers please!!!

I agree that those are the two most common forms of arthritis exhibited in elderly adults. I think that if these 31 million people were to replace all of their pill medications with cannabis for six months, they wouldn't want to go back. From what I understand, the medicines often have more painful side-effects than the aches and pains caused by arthritis itself. I think

I have a cousin who has suffered from crippling arthritis since childhood, and smoking helps to relieve the pain and swelling in her hands. She is now able to go about her life with as much of a normal routine as anyone else. So does it help.

Yes I do agree with lindzzz about a real potent treat replaces the pills that's what I do instead of taking a bunch of pills.

I have RA and just started using MMJ in AZ it's now state legal and I can say I smoked KKush and I was able to walk without my cane for the first time in 5 years and I was able to cut down the pain pills by half that day I smoked I can't wait to see what other strains are out there to help with my pain but all I have to say is amazing results and I'm only 38yrs old with a severe case of RA and 2 knee replacements and 2 hip replacements so when the federal government says it has no medical use that's a lie because it works I think they make more by noticing it then to legalize it

Smoking a bit of MMJ helps me relax and relieves chronic pain. It helps with arthritis aches and pains and allows me to work as an artist. It inspires me to keep trying.

I was born with severe club foot in both of my feet. All of my life I suffered with pain in my ankles. At seventeen years old I started taking NSAID's to cope with daily pain in my legs. I started smoking MMJ a little over a year ago. After trying three different NSAID's, that led to severely undesirable symptoms, I have stopped taking my pills entirely. This is thanks to MMJ of course. I honestly feel like I have less pain even when I am sober now compared to when i was taking only the legal alternative of NSAID's....before i smoked MMJ. the law will not stop me from choosing a medical alternative that

I have a question, I suffer from arthritis and I am interested in MMJ. However, I do not want to feel loaded or spaced out. In addition, I have asthma and cannot be around smoke. Can someone tell me what kind of MMJ will help me? I am looking for something that keeps me focused. not paranoid. and that I can eat and get the relief I am looking for.

I have used pot for pain, I have very bad arthritis, that is the good part, now I need some surgery and my lungs are to weak, last time I had operation on the spine my lungs failed and they couldn't finish the neck operation, I have arthritis for 30 years and I am 50,so I am stopping smoking so I can get my neck repaired maybe my lungs can get better "The ancient Chinese can't be wrong?" Seriously? Perhaps human sacrifice would be the next way to go then?

Can you please publish any evidence that it works rather than personal testimony

Hi Guest! Try rm3.us they have a lot of information from personal and well as scientific sources. There have actually (despite what the government says) been about 1500 scientific studies done throughout the world on the uses and benefits of cannabis. And we could all learn a great deal from the Chinese regarding natural medicines. acupuncture and the use of

Dec. 30th Guest, Definitely stick to a sativa if you don't want to feel so spaced out. I am the caregiver to a patient who can't smoke due to lung disease also and he uses tincture and small amounts of butter to relieve his arthritis pain. A good sativa will promote the thinking process. keep you relaxed without making you into a couch potato. and in general make I've been using Marijuana for my Rheumatoid Arthritis since I got it 45 years ago.

I don't know how anyone can say it is that much of a relief. I have had 2 body parts replaced by arthritis' grip.

People say Rick Simpson oil will work, but ya know, he died.

I get a bit of relief from it though, I can laugh at my pain.

To tell people that it 'might' help stop the damage caused by arthritis is totally false.

Like I said, I have smoked it practically every day for 45 years, and it doesn't stop the damage at all. I've ingested it at high doses and have had the Rick Simpson oil too.

To the person from Dec. 30th. You need the Cannabis Rudialis for your pain. it has no high. Don't know where you can get that, but it's great for rope and such. I say eat it in cookies and food, but only before bedtime.

I enjoy smoking it as much as all of you, but the medical benefits of pot, well, it aint that much, and it's not a miracle drug.

Orencia does work wonders for it, though. Stops the damage right now, and I recommend that for anyone with Rheumatoid

I've had Rheumatoid Arthritis for 45 years. Have had 2 joint replacements (Knees and ankle) and am looking forward to my Pot makes me laugh at the pain, but nothing else.

People that think pot is a cure-all for R/A or any other ailment is in for a disappointing fact. It hasn't done me much good as far as my physical problems, and the woman up there who has heard that pot works and everyone should take their meds away for a month is totally deluding herself. Wait till you get it and then we'll hear what you have to say, lady..

I was diagnosed with JRA(juvenile Rheumatoid arthritis) when i was 3 and took pills a long time. I started smoking marijuana when i was young after awhile i figured i didn't need pills any more and just kept smoking. My Rheumatism is

By the way i am 33 and still smoking. Anyone who doesn't believe in medical marijuana really does not have a clue.

Guest, I'm sorry that MM is not working for you but, don't discourage others with your comments. MM is like all medications, it works differently for each person. I never smoked before but, at 36 found out I had severe RA. I couldn't work an 8 hour shift, grocery shop, clean my house, care for my children, go for a walk and had to give up my hobbies (hand quilting). My life sucked for 10 years. With the help of a great doctor and a wonderful caregiver, i have much of my I have osteoarthritis and syatica and although mmj doesn't completely relieve the pain, it helps a lot and quickly. The pain

To the conversation above: I am 26 years old. When I was 20 I was diagnosed with RA. It hurts everywhere and has made me a very depressed person. I cannot do the things I use to with my friends and get to watch from the sidelines on everything. The doctors treated me like a druggie just looking for a fix, but at one time I was taking extended release morphine in the morning and at night before bed and Oxycodone during the day. The last day I took medicine, I was up to 6 Oxy a day in between my Morphine. This medicine did not make me high. I could still drive and function but my head stayed in a fog all day and I could not focus. It became harder to work and even stay social. I quit going to the doctor about a year ago and do nothing but smoke now. I have improved greatly and I do not take any pills at all. I am not depressed any more and I have stop seeing my therapist. The pain is much less intense. I am able to do most things again. I danced

TO ALL ARTHRITIS & CANCER PATIENTS - - -I am a 44 yr. old woman that still likes to get around like in my early 30's at the least, meaning w/out any aches & pains. I'm a very fast paced gal from the East Coast. I had cancer at 26 yrs. old and have been cancer free since. I have Arthritis in both my hips w/the left hip being the worst. I was hit(my actual body)by a car at 19 yrs. old & then my hubby & I were riding our Harley when I was about 29 years, old & our bike is black & a college student "didn't see us" & we were hit w/me being thrown from the bike. That resulted in my hips & back. Hips so bad LITERALLY to the touch it hurts. I also have Arthritis in my hands & knees from other injuries when young. I wear a lot of jewellery and use my hands a lot. I'm ambidexterous (use my left & right almost equally). I do a lot of crafts & I never thought at my age I could have days I simply just can't do things due to the pain. Seriously!!!! I'm not an easy

Then comes in the pain pills - yet sometimes needed & help I don't want to become a daily fan of popping pills. I have a girlfriend that is not against pot & if I partake she might also but still will argue w/me over the fact that it helps my pain level to a degree that I hope she will never have to experience! She refuses to believe that it helps Nausea (Chantix) (DO NOT TAKE), helps ease pain so I can get the relief & get back my normal oomph to do daily activities & sometimes just hang around & chill. I just text her & told her to go on this site & please read for herself. Told her to watch the Documentary of why it was illegal in the 1st place & please educate herself & not by the 11pm news. It's no joke & NO LIE to anybody w/the question, "does it really work"? YES IT DOES !!! Marijuana NEEDS TO BE FULLY LEAGLIZED IN EVERY STATE!!!! In my state (Massachusetts) I asked my PCP how she feels on the new Law that does can prescribe

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Brain Tumors

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Brain Tumors

Brain Tumors

http://www.cannabissearch.com/medical_benefits/brain-tumors/

The active compound in marijuana, tetrahydrocannabinol (THC), has shown that it not only will help prevent brain tumors from forming, but that it can also cure them. This medical wonder works by the THC inducing a process called autophagy, in which the cancerous brain cells begin to consume themselves. Rather than growing in size by feeding on other healthy brain cells. these cancer cells feed on themselves until there is nothing left. This all comes without the risky side effects

Spanish researchers at Complutense University were the first to note this phenomenon, in 2008. They began by administering THC to test subjects and noticed drastic improvements within as soon as 2 weeks of dosing.

A little over a year later, after further research had been done, two subjects with glioblastoma multiforme enrolled in an experiment, in which they would receive THC injections directly into their brain, rather than their bloodstream. Glioblastoma multiforme is a ruthless and often reoccurring tumor that rarely sees long-term survivors. After the administration of the THC into the brain, researchers noted drastically increased autophagy and reduced tumor size. Perhaps most amazingly was the fact that the patients had zero reported or noticed negative effects from the THC.

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Post Traumatic Stress Disorder

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Post Traumatic Stress Disorder

Post Traumatic Stress Disorder

http://www.cannabissearch.com/medical_benefits/post-traumatic-stress-disorder/

While much debate remains about whether or not medical marijuana is effective for the treatment of Post Traumatic Stress Disorder, some states are allowing doctors to prescribe cannabis for it. While more studies are being conducted, it's looking like medical marijuana is a viable treatment for PTSD - along with continued counseling.

It is estimated that nearly 25% of all medical marijuana patients are also military veterans. Many of these veterans also suffer from PTSD received through traumatic combat experiences. However, very few of these veterans are actually. States such as New Mexico have declared PTSD (Post Traumatic Stress Disorder) a viable ailment to be prescribed.

However, not everyone is on board with this notion. Director of the Stanford Center on Stress and Health, Dr. David Spiegel stated about the use of MMJ in PTSD patients, "The last thing you want is to be losing control at a time when Many medical marijuana patients who have been diagnosed with PTSD have contested this by saying they don't use marijuana to the point of feeling like they're out of control. Many of them feel that there is a big difference between

In order to help alleviate some of the confusion, the American Medical Association is running controlled studies to test the effectiveness of cannabis in treating PTSD and other ailments.

However, the research that has been done has shown that certain joyful and uplifting sativa are good for the treatment of PTSD. as well as indica-dominant hybrids that don't provide a heavy sedative effect.

I think that people who are trying to use cannabis to help with PTSD should be careful about the types of strains they use. A heavy indica may make matters worse, panic-wise. As long as these patients are fully informed about what types of strains would be best for their particular condition, I see cannabis use as a positive. I have a friend who was in Iraq and he got shot in the stomach, and came home on leave. Every single time he heard a loud noise he freaked out, because it reminded him of bombs and guns going off... I got him to try cannabis one night and he said it completely changed his life. He was called back to Iraq after his abdomen healed and finished his contract 8 months later. After he got back the second

i was diagnosed with PTSD from the marines and mmj helps me with quite a few of the symptoms like depression, pain and panic attacks, but i also have to agree with lindzzz based on the fact that REALLY strong indica's do exactly that...they

I have seen the effects that MMJ has on a PTSD patient, both in myself and in a family member.

The world that you live in with this is really hard, the panic and depression is the worst for me. MMJ helps to relieve both symptoms and makes things a lot more manageable. Without it I would be so drugged from the prescriptions they want me

Marijuana for PTSD in rats? A good experiment. Marijuana cures PTSD in rats, Israeli study shows. The study was released in the publication Neuropsychopharmacology. As long as the rodents were addressed with weed within 24 hours of the traumatic encounter. PTSD symptoms were avoided. Well. human beings are different compare to animals. I think

I am an Iraq vet. I lost my right leg above the knee and lost my hamstring on my left leg too. I was on a ton of methadone, oxy, neuroton(?- can't spell) plus WAY more. I hate pills and never took them growing up. Army had to keep me alive but the pills made me angry, a jerk, and I was always sick. I would vomit every morning either from pain of the drugs. I had 3 withdrawals attacks just in the hospital (i was there only 9 1/2 months. I hate pills and didn't want them but i couldn't just

Finally, I came home and was only less but a lot. Long story short...MMJ helps my pain the most. Nothing takes my pain away but MMJ has the less side effects and I don't act like a monster. Pills changed me...MMJ saves me. I've been in pain since July 31 2006. Thanks to MMJ i can do more. Problem is, I'm in a state that hates MMJ. HELP NEB!!

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Seizures

Seizures

Seizures

http://www.cannabiseearch.com/medical_benefits/seizures/

Epilepsy is a neurological condition affecting roughly one in one hundred people. Depending on the area of focus within the brain, there are a range of seizures that epileptic patients suffer, from brief - almost unnoticeable - lapses in consciousness known as "absence" seizures to full body convulsions known as "grand mal" seizures, with many stages in between. Most seizures are heralded by an "aura" of altered behavior and sensitivity to light and sound, and seizures can occur without obvious cause, or be triggered by stress, sleep deficiency, low blood sugar, certain kinds of strobe lights, or

Some kinds of epilepsy can be controlled with the use of anticonvulsant drugs, but there are also variants which don't respond well to drug therapy. When anticonvulsants are used, there are potentially dangerous side effects including emotional disorders, swollen gums, a decreased production of red blood cells, and softening of the bones. In addition, rarer side effects include loss of motor control, coma, and even death. In addition to side effects, anticonvulsants only Cannabis has been known to have anticonvulsant properties for over a century, and studies were done on the use of marijuana to alleviate seizures as early as the 19th century. While most data available today is anecdotal, those personal stories do point to cannabis as an asset in the fight to control seizures. Cannabis analogues have shown to prevent seizures when prescribed in combination with more traditional medications, and patients who have been through the combined drug therapy have stated they are able to wean themselves off the conventional medication and still not have seizures as long as

More recently, there has been some scientific interest in the use of cannabidiol, a cannabinoid drug, in epilepsy treatment. There is only a very little bit of data about this, but it shows that cannabidiol has almost none of the psychoactive side effects. Nevertheless, there is no formal push to study the benefits of cannabis in epilepsy treatment, though the British Medical Association has stated that it could prove useful as an adjunctive therapy for patients who cannot be kept seizure free using only conventional drug therapy. The National Institutes of Health have echoed this sentiment, calling it an "area of

Comments CannabisGril | Mar 21, 2011 and yet again all the wonderful great things Medical Cannabis can

I believe that cannabis is a much safer alternative to the anticonvulsant medicine. If they can isolate the cannabinoid that helps with epilepsy then it should be used to help these people. Living with epilepsy is a scary thing. Never knowing when you will have a seizure, stressing about it, and it can be brought on by stress. There has to be a better way of life for these

My cousin suffers from epilepsy and bad anxiety; she tried slowly decreasing her prescribed medication and replaced them with tinctures, edibles, tea and pill hash capsules, this helped for a while with her epilepsy but after time discovered she still has to continue her prescribed medication, however she still continues to take her edibles and tea to help with her

My husband had a head injury years ago which caused seizures, without the use of marijuana, well I don't know where he would be now. So if this is the medicine for you, it does work wonders for seizures, both the grand mal seizures that he started with and the petit mal that he has now. Without smoking,

I suffer from sez--- complex partial---Grand mal-- simple partial---these suck stop my career in its tracks at 25 years old!!!!!! College grad and all weed helps over Depakoe and Dilation,lamicatal,tripelta,keppra-- I have been a test dummy

well i have had seizures since i was 9 and started in 1992 and have had a lot less seizures using cannabis. let's legalize it

Be careful, because some strains can actually trigger seizure activity (myoclonus) or throw you into a full blown tonic clonic seizure! KNOW your strains. Apparently, it's wise to stick with hybrids or strains KNOWN to help with epilepsy.

Hello to whoever this may concern, i have had Grand mal seizures since [1974]& been a medical LAB RAT ever since, and never been seizure free! but i can say the use of Marijuana definitely does help REDUCE seizure activity & ease the

I have had grand mal seizures since I was 15 years old from a head trauma in a car accident. I used to be on several different kinds of medication but they never stopped them. I was having them every other month regularly but unpredictable. I have stopped taking my medicine and have been just using cannabis and I only have maybe one or two seizures a year, sometimes I do not have any in a year. So, I am proof that it helps reduce the frequency of seizure activity

I was diagnosed with cp and epilepsy at birth due to a stroke in the birth canal. I have been prescribed reg anticonvulsants all my life which I have rarely taken as prescribed. At the age of 25 I was introduced to Marijuana and noticed a dramatic decrease in seizure activity unless going a minute w/o smoking. I let my neuro be aware of this and he gave me a look and The Blue Hybrid's seem to work the best for my seizures. *Any other helpful strain suggestions?*

I've had seizures since 1974. I tried all the available medications, five years ago my doctor thought it would be a good idea to try surgery. It did somewhat reduce my seizures, but even with the surgery and Lamictal, and Clobazam i did not gain complete control. When a friend suggested I try Cannabis, I thought, Why not? Since I have been using Cannabis I have been able to gain almost complete control, and have been off the Clobazam for 2 years. I would like to withdraw from the Lamictal because of the side effects. but mv doctor refuses to do this. It is potentially very dangerous for me to try to

My heart goes out to all of you that are suffering. I am overjoyed that most of you are finding some relief from Cannabis.

I am a wellness chiropractor that advocates the use of marijuana.

I want to additionally encourage you all to seek out the amazing benefits of chiropractic.

Time and time again I have seen a complete resolution of epileptic symptoms with good chiropractic care, good nutrition, Healthfully yours,

How about for Kids, specially with Dravet Syndrome-genetic disorder that causes uncontrollable seizures?

me i take depakote zonisamide fluxentine 2 vitiman d 2 calcium depression is what hurts most

I was diagnosed with tonic clonic full on set epliepsy 17yrs ago and have been on dialantin, phenytek, lamictal and now am sitting on the joyous topamax. None did the trick and I smoked with all. Smoking truly does help though. I can't afford the high dollar strains and I'm sure if I could I would see more of an improvement. but this disease has also cost me a few

Marijuana is a cure for many issues people may have. It's sickening that they have it 'illegal' so we have to pay up the ass to our hospital and meds bills. I've had epilepsy since 14, been on Depokote, Keppra, Lamictal, Carbamazepine(Tegretol), had brain surgery and nothing! I thought they were under control after my surgery so I finally got my license. Couple months after, I went into a seizure behind the wheel and seriously injured myself and another woman. Was actually on my way to get some marijuana, and because it was in my system as well, i got a serious felony 'Injury by use/Vehicle control substance'. Our dam court system is a joke! I had stacks of records/reports/doc statements and the court still thought i was 'high' off my ass and crashed it and wanted more and more proof of my seizure history. This really needs to be changed. It's

this is the 1 year anniversary of my last big seizure. i drove for about 30 seconds with no memory of it. hit a car, rolled my car and was standing outside my upside down car like nothing happened when the emt arrived. my memory didn't come back until i got to the hospital. I'm now on my third seizure medication because of side effects. i have had success with lowering my blood pressure by smoking marijuana so i tried it to take the edge off the side effects. it worked. the medication i take now has less side effects but is not very good on the liver. smoking mariiujana has enabled me to adjust

I have a nurse as a aunt. I also have a cousin that was in the air force. Now at a high level in the N.S.A. They seen me go through one. Let me say both very religious. They was scared to death called my wife she told them to leave me alone and get me a joint. He went to a friend and got me a bag of some high dollar stuff. Before I came out of it all. Then it calmed my nerves from being away from my home and family. Then I was fine for the next week. Screw the government I am Gives me seizures -- generally, even very small amounts. I'm trying to figure out why? lol -- I'm starting to suspect an allergy (first time trying marijuana was with brownies btw! Relaxed me but gave me a seizure too.)

My son had a stroke at birth, he has had seizers for 16 years, I want to try mj for him, he wants to try but because of the laws I'm afraid. He has been on all the med's for seizers, and had surgery as well. The doc's said if we did not do the surgery he would die or lose his ability to function within 10 years. Now 3 years later he has seizers he has seizers so bad he can't breathe, and they last for up to 5 minutes. This happens 4 to 5 times a day. He keeps telling me if I don't get him help soon he will die. I live in a state that mj is not legal, I'll feel my only choice is to move to one that it is. My son needs Guest | Oct 28, 2012 i have had seizures since i was 6months old, i have been on meds for them. i read on here that pot helps, i have smoked everyday for a year and been free of seizures! i wish i could get a prescription for medical marijuana

i have grand mal seizures due to a car accident. i take lamictal to control them now but i still have 3 or 4 a year. i would like to see what part of the cannabis plant controls the seizure and put that into a pill. if you don't agree i think you just I have epilepsy, I know first hand, EPILEPSY SUCKS!!! More than once I've just been going about a normal day, minding my own business, and all the sudden just wake up in the hospital. (Put that on a job application and see what you get....) I was having grand mal seizures more and more, every few months, monthly, weekly, every other day. After it happened in a gas station and I busted out my front tooth on the counter, I'm now on Keppra; a medication that costs more then I pay in rent! If it wasn't covered by my insurance, I'd be screwed! A bowl each morning would be a lot cheaper. Personally, I hate pills! But I don't have much of a choice in the matter, its either have the seizures and deal with hospitals & doctors every day, take the pills and deal with the side effects, or go with the alternative and deal with the cops, jail time, & fines. Its expensive no matter what one you choose. I like it says in the article: the medication doesn't even stop the seizures entirely

Guest | Dec 11, 2012 How much and how often are people smoking for pot to help seizure activity? Are we talking what are the 3 best strains to help for seizures

Well I'm super lucky in the seizure department because I just take dilantin, and its worked for years- I've had two tonic chlonic seizures. in the last 10 years total. Sad to read how much medicine y'all take and there is still no relief. I'll admit that I've been a pot smoker for years- not to help my epilepsy, just for kicks. I still smoke, not daily like I used to, but usually once a week or more. I think every brain and body react differently, I know people who get seizures from smoking weed. Good luck to all of you! I think smoking weed is a nice way to "nartv" rather than using alcohol which messes with

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Distrust of conventional medicine	
http://en.wikipedia.org/wiki/Quackery#Anti-quackery_organizations	
Many people, for various reasons including the risk of side effects, have a distrust of conventional medicines (or of the regulating organizations themselves such as the Food and Drug Administration (FDA) or the major drug corporations). Conspiracy theories	
Anti-quackery activists ("quackbusters") are accused of being part of a huge "conspiracy" to suppress "unconventional" and/or "natural" therapies, as well as those who promote them. It is alleged that this conspiracy is backed and funded by the pharmaceutical industry and the established medical care system – represented by the AMA, FDA, ADA, CDC, WHO, etc. – for the purpose of preserving their power and increasing their profits. In the case of chiropractic, the case for a conspiracy was supported by a court decision in an antitrust lawsuit. <i>Wilk v. American Medical Association</i> . ruling that the	

Fear of side effects

A great variety of pharmaceutical medications can have very distressing side effects, and many people fear surgery and its consequences, so they may opt to shy away from these mainstream treatments.

Cost

There are some people who simply cannot afford conventional treatment, and seek out a cheaper alternative. Non-conventional practitioners can often dispense treatment at a much lower cost.

Desperation

People with a serious or terminal disease, or who have been told by their practitioner that their condition is "untreatable," may react by seeking out treatment, disregarding the lack of scientific proof for its effectiveness, or even the existence of

Pride

Once a person has endorsed or defended a cure, or invested time and money in it, they may be reluctant to admit its ineffectiveness, and therefore recommend the cure that did not work for them to others.

Fraud

Some practitioners, fully aware of the ineffectiveness of their medicine, may intentionally produce fraudulent scientific studies and medical test results, thereby confusing any potential consumers as to the effectiveness of the medical treatment.

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The 3 element diagnosis

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The 3 element diagnosis

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Reasonable Feasibility Concept

??Reasonable Feasibility Concept - Child playing with triangular wooden blocks example. (Basics of my Critical Theory, Critical Reasoning and Subliminal Therapy are included in this 'duct')

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The Concepts and Theories in 'duct' 4

Concepts and Theories

The Concepts and Theories in 'duct' 4 of Book 1 is the basis of countless philosophies of Aro-healing, ARC and Arochology. I will include an excerpt in this manuscript.