



Top Ten Symptoms Relieved by Cannabis

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Information Sheet:

Top 10 Symptoms Relieved By Cannabis

People use cannabis to relieve a wide variety of symptoms. The most common symptoms people use cannabis for are:

1. Pain
2. Inflammation
3. Insomnia
4. Anxiety
5. Loss of Appetite
6. Muscle Spasms and Spasticity
7. Nausea and Vomiting
8. Seizures
9. Depression
10. Opioid Dependence

Because of legal restrictions, clinical research about the medical benefits of cannabis has, until recently, been very limited. Now that legalization has opened opportunities for researchers to study cannabis, we are learning more about diseases and disorders that can be treated with cannabis. Unfortunately, that research is still in its infancy, and animal studies are more common than human studies. Because of this, most of the information in this report is based on patient surveys, animal studies, published recommendations from medical agencies, and anecdotal accounts.

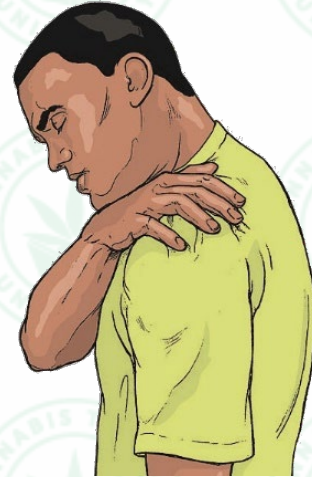


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1 & 2. Pain and Inflammation

If you're like most people, you are familiar with pain and inflammation. Pain and inflammation are symptoms of most chronic diseases, including cancer, arthritis, Crohn's disease, and multiple sclerosis (MS).

Pain and inflammation are the two most common symptoms that people use cannabis for. Only 3 out of 10 people with chronic pain find relief from over-the-counter and prescription treatments. Cannabis is safer to use than other pain remedies, more effective than NSAIDs, and you cannot overdose on it.



Research

A growing body of scientific evidence suggests that cannabis can be used to fight pain and inflammation. For example:

- In a 2005 research article, 94% of the HIV patients studied said that cannabis relieved their pain.
- In a 2013 literature review, 71% of patients experienced pain relief with cannabis.
- In a 2019 study, researchers reported that cannabis relieved pain for nearly 70% of the 204 senior citizens surveyed.

Cannabis Remedies

Both THC and CBD are excellent for treating inflammation and pain. Delta-8 has also been shown to reduce inflammation and pain. The dose needed depends on the type of pain, the specific cannabinoid, the person's genetics and tolerance to cannabis, and the mode of administration.

Many patients with minor pain find relief with a 10 milligram oral or sublingual dose with a 1:1 CBD:THC ratio, once or twice a day. The Mayo Clinic recommends 2.5 to 20 milligrams of THC or CBD per dose. Patients with severe pain might need to increase the CBD to as much as 100 milligrams per dose.

With smoked cannabis, the Mayo Clinic recommends a potency of 1 to 9.4%



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smoked three to four times a day for up to five days.

3. Insomnia

People with insomnia have difficulty falling asleep and often wake up during the night. Insomnia can be caused by stress or by physical conditions like sinus allergies, acid reflux, hormones, and pain.

Although over-the-counter sleep aids can help, most of them contain antihistamines. As you become tolerant to the antihistamines, the sleep aids stop being effective. Cannabis, on the other hand, can help people sleep with minimal side effects and tolerance issues.



Research

Evidence supports the sleep-inducing properties of cannabis. In 2019, cannabis users in two separate surveys reported that cannabis helped them sleep:

- In one study, nearly 70% of the 204 senior citizens surveyed reported better sleep with cannabis.
- In a survey of 2,878 cannabis users, more than 1 in 3 respondents used cannabis for insomnia and 86% of them said it helped.

Cannabis Remedies

Most people with insomnia find relief from cannabis that contains a combination of CBN, CBD, the terpene myrcene, and low doses of THC.

- A 5-milligram dose of CBN has the same sedative effect as 10 milligrams of diazepam (Valium®). Indica strains tend to have a higher percentage of CBN than sativa strains.
- CBD helps for insomnia that's caused by stress. However, with sleep problems that have roots in physical conditions, CBD could keep you awake.
- Myrcene has a sedative effect, especially with a concentration of >0.5%.
- Low doses of THC can cause drowsiness, but high doses can keep you awake.

Most patients can find a cannabis-infused sleep aid that works for them by



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experimenting with products that contain one or more of these components.

4. Anxiety

Anxiety affects nearly 3% of adults in the United States. Anxiety can be caused by traumatic life events or daily stressors. People with generalized anxiety disorder (GAD) feel anxious most of the time.

Doctors treat anxiety with pharmaceuticals like Xanax and Prozac. Although these pharmaceuticals reduce anxiety symptoms in 70 to 80% of patients, long-term use can cause tolerance, dependence, and other adverse effects. Cannabis products, especially those that are high in CBD, can reduce anxiety without any of these side effects.



Research

Research shows that cannabis significantly reduces anxiety.

- In a 2005 survey, 93% of the participants reported that cannabis reduced their anxiety.
- In a 2018 study, people who used cannabis for anxiety reduced their use of benzodiazepines like Xanax and Valium by 47%.

Cannabis Remedies

Both THC and CBD can be useful to combat anxiety. Delta-8 has also been shown to reduce anxiety in preliminary studies.

- According to the Mayo Clinic, a 5 to 7 milligram dose of CBD can reduce anxiety.
- A 2017 study found that a low dose of THC (7.5 milligrams) reduced anxiety. Be careful to keep your dose low, though—a slightly higher dose (12.5 milligrams) increased anxiety.
- A good place to start is a 10 milligram dose with a 1:1 CBD:THC ratio (5 milligrams of CBD and 5 milligrams of THC).



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5. Loss of Appetite

You don't have to have an eating disorder like anorexia or bulimia to lose your appetite. Appetite loss is a common side effect of some medications. Also, people with fatal diseases like AIDS or cancer suffer from loss of appetite as they near the end of life.

A variety of pharmaceuticals can be used to treat appetite loss, but they all have potentially serious side effects. Cannabis can stimulate appetite with very few side effects.



Research

Both human and animal studies have shown that cannabis stimulates the production of hormones like ghrelin, which increases the appetite. Cannabis also decreases the production of hormones like PYY, which reduces the appetite.

These findings are supported by surveys and anecdotal evidence. For example, in a 2005 survey, 97% of patients reported that cannabis increased their appetite.

Cannabis Remedies

Many cannabis users smoke their favorite cannabis strain before meals to increase their appetite. However, this may not help if you've lost your appetite because of medication or disease.

The Mayo Clinic recommends that patients with serious appetite problems ingest 2.5 milligrams of THC each evening, with or without one milligram of CBD. This can be increased to 5 milligrams per evening after 2 to 4 weeks (when appetite increase diminishes), for a total of 6 weeks of treatment. For serious eating disorders, 7.5 to 30 milligrams of THC may be taken orally for up to 4 weeks.

If you use cannabis to increase your appetite, avoid products that contain CBD, THCv, and humulene, which suppress your appetite. Focus on products that contain THC, CBN, delta-8 and CBG. These cannabinoids increase your appetite.



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6. Muscle Spasms and Spasticity

Muscle spasms and spasticity are common in people with neurological disease, spinal cord injury, and spinal cord disease. People with spasticity describe their muscles as feeling stiff, heavy, and difficult to move. A spasm is the sudden involuntary tightening of a muscle.

Spasms and spasticity are usually treated with muscle relaxers, but these medications have severe side effects such as drowsiness, dizziness, headache, nervousness, and low blood pressure. Patients report that medical cannabis reduces symptoms with minimal side effects. Cannabis can reduce the pain and muscle spasticity exhibited in over 90% of people diagnosed with MS.



Research

The ability of cannabis to reduce muscle spasms is supported by many studies.

- A 2004 study found that cannabis extracts can significantly reduce the spasticity and pain associated with multiple sclerosis with few adverse effects.
- A combination of THC and CBD reduced spasms in MS patients in several randomized, double-blind, placebo studies.

Cannabis Remedies

THC and CBD can both reduce muscle spasms and spasticity. A combination is even better. The Mayo Clinic has published several cannabis-centered treatments for muscle spasms, including:

- 10 milligrams of CBD per kg of body weight taken by mouth daily for six weeks.
- 2.5 milligrams of THC taken by mouth one to three times a day.
- 5 milligrams of a sublingual spray with a 1:1 CBD:THC ratio, at a dose of 2.5 to 120 milligrams in divided doses for up to eight weeks.

You can also find relief from muscle spasms and spasticity with cannabis-infused topical products. Rub the topical into the affected area to experience relief within 15 minutes.



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7. Nausea and Vomiting

Nausea and vomiting are common side effects of many prescription medications. Sometimes, nausea and vomiting can be so severe that a patient is unable to continue taking the medicine.

Cannabis can help control nausea and vomiting with minimal side effects. This allows the patient to continue to take their prescription drugs to control or cure the underlying ailment.

Research

Several research studies have shown that THC is highly effective in preventing or significantly reducing vomiting and nausea in cancer patients.

According to the American Cancer Society, “one review of studies published between 1975 and 1996 concluded that oral THC is as effective, or more effective, than commonly used prescription drugs for reducing nausea associated with chemotherapy.”

This evidence is supported by countless patient testimonials. In a 2005 study, 93% of patients surveyed reported a reduction in nausea with cannabis use.

Cannabis Remedies

Many casual cannabis users simply smoke their favorite cannabis strain when they feel nauseous. If you decide to try this method of relieving nausea, limit yourself to just a few puffs—too much THC can increase nausea.

The Mayo Clinic recommends that cancer patients take five to ten milligrams of THC per kilogram of body weight to prevent the severe nausea and vomiting caused by chemotherapy. This can be taken by mouth the night before chemotherapy, 1 to 3 hours before chemotherapy, and every 2 to 4 hours after chemotherapy.

Some researchers recommend delta-8 as an anti-vomiting medication. The minimal intoxication makes it a great choice for children.





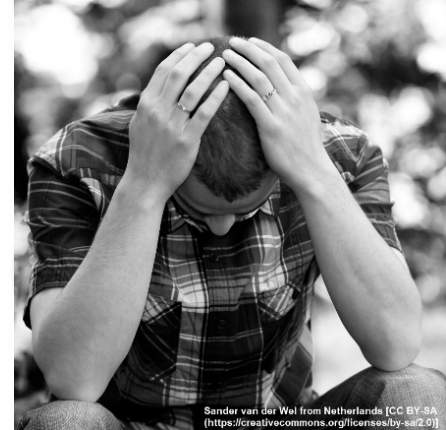
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8. Seizures

A seizure is a sudden, uncontrolled, electrical disturbance in the brain. You may think that seizures are always a result of epilepsy. In truth, they can also be caused by other conditions such as eclampsia, meningitis, encephalitis, and even migraine headaches.

CBD is generally accepted as a medical treatment for seizures. The United States Food and Drug Administration recently approved Epidiolex, made from CBD, as a treatment for very severe or hard-to-treat seizures.



Research

Cannabis is well documented as a positive treatment for seizures that are resistant to other medications. Evidence of this has been obtained from laboratory studies, anecdotal reports, and small clinical studies.

In a recent study on the effects of Epidiolex®, CBD-based sublingual spray patient seizures decreased by an average of 54%. There was an even better response with patients who were also taking clobazam, a common anti-epileptic drug. In two other studies of Epidiolex, seizures were reduced by more than 40%.

Cannabis Remedies

CBD-dominant cannabis medicines are highly effective at reducing the frequency and severity of seizures. According to the Mayo Clinic, 200 to 300 milligrams of CBD can be taken by mouth daily for up to 4.5 months to treat seizure disorders.



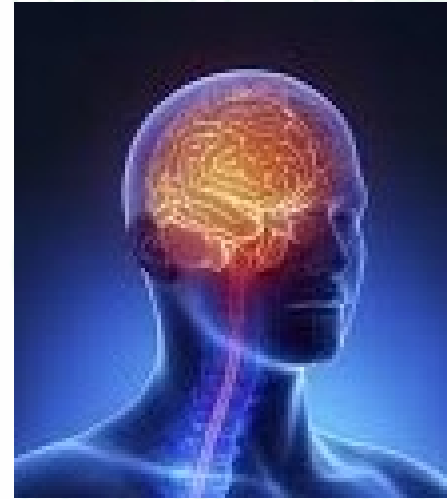
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9. Depression

People who suffer from depression feel sad and lose interest in activities that they used to enjoy. Medications that are prescribed for depression include Selective Serotonin Reuptake Inhibitors (SSRIs), antidepressants, anti-anxiety medication, and antipsychotics. These medications can cause dependence and unpleasant side effects.

Many patients are turning to cannabis to combat symptoms of depression. It's no surprise that cannabis can elevate your mood—it's the primary reason people use cannabis recreationally.



Research

Numerous small studies and surveys point to the effectiveness of cannabis in relieving feelings of depression:

- In a 2005 study, 86% of patients reported an improvement in their depression symptoms.
- In a 2018 Washington State University survey of 3,151 medical cannabis users with depression, in-the-moment symptoms of depression improved by 50% after just two puffs of generally low-THC, high-CBD cannabis.
- In a 2017 survey of 2,830 medical cannabis patients, responders reported significant reduction of their depressive symptoms.

Cannabis Remedies

Two puffs of low-THC, high-CBD cannabis has been found to reduce depression in most adults.



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10. Opioid Dependence

Opioid addiction affects more than 2 million Americans each year. In 2017, the overall opioid prescribing rate was 58.7 prescriptions per 100 people. That means that more than half of the United States population has used prescription opioids.

Cannabinoids and opioids have similar effects. In fact, THC triggers the body to release its own internal opioids. Since cannabinoid receptors are not in areas of the brain that also control breathing and heart rate, cannabis is much safer to use than opioids. The potential for drug dependence is also lower with cannabis.



Many governments have instituted medical cannabis programs to fight opioid addiction. States with medical cannabis laws have reported these changes:

- 24.8% reduction in opioid overdose deaths
- 23% fewer hospitalizations from opioid abuse
- 13% fewer hospitalizations from opioid overdose

Research

CB1 receptors are in areas of the brain that are related to opioid tolerance. Cannabis helps the brain to form and reorganize synaptic nerve connections in areas that are involved in enjoyment of pleasurable activities and addiction.

In a 2013 study, 31 out of 70 cancer patients were able to reduce their opioid dose when they added cannabis and experienced very few side effects.

Cannabis Remedies

Studies show that a treatment that combines cannabinoids and opioids can be as much as 4 to 12 times stronger than when the same doses are taken separately. This is true when a small dose of opioids is added to a larger dose of cannabinoids, and vice versa. Check with your doctor if you would like to use cannabis medicine to reduce your dependence on opioids.