

Getting Past the Stigma of Cannabis

Despite the many medicinal benefits of cannabis, it continues to have a very bad reputation. Maybe you grew up in a time when you saw anti-drug slogans on television telling you that cannabis is dangerous, a gateway drug and addictive. If you grew up or are growing up in a religious home, you may have been told that God doesn't approve of people who consume cannabis. If your parents grew up in the time of "D.A.R.E." and "Just Say No!" they warned you about the so-called dangers.

While I don't want to disrespect your belief system, your sense of ethics or what you think you know about cannabis, I'd like to share a few truths about cannabis, so you can make up your own mind.

Cannabis, like spinach, basil, lettuce, apples and pears, is a plant. Unlike drugs made by pharmaceutical companies, like opioid painkillers, acetaminophen, pills for anxiety and depression, and others, are not natural. They are synthesized using chemicals created in a lab. Although they're effective, many come with serious side effects. Cannabis does not.

Cannabis is a plant with many medicinal benefits. Science finds new ones every day.