



MARIJUANA



MARIJUANA: DEPRESSANT

AKA: Weed, Mary Jane, Dope, Pot, Reefer, Roach, Grass, Hemp



Marijuana comes from the Indian hemp plant that was grown for use as a hallucinogen more than 2000 years ago.

Cannabis can contain over 400 different chemicals, the most important being THC, which determines the strength of the drug.

THC levels averaged 1% in 1974 and 4% in 1994. In 2008, levels reached 9.6%, highest ever since analysis of the drug began in the 1970s.

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Marijuana is typically smoked, but it can also be mixed with food and eaten, or brewed as tea (a common choice for people who are prescribed medical marijuana).

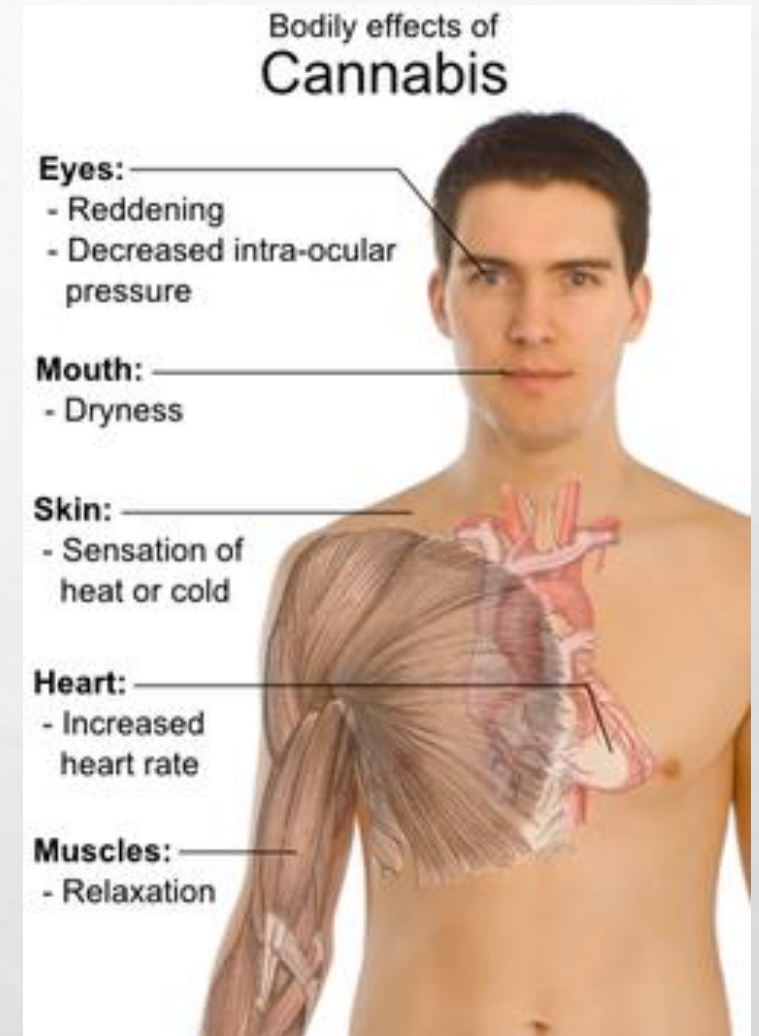
When smoked, the user can start to feel the effects within minutes. Depending on how much the user takes, and the potency of the 'blend' highs usually last a couple of hours.

As with every drug we've discussed, marijuana can have unpredictable effects because everyone's bodies react differently to it. Also, weed can often be cut with other chemicals and drugs, which can certainly have some negative effects on the body.



SHORT TERM EFFECTS

- Disrupted motor skills
- Dry, red eyes
- Increased heart rate
- Drowsiness
- Increased appetite
- Relaxed state of mind
- Laughter
- Anxiety
- Dizziness



LONG TERM EFFECTS

- Addiction (don't bombard me. I have more to say on this.)
- Tolerance
- Increased risk for heart attacks
- Amnesia/Short term memory loss
- Loss of cognitive ability – especially amongst teenagers
- Depression/anxiety
- Cravings
- Irritability
- Difficulty Sleeping
- Inability to focus
- Lung damage/infections
- Disrupt menstrual cycles
- Negatively impact male and female fertility

ADDICTION

People often say “you can’t get addicted to weed.”

This isn’t *entirely* true.

People who smoke pot every day, several times a day, feel different when they suddenly don’t have it. They become irritable, they get headaches, they can often feel depressed or angry. These *are* signs of addiction and dependency.

Are the cravings as intense as the other drugs we’ve looked at? No.

Will this ‘withdrawal’ result in death? No.

But, these are still considered signs of addiction.

THE DEBATE...

The legalization debate for marijuana is not a new concept. The Canadian and American governments have been debating the issue for years.

While it is harmful (especially to teenagers whose minds are still developing), it has similar effects as alcohol, which *is* legal.

States in America have recently legalized the sale of marijuana, *however*, people who continue to buy from drug dealers and not from the designated, and *very heavily* monitored stores, can still be arrested and are still in danger of having their weed laced with other harmful drugs.



MEDICAL USE

Marijuana is becoming more common in the world of medicine as a tool to help cope with terminal illnesses.

Marijuana does *not* cure cancer.

Marijuana is used as a pain reliever to those who struggle with intense pain every day of their lives.

It can also be used to help lessen the effects of withdrawal from other heavier drugs such as meth and heroin.

THE TRUTH ABOUT DRUGS: MARIJUANA

