

# The Stoned Doctor: The Case for Medical Marijuana



## Stoned: A Doctor's Case for Medical Marijuana

★★★★☆ 4.4 out of 5

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## By Dr. Lester Grinspoon

Marijuana has been used for centuries to treat a wide variety of medical conditions, from pain and nausea to cancer and epilepsy. However, due to its illegal status in many countries, there is still a great deal of misinformation and stigma surrounding its use.

In his new book, *The Stoned Doctor: The Case for Medical Marijuana*, Dr. Lester Grinspoon dispels the myths and misconceptions about cannabis, and presents a compelling case for its use as a safe and effective treatment for a variety of medical conditions.

Grinspoon, a Harvard-trained psychiatrist and author of several books on drug policy, has been a leading advocate for the legalization of marijuana for medical use for over 50 years. In *The Stoned Doctor*, he draws on his

decades of experience and research to provide a comprehensive overview of the medical benefits of cannabis.

Grinspoon discusses the evidence for the use of cannabis to treat a variety of conditions, including:

- Pain
- Nausea and vomiting
- Cancer
- Epilepsy
- Multiple sclerosis
- Alzheimer's disease
- Parkinson's disease
- Crohn's disease
- Ulcerative colitis

Grinspoon also discusses the potential risks and side effects of cannabis use, and provides guidance on how to use cannabis safely and effectively.

## **The Medical Benefits of Cannabis**

The evidence for the medical benefits of cannabis is growing rapidly. Studies have shown that cannabis can be effective in treating a wide variety of conditions, including:

- **Pain:** Cannabis has been shown to be effective in reducing pain in a variety of conditions, including cancer pain, neuropathic pain, and chronic pain.
- **Nausea and vomiting:** Cannabis has been shown to be effective in reducing nausea and vomiting caused by chemotherapy, radiation therapy, and other medical conditions.
- **Cancer:** Cannabis has been shown to have anti-cancer properties, and may help to slow the growth of cancer cells and reduce the side effects of cancer treatment.
- **Epilepsy:** Cannabis has been shown to be effective in reducing seizures in children and adults with epilepsy.
- **Multiple sclerosis:** Cannabis has been shown to improve symptoms of multiple sclerosis, such as muscle spasms, pain, and fatigue.
- **Alzheimer's disease:** Cannabis has been shown to improve symptoms of Alzheimer's disease, such as memory loss, agitation, and aggression.
- **Parkinson's disease:** Cannabis has been shown to improve symptoms of Parkinson's disease, such as tremors, rigidity, and bradykinesia.
- **Crohn's disease:** Cannabis has been shown to improve symptoms of Crohn's disease, such as abdominal pain, diarrhea, and weight loss.
- **Ulcerative colitis:** Cannabis has been shown to improve symptoms of ulcerative colitis, such as rectal bleeding, diarrhea, and abdominal pain.

## The Risks and Side Effects of Cannabis Use

While cannabis is generally safe and well-tolerated, there are some potential risks and side effects associated with its use. These include:

- **Impaired cognitive function:** Cannabis can impair cognitive function, including memory, attention, and concentration.
- **Increased heart rate:** Cannabis can increase heart rate, which can be dangerous for people with heart conditions.
- **Respiratory problems:** Cannabis can cause respiratory problems, such as bronchitis and emphysema.
- **Risk of psychosis:** There is a small risk of psychosis in people who use cannabis, especially those who have a family history of psychosis.
- **Dependence:** Cannabis can be addictive, and some people who use it may develop dependence.

It is important to note that the risks and side effects of cannabis use are generally mild and transient. However, it is important to be aware of these risks and to use cannabis responsibly.

## How to Use Cannabis Safely and Effectively

If you are considering using cannabis for medical purposes, it is important to talk to your doctor. Your doctor can help you to determine if cannabis is right for you and can provide guidance on how to use it safely and effectively.

There are a variety of ways to use cannabis, including:

- **Smoking:** Smoking cannabis is the most common way to use it. However, smoking cannabis can damage the lungs, so it is important to use a vaporizer or other alternative method of smoking.
- **Vaping:** Vaping cannabis is a healthier way to use it than smoking. Vaping involves heating cannabis to a temperature that releases its active ingredients without burning it.
- **Edibles:** Cannabis edibles are a great way to consume cannabis without smoking or vaping it. Edibles can be made with a variety of ingredients, such as butter, oil, or flour.
- **Tinctures:** Cannabis tinctures are concentrated extracts of cannabis that can be taken orally or applied to the skin.

The best way to use cannabis for medical purposes will vary depending on the individual. It is important to experiment with different methods of use to find the one that works best for you.

The Stoned Doctor: The Case for Medical Marijuana is a groundbreaking book that dispels the myths and misconceptions about cannabis, and presents a compelling case for its use as a safe and effective treatment for a variety of medical conditions.

If you are considering using cannabis for medical purposes, I encourage you to read this book. It will provide you with the information you need to make an informed decision about whether cannabis is right for you.

**Free Download your copy of The Stoned Doctor today!**

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