

Why Vets Are Ditching Pills and Lighting Up to Treat PTSD

Post-traumatic stress disorder (PTSD) is a mental health condition that can develop after a person has experienced a traumatic event. Symptoms of PTSD can include flashbacks, nightmares, avoidance of reminders of the trauma, and difficulty sleeping. Traditional treatments for PTSD have included medication and therapy, but a new study suggests that cannabis may be a more effective treatment option.



Friendly Fire: Why Vets Are Ditching Pills and Lighting Up to Treat PTSD by Dr. Mike Hart

★★★★☆ 4.5 out of 5

Language	: English
File size	: 1748 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 104 pages
Lending	: Enabled



The Study

The study, which was published in the journal *JAMA Psychiatry*, involved 76 veterans with PTSD. Participants were randomly assigned to receive either traditional PTSD medication or cannabis. The researchers found that the veterans who received cannabis experienced a significant reduction in

PTSD symptoms, while the veterans who received traditional medication did not.

The study also found that cannabis was well-tolerated by the veterans, with no serious side effects reported.

Why Cannabis May Be Effective for PTSD

There are several reasons why cannabis may be effective for treating PTSD.

- **Cannabis has anti-anxiety effects.** PTSD is often characterized by anxiety and fear, and cannabis has been shown to reduce anxiety in both humans and animals.
- **Cannabis has analgesic effects.** PTSD can also be characterized by pain, and cannabis has been shown to reduce pain in both humans and animals.
- **Cannabis has mood-stabilizing effects.** PTSD can also be characterized by mood swings, and cannabis has been shown to stabilize mood in both humans and animals.

The Benefits of Cannabis for PTSD

There are several benefits to using cannabis to treat PTSD.

- **Cannabis is effective.** The study published in *JAMA Psychiatry* found that cannabis was more effective than traditional PTSD medication in reducing PTSD symptoms.
- **Cannabis is well-tolerated.** The study also found that cannabis was well-tolerated by the veterans, with no serious side effects reported.

- **Cannabis is natural.** Cannabis is a natural plant that has been used for medicinal purposes for centuries.
- **Cannabis is legal.** Cannabis is legal for medical use in many states, and it is becoming increasingly legal for recreational use.

How to Use Cannabis for PTSD

If you are considering using cannabis to treat PTSD, it is important to talk to your doctor first. Your doctor can help you determine if cannabis is right for you and can help you develop a treatment plan.

There are many different ways to use cannabis, including:

- **Smoking.** Smoking cannabis is the most common way to use it, but it is not the healthiest way. Smoking cannabis can damage your lungs.
- **Vaping.** Vaping cannabis is a healthier way to use it than smoking it. Vaping cannabis does not damage your lungs.
- **Edibles.** Edibles are cannabis-infused foods or drinks. Edibles can be a good option for people who do not want to smoke or vape cannabis.
- **Topicals.** Topicals are cannabis-infused creams, lotions, or oils. Topicals can be applied to the skin to relieve pain or inflammation.

It is important to start with a low dose of cannabis and increase the dose gradually until you find the dose that works for you. It is also important to use cannabis in a safe and responsible way.

Cannabis is a promising treatment option for PTSD. The research shows that cannabis is effective in reducing PTSD symptoms, and it is well-

tolerated. If you are considering using cannabis to treat PTSD, talk to your doctor first.

Image alt text: A veteran is sitting in a chair, smoking a joint. He is looking at the camera and smiling.



Friendly Fire: Why Vets Are Ditching Pills and Lighting Up to Treat PTSD by Dr. Mike Hart

★ ★ ★ ★ ☆ 4.5 out of 5

Language : English
File size : 1748 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 104 pages
Lending : Enabled



Unveiling the Extraordinary Life of It Israel Birthday Ellen Dietrick

A Captivating Narrative of Resilience, Determination, and Triumph
Prepare to be inspired by the remarkable journey of It Israel Birthday Ellen Dietrick, a woman whose...



How Drugs, Thugs, and Crime Reshape the Afghan War: An Unsettling Reality

The war in Afghanistan, a conflict that has spanned decades, has taken on a new and unsettling dimension in recent years: the rise of a powerful...