

How to Deal with Post Traumatic Disorder with Cannabis

I'd like you to take a look at somebody near you right now. Or better yet, take a look in the mirror. Can you tell by looking at someone whether or not they'd suffered a severe traumatic event in their life? I can't tell by looking either. Post-traumatic stress disorder is defined as an anxiety disorder coming from a severe physical injury, or severe emotional stress. And I can't tell by looking at somebody whether they've had that traumatic event, but when I start to dig deeper after I talk to people, I can certainly see it in all of the other conditions that arise from chronic stress, like anxiety and depression, but also obesity, increased risks of heart attack and stroke, and other metabolic conditions, and chronic fatigue.

See the brain doesn't really distinguish between good and bad information. It's just a sponge, it just gathers all the information that's nearby. But when it experiences a bad situation, the brain isn't really disordered, and in fact I take issue with the name post-traumatic stress disorder. It really should be named post-traumatic stress reorder, because that brilliant brain of yours reorders in the setting of stress, and the neuro tissues restructure so that the subject can survive the trauma that they're enduring.

The prefrontal cortex, which is usually in charge of applying some logic to emotion, sort of stops working and the brain functions in a much more primal and emotionally based way. The hippocampus, usually in charge of storing short term memory, sort of shuts down because in the setting of stress we really don't need to worry about establishing new memories. And the amygdala kind of functions like a little general, and sends out information to the hypothalamus, and the pituitary gland, that it's time to release a ton of stress hormones, and those glands and parts of the brain generate responses within the adrenal glands, the thyroid gets activated, and suddenly the entire body is in a flight or fight response, either getting us ready to fight what we're doing, or better yet, to run away.

But hyperarousal syndrome sticks around for quite a while. But then after the initial event, as you get additional stimuli that causes small arousals, folks can develop sort of a sensitized sensory pathway, and suddenly very small triggers result in really significant responses.

We know that we can help the body relax by literally helping the body to relax through massage and exercise, to send really positive signals back to the brain. And we've used plenty of great medications in this setting. New medications that help with depression and anxiety, but there's also exciting new trends in ancient herbal therapies that are proven to be very effective for this condition when combined with modern medicine or when used independently.

If you know somebody who's dealing with a traumatic event, or if you yourself are suffering, I wanna hear from you. I'd like to work together to see if all of us can get better faster, and have a really effective, really beautiful, whole life, with the help of every potential tool that's available to us. So join me, I'd love to work with you.