

Medical Cannabis and Opioids

Medical marijuana is valuable in a number of medical indications, and I'd like to spend a bit of time thinking about a few individual indications that are particularly significant. One that seems to be valuable and is approved in virtually every state where medical marijuana is legalized is marijuana for the use of chronic pain. Now, chronic pain is no joke and the amount of opioids that are being consumed to try to relieve pain is significant, evidence of addiction and of the addictive quality of opioids but also evidence of the number of people that are really suffering with chronic pain and need help with getting pain under control.

Now, there are certain things you can do, of course, with nutrition and lifestyle that I've covered on previous videos, but there's also a position for medical marijuana and specifically for the CBD cannabinoid. There appears to be some additive effect for the use of THC. So if you're already using a CBD product and haven't really necessarily wanted to delve into medical marijuana, you're maybe trying to consider the addition of a little THC to further potentiate the effects of the muscle relaxation and the pain reduction you're receiving from the CBD product.

The chronic pain could really come from any pain generator. Some people suffer chronic pain from nerve injury, from previous cancer chemotherapy, trauma, or just from aging. There's also chronic pain derived from inflammation. The pain from tumor growth can oftentimes be related just simply to the space being occupied. Obviously, if you're dealing with metastatic disease in your bones, there's actually chemicals within the cancer in the bone that melt the bone around the cancer and allow it to crowd into that space. However, sometimes the cancer grows a little bit faster than the chemical can melt the bone and that can result in really significant uncomfortable pain and discomfort involving the bones. That's where a situation where medical marijuana is very effective in severe, resistant pain that's particularly resistant to opioids.

So if you're thinking about using other pain meds besides your opioids such as brand names like Norco or Dilaudid or Fentanyl or if you want to see if you can get an additive benefit from medical marijuana, that's a good place to start. Some people have been able to replace but in severe pain conditions, a lot of people have been able to at least reduce their exposure and their chronic use of opioids. That would be a really good thing for you as an individual if you're suffering and using opioids and also for us as a country.

Medical marijuana is not addictive in the traditional sense, and it has no risk of experiencing an overdose. So it's a nice, safe thing to try. Always starting at a low dose and increasing the dose as appropriate. There is one good study in advanced cancer patients that showed that 15 to 20 milligram doses of THC reduced pain all by itself. So if you're suffering from chronic pain, hopefully this will help.