

CHEMICAL HEALTH TREND CORNER:



Marijuana Choices are Adding Confusion



What is the Difference between medical Marijuana and recreational Marijuana?

The main difference between medical cannabis and recreational cannabis is the Cannabidiol (CBD) and Tetrahydrocannabinol (THC) content, the active ingredients in marijuana. Recreational marijuana has more THC content than the medicinal CBD, THC is responsible for making users feel high.

Recreational Marijuana drug use is the use of a psychoactive drug to induce an altered state of consciousness, by modifying the perceptions, feelings, and emotions of the user. When a psychoactive drug enters the user's body, it induces an intoxicating effect.

What is the difference between CBD and Marijuanas? CBD and THC are both cannabinoids found in marijuana. Though similar in what they may help treat, the most important difference is that THC will cause a person to experience a high while CBD will not.

Over 90 percent of medical marijuana in the US contains high levels of THC, A study (Pharmaceutical Review March 27, 2020) conducted in the US has revealed that the majority of medical marijuana dispensed in the US has THC levels of up to 15 percent.

What is the difference between CBD and medical Marijuana? Because CBD products are a concentration of the CBD cannabinoid, they contain little to no THC. This is what makes CBD products different from medical marijuana. CBD products do not have the psychoactive effects caused

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by THC. CBD still has medical power and is preferred by many not wanting the psychoactive effects.

Are CBD products safe? The benefits of CBD are not proven, but the risks seem to be clear. Reported side effects of CBD products may include fatigue, drowsiness, reduced appetite, dry mouth, and diarrhea. Some research in animals has shown that CBD could also harm your liver and central nervous system. CBD can also interact with other medications you're taking, such as blood thinners. Another cause for concern is the unreliability of the purity and dosage of CBD in products.

Is CBD oil or hemp oil better for anxiety? When it comes to hemp oil vs CBD oil for anxiety, both can help to reduce it, although it is typically agreed that CBD oil is better overall for treating anxiety. CBD oil and hemp oil have different scientific elements, but both claim to fight common ailments that are giving the oils a growing fan base.

Hemp Oil-Anything less than 0.3% THC is considered hemp. CBD oil contains little to no THC. CBD oil and hemp oil do share similar chemical attributes and are touted as health care solutions to various ailments. CBD oil and hemp oil are often used as a natural supplement to improve human health. Like any other over-the-counter health care product, CBD oils and hemp oils can vary in the quality of the product.

What is medical Marijuana good for? The health benefits of medical marijuana

include relief from pain and muscle spasm, nausea associated with chemotherapy, and anorexia. Benefits are seen in immune function, neuroplasticity, emotional and mood regulation, vascular health and digestive function.

Reported side effects of medical marijuana include:

- Bloodshot eyes
- Depression
- Dizziness
- fast heartbeat
- hallucinations
- low blood pressure.

You must have a qualifying physical condition in order to get a medical marijuana recommendation, and it must be renewed regularly. Recreational marijuana, on the other hand, can be bought by anyone over the age of 21 in a state that has legalized it. No medical card is required for states that have legalized it.

Can any doctor prescribe Marijuana? You don't need a prescription for medical cannabis but you do need a physician's recommendation. If you are an appropriate candidate for medical cannabis treatment, your physician can provide a medical cannabis recommendation that can be used in your state.

Qualifications and steps to get a medical marijuana card in Minnesota: Patients must be at least 18 years of age. Patients must be a resident in the state of Minnesota with

proof of residency. Once the physician has registered a patient with the Minnesota Department of Health as a qualifying patient, the patient must obtain a Minnesota Medical Marijuana card from the state of Minnesota. 5 steps in receiving your card:

- Step 1** – Contact a Physician or other health care professional. Retrieve your medical records.
- Step 2** – Wait for an Email from the medical professional
- Step 3** – Register Online.
- Step 4**– Visit a Cannabis Patient Center.
- Step 5** – Complete the Patient Self Evaluation Form to receive more medical cannabis.

The 2021 journal Current Opinion in Pulmonary Medicine — conclude: **“There is unequivocal evidence that habitual or regular marijuana smoking is not harmless.** A caution against regular heavy marijuana usage is prudent.” “The medicinal use of marijuana is likely not harmful to lungs in low cumulative doses,” they add, “but the dose limit needs to be defined. **Recreational use is not the same as medicinal use and should be discouraged.”**

So, is Marijuana Good or Bad for your Health?

MEDICAL NEWS TODAY NEWSLETTER, 2021

There is evidence that demonstrates both the harms and health benefits of marijuana.

Yet despite the emergence over the past couple of years of very comprehensive, up-to-date reviews of the scientific studies evaluating the benefits and harms of the drug, it's clear that more research is needed to fully determine the public health implications of rising marijuana use.



More research is needed to confirm the harms and benefits of marijuana use.

Many scientists and health bodies — including the American Cancer Society (ACS) — support the need for further scientific research on the use of marijuana and cannabinoids to treat medical conditions.

However, there is an obstacle to this: marijuana is classed as a Schedule I controlled substance by the Drug Enforcement Administration, which deters the study of marijuana and cannabinoids through its imposition of strict conditions on the researchers working in this area.

If you happen to live in a state where medical use of marijuana is legal, you and your doctor will need to carefully consider these factors and how they relate to your illness and health history before using this drug.

For instance, while there is some evidence to support the use for marijuana for pain relief, you should certainly avoid marijuana if you have a history of mental health problems. Remember to always speak to your doctor before taking a new medicine or Marijuana products.

Some People Get Addicted To Drugs And Others Don't: How Do I Know If I Will Get Addicted?

Hope Wellness and Therapy Center Oct. 01, 2018.

Not everyone gets addicted to drugs, but does that mean you should take the risk and start drinking or drugging? Give it a try and hope for the best? Why do some people get addicted and others don't? Is there a way you can tell if you will get addicted?

These are all great questions and I'd like to address them today.

It's true that not everyone gets addicted to drugs. There's the college student that uses cocaine several times at parties, but goes on to never touch the stuff again. Or the military man who abuses Xanax on occasion to deal with extreme stress, but never touches it again when he gets home to the states.

Why is that one person can become addicted after just one "hit" of a drug, while others can take it or leave it?

According to public health adviser at the National Institute on Drug Abuse, Maureen Boyle, "Addiction is a combination of your genetics, neurobiology, and how that interacts with psychosocial and social factors."

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5 Things Parents Should Know About Marijuana E-Cigarettes

February, 2021, Your Teen For Parents By Jane Parent



Susan was in her 16-year-old son's room recently. She discovered a weird looking sort of pen on his dresser. She didn't know what it was, but she did a little digging and discovered it was a vape pen. "I was shocked to learn that my son could be using this pen to smoke any number of substances, says Susan." "There was no smell or smoke in his bedroom while I was in the next room. I had no idea."

Electronic cigarettes in the form of vape pens and cartridges are more popular than ever, especially among high school students. E-cigarette use among teenagers has been rapidly increasing nationally, with more than 32% of 10th graders reporting vaping in the

past year, according to the National Institute on Drug Abuse. “The good news is that middle and high school kids understand the health risks of smoking cigarettes,” says Dr. Laura Offutt, founder of online teen health resource Real Talk with Dr. Offutt. “Unfortunately, they’ve also absorbed the marketing message that e-cigarettes are a safer, healthier alternative.”

Marijuana E-Cigarette: Vaping THC To Get High

And teens use vaping devices to do more than just vape nicotine. According to the Yale study, nearly one in five users has also used e-cigarettes for marijuana. Law enforcement officials warn parents that teens are also using these devices looking to experiment with drugs. Beware that e-cigs can be used to vaporize opiates, synthetic substances like flakka (an amphetamine-like drug similar to bath salts), and designer forms of “synthetic weed” such as K2 and Spice.

How are teens using e-cigarettes for marijuana? E-cigarettes are powered by batteries that activate a heating element when inhaled. The heat vaporizes a liquid nicotine solution contained in a small tube. **Hash oil can be substituted for the nicotine solution. Some vendors sell hash oil cartridges. More worrisome, kids are also learning to make their own. “Some kids are dissolving hash oil or THC in glycerin or vegetable oil. Or they steep the leaves in the liquid (like making tea with tea leaves), and then vaporizing that liquid”** says Offutt. **“Numerous social media outlets have extensive discussion about how to do this. The information is available and accessible online.”**

Vaping Marijuana: 5 Things to Look Out For



Here are 5 things parents should know about vape pens and signs of vaping weed.

1. Vape pens are a discreet way to use drugs.

“These devices like a ballpoint pen, a USB memory stick, or a stylus,” says Offutt. “And they’re easy to conceal. Some are specifically designed to disguise what they are. Kids can casually use them on the school bus or even in class. And you won’t know they’re getting high because they are smokeless and odorless.” Parents should familiarize themselves with vape pens.

2. Inhaling pot from a vape pen intensifies the user’s “high.”

To get high, teens will put THC e-cigarettes. THC is the active compound in marijuana

responsible for the sensation of being “high.” Studies have found these liquids can be thirty times more concentrated than dry marijuana leaves. “Today’s pot is also much stronger than the pot that parents may have smoked when they were young. And now marijuana plants are specifically bred for higher THC concentration,” says Offutt. “Vaping may deliver a far more potent form of whatever drug is being used. Your teen might not anticipate the intensified side effects and the increased risk of addiction.”

3. Vape pens are easy to acquire.

Federal regulations make it illegal to sell e-cigarettes to children under 18. But these regulations don’t prevent teens from buying the devices online. Regardless of age, kids can order a wide selection of vaping and legal weed paraphernalia. The illegal purchase will be conveniently delivered, no questions asked. “If your son is suddenly getting packages delivered at home and is very enthusiastic about getting the mail,” warns Offutt. “This should be a red flag to investigate what he’s buying.”

4. Marijuana is addictive and harmful for developing brains.



According to the Centers for Disease Control, marijuana use interferes with brain development. Usage can cause short-term memory loss, slow learning, decreased sperm count, and lung damage. “It continually amazes me to discover parents who give their blessing to their kid’s pot use. Like it’s no big deal,” says Offutt. “Marijuana is addictive. And today’s marijuana is far more potent and poses a higher risk of addiction, particularly for kids with a family history of addiction.”

5. Watch for physiological symptoms of drug use.

If your teen is using e-cigarettes for pot and has an abuse problem, you may observe side effects. Your teen can experience nosebleeds, dry mouth syndrome, red eyes, and increased appetite. There may also be behavior changes. Red flags include suddenly becoming withdrawn, seclusion beyond what is normal, a different friend group, or erratic behavior. If parents observe any of the above signs, they may have good reason to suspect that their teen is vaping drugs. In that instance, connect your child with treatment resources for help—before it’s potentially too late.

Early Warning Signs of Teen Substance Use

Hazelden Treatment Program, Nov. 11, 2019

One of the most challenging aspects of addiction is that it is a progressive disease. Early warning signs can be hard to spot, and unhealthy patterns can develop into a full-blown substance use disorder (often referred to as substance abuse) if not addressed.

When you know your teenage son or daughter's passions, interests and habits, the early warning signs of trouble will be more apparent because you will sense when something seems off or amiss. Casual drug use can quickly spiral out of control if you ignore problems, rationalize underage drinking or smoking marijuana as "experimentation" or "just a phase," or avoid having open and honest discussions with your child. It's much easier to turn problematic behavior around when warning signs first surface, rather than when the situation escalates or an emergency occurs. Especially for kids who are at higher risk of alcohol or other drug addiction, paying attention to early signs of trouble can reduce the likelihood of a future problem. As a parent or concerned adult, you can never intervene too soon.

Knowing the signs and symptoms of teen drug use can help you better ... and chemical use history, to determine the appropriate level of care.

[Click here to read more](#)

Keeping Teens Safe From Drug Abuse This Summer

March, 2021 by Coffee County Anti-Drug Coalition Parents:

It's officially summertime, and we know what that means. Kids suddenly have a lot of free, unsupervised time on their hands, and you might already be worried about where they will be and what they'll be up to.

According to Bradford Health Services, drug use among adolescents increases during summer months. While it's impossible to keep an eye on your teen 24/7, there are several ways to be proactive:

Have a conversation – Don't assume they've already gotten the message. Take some time to sit down with them and discuss the impact drugs can have, as well as the dangers that come with them. Even if they've heard it all before, it can mean a lot coming from a sincere parent.

Be involved – This doesn't mean you have to take off the whole summer and accompany your teen everywhere. This just means keeping a line of communication open. Show genuine interest in their activities, friends and hobbies. Let them know they can come talk to you if there's anything that's bothering them. The more you talk with them, the more natural the line of communication will feel.

Get them involved – Summer is a great time to try out new sports or explore a new hobby. Get them involved in camps, clubs or a sports team. In addition, many businesses hire students during the summer months. A job is a great way to instill a sense of responsibility and cut down on unsupervised time!

Make them aware of media influence – Bottom line: The topic of drugs is prevalent in many of today's popular music, movies, TV shows and video games. Make sure your teen



understands the messages that are being shared, and remind them that there's nothing glamorous about drug use.

For additional peace of mind, make sure you are taking precautionary measures with the prescription medicines you have in your home. One easy step is to purchase a home lock box, which many local drug stores keep in stock. Make sure your lock box is kept in a safe and secure location. CLD also recommends counting your pills every two weeks to make sure nothing is going missing. You can also drop off your unused or expired medications at the permanent drop boxes located across the state.

McLeod County-Take it to the Box



[Click here to learn more](#)

Behavioral Addictions: Are they Really a Problem?

By Carmen Morrow, Chemical Health Prevention Specialist

"One in every eight Americans suffers from an addiction"-World Health Organization, 2019 (WHO)

When most people hear the word addiction, they think of dependence on a substance such as alcohol or drugs. This makes sense as according to the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA), in 2019 an estimated 20.4 million Americans aged 12 years or older have a significant problem with alcohol or drugs. However, drugs are not the only things Americans abuse or to which they are addicted. Simply substitute the word "behavior" for "substance" and you open up the definition of addiction to many types of dependencies. The American Psychiatric Association (APA) describes addiction as, "a complex condition; a brain disease that is manifested by compulsive behaviors despite harmful consequences." Whether it's drugs, the internet, or gaming, the need to experience the desired effect becomes so strong that the individual loses the ability to control their behavior and seeks the activity in spite of all negative consequences. The Diagnostic and Statistical Manual of Mental Disorders, fifth edition (DSM-5), which is used to diagnose mental and chemical disorders, outlines a new definition of addiction. This definition includes a diagnosis for non-substance addictions, including internet use, as well as other behaviors over which an individual has lost power. According to Vertava Health article, The Most Common Behavioral Addictions, the following is a list of the common behavioral addictions for which people often seek professional support:

- Eating and Food Addiction



- Shopping Addiction About 6% of the U.S. population has a shopping addiction, which usually begins in late adolescence according to SAMHSA 2019
- Alcohol: The World Health Organization (WHO) states that alcohol causes 20 to 30 percent of these worldwide incidences; cirrhosis of the liver, epilepsy, vehicle accidents, murder, liver cancer and esophageal cancer.
- Smoking: Tobacco is responsible for causing the most health damage in the world. Every year, 1.3 billion people die due to tobacco use related illness reported by SAMHSA 2019
- Drugs: Both illegal drug use and prescription medications are on the rise around the world according to SAMHSA 2019
- Exercise Addiction
- Sex Addiction
- TV Addiction
- Social Media & Facebook Addiction Prior to the need for distance learning, teens spent up to 9 hours a day on screen time and 8-12 year olds spent 4-6 hours a day in front of a screen. According to WHO 2019
- Risky Behaviors
- Internet Addiction: Internet gaming disorders were recognized by the World Health Organization (WHO) as an official diagnosis in 2018.
- Work Addiction
- Gambling Addiction: According to YouthGambling.com, 4%-7% of teens exhibit gambling addiction behavior
- Internet: Addiction Research indicates that 1.4% to 17.9% of adolescents around the world are addicted to the Internet

- Plastic Surgery/Body Enhancement addiction

According to a Healthline article dated, Sept 28, 2020, general signs of a potential behavioral addiction include:

- spending large amounts of time engaging in the behavior
- urges to engage in the behavior even if it negatively affects daily life, responsibilities, or relationships
- using the behavior to manage unwanted emotions
- hiding the behavior or lying to other people about time spent on it
- difficulty avoiding the behavior
- irritability, restlessness, anxiety, depression, or other withdrawal symptoms when attempting to quit
- feeling compelled to continue the behavior even when it causes distress

As with chemical addiction, many different factors can contribute to behavioral addictions. There are various treatment methods for a behavioral addiction that are similar to treating an alcohol or drug addiction. Treatment approaches can vary, but talk therapy is usually the first recommendation. A type of therapy known as Cognitive Behavioral Therapy (CBT) is often most helpful for behavioral addictions. This, combined with more productive coping skills, can reduce the need for addictive behaviors. Experts continue to learn about how and why addiction happens, but one thing is clear: Addiction is treatable.