

Addiction- marijuana

## Description

To Jesus:

You can use this as an aide to your own research and share with your doctor.

You can use [drugs.com](https://www.drugs.com) or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects.

Marijuana addiction

Marijuana used to be much less addicting. Back when it had only 2% THC it was safer & mellow. Concentrations of THC can be well over 10X higher now. The higher the THC concentration the higher the addictive potential, now around 30% overall for all strains. Delta 9 is the strongest part of the THC that appears to cause most of the complications like paranoia & confusion.

Solutions:

Cannabidiol (CBD)

*default watermark*

CBD oil is in marijuana & hemp. It does not have any psychoactive or apparent addictive effects. When taken in addition to or in place of marijuana, CBD oil appears to counteract many of the negative side effects of THC, like paranoia & hallucinations, as well as helping with anxiety, insomnia, seizures & pain. A lot of people taking marijuana for anxiety get much greater relief with CBD oil & are able to get off marijuana. It appears to be the most effective treatment for schizophrenia as well as marijuana addiction.

Delta 8 & 10

Delta 9 is the main part of THC that causes so many of the adverse effects, especially paranoia & confusion.

Delta 8 appears to be legal most everywhere, has the calming properties of heavily indica marijuana & less hallucinatory & other cognitive altering effects like paranoia & confusion. Delta 8 appears to help anxiety, pain & appetite stimulation.

Delta 10 appears to have the energizing properties of higher sativa marijuana & less of the hallucinogenic properties or other cognitive altering effects like paranoia & confusion. Delta 10 appears to help anxiety, pain, mood, mental clarity & creative thinking. Because of the cost some delta 10 products may have cheaper delta 8 mixed in.

[potguide.com/blog/article/delta-8-delta-9-delta-10-thc/](https://potguide.com/blog/article/delta-8-delta-9-delta-10-thc/)

<https://weed.com/strains/learn/delta-10-vs-delta-8-a-comprehensive-comparison>

While delta 8 & delta 10 may still be mildly addicting, because they don't have most of the adverse effects of high THC marijuana or delta 9, daily use may not cause as many problems as current dangerously high THC marijuana, especially if CBD oil is tried first & used at the same time.

**Category**

1. Uncategorized

**Date Created**

October 2023

**Author**

biggs

default watermark