

### The Cons Of Recreational Marijuana

While the upside reasons to legalizing pot can sound pretty convincing, they completely ignore the obvious downsides. The overwhelming reasons to not allow legal marijuana are related to public health and the health of individuals. Marijuana is a mind-altering, addictive drug. Too many people forget this fact and falsely assume that marijuana is not that detrimental to health simply because it isn't as bad as heroin, meth or cocaine.

Regular marijuana use leads to addiction in about 10 percent of those who partake. There are more people in rehab for marijuana addiction than for any other single drug. Even without addiction, marijuana use is detrimental to health. Smoking pot can cause lung conditions and memory loss. Using pot can also lead to accidents. Driving under the influence of marijuana is dangerous and there is no way yet to accurately determine when someone is too impaired to drive.

Of all the cons of legalizing marijuana, perhaps the most serious is the effect it could have on young people. Teens with developing brains stand to suffer the most from using this drug, and while laws will ban them from using it, everyone knows that legalizing the drug will only increase access for young people

Source: <https://www.drugrehab.us/news/tag/marijuana-addiction/>

### Cons

Based on a number of studies, here are some pros of marijuana:

- Marijuana can decrease and help control epileptic seizures, including the ones from Dravet's syndrome.
- Marijuana may be used to improve human metabolic processes.
- Marijuana can treat Post Traumatic Stress Disorder (PTSD).
- Marijuana may relieve the side-effects of chemotherapy during cancer treatment.
- The THC compound of marijuana may inhibit Alzheimer's disease.
- Marijuana may reduce symptoms of multiple sclerosis and paralysis.
- Marijuana use may alleviate symptoms of the viral Hepatitis type C treatment.
- Marijuana can ease Parkinson's disease tremors.
- Marijuana is effective when treating appetite loss, especially associated with some cancer types and HIV/AIDS.
- The CBD compound of marijuana is an effective analgesic.
- Marijuana can alleviate or even prevent muscle spasms.
- Marijuana can help treating inflammatory bowel diseases.

### Polysubstance Use

### Negative Effects of 420



### Medical Marijuana – THC And CBD

Medical marijuana can provide lots of health benefits, especially if it is not consumed by smoking but by vaping or ingesting. In this case, the patient avoids getting lung and throat damage by the hot particles that happens with tobacco smoking

Marijuana contains two prominent active ingredients, THC (tetrahydrocannabinol) and CBD (cannabidiol). THC is largely responsible for the mind-altering effects closely associated with marijuana/cannabis use. CBD does not have any substantial mind-altering impact. Both THC and CBD have potential usefulness in a medical context

### Pro

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Marijuana users who also consume other drugs participate in a form of substance use commonly known as polydrug or polysubstance use. As a rule, polydrug users have heightened chances of experiencing the damaging effects associated with the substances they consume. These effects include:

- overdoses
- serious changes in cardiovascular function
- serious changes in lung function
- significant body temperature alterations



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