

Cannabis: Separating Fact from Fiction

Cannabis is a hotly-debated topic, isn't it? In my line of work, I hear a lot of chatter about cannabis and while I enjoy the discussions, frequently I feel the need to correct some assumptions. If I don't, those assumptions get passed around from person to person. Sometimes it's harmless chatter and sometimes it's a little more serious. Here are a few that I feel strongly about:

Cannabis is a gateway drug. There is zero evidence that consuming cannabis leads to trying stronger and actual dangerous drugs. In my experience, people who consume are less likely to pick up highly processed and dangerous drugs.

People who get high are as dangerous as drunk drivers. Unlike being drunk and feeling invincible enough to get behind the wheel, feeling high on usually makes people want to veg out on the couch. Ever hear the expression, "couch locked?" Getting high is associated with silly conversations and uncontrollable laughter, never being invincible. People just don't get high and drive.

Cannabis is just for getting high. Cannabis has many medicinal benefits like reducing pain and inflammation, controlling anxiety, minimizing side effects of illnesses like cancer and fighting insomnia.