

Conditions Cannabis Can Help, continued

Condition	How Cannabis Can Help	Source*
Multiple Sclerosis	<ul style="list-style-type: none"> • THC binds to receptors in nerves and muscles to relieve pain • helps control muscle cramps and spasms • reduces neuropathic pain • reduces inflammation • improves coordination 	<p>“Marijuana May Ease Multiple Sclerosis Symptoms” Study: “Smoked Cannabis for Spasticity in Multiple Sclerosis: A Randomized, Placebo-controlled Trial” (Corey-Bloom, et al. 2012)</p>
Parkinson’s	<ul style="list-style-type: none"> • reduces pain and tremors • improves sleep • improves fine motor skills • neuro-protection 	<p>“Smoking Pot Eases Tremors in Parkinson’s” (Susman 2013) Study: “Cannabis (Medical Marijuana) Treatment for Motor and Non-motor Symptoms of Parkinson Disease: An Open-label Observational Study.” (Lotan, et al. 2014)</p>
Stroke, post	<ul style="list-style-type: none"> • may help protect the brain from damage caused by stroke 	<p>“Cannabis ‘May Help Stroke Recovery by Improving Brain Functions after the Attack’” (Huffington Post UK 2013)</p>
Tourette’s	<ul style="list-style-type: none"> • reduces vocal and motor tics • improves obsessive-compulsive behavior (OCD) • serves as a sleep aide 	<p>“Tourette’s Syndrome” by NORML Study: “Treatment of Tourette Syndrome with Cannabinoids.” (Müller-Vahl 2013)</p>

To keep up with the latest scientific developments and research data available about a particular disease, visit the following websites:

Online Cannabis Science Resources

Americans for Safe Access	safeaccessnow.org/medical	Provides useful and comprehensive information for patients and medical professionals.
International Association Cannabinoid Medicines	cannabis-med.org	Geared toward scientists and doctors, it is a wealth of information about the latest research developments.
Patients Out of Time	medicalcannabis.com	Provides continuing medical education conferences to health care professionals and has excellent papers and videos by the world’s top experts in cannabis science. Helpful for both individuals and medical professionals.

O’Shaughnessy’s: The Journal of Cannabis in Clinical Practice	beyondthc.com	This print and online cannabis news service tracks all major developments and trends in the industry from medical applications of cannabis to laboratory testing of medicine, variety development, and patient stories. An excellent resource. True cannabis science geeks will enjoy backordering previous issues.
PubMed	ncbi.nlm.nih.gov/pubmed	PubMed, the US National Library of Medicine website, comprises more than 23 million citations of biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher websites.
Society of Cannabis Clinicians	cannabisclinicians.org	Frequently updated with the best recent cannabis research as vetted by physicians and with a growing case report library where doctors share stories about treating patients with medical cannabis.
Clinical Trials	clinicaltrials.gov	All recently published clinical trials can be found on this website. See research that is scheduled, in progress, and just completed.
Leaf Science	leafscience.com	Provides short news clips about the politics, science, and trends in the cannabis industry.

Why Is Cannabis So Safe?

Aspirin is considered one of the safest medicines available. Yet almost one thousand people a year die from complications associated with its use. **Remarkably, there are NO known deaths associated with the over-use of cannabis. It has not killed anyone.** Cannabis is considered an extremely safe medicinal plant for the following reasons:

1. **Few cannabinoid receptors exist in areas of the brain that control breathing or heartbeat.** Opiates and many other drugs suppress heart-