

# FAILED TREATMENT FOR ANXIETY IS A WIDESPREAD ISSUE

**W**hy is it that some people see the light, while others are constantly reminded of the darkness? The intriguing anatomy and process of our brains help us to better understand the production of fear, anxiety, worry and the decision to take flight or to fight.

In *Paradise Lost*, John Milton may have summed up this scenario very well for us when he wrote, "The mind is its own place and in itself, can make a Heaven of Hell, a Hell of Heaven." Although medical professionals are still discovering new reasons for depression and anxiety to this day, we know that a tiny portion in the brain called the amygdala, stores emotional and threatening thoughts, along with memories from our early childhood to present day.

## Anxiety & The Brain

There are neurotransmitters throughout the entire body that send signals to the brain, alerting you instantaneously of real or perceived danger. Anxiety is made up of both psychological and physical symptoms. The psychological part creates the nervousness, fear and worry, while the physical aspect produces sweating, rapid heart palpitations, a rise in blood pressure, nausea and shortness of breath.

When anxiety disorders are left untreated or under-treated, several areas of the brain like the hippocampus (regulates emotions) and the prefrontal cortex (decision making, planning abilities) shrink causing long-term damage.

The stark reality is that "standard of care" treatment for anxiety often falls short. When these therapies disappoint, patients need alternatives for their brain and bodily health, cognition and long-term ability to function and experience calm.

The typical care is behavioral therapy, counseling, and anti-anxiety medications. The problem is therapy is often just not enough due to the brain's complexities, and anti-anxiety meds are addictive and very often fail to keep working for many patients.



**What's the alternative?** Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to cannabis (medical marijuana). The structure of cannabis interacts directly with our cells. Our natural endocannabinoid system works synergistically with medical marijuana, creating a multitude of beneficial reactions in the body. The endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like mood, sleeping, immunity, pleasure, memory and much more.

Medical marijuana is made up of THC, CBD, and terpenes. The CBD is known to bind to receptors and is thought to regenerate cells and brain function, while THC helps to relax and alleviate the physical symptoms of apprehension. Terpenes are the green, healthy healing properties that are in our leafy green vegetables such as broccoli and brussel sprouts. There is an entourage effect of these chemicals when taken together. This entourage effect or synergy means the total is greater than the parts. 1 + 1 no longer equals 2, but 7. In practice, the ratios of THC and CBD can be manipulated for the patient's benefit. These practices and education is what separates Dr. Sonn apart from others.



## Dr. Gregory Sonn

You must visit a Physician that is licensed to recommend medical marijuana. To legally purchase and consume medical marijuana in Florida, the person must have one of the specific qualifying medical

conditions regulated by the government or have a medical condition that is deemed as appropriate. Dr. Sonn is exceptionally adept and knowledgeable in this practice, drawing from his vast experience as a Palliative Care physician and Family Practitioner. At Iona Cannabis Clinic there is no charge for your initial visit if you don't qualify. For the other 95% of our patient population, the physician issues a certification and enters the patient into the Medical Marijuana Use Registry or MMUR. Only people who are registered in the Medical Marijuana Use Registry database can purchase and consume medical marijuana in Florida.

## Iona Cannabis Clinic

Iona Cannabis and Health & Wellness uses an integrative approach to medicine. They offer age management medicine for women and men to optimize health. Dr. Sonn will evaluate your needs and tailor a patient-specific treatment plan to maximize your potential. Using evidence-based medicine, their diagnostic and treatment services are directed towards promoting health. Gregory Sonn, D.O., has been practicing Medicine since 2002; he believes that each patient is unique, requiring his or her own treatment that is different from anyone else's medical care.

Dr. Sonn added medical marijuana therapy to his practice after seeing results driven outcomes from patients dealing with anxiety, cancer, and other life-altering diagnoses.

If you or someone you know is suffering from anxiety or would like to find out more about Dr. Sonn and his practice, please visit [IonaCannabisClinic.com](http://IonaCannabisClinic.com) or call (239) 689-6819.



IONA CANNABIS CLINIC

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