

# Medical Marijuana for PTSD

**T**he National Institute of Mental Health describes PTSD (Post Traumatic Stress Disorder) as the following:

“PTSD is a disorder that develops in some people who have experienced a shocking, scary, or dangerous event. It is natural to feel afraid during and after a traumatic situation. Fear triggers many split-second changes in the body to help defend against danger or to avoid it. This “fight-or-flight” response is a typical reaction meant to protect a person from harm. Nearly everyone will experience a range of reactions after trauma, yet most people recover from initial symptoms naturally. Those who continue to experience problems may be diagnosed with PTSD. People who have PTSD may feel stressed or frightened even when they are not in danger.”



PTSD causes extreme side effects. Many individuals have severe nightmares, flashbacks, hyper startle responses, and loss of interest, severe anxiety and are often suicidal. Numerous military veterans with PTSD have issues with employment, violence, and relationships. These veterans often have severe flashbacks. Many people who suffer from PTSD have difficulty sleeping, feel detached and estranged, which can lead to permanent disability.

The standard treatment options for PTSD are anti-depressant medications. Some of the most widely known drugs prescribed are Prozac, Lexapro, Zoloft, and Oxycontin. The classes of these medications play a role in how the neurotransmitters affect the mood by improving your state-of-mind and creating a more peaceful, cheerful spirit, by extinguishing the brain's transmitters. The problem is these drugs are highly addictive, have adverse side effects, and also in many cases, show signs of cognitive decline in long-term use.

The other issue with standard medications is that they more often than not, become ineffective and are unable to reverse feelings of severe depression. This is called treatment-resistant depression.

## Standard PTSD Medication's Adverse Reactions

- Nausea
- Anxiety
- Weight gain
- Loss of sexual desire
- Severe fatigue
- Inability to focus
- Sleep disturbances
- Dry mouth
- Vision issues
- Constipation
- Forgetfulness
- Ineffective in treating PTSD Symptoms

Over the past few years, there has been a growing interest in studying veterans with PTSD and the effect of medical marijuana in place of other medications. Dr. Suzanne Sisley of AZ has been widely reported on due to her extensive research in this matter. Her findings are consistent with many other International studies, which report that individuals with PTSD treated with medical marijuana have less flashbacks, and anxiety. They are able to reenter society and have much more productive lives than those on anti-depressants.

Dr. Sisley states, “The proof is in the clinical response. We are seeing patients who are able to walk away from a lot of there's psychotic medications and their opioids and simply manage their symptoms with one drug—marijuana.”

## How does Medical Marijuana Help with PTSD?

The stark reality is that “standard of care” treatment for PTSD 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 problem with standard medications is their 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.

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 turpines. 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. Turpines give marijuana the green, healthy healing properties that are extracted from the leaf of the plant. There is a collaborative effect between these chemicals when taken together. This synergistic effect means the ratio's of THC and CBD can be manipulated for the patient's benefit.

Not all of the Certified Medical Marijuana Physicians are as proficient with how the various aspects of the marijuana plant serve the body, nor do they know what dosages are essential for specific disease states, 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.

If you or someone you know is suffering from arthritis 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.



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