

From Grief to Relief: Non-Traditional Treatment After the Marjory Stoneman Douglas Tragedy

Medical Marijuana Used as Non-Traditional Treatment for Anxiety Reaching New Highs

PARKLAND, FLORIDA, USA, May 29, 2018 /EINPresswire.com/ -- From Grief to Relief: Non-traditional Treatment After the Marjory Stoneman Douglas Tragedy

Parkland, FL---Hers is like many stories of defeat and triumph. I'll call her Monica, as she prefers her privacy. Monica is a professional, a self-made entrepreneur, with two school-age children. She and her family had been settling into their new home in Parkland, Florida when the news gates flooded with word of the Marjory Stoneman Douglas High School shootings.



Prescription Medication vs. Medical Marijuana

Just becoming acquainted with her neighbors and local vendors, Monica found herself in the vortex of two national hot buttons: Florida's new [medical marijuana](#) law and the call for heightened protective measures at our schools.

“

I feel like my old self...I can face the world straight on.”

Monica

A black cloud seemed to overtake the community. Grocery shopping became an experience of dread. The smiles of strangers were gone. And the veil of the shootings covered every inch of Monica's daily grind. Monica—no stranger to anxiety--- found herself increasingly isolated. With little sleep

at night, she turned inwards, trying to hide her grief and uncertainty from her children, and spare her husband the details of her drift downward.

For anyone who suffers from anxiety you know that talk therapy and anxiolytics are the standard of care for treatment. However, many anxiety sufferers find that these treatment options work only so well, and certainly lose their efficacy in the face of resounding trauma, like that of MSD. The MSD tragedy has taught us to take anxiety seriously in our children and in ourselves. Because it falls hand in hand with depression, it must be watched carefully.

One day, Monica found herself huddled on the bathroom floor, unable to motivate herself to initiate her daily routine and get out the door. Her anxiety medication ceased to help her function under the tragic circumstances, so she took matters into her own hands. Hers was a bold step.

Monica turned to her therapist. As a last resort, her physician recommended a 30-day trial of

medically necessary marijuana to combat Monica's anxiety. The type and dosage were significant, as research shows THC can increase the effects on the amygdala, the part of the brain associated with fear response. THC is, in fact, counterintuitive to treating anxiety. It is its cousin, [CBD](#), that is the key ingredient in helping anxiety sufferers; This is what she was prescribed.

"Anxiety and Marijuana: CBD, THC, CBD-A All You Need to Know About Weeds Effects on Mental Health"

(Courtesy of <http://www.anxietysocialnet.com/anxiety-and-medical-marijuana>, 2018)

According to a study published by the Institute of Psychiatry, CBD proved to offer great psychiatric potential, including uses as an antidepressant-like and anxiolytic-like compound. During the study, animals who had been given CBD experienced lower levels of anxiety and depression in a series of tests, such as swimming and puzzle mazes, than animals who had not been given CBD.

Another study aimed to investigate the use of CBD for treating a social anxiety disorder. The study, published by the Department of Neurosciences and Behavior, Division of Psychiatry, found that CBD was associated with significantly decreased subjective anxiety.

THC is linked to feelings of paranoia and anxiety because it activates the amygdala area of the brain, which is responsible for fear response. Conversely, CBD counteracts such feelings from THC. Studies show that taking CBD on its own can lower – even eliminate – anxiety.

How Monica's Doing Now

Monica has resumed her responsibilities and reports less stress overall. She credits the introduction of CBD to her success in resuming her family and work obligations.

"I feel like my old self. I have more energy and I'm more in tune with my kids. I know I can't change the fact of what happened in my community, but at least I can face the world straight on."

As her friend, I'm inspired by her will to adapt and to help herself. She is my hero!

We can make finding your compassionate care physician or clinic easy. Just visit us at the National [Medical Marijuana Card](#) search tool <https://nationalmedicalmarijuanacard.com> to get started.

Here's to a better life!

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