

# Dr. Michael Hart's Book Explores the Benefits of Cannabis for Treating PTSD In Veterans

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*Dr. Michael Hart, a physician and author based in London, Ontario, has announced the release of his latest book*

LONDON, ONTARIO, CANADA, December 10, 2018 /EINPresswire.com/ -- Dr. Michael Hart, a physician and author based in London, Ontario, has announced the release of his latest book, "In Friendly Fire: Why Vets Are Ditching Pills and Lighting Up to Treat PTSD." The book is an in-depth examination of two highly controversial subjects, the use of cannabis for medicinal purposes and the diagnosis and treatment of Post-Traumatic Stress Disorder (PTSD) in veterans returning from military service overseas.

With the ongoing conflicts in Afghanistan and Iraq entering their 18th year, awareness of PTSD in returning soldiers has significantly increased over the last decade, with a growing number of highly-publicized incidents of violence being blamed on veterans with the disorder. Although estimates vary widely, most experts agree that there are millions of veterans suffering from the condition, including those from the Vietnam War. Heated debates have arisen over how to define and diagnose PTSD and what methods provide the most effective treatment.

In the book, Dr. Hart and co-writer Jeremy Kossen explore the most current research on the disorder and provides an in-depth look at the different approaches to treatment as well as the alternative methods that are increasingly becoming accepted and adopted within the mainstream scientific community. They especially advocate the use of cannabis, combined with a holistic approach, for those seeking relief from symptoms.

"I feel that cannabis is an effective treatment on its own, but it's much more effective when its combined with lifestyle factors and healthy lifestyle choices. That's where people start to see the success with cannabis," stated Dr. Hart.

Dr. Hart also considers cannabis as one solution to overall well-being, saying, "Cannabis can lead to a healthier lifestyle. In the past, people always thought of cannabis as being something that is associated with people who are lazy. But in reality, when people start using cannabis, and they start seeing benefits, it opens up their frame of mind. Previously, people put full faith in traditional Western medicine and didn't have an open mind to alternative treatments or healthy lifestyle factors. Once they see that cannabis is effective, then they understand that other lifestyle choices and alternative treatments may also be effective."

The book is intended for the layman reader but also as a resource for mental health professionals, policymakers, and researchers. It should be noted that though the book is written with a focus on veterans, PTSD is also a serious problem in the civilian population, and anyone who has been affected by the disorder, either personally or through a loved one, will find this book a valuable guide.

Dr. Michael Hart in London, Ontario has made a name for himself in the world of medicine by treating patients with a simple philosophy—create the life you deserve. At his practice the Readytogo Clinic where he acts of Medical Director and Head Physician, he helps people across Ontario gain control of their health by helping them understand their physical and mental conditions so they can make plans to improve them.

Dr. Hart is passionate about pursuing emerging medical treatments that actually work for patients. From nutrition to philosophy to ketogenic diets, he shies away from traditional approaches and stays up to date on the latest medical treatments to make sure his patients get the best care. He is particularly vocal about the use of cannabis in medicine, and his advocacy has permitted him to speak publicly about the issue. He has spoken on platforms like CTV News, Rodgers TV, CBC National Radio, and the Toronto Star and appeared at the Canadian Consortium for the Investigation of Cannabinoids in Toronto.

Dr. Hart attended medical school at Saba University in the Netherlands and participated in the Family Medicine Residency Program at the University of Western Ontario.

Those wishing for more information about Dr. Hart and his practice as well as other books he has authored can visit his website at [www.mikehartmd.com](http://www.mikehartmd.com)

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