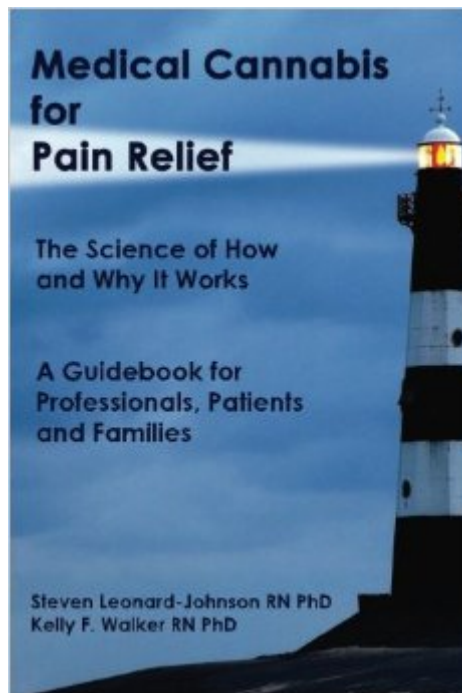


The book was found

# Medical Cannabis For Pain Relief: The Science Of How And Why It Works A Guidebook For Professionals, Patients And Families



## Synopsis

Pain can come on like a storm and strike like lightning. Pain is frightening. Pain will rock the core of our well-being and very sense of survival. Pain means business. Using cannabis for pain control is not about getting high, it is about offering you another option to help control your pain. This is your invitation to explore and consider using medical cannabis for your own pain control. Cannabis is a safe medical option now legal in many states. Cannabis has helped tens of thousands to relieve their pain; it may work for you too. Feel empowered, read on, hope is here. It is no secret that treating patients with medical cannabis remains a misunderstood and controversial topic to many. A new word has been coined in the cannabis industry for those who still fear using cannabis: cannaphobia. Contributing to professional cannaphobia are the wide ranges of laws concerning medical cannabis. The laws seem disorganized, ambiguous, and confusing, not only from state to state, but from state to federal level as well. Many practitioners feel they may face trouble from the authorities if they recommend cannabis. On top of this, many practitioners have a lack of understanding of how medical cannabis works. I speak to many nurses and doctors who work in a completely allopathic setting, and they are clueless about medical cannabis, especially in the states where it is not as yet legal. This is understandable; however, it's probably not acceptable, in light of the fact that millions of people use cannabis as medicine. I think, as servants to the public, we need to ensure that our medical knowledge reflects the needs and reality of the public, not the other way around. A lack of knowledge about a medicine is not good form, especially in light of cannabis becoming one of the most significant medicines of our time and one of the most popular with the public.

EXCERPT FROM CHAPTER 6: Neuro Biological Aspects of Medicinal Cannabis and Chronic Pain

My clinical background has been rounded out from more than thirty years of hospital-based nursing and working as a medical massage therapist and biofeedback therapist in the clinical office setting. I was first licensed as a massage therapist in 1980 and then graduated nursing school in 1985. I received my biofeedback and psychiatric nursing certifications in 1989. I have easily performed thousands of medical massage therapy and clinical biofeedback sessions. I did not mention in my bio that I also did medical massage therapy out of Dr. Jhaveri's medical office in Middletown, New York. It was when working with Dr. Jhaveri that I received my most intensive training in the psychophysiological aspects of stress and pain management. Also, in the summer of 1985, I was a massage therapist at Grossinger's Resort and Country Club in the Catskill Mountains in New York. I received a lot of invaluable training there from Grossinger's longtime resident masseur, a French physical therapist named Jules Bonnefin, PT, MsT. It was in the day-to-day work, apprenticing with the masters such as Jules and Dr. Jhavari, that I learned my

trade. Massage therapists tune into muscles, and muscles at the basic.. END Steven Leonard-Johnson, RN, PhD, who co-wrote "CBD-Rich Hemp Oil: Cannabis Medicine is Back." . This book, written by an ANCC board certified psychiatric nurse, is of the same caliber, yet goes even deeper into the psycho-physiological and neuro-biological mechanisms of medical cannabis. Steven's latest book is written with social consciousness in mind. He invited Vietnam Veteran Lieutenant Commander Al Byrne, USN, ret., to write the foreword of this book. By doing so, Lieutenant Commander Byrne has done an exquisite job in presenting a solid rationale for providing medical cannabis to Veterans. This is a powerful book designed to bring forth social change for a more compassionate society.

## **Book Information**

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## **Customer Reviews**

First, I am not a medical professional. This book isn't a fluffy one about the benefits of pot. I found it to be an excellent source of information with a lot of references that could be reviewed for deeper insights. It also tries to balance out the cons of marijuana. The chapters did seem to be largely self contained so if you wanted to view one specific use, it is accessible without reading the entire book. My one objection to the book is the comments about using the whole plant because of possible synergistic effects. While that might be true, it is only supported by one recent study. Because it's the only practical way most people will access it, I'm not convinced it's true. There is enough recent research to make me feel there may be some validity to claims of medicinal uses.

Amazing all the benefits this plant has . Why is it illegal? It just makes no sense. Thank you for the

information.

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