

Comments about adding Generalized Anxiety Disorder as a debilitating condition

My husband's anxiety and depression were so severe one year ago that 40mg of Valium had no effect on him whatsoever. Neither did the maximum doses of Xanax or Klonopin. Effexor made him numb and many other antidepressants were non effective. He was prescribed Suboxone - which was an utter nightmare. He was unable to eat. Sleep. Go out in public. Talk to anyone, myself included. I almost lost him to wasting - he lost over 40 pounds in a matter of a couple months. One of the medications he was prescribed for sleep made him vomit all day every day. The only thing that saved him was Medical Marijuana, and I do mean that quite literally. He has been able to discontinue several HORRIBLE medications because he has been given access to this ONE PLANT. I have known several individuals who have been able to effectively replace their benzodiazepines with marijuana. PLEASEPLEASEPLEASE ADD THIS AS A QUALIFYING CONDITION.

Again, So true it helps anxiety big time... I do have anxiety as Dr could read me through. I had tried all kinds of anti anxiety and I get so sick.. for instance, Xanax gives me bad headache, ativan/lorazepam (sp?) makes me lethargy (listless and unenergetic, very sick and feel like die), Valium I still feel anxiety no matter what. With marijuana does help calm me down for couple of hours, will need to repeat as often as body tells me to.

I'm retired MSgt, USAF. I know if I were to deal with my depression and GAD with the prescription pills it would not have been enough, the severity of stress in my life the past year would have had me adding alcohol in large volumes to deal with the enormity of what I was going through with my husband at the time losing his mind during a deployment in Afghanistan, house fire and being ripped off fixing my house by people who called themselves long time friends - kick em while they are already really down!! All I know is the more stress that came over me, the more cannabis I wanted to do in order to deal with life, the healthier I got, the smarter choices I made, the smarter things I ended up doing with my body.

During my 23 years in the air force I was required to give briefings and teach classes also. I got out of doing mass briefings for a great deal of my career by creating more work for myself and doing the briefings one on one or with a small group = HATED mass briefings - speaking in public. Love to write though!!

Cannabis helps me get out of my fear of speaking - eases the anxiety to break my fear of speaking, worrying about what people think.

You are welcome to my medical VA records, Luke AFB medical records, and verify my patient marijuana status. I feel fortunate to be able to speak out against the illegal actions our government has been doing by taking our rights to care for our health by means we see fit - government is wrong by keeping this harmless plant illegal. When not a single documented case of anyone being killed on the harmless plant is recorded in history -but alcohol -the main drug of choice for many for depression IS legal and has killed many... its clear who the real criminal is.

Choosing to put over 700k people in prison a year at \$50,000 a year to house each prisoner over allowing people to use what they feel makes them better people in general as their medicine of choice - for what reason - because it was made illegal for purely wrong and selfish reasons??

Who is really wrong in this picture anyway? People should be able to heal themselves the way they see fit for their bodies. No one else should be able to make that decision for them.

The more cannabis I do the better I feel. Some days that the stress was so intense I wanted to not think and would overmedicate as much as I could and it never hurt me once. Alcohol hurt!! Blackouts, hangovers, stomach issues worsened but not cannabis.... everytime I overmedicated with cannabis I would think of more ways to better myself... meditating helps so much with daily stresses... never would have had the time and patience for meditation while on the pills and drinking my life away. Now while on cannabis therapy meditation is part of my daily schedule. I can't go a day without it.

In my life I have never made as many good choices for myself as I have while on cannabis. I can't say enough about it and sorry if this is overwhelming for you... there are just too many people who can't speak out and if I can be a voice for others who can't speak out - I want to be able to help any way I can.

Retired MSgt USAF, Please call if you can use my medical records for prove/evidence of the positive effects of cannabis. I know with all my heart the number of people, especially our soldiers, my son just came back from Afghanistan. I saw the changes in him from his last deployment what this war has done to his mind already. He never screamed at his sister and put such fear in her before in his life but this last time he was home on mid tour leave he did scare her and cried about losing his battle buddy being blown to bits within feet from him. I want to see him be able to "forget". Anything that can help my son and other soldiers be able to be healthier - I want to be part of helping them get the right medicine for them.

Please call if I can be of any assistance. Thank you for taking the time to read all these.

Cannabis has helped me restore my severely crippling mental health issues. With cannabis I am a functioning human being. About two weeks without it I am usually in the hospital. Been taking for two in a half years without being hospitalized. Without it I spiral down. and cannabis has been the only thing after trying many ineffective meds to keep me stable.

I have also been diagnosed with this condition. I have panic attacks and avoid public places so I take another pill for this condition.

To relax and function is all these folks want. To remove a paralysis and be able to be a productive citizen in society is what these people crave but are unable to accomplish. A medicine that can help without the addictive properties of the Benzodiazepines is certainly a common sense solution

Cannabis has been proven to help treat anxiety as well as depression. Further research is needed, but I believe this should also be added as a medical use of marijuana.

<http://www.ncbi.nlm.nih.gov/pubmed/19616342>

"The endogenous cannabinoid (endocannabinoid) system has emerged as an important lipid signaling system playing a key role in mediating and/or modulating behavioural, neurochemical, neuroendocrine, neuroimmune and molecular responses to stress."

"...The goal now should be to exploit our understanding of the role of the endocannabinoid system in fundamental stress physiology and pathophysiological processes to better understand and treat a range of stress-related disorders including anxiety, depression and pain."

I have long suffered from GAD, social anxiety, and practically any medically accepted anxiety disorder in the book. Leaving the house came to be painful, as I would worry about anything and everything that could go wrong. When it got to this point I sought help and was prescribed a variety of meds as we tried to find the suitable one and appropriate dosage. Eventually after many trial runs of various meds and after many MANY side effects, including hemorrhoids, extreme tightness in my muscles, impotence, blinding headaches, dizziness, acne, dry flaky skin, diarrhea, constipation, occasional disorientation, nightmares, increased perspiration and unexpected weight loss and gain, I was prescribed medical marijuana. At first, it was used to treat the withdrawal from the Paxil, which had the least number of side effects, but still didn't make enough of a difference to justify the ones I did notice. And when I finally broke free from my dependence of Paxil after 18 months, the marijuana all on its own did more to treat my anxieties than ANY of the standard medications. I was able to go out into the world, try new things, eat foods I never had a taste for, and feel 100 times better in my own skin. Unfortunately, this was in California. I had to move to Arizona for work, and with the long list of conditions I have, finding another job that is tolerant of my quirks is so incredibly hard that I moved, and resumed Paxil. I have reverted back to how my life was before medical marijuana, and I am miserable. The good that medical marijuana, no matter what form it is in, does for anxiety makes a world of difference for people who are suffering. Yes, there are numerous other medications available, but the side effects are just as harmful as the anxiety itself. I had no withdrawal

from the marijuana. I missed how I felt, but the shakes, sweating, blurred vision, headaches, diarrhea, I get from stopping Paxil are actual withdrawal symptoms. In mine and my doctor's minds, there is no doubt that marijuana was the most effective and least harmful treatment for my anxiety. I beg that you are thorough in considering how adding anxiety to the list of debilitating conditions could improve the way of life of thousands of people in situations similar to mine. Thank you!

Anxiety can cause great fear and distress and result in debilitating consequences. The current treatments for anxiety can be harmful, particularly if a person drinks alcohol. If a person must use prescription medication to treat anxiety, they may experience a number of unpleasant side effects. If they drink alcohol too, for instance, to celebrate at a family function, or to relax, they may risk their lives. We hear all the time about people who die from prescription drug interactions and alcohol, particularly from prescription drugs prescribed to treat anxiety. By adding anxiety to the list of qualifying conditions, people will have a choice of a safe and effective treatment.

Based on my own experience, I can say it works. I provided my detailed experience using medical marijuana for the past 12 months (see comment 1 above), so I will not repeat it here. Anxiety is also a symptom of PTSD and medical marijuana has helped me significantly to deal with depression and anxiety caused by PTSD. Thank you for taking the time to read this.

Same as above. Anxiety and Depression go hand-in-hand with Meniere's Disease and uncontrollable Tinnitus. The use of MMJ alleviates much of this and helps the patient be focused on REAL things.

Supply and demand for endocannabinoids. link <http://www.ncbi.nlm.nih.gov/pubmed/21507493>

Guts- The endocannabinoid system consists of G-protein-coupled cannabinoid receptors that can be activated by cannabis-derived drugs and small lipids termed endocannabinoids (eCBs) plus associated biochemical machinery (precursors, synthetic and degradative enzymes, transporters). The eCB system in the brain primarily influences neuronal synaptic communication, and affects biological functions - including eating, anxiety, forgetting, ability to calm- via an array of actions throughout the nervous system.

Cannabidiol reduces the anxiety induced by simulated public speaking in treatment-naïve social phobia patients.- link <http://www.ncbi.nlm.nih.gov/pubmed/21307846>

guts- Generalized Social Anxiety Disorder (SAD) is one of the most common anxiety conditions with impairment in social life. Cannabidiol (CBD), one major non-psychotomimetic compound of the cannabis sativa plant, has shown anxiolytic effects both in humans and in animals. This preliminary study aimed to compare the effects of a simulation public speaking test (SPST) on healthy control (HC) patients and treatment-naïve SAD patients who received a single dose of CBD or placebo.

Subjective ratings on the Visual Analogue Mood Scale (VAMS) and Negative Self-Statement scale (SSPS-N) and physiological measures (blood pressure, heart rate, and skin conductance) were measured at six different time points during the SPST. The results were submitted to a repeated-measures analysis of variance. Pretreatment with CBD significantly reduced anxiety, cognitive impairment and discomfort in their speech performance, and significantly decreased alert in their anticipatory speech. The placebo group presented higher anxiety, cognitive impairment, discomfort, and alert levels when compared with the control group as assessed with the VAMS. The SSPS-N scores evidenced significant increases during the testing of placebo group that was almost abolished in the CBD group. No significant differences were observed between CBD and HC in SSPS-N scores or in the cognitive impairment, discomfort, and alert factors of VAMS. The increase in anxiety induced by the SPST on subjects with SAD was reduced with the use of CBD, resulting in a similar response as the HC.

Cannabis' calming properties work wonders when administered in proper strengths and doses. I despise being worked up by anxiety. That's why I love having such a safe plant around to help take the edge off. There's no need for that bad feeling. After I've used some good cannabis, I realize how unproductive and tiring anxiety can make a person. But I can't seem to calm down as quickly any other way.

I've been self medicating for years if the powers that be could help me come out of the closet I would be eternally grateful.
A great way to relax without taking pills.....
I do not know of any specific studies, but I know what works for me. I have suffered from depression and anxiety since I was a teenager, for over 15 years. Where all other medications have failed, marijuana has succeeded in my personal case.
I think that adding Generalized Anxiety Disorder would be an appropriate condition for using Medical Marijuana. For someone who has Panic/Anxiety attacks, using Medical Marijuana would help calm them quickly. Many times when people have these attacks they are mistaken for heart attacks and result in unnecessary Emergency Room visits. The prescription medicines often prescribed for conditions like GAD such as Xanax are extremely addictive and can have many serious side effects. It just makes more sense to calm yourself in this situation with something as simple as a piece of Medical Marijuana candy or such than to get addicted to a dangerous chemical that your body in turn thinks it needs to feel good. I also believe it is easier to verify you have an Anxiety Disorder by something as easy as checking your heart rate when an attack is happening.
Many veterans and residences in Arizona are suffering from General anxiety disorder. They are searching for another way to help their symptoms. Getting the people in need certified for medical marijuana would not only give patients another answer for therapy, but also an economical boost for the state of Arizona. Adding all four conditions benefits both the economy and citizens in our community.
General Anxiety can be calmed by smoking or otherwise intaking marijuana. It calms nerves and makes people relax.
I have anxiety disorder with agoraphobia. I think the use of medical marijuana would really help to calm me down when I get panic episodes. This is the best treatment for this condition.
I created a previous comment but forgot to add this point. Since you most likely won't be able to link the previous post, I have GAD for which I have been prescribed Xanax and Zoloft. I would prefer to eliminate those medications and use marijuana during the times I am experiencing anxiety. The important point I forgot to add is that by allowing GAD to be added, I will no longer be in fear of losing my job over a failed drug test. I have never, and will never, use the medication while at working or operating a vehicle or machinery; that is foolish. I work in the accounting field and worry on a daily basis about random drug tests which doesn't help ease my anxiety levels.
I am a patient who has been prescribed both Xanax and Zoloft for my ongoing anxiety disorder (over 6 years). I would prefer to not take prescription medications. I have in the past used marijuana for my condition and it has helped tremendously. I believe adding GAD to the list of debilitating conditions would be beneficial to myself and others who have similar problems. I would gladly pay yearly fees and taxes on any medicine in order to obtain said medications in a safe place.
it should be added
To be jittery and annoyed all day isn't a way to live. Being on pills make it even worse. I would feel more comfortable knowing there is a natural way to help with this disorder.
I am diagnosed with GAD. Cannabis relieves my anxiety, especially at times when my anxiety obstructs my normal function, such as when I am trying to fall asleep at night and not think in paralyzing fear about all the things I still have to do and haven't. It instead facilitates sleep and insulates me from anxiety for a short time. Some street marijuana, though, is crudely grown and of unknown variety. This marijuana can unpredictably make anxiety worse. Personally grown and dispensary marijuana would not have this problem, because patients and caregivers can grown specific strains that alleviate anxiety (ones higher in CBD content, like cannabis indica).

<p>Again pills given for these disorders have way too many side effects, including sexual dysfunction. Like someone with anxiety needs to add sexual problems to their life? FYI, as a women, Mmj improved my sex life. Allowing me to muti-orgasmic. Nerve pain took away my sex life for many years! So bringing it back, with a lot less pain made me less depressed!</p>
<p>I believe it should be added</p>
<p>I have no expertise in GAD. Although I do believe its similar to depression and probably caused by the same stresses.</p>
<p>Hi. I have a medical history going back 27 years with a disease named 'Multifocal Motor Neuropathy/MMN'... through this I have been hospitalized on several occasions with PTSD, Depression & GAD indirectly from dealing with this ailment. Every single time I used cannabis to control these issues, I have found comfort and a pathway to recovery. Please feel free to contact me for medical records and/or Doctor names for verification of this testimony. Thank You in Advance,</p>
<p>Add it. Cannabis helps this.</p>
<p>Very helpful for anxiety.</p>
<p>its funny that anxiety is a topic. i have used cannabis for years for that. i have been wondering my self about that. i feel that it has help me alot. in that apect of life. and my anxiety levels go up in insane amouts when im not medicating. but its a slow prosses. withdraw??? no i dont think so. it takes time. as now im going tru a lot of famaly issues. and have put my self to isolation. because of the anxiety. i dont eat. and sleep way to much. maybe there is a mixture of depression in there to. i have not works in moths due to this. i am scares shitless of over the counter meds like xanax, because of its addictive cualatys. maybe even have a phobia for phyc med. because of when i was younger. tramatic expriance with them. i also a have tried buspar and a long list of anti depressents. i do have a long list of medical records showing. that i do have lots of mental treatment. from the age or 11 and feel that when i look back at my report card and life. my stability has been linked to cannabis. feel free to call with any questions. and or conserns. im really looking to go get treatment and am willing to help any way i possibli can.</p>
<p>This is a fantastic proposal. As a long time sufferer of both Depression and Anxiety disorder I can easily say that Marijuana worked great for me. I am originally from New York where it was decriminalized. When I moved to Arizona I had to give it up and I had to replace Marijuana with four different prescription drugs that took the place of the marijuana - and not only costed a great deal more financially - they also had several problematic side effects. Approving Medical Marijuana for patients suffering from these proposed conditions would not only help a great many people medically - it would also ease the financial burden on many people.</p>
<p>I have suffered from anxiety related to P.T.S.D., and I have used medical cannabis since the passing of SB420 in California. It's replaced the need for other medications approximately 96% of the time. It's a much safer alternative to prescription medications offered for the same type of treatment. My doctors, both psychological and orthopedic, have recommended the use of marijuana for treatment in lieu of prescription medications.</p>
<p>its funny that anxiety is a topic. i have used cannabis for years for that. i have been wondering my self about that. i feel that it has help me alot. in that apect of life. and my anxiety levels go up in insane amouts when im not medicating. but its a slow prosses. withdraw??? no i dont think so. it takes time. as now im going tru a lot of famaly issues. and have put my self to isolation. because of the anxiety. i dont eat. and sleep way to much. maybe there is a mixture of depression in there to. i have not works in moths due to this. i am scares shitless of over the counter meds like xanax, because of its addictive cualatys. maybe even have a phobia for phyc med. because of when i was younger. tramatic expriance with them. i also a have tried buspar and a long list of anti depressents. i do have a long list of medical records showing. that i do have lots of mental treatment. from the age or 11 and feel that when i look back at my</p>

<p>report card and life. my stability has been linked to cannabis. feel free to call with any questions. and or concerns. im really looking to go get treatment and am willing to help any way i possible can.</p>
<p>Living with anxiety is debilitating, and the prescription medication I take is far more harmful than marijuana. If I just stopped taking it, I could quite literally, die. I have been taking xanax for 15 years now and it has destroyed my nervous system.</p>
<p>Once again when comparing the current prescribed treatments that are out there for this disorder they are more damaging that using cannabis either smoked or eaten.</p>
<p>Many people in California who suffer from this disorder have benefited from the use of MMJ.</p>
<p>I personally have dealt with anxiety from a young age. Due to two car accidents, and the amount of chronic pain they caused, I was certified for medical marijuana. Using the plant has virtually taken away my panic attacks. I consider that to be a miracle because I was to a point where I had given up on medication. The anti-anxiety pills I was prescribed had horrible side effects. Cannabis does not.</p>
<p>Without the illegal use of marijuana to calm me down when I reach lows, I would have taken my own life years ago. Please allow this to qualify so that I don't have to choose between being a criminal or being dead.</p>
<p>Helps with anxiety alot. Helps to not be so scared to be in public places and helps with the coping process of anxiety, also on pills for anxiety</p>
<p>As a patient treated with medical marijuana for pain relief from adenomiosis, I have experienced additional benefits including relief from anxiety, depression, and insomnia. I am no longer taking any prescriptions that I had previously to treat anxiety and depression. These medications included maximum dosages of Zoloft, Xanax, Clonopin and Ambien. As a result, I no longer suffer the negative side effects of these medications, nor bear the cost to my insurance company and self. Side effects included edema, insomnia, weight gain, etc, without relief from symptoms (anxiety, depression). Symptoms have been relieved more effectively using medical marijuana and without the negative side effects.</p> <p>My experiences are supported by the following clinical studies and testimonials:</p> <p>"Cannabidiol reduces Anxiety Induced by Simulated Public Speaking in Treatment of Social Phobia Patients." http://www.advancedholistichealth.org/PDF_Files/Generalized%20Social%20Anxiety%20Disorder.pdf</p> <p>Science: ANXIETY</p> <p>According to research at the University of Georgia in Athens, USA, blockade of the enzyme that degrades the endocannabinoid 2-arachidonoylglycerol (2-AG) produces anxiolytic effects in rats. (Source: Sciolino NR, et al. Pharmacol Res. 2011 May 11. [in press]) Science: ANXIETY</p> <p>Animal research at the University of Nottingham, UK, showed that chronic administration of cannabidiol (CBD) increased ANXIETY in rats. Rats were treated for 14 days with CBD. Researchers concluded that "chronic administration of CBD produced an anxiogenic-like effect in clear opposition to the acute anxiolytic profile previously reported." (Source: Elbatsh MM, et al. Psychopharmacology (Berl). 2011 Nov 15. [in press])</p> <p>--</p> <p>Franjo Grotenhermen</p> <p>I would like to present a case of successful cannabis use in panic attacks. A Swiss who was suffering from panic attacks recently reported me, that cannabis use was very helpful for him between the attacks. He had not used cannabis during the attack since it would be too late then.</p>

The attacks had started about nine months ago without recognizable cause and occurred nearly daily. He also suffered from nausea, loss of appetite and dizziness. He had been prescribed strong medical drugs from his doctor, which he would not like to take permanently. Five months ago he started to use cannabis, which he takes about three times a week now. The panic attacks declined in frequency and intensity. Dizziness and nausea have disappeared completely and he regained appetite. The panic attacks nearly disappeared as well.

Source: Grotenhermen F. Kann Cannabis bei einer aufkommenden Panikattacke sinnvoll eingesetzt werden? [Can cannabis be used in an arising panic attack?] Hanf-Magazin, September 2002.

Neural basis of anxiolytic effects of cannabidiol (CBD) in generalized social anxiety disorder: a preliminary report

J Psychopharmacol January 2011 25: 121-130, first published on September 9, 2010
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Medical marijuana will indeed help my anxiety good sir.

A friend of mine suffers from anxiety/panic attacks, the symptoms of which can be pacified by marijuana. I think that allowing those who suffer from GAD to access medical marijuana would be incredibly beneficial to help with their symptoms.

I am still taking prescription medicine for GAD however I have gone from a maximum of a couple of pills a day down to a few a week over the past few months due to supplemental marijuana use that I have access to due to the chronic back problems I used to take flexerall and percocets for, but no more.

I am much more relaxed now and able to handle any mood swings that cause my anxiety much easier and quicker without negative side effects cause by long periods of using xanax or valium as was previously describe.

I have panic attacks and generally avoid being in public on those days.

I was diagnosed with Social Anxiety disorder and GAD. I found that marijuana in small amounts could lessen the levels of anxiety related with GAD. I could actually go out of my house and not have to worry about my anxiety. Just too bad that its not allowed (yet) under Arizona Medicinal Marijuana program.

GAD hits 8 out of 10 people in AZ during this day and age. The people are facing a life of no work, and no medical insurance. THAT is depressing. When you see nothing but foreclosures every week and people who either buy food or gasoline that week ...that is depressing. Scottsdale's old reputation is dead when Macys uses Ebay b/c people cannot afford to shop at Macys or Dillards anymore. Robberies have increased during the day. In gated communities people ring bells all day to see if people are homw and then robberies take place if there is no answer IN SCOTTSDALE!

Cannabis Indica has a very soothing effect and does help with anxiety, different strains have different benefits and that needs to be researched thoroughly.

I know several people who suffer from GAD and marijuana is a lot less abused than zanex.

I suffer from anxiety, it makes me wake up 30 times a night, I spend hours just getting to sleep, I tried sleep pills but make me groggy all next day. In Portland I smoked Marijuana and slept all night long, never knew I had a sleep problem nor anxiety was ever not controlled, had a productive day there. Here in AZ, law is so scary, I am afraid to even look for it, so for 7 years here I have had anxiety and major sleeping problems daily, feel in a fog all day, which effects my work greatly. I cannot afford to live in California just to have medicine, not to mention abandon my family that lives here. I have no arrests, I'm a good citizen. I'm 54 years old.

As discussed above.

very good decision, i know it will help, ty
I think it would benefit people with GAD to have the ability to use medical marijuana.
These patients should be closely monitored especially if they are coming off prescription meds for this condition.
I feel that if a doctor prescribes marijuana to treat GAD. It should be accepted.
I also have major anxiety issues and marijuana allows me to function in society.
Cannabis most definitely treats some patients with anxiety problems. It should be considered as a safe alternative to medications such as xanax. I have struggled with GAD for as long as I can remember, and like many many I have tried many different approaches to treating this condition. Many treatments I have tried have had very negative consequences. i will admit that for many years I attempted to self medicate only after losing a good portion of my life to alcohol and many opportunities did i understand the error of my ways. Since then I have worked closely with the V.A. in Prescott and I have found medications that have helped me, however again at a cost. side effects, and ineffective medications have given me the desire to seek other methods of treatment. I beleive for for certain people in cordination with therapy medical marijuana can be a useful tool in treating this debilitating condition.
I am educated, a productive member of society, and am age 58. However, I have suffered from depression and anxiety for many years and, after extensive therapy and medications, little helps. I would like to try medical marijuana because I prefer using a natural substance such as a plant rather than pharmaceuticals. The vast majority of people will use it responsibly and could be helped. Please keep in mind that even though many people misuse alcohol, it is not illegal and it has little or no medicinal value. I am asking that you help those of us who have long suffered from depression and anxiety. Thank you.
My daughter-diagnosed Bipolar 2, was unable to sleep for nearly 18 months due to anxiety and racing thoughts, culminating with an inpatient Psych suicidal watch . MDs tried 7 different sleep meds. Finally she got some pot and was sneaking it - taking a few puffs at night- to save her sanity and life. She is finally able to sleep. Please allow GAD sufferers access to MM. Thanks
Also should be added for the same reasons as above.
As with physical symptoms GAD is also lessened by the use of Medical Marijuana.
I see no reason
I have experienced first had that medical marijuana helps eliminate GAD.
When my patient's who are addicted to marijuana try to get off the drug, they have anxiety as a result of the withdrawal. This would be a reason to take a gateway drug? There are numerous nonaddictive drugs for anxiety and certainly behavioral therapy which is safer and doesn't add an additional problem for the client to deal with. As a mental health provider for over 30 years, I am dismayed that our State would even asked about compromising our mentally ill problem with addiction issues as well. This is troubling and needs to change.
Same as #1
No sound scientific studies support medical use of marijuana for treatment of GAD or other disorders in the United States. A past evaluation by several Department of Health and Human Services (HHS) agencies, including the Food and Drug Administration (FDA), Substance Abuse and Men-tal Health Services Administration (SAMHSA) and National Institute for Drug Abuse (NIDA), concluded that no animal or human data supported the safety or efficacy of marijuana for general medical use. There are

alternative FDA-approved medications in existence for treatment of many of the proposed uses of smoked marijuana.

Anxiety, whether it manifests itself in attacks of stress/panic, lack of confidence, aggression, or irritability, is as prevalent and regularly treated in our society as depression. Medical marijuana has the ability to sooth many of these issues, with instant and initial use, rather than the necessity of three to four weeks of treatment with traditional pharmaceuticals. The active chemicals within the marijuana act as a palliative suppressant to ease aggression, reduce stress, and provide lasting benefits for days at a time, long after the characterized psychotropic effects have subsided. Research and literature into the area of anxiety and depression have both shown, unequivocally, that many cases of anxiety are due to an inability of the brain to produce naturally occurring endocannabinoids or faulted production of those cannabanoid receptors. Those substances, THC and other cannabanoids found in marijuana, act as agonists to the somatic endocannabinoids, and serve to relieve anxiety and calm those with said deficiencies. As an individual diagnosed with both anxiety and depression, the use of marijuana has allowed me to eliminate stressors that otherwise became obstructive to both my personal and professional life. By combining limited use in conjunction with counseling from a certified psychologist, my quality of life has been dramatically improved, in a way that I did not find with counseling alone. I very strongly support and encourage the addition of generalized anxiety disorder to the list of conditions that qualify for medical marijuana use. I cite the following articles:

- Sethi, B.B.; Trivedi, J.K.; Kumar, P.; Gulati, A.; Agarwal, A.K.; Sethi, N. Antianxiety effect of cannabis: involvement of central benzodiazepine receptors. *Biol. Psychiatry*, 1986, 21, 3-10.;
- Phan, K.L.; Angstadt, M.; Golden, J.; Onyewuenyi, I.; Popovska, A.; de Wit, H. Cannabinoid modulation of amygdala reactivity to social signals of threat in humans. *J. Neurosci.*, 2008, 28, 2313-2319.;
- Rodriguez de Fonseca, F.; Rubio, P.; Menzaghi, F.; Merlo-Pich, E.; Rivier, J.; Koob, G.F.; Navarro, M. Corticotropin-releasing factor (CRF) antagonist [D-Phe12,Nle21,38,C alpha MeLeu37]CRF attenuates the acute actions of the highly potent cannabinoid receptor agonist HU-210 on defensive-withdrawal behavior in rats. *J. Pharmacol. Exp. Ther.*, 1996, 276, 56-64.;
- Braidia, D.; Limonta, V.; Malabarba, L.; Zani, A.; Sala, M. 5-HT1A receptors are involved in the anxiolytic effect of Delta9-tetrahydrocannabinol and AM 404, the anandamide transport inhibitor, in Sprague-Dawley rats. *Eur. J. Pharmacol.*, 2007, 555, 156-163.;
- Berrendero, F.; Maldonado, R. Involvement of the opioid system in the anxiolytic-like effects induced by Delta(9)-tetrahydrocannabinol. *Psychopharmacology (Berl.)*, 2002, 163, 111-117.;
- Moreira, F.A.; Aguiar, D.C.; Guimaraes, F.S. Anxiolytic-like effect of cannabinoids injected into the rat dorsolateral periaqueductal gray. *Neuropharmacology*, 2007, 52, 958-965.;
- Jiang, W.; Zhang, Y.; Xiao, L.; Van Cleemput, J.; Ji, S.P.; Bai, G.; Zhang, X. Cannabinoids promote embryonic and adult hippocampus neurogenesis and produce anxiolytic- and antidepressant-like effects. *J. Clin. Invest.*, 2005, 115, 3104-3116.

GAD can be treated with legal PX medications from doctors and pharmacies. There is no reason to now add GAD to the list of reasons for Mj use.

This is a very loose term and could include so many in our society today. We are all concerned about the economy, government, jobs, finances.....maybe we all could be categorized as having GAD. We can teach our youth coping strategies to deal with anxiety. So much better than smoking MJ.

Again, this is not a fix for the overall situation that requires counseling and medical attention, not spacing out to pass the time.

A number of studies have shown an association between chronic marijuana use and increased rates of anxiety, depression, and schizophrenia. Some of these studies have shown age at first use to be an important risk factor, where early use is a marker of increased vulnerability to later problems. However, at this time, it is not clear whether marijuana use causes mental problems, exacerbates them, or reflects an attempt to self-medicate symptoms already in existence.

Chronic marijuana use, especially in a very young person, may also be a marker of risk for mental illnesses - including addiction - stemming from genetic or environmental vulnerabilities, such as early

<p>exposure to stress or violence. Currently, the strongest evidence links marijuana use and schizophrenia and/or related disorders.⁴ High doses of marijuana can produce an acute psychotic reaction; in addition, use of the drug may trigger the onset or relapse of schizophrenia in vulnerable individuals. - NIDA</p>
<p>Almost everyone suffers from some sort of anxiety disorder nowadays. I know that I personally suffer from GAD and I can manage my anxiety through breathing exercises & somatic exercises. Also there are plenty of medications on the market that are non narcotic & are not a illegal substance that work to treat this disorder. 97% of my clients suffer from anxiety and most addicts & alcoholics do; so why not just legalize marijuana because the majority of this state would be running around with medical marijuana cards for this disorder. No I do not feel that this should be approved.</p>
<p>Really, Anxiety Disorder, why, exercise is much better then Marijuana for this, Lets permote and give away free exercise equipment. (Not pills and not marijuana)</p>
<p>There are current medications for this illness that work as above</p>
<p>It is not appropriate for the Arizona Department of Health Services to add marijuana as a treatment for mental or physical conditions - knowing that marijuana remains an illegal substance under Federal Law.</p>
<p>Often the anxiety is caused by rebound effects from use of other substances such as alcohol or abuse of prescription medicines. GAD would need to be assessed correctly before administering marijuana. Marijuana also causes major paranoia in many users which could significantly exacerbate anxiety.</p>
<p>97% of "anxiety disorder" is a form of PTSD stemming from childhood trauma. Once that is resolved the "anxiety" is no longer "triggered" by diffused traumatic experiences. And it's permanent, not only for 12 to 24 hours.</p>
<p>It is not appropriate for the Arizona Department of Health Services to add marijuana as a treatment for mental or physical conditions because marijuana is an illegal substance under Federal Law.</p> <p>There is a huge correlation between the increase of 'medical' marijuana and increasing use of marijuana among teens. The data is very alarming as early use of marijuana greatly increases the risk for abusing other drugs and addiction.</p> <p>Expansion of 'medical' marijuana for use in other conditions, although allowed under the Initiative Prop 203, should only be considered in extreme situations because of the Federal illegality, increasing substance abuse risks, health and safety risks it places upon youth and other Arizona citizens.</p> <p>Further, the AZ Department of Health Services is not in the business of approving untested medication for treatment.</p>
<p>It is not appropriate for the Arizona Department of Health Services to add marijuana as a treatment for mental or physical conditions - knowing that marijuana remains an illegal substance under Federal Law.</p> <p>Patients with GAD have many other options, such as YOGA, they don't need to resort to an ILLEGAL substance!</p>
<p>It is not appropriate for the Arizona Department of Health Services to add marijuana as a treatment for mental or physical conditions - knowing that marijuana remains an illegal substance under Federal Law.</p>
<p>Pharmacology and effects of cannabis: a brief review†</p> <p>1. C. HEATHER ASHTON, FRCP, Emeritus Professor of Clinical Psychopharmacology</p> <p>The British Journal of Psychiatry (2001) 178: 101-106 doi: 10.1192/bjp.178.2.101</p>

ACTIONS OF CANNABIS IN HUMANS

Cannabis affects almost every body system. It combines many of the properties of alcohol, tranquillisers, opiates and hallucinogens; it is anxiolytic, sedative, analgesic, psychedelic; it stimulates appetite and has many systemic effects. In addition, its acute toxicity is extremely low: no deaths directly due to acute cannabis use have ever been reported. Only a selection of cannabis effects are described in this review; other actions are reviewed by Paton & Pertwee (1973), Pertwee (1995), Adams & Martin (1996) and many others.

Psychological effects

Effect on mood

The main feature of the recreational use of cannabis is that it produces a euphoriant effect or 'high'. The high can be induced with doses of THC as low as 2.5 mg in a herbal cigarette and includes a feeling of intoxication, with decreased anxiety, alertness, depression and tension and increased sociability (if taken in friendly surroundings). The high comes on within minutes of smoking and then reaches a plateau lasting 2 hours or more, depending on dose. It is not surprising that the overwhelming reason for taking cannabis given by recreational users is simply 'pleasure' (Webb et al, 1996, 1998). However, cannabis can also produce dysphoric reactions, including severe anxiety and panic, paranoia and psychosis. These reactions are dose-related and more common in naïve users, anxious subjects and psychologically vulnerable individuals. (Psychiatric reactions including aggravation or precipitation of schizophrenia are described by Johns, 2001, this issue).

Effects on perception

Accompanying the high, and often contributing to it, cannabis produces perceptual changes. Colours may seem brighter, music more vivid, emotions more poignant and meaningful. Spatial perception is distorted and time perception is impaired so that perceived time goes faster than clock time. Hallucinations may occur with high doses.

Effects on cognition and psychomotor performance

Not surprisingly, cannabis impairs cognitive and psychomotor performance. The effects are similar to those of alcohol and benzodiazepines and include slowing of reaction time, motor incoordination, specific defects in short-term memory, difficulty in concentration and particular impairment in complex tasks which require divided attention. The effects are dose-related but can be demonstrated after relatively small doses (5-10 mg THC in a joint), even in experienced cannabis users, and have been shown in many studies across a wide range of neurocognitive and psychomotor tests. These effects are additive with those of other central nervous system depressants.

Driving and piloting skills

These effects combine to affect skills related to driving a vehicle or flying an aeroplane. Numerous studies have shown that cannabis impairs road-driving performance and have linked cannabis use with increased incidence of road traffic accidents. In the UK, USA, Australia, New Zealand and many European countries, cannabis is the most common drug, apart from alcohol, to be detected in drivers involved in fatal accidents or stopped for impaired driving. A large proportion of such drivers have not taken alcohol or have concentrations below the legal limit. For example, in two studies from the UK Department of Transport (Everest et al, 1989; Department of Environment, Transport and the Regions, 1998), no alcohol was detected post-mortem in 70% and 80%, respectively, in road traffic accident fatalities testing positive for cannabis. In Australia (Road Safety Committee, 1995) only half of surviving drivers of vehicle collisions involving death or life-threatening injuries who tested positive for cannabis had also taken alcohol. In Norway, 56% of a sample of drug-impaired drivers negative for alcohol gave positive blood samples for THC (Gjerde & Kinn, 1991). From the USA, McBay (1986) had earlier found that 75% of a sample of drivers with cannabinoids in their blood were also intoxicated with alcohol. The World Health Organization (1997, p. 15) concluded:

“There is sufficient consistency and coherence from experimental studies and studies of cannabinoid levels among accident victims...to conclude that there is an increased risk of motor vehicle accidents among persons who drive when intoxicated with cannabis....The risk is magnified when cannabis is combined with intoxicating doses of alcohol”.

Piloting an aeroplane is an even more complex task than driving a car and cannabis has been shown in several investigations seriously to impair aircraft piloting skills. The results of one placebo-controlled study are shown in Fig. 4 (Leirer et al, 1991). The subjects were nine licensed pilots, highly trained in a flight simulator task, who were current cannabis users. They received a cannabis cigarette containing 20 mg THC (a moderate dose by present-day standards). This dose caused a significant decrement in performance compared with placebo and the impairment lasted over 24 hours after this single dose. Furthermore, most of the pilots were unaware that their performance was still impaired at 24 hours. Several pilots reported that they had actually flown while high on cannabis, and the authors noted that in at least one aeroplane crash the pilot was known to have taken cannabis some hours before flying and to have made a similar landing misjudgement (poor alignment on the runway) as was noted in experimental studies.

Fig. 4

Effect of smoking a cannabis cigarette containing 20 mg tetrahydrocannabinol (THC) on pilot performance in a flight simulator landing task (Leirer et al, 1991). - - - - , 20 mg THC; -[UNK]-, placebo.

There is evidence that similar longlasting impairments apply to motor cyclists, train drivers, signal operators, air traffic controllers and operators of heavy machinery. However, a problem is that because of the very slow elimination of cannabinoids, there is no accurate way of relating blood, urine, saliva or sweat concentrations to the degree of intoxication of the driver or pilot at the time of an accident, no way of telling exactly when the last dose was taken and no proof that cannabis was actually the cause of an accident.

Long-term effects of chronic use

There is considerable evidence, reviewed by Hall et al (1994), that performance in heavy, chronic cannabis users remains impaired even when they are not actually intoxicated. These impairments, especially of attention, memory and ability to process complex information, can last for many weeks, months or even years after cessation of cannabis use (Solowij, 1998). Whether or not there is permanent cognitive impairment in heavy long-term users is not clear.

Tolerance, dependence, withdrawal effects

Tolerance has been shown to develop to many effects of cannabis including the high and many systemic effects, and a cannabis withdrawal syndrome has been clearly demonstrated in controlled studies in both animals and man (Jones, 1983; Kouri et al, 1999). The withdrawal syndrome has similarities to alcohol, opiate and benzodiazepine withdrawal states and includes restlessness, insomnia, anxiety, increased aggression, anorexia, muscle tremor and autonomic effects. A daily oral dose of 180 mg of THC (one or two modern, good-quality joints) for 11-21 days is sufficient to produce a well-defined withdrawal syndrome (Jones, 1983). The development of tolerance leads some cannabis users to escalate dosage, and the presence of withdrawal syndrome encourages continued drug use. Thus, chronic cannabis use can lead to drug dependence, and reports from the USA, UK and New Zealand (Roffman & Barnhart, 1987; Stephens et al, 1993) indicate that many cannabis users are now seeking treatment for cannabis dependence.

Cannabis use has been shown to impair cognitive functions on a number of levels-from basic motor coordination to more complex executive function tasks, such as the ability to plan, organize, solve problems, make decisions, remember, and control emotions and behavior.

J Addict Med. 2011 Mar;5(1):1-8.

An evidence based review of acute and long-term effects of cannabis use on executive cognitive functions.

Crean RD, Crane NA, Mason BJ.

Source

Committee on the Neurobiology of Addictive Disorders; The Scripps Research Institute; La Jolla, CA 92037, USA.

Abstract

Cannabis use has been shown to impair cognitive functions on a number of levels—from basic motor coordination to more complex executive function tasks, such as the ability to plan, organize, solve problems, make decisions, remember, and control emotions and behavior. These deficits differ in severity depending on the quantity, recency, age of onset and duration of marijuana use. Understanding how cannabis use impairs executive function is important. Individuals with cannabis-related impairment in executive functions have been found to have trouble learning and applying the skills required for successful recovery, putting them at increased risk for relapse to cannabis use. Here we review the research on the acute, residual, and long-term effects of cannabis use on executive functions, and discuss the implications for treatment.

JAMA. 2002 Mar 6;287(9):1123-31.

Cognitive functioning of long-term heavy cannabis users seeking treatment.

Solowij N, Stephens RS, Roffman RA, Babor T, Kadden R, Miller M, Christiansen K, McRee B, Vendetti J; Marijuana Treatment Project Research Group.

Source

National Drug and Alcohol Research Centre, University of New South Wales, Sydney, NSW 2052, Australia. n.solowij@unsw.edu.au

Erratum in

• JAMA2002 Apr 3;287(13):1651.

Abstract

CONTEXT:

Cognitive impairments are associated with long-term cannabis use, but the parameters of use that contribute to impairments and the nature and endurance of cognitive dysfunction remain uncertain.

OBJECTIVE:

To examine the effects of duration of cannabis use on specific areas of cognitive functioning among users seeking treatment for cannabis dependence.

DESIGN, SETTING, AND PARTICIPANTS:

Multisite retrospective cross-sectional neuropsychological study conducted in the United States (Seattle, Wash; Farmington, Conn; and Miami, Fla) between 1997 and 2000 among 102 near-daily cannabis users (51 long-term users: mean, 23.9 years of use; 51 shorter-term users: mean, 10.2 years of use) compared with 33 nonuser controls.

MAIN OUTCOME MEASURES:

Measures from 9 standard neuropsychological tests that assessed attention, memory, and executive functioning, and were administered prior to entry to a treatment program and following a median 17-hour abstinence.

RESULTS:

Long-term cannabis users performed significantly less well than shorter-term users and controls on tests of memory and attention. On the Rey Auditory Verbal Learning Test, long-term users recalled significantly fewer words than either shorter-term users ($P = .001$) or controls ($P = .005$); there was no difference between shorter-term users and controls. Long-term users showed impaired learning ($P = .007$), retention ($P = .003$), and retrieval ($P = .002$) compared with controls. Both user groups performed poorly on a time estimation task ($P < .001$ vs controls). Performance measures often correlated significantly with the duration of cannabis use, being worse with increasing years of use, but were unrelated to withdrawal symptoms and persisted after controlling for recent cannabis use and other drug use.

CONCLUSIONS:

These results confirm that long-term heavy cannabis users show impairments in memory and attention that endure beyond the period of intoxication and worsen with increasing years of regular cannabis use.

Same as above PLEASE don't give into all of the potheads that will come out of the wood work saying this should be a "debilitating illness". That is a joke. PLEASE PLEASE PLEASE

Generalized Anxiety Disorder is a condition in which patients experience feelings of panic, uncontrollable thoughts, nightmares and problems sleeping, nausea, muscle tension, and overall feelings of unease. Attacks such as these can occur at a moments notice, and can last several minutes to several hours. Even after the panic attack has struck and the initial symptoms have subsided, thoughts remain about the situation that are obsessive and uncontrollable. The use of cannabis is effective for treating each and every one of these symptoms. Antidepressants are currently prescribed to the masses, but these prescriptions drugs carry serious risks. They are highly addictive, and the side effects produced by them can be exactly the same as the anxiety they are prescribed to treat. For example, antidepressants can cause nausea, insomnia, **ANXIETY**, restlessness, tremors, and sweating. A drug that causes the same problems as it supposedly treats is no treatment at all. Cannabis is highly effective and does not carry the risks of antidepressants and should therefore be permitted in as a qualifying condition in the Arizona Medical Marijuana Program.

Needs to be added. Most effective non narcotic alternative.

I know that medical marijuana does help with anxiety, if only to allow an escape. There is the concern about anxiety being easily diagnosed, thus allowing it to be an easy pathway to getting illegitimate medicine, but this should NOT get in the way of people who actually want to treat their anxiety with medical marijuana. That problem should be handled in a way that does not obstruct the patients' pursuit of health.

Drugs like Xanax have made me feel like a zombie, I can not live that way. Also they have high dependency rates and tolerance rates. I have been diagnosed with Generalized Anxiety Disorder since 1995. I could not leave my house to work anymore and could hardly get out of bed some mornings, but always having trouble falling and staying asleep.

Cannabis is relaxing without the strong side affects I had with Lexipro. No more side affects like, DROWSINESS, LIGHTHEADEDNESS, DEPRESSION, HEADACHE, CONSTIPATION, DRY MOUTH, CONFUSION, NAUSEA AND VOMITING, AMNESIA! Yuk!

Pro - natural cures over synthetic. Our bodies don't like all of the synthetic chemicals. This condition can

<p>be life-long and the side effects of the current treatments are horrible.</p>
<p>Again, this will numb or mask symptoms and not assist in self-regulation. Behavioral and psychological techniques are better as first attempts at treatment. Otherwise, antidepressants are safer than marijuana.</p>
<p>Anything, including benzodiazepines, alcohol, and marijuana as well, when used to suppress anxiety symptoms, will generally cause worsening of symptoms over time. Marijuana would not constitute "treatment." It would only perpetuate the symptoms and exacerbate them over time.</p>
<p>Please add. I prefer marijuana to Xanax for my anxiety.</p>
<p>Woefully low documentation</p>
<p>yes add it.</p>
<p>As a psychologist, I am concerned that people with anxiety would cover up their symptoms with marijuana rather than change a situation that may be the result of their anxiety. Treating their symptoms and eliminating the source of their anxiety with known interventions that are recognized as the best practice for this disorder should be the goal of any wellness program. Providing someone with an addictive drug is not good interventions for this very common problem. Intervention approaches such as Eye Movement Desensitization and Reprocessing (EMDR) and other cognitive behavioral interventions are effective treatment methods that do not interfere with healthy brain functioning like marijuana does. I support medical marijuana for medical conditions such as pain, which may have no symptom relief with any other intervention. If marijuana use for this diagnosis is approved, I would hope that one requirement prior to resorting to marijuana would be that all other forms of recognized effective mental health treatment and psychotropic medications would have been tried and had failed.</p>
<p>I'm sure you are getting a lot of comments about adding depression and GAD to the current medical marijuana law, so I appreciate you taking the time to read my comments and concerns.</p> <p>As a 35 y.o. living with Bipolar II, I do believe that there will be a lot of people who will fake both depression, GAD, or anxiety as a symptom to simply get a medical marijuana card. Knowing that, however, is also extremely frustrating to those of us who suffer from these conditions each and every day. My daily/nightly ritual has revolved around taking a mix of alprazolam 1MG 3x/day, Lyrica 100MG 2x/day, Viibryd 40MG 1x/day at night, trazadone 100MG 1/day before bed, and now switching to lithium from lamotrigine 200mg/2x a day due to side effects. While they have helped a small bit in my anxiety/depression, they have also had the effect of numbing me more to life and losing any true feelings. While I'm not saying they don't work to a degree, they still have not stopped the bouts of insomnia; irrational anxiety about how I'm going to pay my bills (I have \$40K in a savings account because I refuse to move it in case I may lose my job; run in to a stop light and be denied insurance, be subject to a lawsuit etc). They haven't fully stopped the the depression that keeps me in bed some days, nor other symptoms from returning at a moments notice. For instance, I missed an 8 a.m. meeting with our largest corporate sponsor two weeks ago because I couldn't sleep for 36 hrs. straight the nights prior and then, when I finally did sleep, slept right through the three alarm clocks I must keep in my room for those days when I finally crash. How do you tell a client/sponsor "I'm sorry, but my crazy meds are acting up again."? Thankfully, I work for a non-profit health agency that is well suited to understand these issues, but what if I didn't?</p> <p>I would like your panel to remember that everything can be used inappropriately. Kitty Dukakis herself admitted to drinking rubbing alcohol as a substitute; people use spray paint to get high from the fumes; Benadryl is now behind counters because of its use in Meth production. These are all legal substances that, in the wrong hands, can be harmful. So I understand that your decision will likely face those dilemmas.</p> <p>However, I'd also like for you to keep in mind those of us who may benefit from marijuana. The only time I've ever used marijuana was when I was in my young 20's and visiting Amsterdam. I remember that it was the first time I truly laughed and felt at ease. And by 'truly laughed', I meant the laughter wasn't the</p>

fake 'this is where I'm supposed to laugh in a social situation' but a truly, heart felt laugh. It was amazing to feel so normal. To have my committee (as I like to call the numerous voices in my head telling me I need to be worried about X,Y, and Z) finally be silent and my own mind saying 'it's OK. Just relax.'" Was an eye opening experience. Since that has been many, many years ago, I don't know if marijuana would work for me now but I feel I should at least be given the option to try. I read about how the military is using MDMA to help treat PTSD patients and I ask; why are we still so hung up on allowing marijuana to be used as a medication.

Will medical marijuana truly change our culture? If I wanted, I could sell the alprazolam and Lyrica I get each month from Walgreens to individuals who could use it to get high. Allowing the addition of marijuana as a treatment for these conditions will certainly lead to those who abuse the system, but these people already likely abuse the system by buying marijuana illegally so I do not believe there would be any societal change in usage. However, denying the addition would only harm those of us who follow the law and are allowed to physically and mentally suffer because of our conditions.

In summary, it is a damned if you do, damned if you don't decision and I don't envy the ultimate decision you will have to make. However, I sincerely hope you will choose to recognize that our current legal structure will only ensure that those who want marijuana for recreational purposes will continue to get it, while those of us who want it for medicinal purposes won't.

Thank you for taking the time to read my comments. I am more than happy to expand on the above information if you should so need it.

I have anxiety and insomnia. All the prescription medications I have taken have had a lot of bad side effects. Maybe medical marijuana can help me without the negative side effects.

Would rather medicate with marijuana than with Alcohol. Beer commercials are an acceptable norm in our society, since I stopped watch pro sports dont have the URGE to drink and head to the sports bar in a car and get a DUI. My hypertension medication has a warning on use and affect of using.

GAD is a disease that I have been diagnosed with. It causes one who is peaceful to flee situations and jobs whenever they encounter people they percieve to be mean or evil to them. I have to say it, between Zanax, Lamictal, and Celexa -- cannabis used to treat the same thing has very minimal side effects. For example, Celexa messes with your sex drive right away - making something that only took 18 minutes take an hour or more. Cannabis does not do this. It has an aphrodesia effect that enhances sex with people who have anxiety, and sexual problems caused by anti-anxiety pills dissappear when cannabis is used instead.

I personally suffer from anxiety and can say with complete confidence that Medical Marijuana has helped with my anxiety. I no longer feel nervous all of the time It is not my main condition, but is one of many that I have and that Medical Marijuana helps for.

I support this

As you can read from the article listed below, the medications that are dispensed for this disorder and many other disorders have what could be considered long lasting and hazardous side effects. Anxiety and depression are debilitating diseases and when one is living with with one of these diseases it makes it very hard to function in day to day life, just attending work can be scary and next to impossible. So in order to function "normally" one must consume medication with side effects. Medical marijuana can relieve people of the symptoms associated with one of these disorders and it has no known side effects.
<https://www.marijuanadoctors.com/content/ailments/view/11?ailment=anxiety-disorders>

There is enough medications on the market to combat this there is no need to add this to medical marijuana. Medical marijuana was to be used as a way of helping people with medical issues that there was no real medication for not to create casual users way of getting drugs.

I have been on Xanax in the past for GAD, I am not currently taking it due to being on MMJ for the last 6

months. My anxiety level has gone down, due to not having to hide the fact that i use legal MMJ.

While i have not personally looked into the research for this I do see medical marijuana to be beneficial in two ways. You can get these people off the tranquilizers they are being prescribed, second marijuana allows one to calm down faster then anything else it only takes a matter of seconds and the relief is there.

<https://www.marijuanadoctors.com/content/ailments/view/11?ailment=anxiety-disorders>

This condition falls under the same situation as depression. There is no reasonable reason this should not be a recognized medical condition.