

Carolyn Hill

From: Poonam Davis
Sent: Saturday, April 04, 2015 6:49 PM
To: Carolyn Hill
Subject: Fwd: L.A. Times - Legalizing Pot Win for Kids

FYI

Poonam davis
Assistant city clerk
City of Long Beach

Begin forwarded message:

From: diana lejins <dianalejins@yahoo.com>
Date: April 4, 2015 at 5:16:47 PM PDT
To: Poonam Davis <poonam.davis@longbeach.gov>
Cc: Diana Lejins <dianalejins@yahoo.com>
Subject: L.A. Times - Legalizing Pot Win for Kids

Please include in next Task Force meet and distribute to members....

Legalizing pot would be a big win for California (kids) - L.A. TIMES

April 4, 2015, 12:09 a.m.

To the editor: With all due respect to the state's commission on marijuana policy and The Times, kids have had easy access to marijuana for decades. Drug dealers don't check IDs, but legal dispensaries do. ("Here's hoping for a marijuana measure that's not half-baked," editorial, April 1)

That is why, according to research on marijuana legalization, teen use has stayed the same or gone down slightly in places that have legalized it for medical or recreational use. Just ask the Mexican cartels how their business models have been impacted by legalization in parts of the U.S.

Furthermore, we already have a living, breathing model with real-life results: Portugal. In 2001, that country decriminalized all drugs with certain limits for personal possession and provided treatment to those considered to be addicted.

Ten years later, studies showed a decrease in the number of drug addicts and levels of drug use below the European average.

At this point, most Americans realize the war on drugs has been a complete failure. It's time to try a new approach: legalize, regulate, tax and educate.

Eric Geisterfer, San Pedro

To the editor: When it is clear that a majority of voters in California want pot legalized, regulated and controlled, we should expect to get the best kind of legislation from our legislators.

Why are they not stepping up to the plate and doing their job rather than sitting back and allowing the initiative process to once again try to do what's right?

Stephen Downing, Long Beach

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Working to make the World a better place,
diana

Carolyn Hill

From: Poonam Davis
Sent: Saturday, April 04, 2015 6:49 PM
To: Carolyn Hill
Subject: Fwd: Alcoholics Turn to Cannabis for Treatment

FYI

Poonam davis
Assistant city clerk
City of Long Beach

Begin forwarded message:

From: diana lejins <dianalejins@yahoo.com>
Date: April 4, 2015 at 4:30:45 PM PDT
To: "Larry.Herrera@longbeach.gov" <Larry.Herrera@longbeach.gov>
Cc: Poonam Davis <poonam.davis@longbeach.gov>
Subject: Alcoholics Turn to Cannabis for Treatment

Poonam

For the next City of LB Medical Cannabis TF meeting--please post and distribute to members.
Thanks

Cannabis is frequently in the news, and hopefully the growing awareness of the benefits of Cannabis will lead to more sensible regulations and deeper research into why cannabis is so helpful in treating so many different conditions. Among the conditions that medical marijuana can treat are addiction, whether to drugs or alcohol.

Alcoholics Turning to Cannabis for Treatment is controversial, not least because there is conflicting research about whether medical cannabis is or is not addictive. However, many studies have found that medical cannabis is not addictive, or as harmful, as other drugs such as alcohol and opiates. Additionally, several studies have shown that cannabis can be an effective treatment for recovery from other substances.

Medical Cannabis as a Recovery Treatment

Since cannabis has earned an undeserved negative reputation in many quarters, it is often difficult to determine what is fact and what is politics when talking about medical marijuana. However, the following three studies pointed to definite possibilities of using cannabis to overcome dependence on more harmful drugs and alcoholism:

- A 2009 study performed by the Laboratory for Physiopathology of Diseases of the Central Nervous System found that injections of THC, the primary active chemical in cannabis, helped eliminate dependence on opiates such as morphine and heroin in test animals.
- A survey compiling self-reported addiction treatment and relapse rates among substance users, "Cannabis as a Substitute for Alcohol and Other Drugs" that was published in the Harm Reduction Journal, found that respondents used cannabis to curb their alcohol cravings, as an

alternative to previous use of prescription drugs, and even as a substitute for more potent drugs such as cocaine. Tellingly, 57.4% of respondents chose to use cannabis because it provided better symptom management as well.

- Another study published in the Harm Reduction Journal, “Long term cannabis users seeking medical cannabis in California,” found that medical cannabis users were much less likely to use more potent drugs, and even reported less tobacco use than non-cannabis users.

Why Use Cannabis as a Recovery Treatment?

It's clear that more effective addiction recovery treatment is needed in our country. According to the National Institute on Drug Abuse, depending on the addiction, up to half of individuals who begin an addiction treatment program relapse within six months. As more states move to legalize medical marijuana, it is becoming easier for scientists, doctors, and researchers to point to the benefits of marijuana as a treatment for pain relief and symptom management for many diseases. Benefits now known to the scientific community include:

- Medical marijuana patients are able to function more fully in daily activities and work, unlike with many prescription opiates for symptom relief.
- Medical marijuana patients report fewer unpleasant side effects with marijuana than with many traditional and stronger drug treatments.
- Medical marijuana patients achieve more effective symptom relief using marijuana than with other alternatives.

Since withdrawal from alcohol and serious drug use often prompts the same symptoms as other medical conditions that marijuana is used to treat (anxiety, depression, pain, nausea, and sleeplessness,) it is logical that responsible use of cannabis could also help with addiction recovery.

At the same time, medical marijuana as an addiction recovery treatment is a sensitive topic. Do your research to separate marijuana fact from marijuana fiction to decide whether this might be a treatment option for you, and remember that like any other healthcare decision, this should be discussed with your doctor or other trusted medical professional.

Working to make the World a better place,
diana

Note: Cannabis is far safer than alcohol physically and psychologically. There have no known overdose deaths attributed to marijuana and it has been successfully used to treat PTSD and many other maladies--mental illness, cancer, multiple sclerosis, epilepsy, etc.