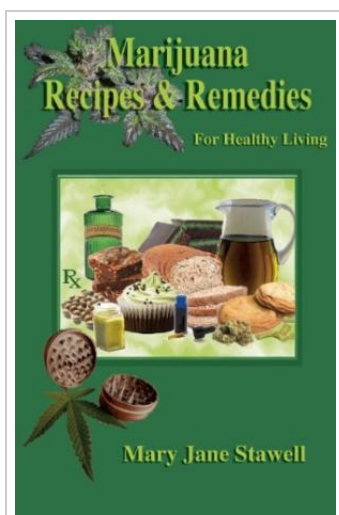




Marijuana Recipes and Remedies for Healthy Living

By Mary Jane Stawell

Ronin Publishing. Paperback. Book Condition: new. BRAND NEW, Marijuana Recipes and Remedies for Healthy Living, Mary Jane Stawell, Marijuana is a palliative, an analgesic with anti-inflammatory properties ----it alleviates pain without addictive effects experienced with narcotics. You might think of marijuana as being something like an herbal aspirin. In fact, it was used in folk medicines like aspirin for thousands of years to soothe aches and pains before aspirin was discovered. When hearing marijuana most of us call up an image of recreational smoking to "get high". Being in the high-state actually promotes wellness. Being high feels good and feeling good encourages healing and homeostasis. Most of us, however, are less familiar with the other ways in which one can use marijuana as a remedy for ailments that diminish quality of life--like aching muscles from over exertion or spinal misalignment, for example. Actually the list of ailments that can be soothed with medical marijuana is quite long. It is important to emphasize that marijuana does not "cure"; rather it soothes and alleviates and in so doing we feel better and heal faster. This comes from its palliative qualities. Marijuana's palliative qualities can be delivered in a variety of ways: smoking,...



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