

International Conference on

Complementary & Alternative Medicine

October 17-18, 2018 | Las Vegas, USA

How to get the health benefits of cannabis without getting high

Leta B Jussila

Optimal Health and Fitness, USA

Statement of the Problem: The use of cannabis is deeply embedded throughout history and once held an important place in medicine. Many famous and respected physicians used cannabis for many ailments and diseases. Although in the last century cannabis laws were driven by politics rather than by research, with an enormous amount of support for its wide variety of medicinal uses, there is now more research being conducted and a push for legalization. This capstone demonstrates the role Cannabis has had in Chinese Medicine's original pharmacopeia and to bridge gaps in cannabis-related knowledge. Through a substantial literature review of biomedical research and Chinese classical texts, I collected relevant information about Cannabis, including historical background and development of research. The study utilized the qualitative research method of systematic literature review synthesis. The grounded theory procedure of constant comparative analysis was further engaged to provide a means for systematically analyzing the data. The synthesis found that Cannabis may benefit many physiological processes in the body for many conditions and that the benefits far outweigh the side effects. Researchers have proven the medicinal effects of Cannabis and have discovered that cannabinoids play a fundamental role in regulating pleasure, memory, thinking, concentration, body movement, awareness of time, appetite, pain, and sensory processing (taste, touch, smell, hearing, and sight), and brain development. Because of this supporting literature, it's vital that anyone in the health field have the foundational knowledge for clinical application for cannabis as a therapeutic agent. This paper is intended to be a starting point for health practitioners to deepen their understanding of the history and benefits of cannabis.

Biography

Leta Jussila, known as Doctor Leta, is a Doctor of Acupuncture and Oriental Medicine, Certified Personal Trainer, Qi Gong Instructor and Practitioner of Higher Consciousness. She runs and owns a successful health and wellness company called Optimal Health and Fitness based in Santa Cruz for the past 13 years. Her Capstone was on the History and Therapeutic Benefits of Cannabis and CBD. She is a trusted source for Americans on behalf of Chinese Medicine in the U.S and continues to be an advocate for the widespread education of the Asian healing arts. She has an exceptional ability in helping individuals in an efficient and inspirational way. She loves to educate, empower and share her passion and gifts to the world.

doctorleta@gmail.com

Notes: