



The Cannabis Health Index: Combining the Science of Medical Marijuana with Mindfulness Techniques To Heal 100 Chronic Symptoms and Diseases

Uwe Blesching

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This comprehensive sourcebook combines evidence-based insights from more than 1,000 studies from cannabinoid and consciousness research to present a convincing case for the powerful healing effects of medical marijuana on over 100 chronic symptoms and diseases. Written by a former paramedic with a PhD in alternative healthcare, this in-depth reference shows that the subtle shifts in awareness commonly observed in cannabis-using patients vastly contribute to these compounds' therapeutic potential.

The Cannabis Health Index is organized into condition-specific chapters, with eye-catching ratings of cannabis efficacy for each symptom, along with recommendations for use, and sidebars that suggest related mindfulness-based practices that enhance the body's own ability to heal. Organized alphabetically from aging to wound care, with sections on a variety of conditions including infections, cancer, cardiovascular health, eye diseases, inflammatory diseases, neurological diseases, and much more, the Index reveals that the huge body of scientific studies focused on cannabis is a tremendously under-utilized repository of knowledge.

In synthesizing the findings of these studies, Blesching brings clarity to the process of making informed decisions about cannabis as a valid treatment. Informative, user-friendly, and practical, *The Cannabis Health Index* presents striking evidence that cannabis is remarkable safe and effective when used within the proper therapeutic window, especially compared with the risks of managing chronic symptoms with pharmaceuticals.

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