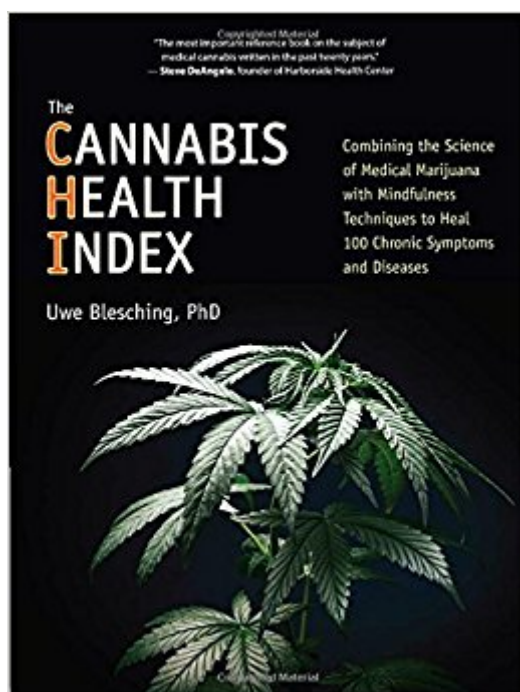


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# The Cannabis Health Index: Combining The Science Of Medical Marijuana With Mindfulness Techniques To Heal 100 Chronic Symptoms And Diseases



## Synopsis

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.

## Book Information

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## Customer Reviews

"A logical, thorough, and meticulously researched approach to cannabinoid integrative health

science that is understandable and digestible, making much clearer the role of cannabis in one's personal health and well-being goals." —•Sunil Kumar Aggarwal, MD, PhD"A true gift and amazing tool for all who are serious about wellness and healing. This book guides you through the process of treating the whole person, with special attention being placed on ways to tend to and support the human endocannabinoid system." —•Heather Manus, RN, Arizona Cannabis Nurses Association, founder & president —•"The work that went into quantifying cannabis-based studies is a profoundly effective approach for clarifying this complex medical information. Whether you are a patient, caregiver, professional, or somewhere in between, the categorization of hundreds of cases into understandable and actionable articles is an amazing resource." —•David Drake, founder and CEO of Cannabis Reports "Blesching's meticulous attention to detail makes this my go-to source for updates on a particular health condition treatable with phytocannabinoids. Blesching has created an incredible database in a new generation clinical Cannapedia, guided by his core belief: 'Consider the possibility that by generating specific emotional content, you are also changing the very chemistry of your body, either fully or partly modulated via the endocannabinoid system. In doing so, we can consciously direct and support the self-healing abilities of our body.' The Cannabis Health Index is the future of the phytomedicine movement." —•Christian Bogner, MD, FACOG, founder of Phytoelements"Clearly — designed to be practical for both clinicians and individuals on a self-healing path, — Cannabis Health Index — delivers body-mind-spirit considerations of health essential to cannabinoid medicine. Readers who consider themselves — students — of cannabis and — its — consciousness-altering gifts will resonate with this sensitive yet comprehensive work." —•Dustin Sulak, DO, — c — of founder of Healer.com

UWE BLESCHING, is a medical journalist and regular contributor to the cannabinoid health sciences, mind-body medicine, phytopharmacology, as well as evidence-based illness prevention and treatment protocols. In addition to his life-long passion for Integrative Medicine, his latest book the Cannabis Health Index is informed by Blesching's rigorous in depth research and twenty years experience in emergency medicine as a Paramedic for the City of San Francisco. He holds a BA in Humanities from the New College of California; an MA in Psychology and a PhD in Higher Education and Social Change from the Western Institute for Social Research.

CHI is a wonderful resource for using cannabis as part of a complete mind-body medicine approach to health. It is clearly written and extremely accessible. Readers receive an easily digestible

summary of medical research on the effects of therapeutic cannabis use on various health issues as well as helpful/practical suggestions for self-inquiry, dietary modifications, affirmations and other complementary healing remedies for addressing the root as well as the symptoms of their illnesses. Dr. Blesching does a stellar job of integrating his many decades of experience in western medicine, science and mindfulness into this comprehensive book. As a health care practitioner, I will be referring to it frequently for useful suggestions for my patients and recommending it to peers and patients alike.

This is a timeless book (thick too) with vital and practical information about my chronic stuff and their possible mental-emotional underpinnings. I had almost resigned to forever paying for and managing my symptoms with pills. Then I found this and I have read and read again the sections that apply to me. I tried some of the things the author covers and as a result feel less stuck or hopeless but instead empowered. That alone was worth learning about.

Purchased this Paperback Book & Kindle Edition for Scholastic Studies !Highly recommended for anyone seeking answers and knowledge concerningCannabis ! (Marijuana) is NOT the Correct Name and or Terminology for these Natural Herbal Plants.(marijuana) is a street -slang term and should never be used when considering it in terms of NaturalHolistic Medicines!Great for College Students and Professors.#LegalizetEverywhere !

this is like a text book. I gave one to my daughter who is in the medical field. She was also impressed with all the info.It's about the wholeperson., physical , mental, spiritual....If you are interested in finding out about cannibis, this is it. for a very reasonable price.

I find the book extremely thorough and interesting. I remain a bit confused about the Endocannabinoid System in our bodies as I have never heard of it before and didn't realize we had such a system. How does it fit with our other systems? Sometimes I feel as though too much info is covered and I need to reread most of it. Perhaps I am a bit slow but there is so much info packed into the book that it is a bit overwhelming.

It's an ok book for reference. There are some inaccuracies based on what we know now. I do use it for reference but with other corroborated references as well.

Excellent book with a ton of information, will be reading all through this over the next few months. Huge source of info and condition of book was great.

A true compendium for those seeking an alternative means of fighting disease...naturally. Hundreds of malady's addressed! A must have for those suffering from diseases such as cancer, etc.

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