

# EVERY BRAIN MATTERS IS A COMMUNITY OF SUPPORT, ADVOCACY, AND SCIENCE

## SUPPORT (HOPE)

We acknowledge that the general public and many support groups don't understand the true and devastating impacts of marijuana. We respectfully invite you to an online group.

## ADVOCACY (CHANGE)

This group has been created for those who want to advocate to help curtail the widespread acceptance, commercialization, and normalization of marijuana.

## SCIENCE (TRUTH)

Every Brain Matters is driven by science. We only educate and advocate facts.  
**Please visit our library.**

[EVERYBRAINMATTERS.ORG](http://EVERYBRAINMATTERS.ORG)  
[INFO@EVERYBRAINMATTERS.ORG](mailto:INFO@EVERYBRAINMATTERS.ORG)

## THE EVERY BRAIN MATTERS STORE

We call for a cultural change with the widespread use of our logo to bring visual public awareness that unites us and symbolizes "freedom from marijuana" and promotes optimal brain and environmental health.



[everybrainmatters.org/store/](http://everybrainmatters.org/store/)

*"This is not about a War on Drugs. This is about a Defense of our Brains, the repository of our humanity."*

*Dr. Bertha Madras*

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## Learn about Cannabis-Use Disorder (CUD)



***Freedom From Marijuana  
and the  
Drug Culture Expansion***

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## What is CUD, Cannabis Use Disorder?

Cannabis Use Disorder is also known as an addiction to or dependency on THC (Tetrahydrocannabinol), a chemical in the marijuana plant.

Professionals diagnose cannabis use disorder by the following criteria of symptoms that are listed below.

Mild CUD - 2 to 3 symptoms

Moderate CUD - 4 to 5 symptoms

Severe CUD - 6 or more symptoms

## Symptoms of Cannabis Use Disorder.

According to the Diagnostic and Statistical Manual of Mental Disorders, fifth edition (DMS-5), here is a summary of symptoms:

- Use for at least 1 year
- Using larger amounts over a longer period of time
- Failed efforts to discontinue or reduce use
- A significant amount of time seeking or using cannabis, or recovering from the negative effects of cannabis
- Cravings or desire to use cannabis
- Continued use despite adverse consequences
- Work, school, hygiene, responsibility to family and friends are superseded by the desire to use
- Use of cannabis during activities like driving and operating heavy equipment
- Continued use despite physical and/or psychological problems
- Larger amounts of cannabis needed to get the desired effects
- Withdrawal symptoms

## National Institute on Drug Abuse: Recent data suggest 30% of those who use marijuana may have some degree of CUD.

<https://www.drugabuse.gov/publications/research-reports/marijuana/references>

## Do people experience withdrawal symptoms?

Yes, some people do have withdrawal symptoms which can include:

- Irritability
- Anger/aggressiveness
- Anxiety
- Sleep disturbances/nightmares
- Decreased appetite
- Restlessness
- Depression
- Abdominal pain
- Fever/chills/sweating
- Headache
- Tremors/shakiness

Symptoms usually begin within the first 24 hours, peak by day 3, and can last for up to 2 weeks.

Increased use and more recent use can predict the severity of withdrawal

## Why are more people becoming addicted to marijuana?

- Increase in potency/concentrations of THC in marijuana products
- Increased accessibility
- Decreased perception of risks or harms
- Normalization and commercialization

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## How long will marijuana users test positive after cessation?

Chronic daily smokers can produce detectable levels of THC and its metabolites one month after their last intake.

Since THC is fat-soluble, it is suggested that it can be released from adipose tissue at various times.

This high lipophilicity (fat-soluble) explains why withdrawal is a slow onset. Other factors, such as its physical/chemical form, route of administration, genetics, and consumption of alcohol influence how long the level of THC is detected in the body.

Source:

<https://www.ncbi.nlm.nih.gov/books/NBK538131/>

**For help, please talk to your doctor and/or Marijuana Anonymous (marijuana-anonymous.org)**

Every Brain Matters provides support for recovery to family members who have been affected by cannabis use.



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