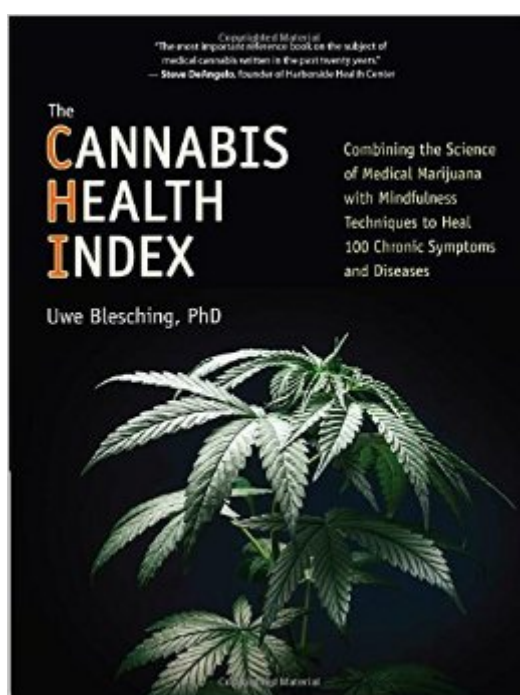


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# The Cannabis Health Index: Combining The Science Of Medical Marijuana With Mindfulness Techniques To Heal 100 Chronic Symptoms And Diseases



## 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

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.

The value of this monumental work of Dr. Uwe Blessing goes beyond educating about the healing effects of medical marijuana. Once you put your book back in the shelf, you realize that a century of prohibition has sadly deprived many generations of legitimate health benefits available in nature and culture. The murderous ongoing war on drugs that takes place South of the border with its mediatic drama hides the positive side of a complex reality impossible to be apprehended with a simplistic binary mind set. Uwe Blessing's book takes us on a walk through the other side: The positive effects of cannabis and its wholistic method of healing. It is valuable resource without a doubt. However, the Cannabis Health Index goes beyond taxonomy and updated research outcomes on cannabis cure for multiple conditions. It relates to the healing methods of traditional cultures where mindfulness, gratitude and guidance play a role in the overall healing process. It is my wish that this book be translated in Spanish and is made available in Latin America. It may play a good role in education not only of the general public but, and foremost, legislators. The human cost of a blind war on drug plagued by spurious interests connected to the war industry needs to come to an end and be situated in the field of health. Only then cannabis may be recognized for what it is; a valuable natural resource.

I happily stumbled upon The Cannabis Health Index and discovered a whole new world. As a counselor with a mind-body orientation, who for years has served people suffering from a number of chronic issues and diseases (e.g. anxiety, insomnia, depression, PMS, PTSD, etc.), I am thrilled to have access to this rich, fascinating and exceedingly practical resource. Uwe Blesching has managed to compile an enormous amount of information about the growing field of Medical Marijuana with an usual combination of scientific rigor, life-earned wisdom and a caring heart. I look forward to sharing this mind-body-science masterpiece with my friends, family members, as well as colleagues in the healing professions.

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 whole person., physical , mental, spiritual....If you are interested in finding out about cannabis, this is it. for a very reasonable price.

The wife found this very informative. Our search for healing products are finding mixed results. We suggest to naturally supplement your search with Kefir and Kombucha also. The healing enzymes and probiotics will help restore the deficiencies in your body and you will greatly appreciate feeling the difference in just days. We have since moved away from cannabis to focus on an all natural diet away from processed and shelf foods in the store. Hint: Oats, Kefir, Kombucha are cheap costs with huge benefits. Wisdom will bring understanding ENJOY!

This book was suggested to me by a professor and I would suggest anybody with a chronic illness, as well as their caretakers or doctors, and everybody in the medical cannabis industry to invest in a copy of this text to have on hand. It provides a wide overview of a vast variety of illnesses and disorders, as well as holistic approaches to treating them. It is wonderfully written with an empathetic tone uncommonly seen in medically centred books. Packaging was wonderful btw, and it shipped quickly. Absolute bargain for the wealth of information and support it provides, truly, it is worth every penny.

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.

I love good Cannabis books This one is over the top  
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