



Treating
ADDICTION

**Studies show CBD can help smokers drop their nicotine habits.
What does this mean for addiction sufferers?**

Marijuana and the components derived from it are already known to treat a myriad of medical conditions, but researchers now think it might also help smokers drop the habit.

CBD has already shown promise in treating anxiety and even seizures, but researchers believe it can help people cut down on smoking, according to a study from the *Addiction* journal. An earlier study showed CBD users reduced smoking by 40 percent after a week compared to people who were given a placebo.

Researchers at the Clinical Psychopharmacology Unit of University College London wanted to investigate if CBD might be a better alternative to smoking cessation drugs, easing the nasty symptoms of withdrawal that often make it very difficult to quit.

“I wanted to investigate if a component of cannabis, cannabidiol, a nonintoxicating cannabinoid could be used in a positive way, to treat withdrawal,” author Chandni Hindocha told website *PsyPost*.

The team of researchers looked at smokers who had stopped taking in any nicotine overnight. Some of the participants took one 800mg dose of CBD while the others were given a placebo. Researchers then observed those who were given the placebo had a stronger response to photos related to smoking than those who were given CBD. This meant people who use CBD have fewer intrusive thoughts about smoking and, therefore, have a better chance of kicking the habit. The apparent effectiveness of CBD for smokers has given rise to the question of whether CBD could be the key to ending the opioid crisis.

Hindocha said it's possible that if patients continued to use CBD over a longer period of time or perhaps at a higher dose, they could start seeing more improvements. It's clear there are benefits to using CBD as a tool for addiction, but there are still many questions about its effectiveness compared to established cessation treatments, Hindocha told *PsyPost*.

*From the Newsweek Archive,
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PATIENTS SPEAK

As an NFL veteran, Kyle Turley saw firsthand the misery opiate painkillers can cause, and the alternative offered by cannabis. He spoke to Newsweek in 2016.

How does the NFL culture treat patients who want cannabis-based alternatives to pharmaceuticals?

It's the same culture that we see in the concussion discussion as well. [The League] stands on grounds of ignorance, relying upon science to give them the answers they need. But the only science they continue to adhere to is science that they

particularly seem to have a vested interest in controlling. [Cannabis] is just another can they're kicking down the road...while guys are committing suicide and becoming addicted to pharmaceuticals they don't need.

When did you first realize cannabis was an option?

My second year in the NFL, cannabis was introduced to me by another player—a Hall of Fame player—and it gave me some of the same relief I can still enjoy today. Dealing with the pharmaceuticals that had been piling

up since I blew out my knee in college and I had to have my first surgery, I began to realize that all these pills just didn't make me feel good. They did a marginal job of dulling pain and inflammation issues but also did a lot of things to me adversely that I didn't like. The sleep aids they were giving me weren't working, my anxiety was off the charts, and I was having really strange emotional and rage issues that had started to trickle into my personal life and cause some major problems. Since the first opportunity I had to use cannabis and see what it could do for me, I have never looked back.

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