

Treating CRAMPS

For thousands of women, relief from the recurring nightmare of extreme cramps could be found in CBD, if it were allowed.

The pain creeps in slow and unexpectedly. Initially, it's a subtle discomfort, like the prick of a needle stabbing away at your stomach. As the minutes pass by, the discomfort can develop into a crippling pain, making even simple tasks such as standing up straight seem utterly unbearable.

That dreadful feeling has a name: Dysmenorrhea—the medical term for severe period pain commonly referred to as cramps. And it's something experienced every month by hundreds of women all across America.

While over-the-counter medicine like Midol can be helpful for many, some 20 percent of women who suffer from cramps caused by their menstrual cycles each month experience such extreme dysmenorrhea that they can't perform daily activities like getting out of bed and going to work, according to the American Academy of Family Physicians. CBD can help, but for New Yorkers who suffer from the ailment, the upcoming CBD restrictions outlined on page 90 could mean a step backward.

"This is a woman's health issue and for years, women have suffered in silence. There's Midol; you can take Advil, but really nothing more," New York Assemblywoman Linda Rosenthal, a Democrat who introduced medical cannabis legislation in 2017, told *Newsweek*. "Men have really been [the ones] who've run state houses, governorships, presidencies, and some issues that are just about women have gotten shortchanged and that's because it's not in men's everyday consciousness."

In New York as it stands, only people suffering from cancer, opioid use, HIV infection or AIDS, amyotrophic lateral sclerosis (ALS), Parkinson's disease, multiple sclerosis, spinal cord injury with spasticity, epilepsy, inflammatory bowel disease, neuropathy, Huntington's disease, PTSD or chronic pain can get access to medical marijuana—not everyday women who naturally have periods and experience the pain that sometimes comes along with it each month.

*From the Newsweek Archive,
by Janice Williams, 5/25/17*

PATIENTS SPEAK

Whoopi Goldberg—EGOT winner and brains behind Whoopi & Maya medicinals—spoke to Newsweek about cannabinoids and their monthly benefits.

You've launched a product aimed at treating menstrual pain and discomfort. How do you target those specific symptoms?

Nothing made [cramps] stop the way you needed it to. I don't want

to see my granddaughter not have any relief. There are things out there, but sometimes when you look at the box you can't pronounce what's in it. That's what you're putting in your system. As I'm having conversations with people over the last couple years about [cannabinoids], the thing people are most interested in finding is something [that] will relieve period cramps, the aches and pains of it.

A lot of people I spoke to happened to be guys, and they said, "You know, it's kind of a niche market." I got tired of hearing that. This niche is half the population. Most of the growers I know are dudes. Finally, somebody said, "I think I want to hook you up with this wonderful woman named Maya." Maya said: "Oh yes, let's work on some stuff. Let's get to work, girl."