



I HATE TO SAY I TOLD YOU SO...

It's been over a year now since I was caught abusing cannabis by CNB. I have stayed clean since, but still, I feel the irritable cravings from time to time. I wrestle with a frightening lack of focus, and cannot help but feel that some irreversible damage has been done to my mind. That is what three years of cannabis does to you.

I suppose hindsight is always 20/20. Like any other 17-year-old, all I wanted to do then was relax. Let loose after my year-end exams and hang out with some new friends. Little did I know how that would change everything for the worse.

It all started at a party. I know, what a cliché right? Everyone at that age wants to be a part of the 'in' crowd. So when someone lighted a joint of cannabis and passed it around, it was not cool to refuse. After all, cannabis comes from a plant. It is natural with "therapeutic benefits". Or so that was what I was told at that time.

Cannabis - also known as Marijuana, Weed, Pot or Ganja - functions through an active ingredient

called THC or 'Tetrahydrocannabinol' which gives smokers the temporary pleasant, relaxed feelings popularly associated with this drug. BUT, THC also messes with your mind, causing you to hallucinate and see, hear or feel things around you differently. This can lead to a whole series of long-term problems for your mind and body.

Here's what most people don't know about cannabis. It affects how your brain works, causing paranoia and drastically reducing your ability to concentrate and remember things.

Cannabis smokers can also develop a certain amount of tolerance to the drug - leading to psychological dependence, a lack of motivation to

carry out ordinary tasks and an increased risk of lung disease, due to the large amount of smoke inhaled. Studies* have also found that people who abused Cannabis as rarely as once a week also developed multiple brain abnormalities.

Cannabis, though very much celebrated in movies, television and popular culture, is far from harmless. Don't believe the hype. Don't do it to appear cool - because there's nothing trendy about suffering from extreme anxiety, depression or lung disease.

Go think about it.

*<http://www.medicaldaily.com/marijuana-use-tied-multiple-brain-abnormalities-students-even-those-who-smoked-little-once-week>