

Casa Palmera (a rehab treatment center)

Del Mar, California

The Facts about Marijuana Addiction

Many people falsely believe that marijuana is a benign drug that is not addictive. The truth is, however, that long-term use or misuse of marijuana can lead to addiction, just like any other drug. Here are the signs of marijuana addiction and how a marijuana rehab can help you overcome your cravings and withdrawal symptoms.

Physical Effects of Marijuana Addiction

Marijuana produces numerous physical effects, including:

- * Impaired coordination
- * Increased heart rate
- * Reduced blood pressure
- * Dry mouth and throat
- * Red, bloodshot eyes
- * Drowsiness
- * Nausea
- * Headache
- * Increased appetite
- * Reduced blood flow to the brain
- * Changes in reproductive organs

In addition to physical effects, there are also many psychological effects of marijuana use, including paranoia, anxiety, poor memory, and problems with learning and memory later in life.

Signs of Marijuana Addiction

Abuse of marijuana can lead to the same addiction symptoms as other types of drug abuse. Here are the main signs of marijuana addiction:

- * **Tolerance.** Just like any drug, regular use of marijuana can lead the body to develop a tolerance. Developing a tolerance means that you need more and more of the drug in order to achieve the same high, which means you have become physically addicted to marijuana.
- * **Craving.** Cravings can take two forms: physical and emotional. Physical craving may mean that you develop physical symptoms such as headaches and anxiety that are only relieved after taking a hit. Emotional craving may mean that you need to use marijuana in order to feel relaxed, happy or comfortable. Whatever form your cravings take, this is a sign of marijuana addiction.
- * **Continuing to get high despite the problems it causes.** If your marijuana use has caused legal problems or problems at work or school, yet you still continue to get high, this is a sign of drug addiction.

* Using marijuana as an escape. Anytime you use a substance as a form of escape, you are crossing the line into drug abuse. If you need to use marijuana in order to escape work, school or relationship problems, then you have developed an addiction to marijuana.

What Happens During Marijuana Withdrawal?

Like all drug addiction, marijuana addiction will lead to withdrawal symptoms once marijuana use has ceased. Marijuana withdrawal is not dangerous, but it can be uncomfortable. For chronic users, symptoms of marijuana withdrawal start to appear within the first 8 hours and are most noticeable during the first 10 days, but can last as long as 45 days.

Symptoms of marijuana withdrawal are:

- * Irritability
- * Anxiety
- * Depressed mood
- * Anger
- * Headaches
- * Restlessness
- * Insomnia
- * Lack of appetite
- * Cravings for marijuana
- * Strange dreams
- * Aggression

Marijuana Rehab

Cravings during the first 10 days of marijuana withdrawal are the most intense, resulting in a greater risk of relapse. For this reason, marijuana detoxification should be done at a marijuana rehab so that the individual is kept from outside influences and triggers. Once the body is completely detoxified of all residual marijuana toxins, marijuana rehab can provide treatment programs and aftercare to help the individual maintain sobriety.

Marijuana addiction is real and can cause numerous physical and mental health consequences if left untreated. If you feel like you have an addiction to marijuana and are unable to stop using it on your own, seek professional help at a marijuana rehab.