## CANNABIS MYTHS









## **FACT**

Cannabis can help with IBS.

One study saw cannabis users with a 1x a week frequency self-report lower frequency of ER visits due to IBS. This shows there may be some relief with light use.



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You can't die from cannabis use.

Unlaced cannabis itself has no directly reported deaths; cannabis hyperemesis syndrome from chronic cannabis use has killed at least two people.



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Cannabis can help with my poor appetite Cannabis can help increase appetite by increasing hormones in your body that signal hunger.



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Cannabis can help with migraines

One random control trial from 2024 reported positive results for 6%THC 11%CBC for acute migraines,

