

FOR: Lighthouse Network
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INTRODUCTION:

Welcome to Life Change with Christian Psychiatrist Dr. Karl Benzio.

BODY:

In a recent radio interview, I was asked, “Is medical marijuana really safe?” 21 states have approved medical marijuana and 2 have approved marijuana for recreational use, leading some – especially teenagers and young adults – to believe marijuana is safe. But once we get past the political agenda and look at the science, we find most of the positive research about marijuana is anecdotal and uses very shoddy methods. Reliable studies show that marijuana is harmful to the brain. In fact, a recent Harvard study showed even casual marijuana use damages the important brain structures involved in thinking, memory, emotions, decision-making and problem-solving. The research is clear: damage from marijuana use far outweighs any benefits.

CLOSE:

If you or a loved one is struggling, go to 844lifechange.org or call 844-Life-Change. And remember, Godly decisions determine your life, so choose well!