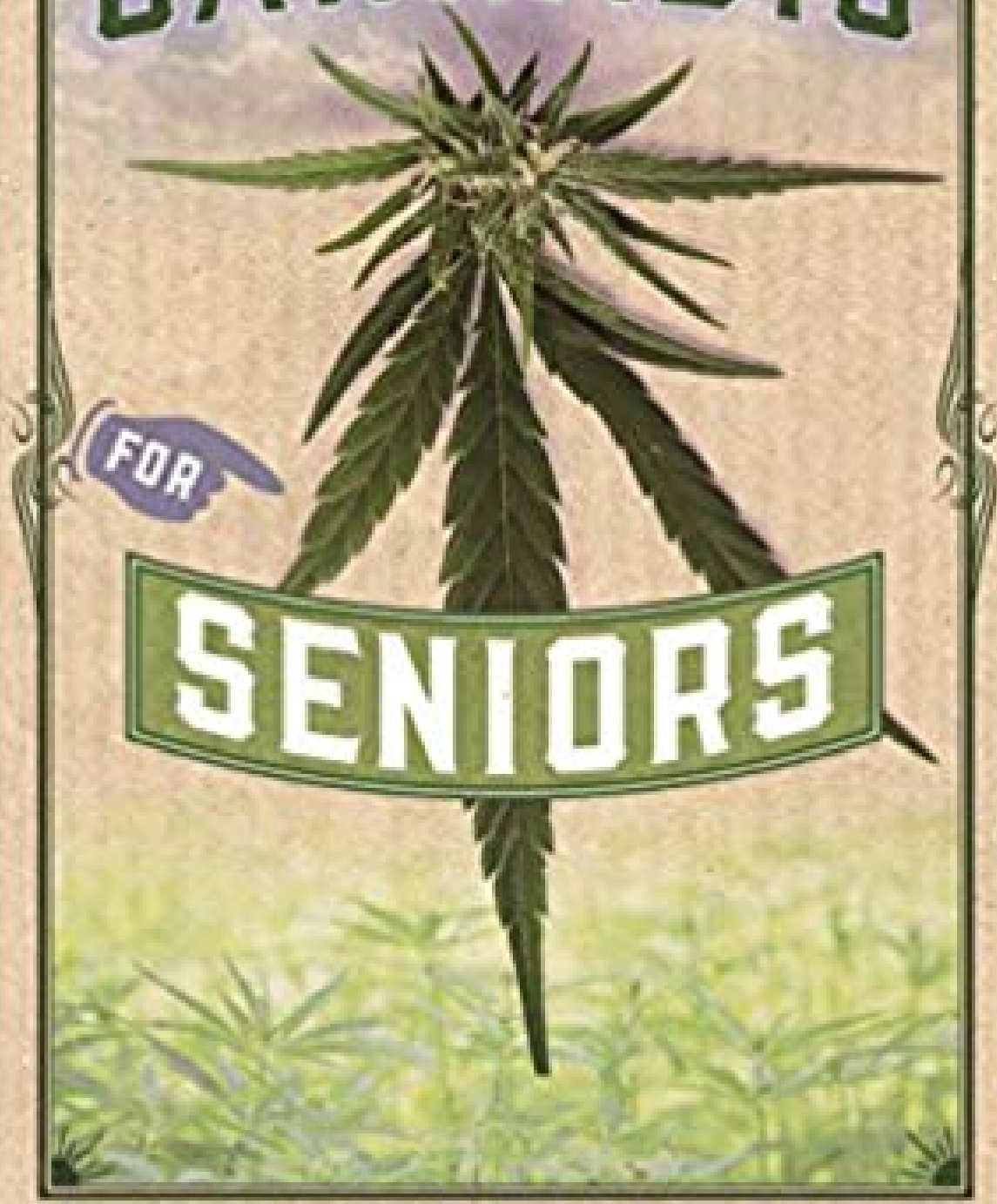


**CANNABIS**



**FOR**

**SENIORS**

**BY BEVERLY A. POTTER, PH.D.**

*Beverly A. Potter Ph.D.*

## **Cannabis for Seniors**



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CANNABIS FOR SENIORS is for seniors who are interested in cannabis and how they might use it to better their lives. CANNABIS FOR SENIORS reviews research regarding the health effects of cannabis and the effectiveness of various strains for managing specific health issues and improving standard of living. (Beverly A Potter, PhD) Docpotter describes methods of using cannabis, explaining how smoking cigarettes, eating, and topicals users. CANNABIS FOR SENIORS discusses ways seniors can use cannabis to control various health concerns, one of that is the widespread usage of powerful, potentially dangerous, addictive pharmaceutical medicines. Docpotter clarifies how cannabis might help reduce, even avoid usage of opioids, while ameliorating health conditions commonly knowledge including, insomnia, depression, Alzheimer's Disease, pain, stress and anxiety, Multiple Sclerosis, Parkinson's disease, stroke among others. Research implies that seniors who've positive interactions with friends, family and community live longer, happier and healthier lives. Friends and family members of seniors along with caretakers and practitioners dealing with seniors will see it a valuable resource and interesting examine. CANNABIS FOR SENIORS explains the research and anecdotal proof supporting usage of medical cannabis make it possible for seniors to better decide if they would like to try using cannabis to soothe ailments. Seniors not used to cannabis or an experienced user, both, will see much useful details in CANNABIS FOR SENIORS. CANNABIS FOR SENIORS discusses how using cannabis enlivens feeling and encourages conviviality to facilitate socializing. CANNABIS FOR SENIORS debunks myths and discusses problems that seniors may have about cannabis use.



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Very Basic Details. She loved it! Five Stars Cannabis for seniors was well crafted and informative. An excellent book for seniors---We should add also for juniors An excellent book for seniors---I should add also for juniors! Cannabis use to greatly help with sleeping was why I bought this book. Easy read We didn't rally learn anything from this book. There is definitely a learning curve with cannabis, specifically edibles but it's well worth a try!. But if you're after basic level information, it works well. Become informed and join the many thousands of seniors who are finding a better way to control their pain levels. Very basic information - just enough to alleviate worries of trying different things however, not quite enough for particular details. Dr. Potter knows her subject matter and her suggestions are obvious and concise----well worth reading and you are on the way to implementation----Good possibility that some of tips presented will become helpful--even VERY helpful! Five Stars Great little book for a genuine novice! Disappointed purchase Nothing in here that you can't get on the internet. Excellent reading... Many thanks FINALLY.. It's well crafted but provides "common sense" not the type of educational material I wanted. Cannabis for Seniors Book Review Bought this book mainly because a gift for my grandmother who was curious and wanting to learn more. This publication provides everything into perspective. I'd highly recommend reading this book. anxious to completely read So far have only skimmed through it - but from the little bits that I've read, looks to be very informative - plus much more 'professional' and scientific than I was expecting. excellent well- written illustrated help for seniors .. DocPotter has created a clear, excellent good- written illustrated instruction for seniors that addresses in easy-to-read design the basic facts, information, and tips on the use of cannabis. There is in this book important information to better understand alternatives and choices, such as for example managing pain, depression, sleep, cooking, with useful dishes, and many other related issues. This book offers the best obtainable reference on benefits of cannabis.



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