

Learn About Marijuana Usage

Contributed by Leslie Karsner

More info...

By Jonas Smith

There are a lot of people who are of the opinion that marijuana is not a harmful drug and that it should be as legal to buy and use as alcohol. Marijuana is the most commonly used illegal drug in the United States. Besides alcohol, marijuana is the most commonly used drug by young people.

Marijuana is a dry, shredded green/brown mix of flowers, stems, seeds, and leaves of the hemp plant *Cannabis sativa*, it usually is smoked as a cigarette (joint, nail), or in a pipe (bong). It also is smoked in blunts, which are cigars that have been emptied of tobacco and refilled with marijuana, often in combination with another drug. It might also be mixed in food or brewed as a tea.

As a more concentrated, resinous form it is called hashish and, as a sticky black liquid, hash oil. Marijuana smoke has a pungent and distinctive, usually sweet-and-sour odor. Some people think that the smoke smells like burning rope.

There are countless street terms for marijuana including pot, herb, weed, grass, widow, ganja, and hash,

What One needs to know about Biodynamic craniosacral therapy

By Biodynamic Biodynamic

What One needs to know about Biodynamic

craniosacral therapy

With the development of human civilization science is also evolving. In the previous century many new sections of sciences have been developed. These have opened several hitherto unexplored facts about life to people. Biology has been behind the creation of many such sub branches and one of its divisions is Biodynamics.

The word biodynamic is derived from embryology and experimental biology during early 20th century. Biodynamic craniosacral

therapy blends meditation, psychology, meditation along with manual healing arts in a distinct therapeutic system. It is meant for healing the brain and nervous system by engaging the organization and order integral to the bodys fluid volume.

If a person wants to obtain knowledge on Biodynamic training or therapy then he should contact Dr. Michael Shea. He is among the leading authors and preeminent educators in the spheres of craniosacral therapy and somatic psychology. Dr. Michael Shea conducts seminars in

How does depression affect your weight?

By Dr. Jennifer Baxt, DMFT, NCC, DCC

When people think of depression, they tend to focus more on how it affects a person mentally. It is true that depression is caused by either a chemical imbalance, a traumatic event or is a condition that is passed down through genetics; however, regardless of the reason why someone has developed depression, it can have an negative impact on a persons physical health. It could be that they have lost interest in caring for their appearance, or lost interest in an activity they would normally enjoy on a regular business. Depression can even affect a persons weight by either gaining or losing weight, depending on whether they have decided to try and self-medicate their depression with food or by ignoring food all together.

It is common for depression to affect a persons weight, more so than most realize. The change in weight has even been caused by some anti-depressants that some depressed people have been prescribed; however, the common result of serious depression appears to be the loss of weight. In this situation, the person has lost interest in

How can couples work through financial difficulties?

By Dr. Jennifer Baxt, DMFT, NCC, DCC

When a couple decides to get married and they repeat the part in the vows for better or for worse, few will actually think about how that vow could easily be broken with future financial difficulties. It is not uncommon for marriages to fail these days when a couple fall into debt and are unable to keep up with their bills. It is also not uncommon for a couple to not even realize that their worry and concern about their credit rating and their finances is a root cause of their wish to break the relationship. Thoughts rush back to single life when a person felt they had more control over everything in their life, and all of a sudden they start to feel that it would be easier to deal with life as a single person again. The negatives about being single dont enter the mind and they start to hang onto the positives that could lead them out of the trouble they have gotten into.

Dealing with finances as a couple is not always as easy as

Why It's Best To Get A Full Night's Sleep

By Aydan Corkern

Do you know why it is good to get all the sleep you need? Well, it can do some things to your body like make you stressed out, tired, and cranky. You can have bad mood swings, and it affects you psychologically and emotionally. It can make you fall asleep at the wheel and make you have an accident. It can give you headaches or sometimes migraines, which are very bad and painful. Your eating habits will be messed up, and you will not eat as much as you should to keep your body strong and healthy. When you do not get the recommended seven to eight hours of sleep every night, then you can have high blood pressure. It can cause you to get diabetes, and you can have impaired glucose tolerance.

It can make you weak and you can fall down. For people that are older, they have to get a lot of sleep or this can happen to them and they can get hurt. You can get a lot of medical problems, and it can even make you drink a lot