



Mar-Anon Family Groups

SUPPORT AND HOPE FOR THOSE AFFECTED BY ANOTHER'S MARIJUANA USE

I Have Cannabinoid Hyperemesis Syndrome (CHS). I Need Your Help.

Marijuana is causing me to vomit and have abdominal pain and nausea.

It's hard for me to eat and drink because the cannabinoids (THC and CBD) have blocked the receptor sites of my endocannabinoid system, thus disrupting the normal processes of this system that regulates and balances vital bodily functions.

I may scream or moan in pain while violently vomiting or intensely dry heaving because my body is trying hard to expel marijuana to get back to a normal internal state. Some doctors call this scromiting.

Sometimes I take long hot baths or showers to alleviate my pain.

My symptoms can last for an extended period because cannabinoids are fat-soluble (lipophilic) and adhere to the fats in my body, thus making them hard to expel, which can lead to dehydration, electrolyte imbalance, seizures, and even organ failure.

Seeking medical intervention often may save my life, and a program addressing my addiction to marijuana may be critical for my recovery.

I may deny that marijuana is causing me to be physically sick because of the misinformation I believe. Due to a lack of education, even some medical communities deny that marijuana is causing me to be ill.

I know you are scared and frustrated, but please don't shame, scold, or argue with me about quitting. It's important to focus on maintaining healthy boundaries with me and only supporting a pathway toward recovery.

The only way I will get better is to stop using all cannabis products.

Don't excuse any negative behaviors from me, even if I try to make excuses and manipulate you to break your boundaries. Accountability will help me recover and help me recognize that marijuana is poisoning me.

I know it's not easy to see me sick. CHS is serious and life-threatening.

Please seek support for yourself and learn all you can about marijuana and cannabinoid hyperemesis syndrome, attend Mar-Anon meetings, and go to OPEN Marijuana Anonymous meetings. There, you will find people who can help you see the situation clearly.

I love you, Your loved one with CHS.

Resource: Mar-anon Families (Mar-Anon.com).