



# NUTRITIONAL SUPPORT FOR RECOVERY

Marijuana  
Withdrawal



International Institute of Faith Based Counseling



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## Marijuana Withdrawal

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Theanine (works the best) with St. John's Wort will relieve marijuana withdrawals. Also drink plenty of water.

On withdrawal one thing is certain with marijuana - cravings. Depending on the length of use, cravings will be intense on discontinuation or dosage reduction.

### Known marijuana withdrawal symptoms

Abnormal dreams

Irritability

Restlessness

Stomach pain

Anxiety (most common)

Insomnia

Aggression/anger

Physical tension

Prolonged disorder of eating due to loss of appetite

Inability to sleep; chronic sleeplessness

Severe cravings

Headaches

Disgust so strong it makes you feel sick or want to vomit (nausea)

Individually reported marijuana withdrawal experiences

Coughing up yellow/black stuff

Flu-like symptoms

Throbbing headache on very same location that used feel good when smoking

Severe stress

Inability to think "straight"

Feeling tired all the time

Dreaming more than before

Couple of days where brain feels "drunk"

Feeling distracted and unable to focus

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