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Appendix B: Patient-Reported Benefits from Medical Cannabis

Note: Word choice and spellings have been retained as written by respondent to avoid inadvertent mischaracterization of intent. Brackets have been used to explain words redacted to prevent individual identification or for other reasons. Benefits are broken down by benefit score rating.

No Benefit Score

- pain and it helps in sleep
- I had severe foot spasms that were completely out of my control before starting the medical cannabis and they have stopped completely. I find a lot of pain relief. I have a huge reduction in the amount of swelling that is normally in my foot, lower leg, ankle area every night-which results in a tremendous increase in blood flow to the area, and a huge decrease in pain. I have pain in my nerve endings and muscles that is greatly relieved. I am able to do more in physical therapy, push myself further and harder (because of pain relief, healing that is taking place, and less inflammation during and after)-which is having a huge impact in my recovery.
My foot throughout the day and night will feel stiff like a stick to walk on, and then after physical therapy and walking on it throughout the day it will start to loosen up a lot after using it and I can walk on it without so much stiffness and tightness, the medical cannabis really helps this issue too. It makes the muscles, tendons, and ligaments in my foot and lower leg and ankle less like wood and more easily movable like taffy.
I have not had an xray taken since starting the program, but believe there is healing taking place in my broken bone (nonunion at 9 mths last xray taken). I have also had a lot more calmness overall and can feel healing taking place.
- Just too expensive, doing the cheaper way, the medication was weak in my opinion but that's with the understanding that I had been using the drug for sometime prior, the liquid leaves you with a stomach ache and honestly not very strong, so I just tried it once and then just went back to the old way of getting it... thank you
- headache relief
- Less pain which means I can do other activities.
- Decreased chronic pain. Increased mobility.
This the first winter in 20+ years that I have no symptoms of Seasonal Affective Disorder.

Score of 1: No Benefit

- No Benefit
- None
- Medical cannabis has not made a difference for me. I have never used it before and was a little hesitant to try. When I did I found that I had no relief of pain and I didn't like the way I felt so I discontinued use.
- I have osteoporosis and have had no relief from the pain in my hip (bone on bone and knee)
- none
- Have taken 4 different formulations with no pain relief
- I only took it for four days before stopping, so I don't have any benefits to list.
- None; due to intolerance to liquid and spray. Tablet is desired but not available presently from [MANUFACTURER] as of April. [MANUFACTURER] pharmacist informed me that table would not be available until end of June.
- None
- Patient felt there were no benefits. Others observing saw more fluid, less painful movement.
- i HAVEN'T HAD ANY BENEFIT FROM THESE VARIETIES OF CANNABIS.
- no benefits
- none
- I get no relief from the [MANUFACTURER] products. I've gotten edibles from Washington and those helped.
- I did feel I was more comfortable socially (taking continuing education classes on my own), when normally I would not have considered due to social anxiety. However, I was taking it for pain which it did not help.
- Sleep very well
- None
- none
- The caper works good but not enough in vile for the price
The capsule are to large for me to swallow
- None.
- No benefits
- No benefits
- No real pain relief
- The first two weeks started at the lower dose and when I picked up a higher dose, she couldn't take it anymore. Patient died in March.
- Took [HIGH CBD PRODUCT] for one month in the evening. 2.5 ml
Next month took [HIGH CBD PRODUCT] 2.5ml twice a day along with [BALANCED THC:CBD PRODUCT] 2.5 ml once in the evening.
ad a 15mg bottle of [HIGH THC PRODUCT] for immediate pain relief as needed.

I charted my pain for these two months and saw no relief from pain but believe I slept better.

- none
- Have yet to take medical cannabis in spite of the fact I purchased it.
- none
- Did not take after second dose
- No Relief of pain--extreme loss of Balance
- After two prescriptions I couldn't see any effects so I am giving up on the program.
- none that i can tell
- The first round of Cannabis, I had gotten, did not work well for me. It was to strong for my body to tolerate. Heart pounding, shaky, etc,,
I am now going to try some with lower strengths, to it. I have been trying to get there for awhile, but I am in the middle of a bad pain cycle, so much I can't even ride in the car. I also found out, I had to pick it up myself, as my husband is not listed as a caregiver. So that is one thing I need to change, but not sure how to do it. I will have to check further into that. Sorry I can't give you better feedback at this point.
- none
- The expense prohibited me from trying other formulas. My nerves inflammation /irritation in way low back pain got worse with TCH; I believe. No money to try CBD. Could not take long enough to know on the multiple pain issues because of severe nerve irritation and cost.

Score of 2

- Not much yet.. still trying to find as combination that benefits me. Cost is high for me being on disability.
- Maybe slight pain reduction, not enough to matter, though
- So far it has allowed me to sleep better throughout the night. As far as pain, not so much yet. Still tweeting the correct compound.
- may sleep better
- [HIGH CBD PRODUCT] helps me sleep somewhat.
- It helped me sleep
- Sleeping better
- It is hard for me to really know what benefits I am gaining as I have experienced extreme nausea and dizziness from the cannabis products I have tried except the [BALANCED THC:CBD PRODUCT] tablets... I must just be too sensitive. I think it probably would help if I could tolerate a higher dose, however the low dose [BALANCED THC:CBD PRODUCT] tablets have only helped by making me sleepy at night.
- decreased pain
- a little pain relief
- very little
- Slightly better pain control

- reduction in anxiety and better sleep
- more calm
- it doesnt help my pain in buttock and my feet with arthritis I might have some relief
- It does benefit me but it's very short term
- hope
- I noticed that my muscles and bones where much relaxed. Only if it wasn't so expensive then I could have gotten much relief longer!
- Perhaps one day when I used 5 very small puffs. Building up very slowly & finally am increasing amount. I'm on [HIGH THC PRODUCT], kept confusing on & off at first so leaving it on now. Think I experienced some calm, perhaps less escalation of pain between doses of oral dilaudid#4.
- A little less pain/discomfort
The \$\$\$ prohibits me from really experiencing "MN" medical cannabis, cannabis does help!!
- Made me incredibly sleepy and not able to function.
- pain level was not quite as high
I have had no relief the last 4 weeks. However, the first 4 days I tried the vaporizer (right after my last appointment) I felt great, but the from then to the present I have been back to a lot of pain and doing a lot of sleeping to escape the pain.
- I had side effects from [MANUFACTURER]'s products. I voiced my concern to them via phone call (they called me for a follow up) and they didn't seem to care- in fact, I voiced my concern 2-3 weeks prior to the first meeting with the dept. of health (I believe it was in September when the first meeting was) and they lied and said no patients have had side effects during their presentation (there was ample amount of time for the gentleman I spoke with to relay the information to the higher ups at [MANUFACTURER]- he actually called [MANUFACTURER] to speak with the higher ups about another question I had regarding why they didn't have bulk prices and got back to me later that day- so why didn't he rely the allergy/reactions I had to their products?). When I brought up my concerns, the gentleman was not interested in listening and didn't offer to take any info on what happened. I am not the only one who had issues like this- there are a couple other people I've met in the [ADVOCACY GROUP]. I feel you should be aware of this since having allergies to their product is not just a one person problem. I, along with others who have had a reaction to their medicine, did not have problems in other states where it is legal. It is something [MANUFACTURER] is putting in their products. I have had relief when I visited Colorado a year or so ago with their products and no allergy/reaction, which makes it clear it is something in [MANUFACTURER]'s products.
- The spray 4 times a day provided some pain relief.
The drops made me feel disconnected and provided little relief.
- It definitely has improved my attitude by I don't know how much it has affected my pain as I also have a pain pump.

Score of 3

- Increased appetite
Decreased constipation
- It allows me to sleep through the night. Do not feel it is habit forming as with an Opioid. I do not use it daily.
- taken the edge off of my depression, my energy and the pain but it hasn't done as much as I gave it credit for, I was disillusioned
- 40-50% reduction in chronic pain
- It does help with the numbness, pain and tingling that I experience. Nothing else seems to make as much difference to that.
- distracts from pain sometimes
- It has helped to lesson my back pain.
- because I have epilepsy, the dispensary never gave me the [HIGH THC PRODUCT] product which I believe has the most pain reliever.
I lost my engineering job and therefore cannot afford the product.
- some pain relief. Anxiety relief.
- some relaxation
- It has helped me emotionally get through the day when I have pain. CBD helps my inflammation.
- I didn't like how I felt. I used [MANUFACTURER] and they only offer one strain, which didn't work for me. I have thought of trying [MANUFACTURER], but do not feel comfortable traveling downtown. I live in northwest suburbs. It did help some with pain, but didn't like the high feeling.
- Minimized leg cramps.
Helps with daily pain but wish it worked better for how expensive it is.
- Can sleep better
sometimes may take the edge off of the pain but having trouble inhaling it.
- slight reduction in pain--but I need to try other options or methods with the medical cannabis--appointment tomorrow to discuss other options besides the starter pack
- better sleep muscles are more relaxed.
- Helped with some pain
- I can fall asleep better, doesn't go to the pain very quickly..
- Still working on getting the correct dose amount.
- Searching for an option without the use of opioids.
- Better sleep
- A little less pain. (But some constipation.)
- The survey I just answered explained this because I've only been taking it at night, due to that it's hard to answer these questions. Plus, over the holidays the methods are hard

to use for traveling for me. The scale on the syringe is so small I can't read it. Have to have help with reading it.

- My RA Pain is 80 percent gone.
Other aches and pains are gone. I am so thankful for this program.
- The vaporizer has increased by ability to relax and fall asleep, something I struggled with a great deal due to pain. I have not found the other methods helpful. I do not feel it helps my pain, but simply makes me think about it less?
- Mild pain relief.

Score of 4

- Improved sleep.
Relaxation.
Pain management.
- Some improved sleep, perhaps a bit decreased pain
- Sleep, tolerance to pain, ability of movement, gastro relief
- Less anxiety, improved appetite, less nausea, better sleep
- some taken with pain pills
- headaches less intense
all muscles are looser so I can now start to exercise and do some stretching
sleep is better
- Help with sleep, help with daytime pain
- I am able to enjoy my family again, in 2-3 hr sessions before I am all wiped out.
I am able to read for a book club that meets once a month.
I am able to create some greeting cards again, and show others.
- Assists in helping sleep at night. Helps during day as an addition to regular pain meds for pain during day and evenings.
- Some pain relief
- a lessening of the 24/7 burning and irritation of the neuropathy
- A reduction in pain and improved sleep.
- To have a calming effect
- It has reduced some of the pain.
- helps lower some of the pain I am in.
anxiety from pain
still in trail period of this.. wish there was more help with what exactly I should be trying for results. feel overwhelmed a bit on how to consume based on my conditions.
- Helps me get to sleep at night or back to sleep.
- When using the cannabis with 1:1 [CBD:THC] ratio, allows me to sit, stand, walk for a greater period of time (2 hours compared to 10 ratio minutes prior to using the medical cannabis program)

- The higher THC cannabis is recommended for my pain. It has been hard to find correct dosage between help or being kind of 'out of it' I'm cautiously optimistic that I'm beginning to feel effects , reduced pain, not that I have the dosing correct
- Pain
- pain
- Slept through entire night, pain doesn't wake me up as much.
- Sleep better Putting on some weight
- some decrease in pain symptoms
- nerve pain is better, sleep has somewhat improved,
- My pain is less or different. For instance, the pain from the neuropathy in my feet is changed. It is hard to describe. It is still there but manifests itself differently
- Helped by giving me some numbing relief in my high pain level from degenerative disks in upper and lower back.
- Pain relief
- Sleep better calms stomach eat better
- 1. Relieve the pain- nerve damage
- I can have no pain for awhile. Sleep better.
- My mobility is a little better.
- Increased appetite, easier to sleep
- I can walk a little bit more
- Decreased muscle spasms. Some general pain relief. Easier to relax.
- Not able to use it every day because I'm working
Less spasms
- High THC products help greatly with pain management; it's easier to ignore/forget the pain and peripheral neuropathy symptoms. Better than oxycodone, in my opinion. High CBD products may help me with reducing inflammation, but I think the dose needs to be higher than what I have been taking. Cost is an obstacle and I would prefer to use plant material rather than extracts.
- noticeable reduction in pain
occasional improvement in engaging in some normal activities
- less pain
- less pain, less muscle spasms, less depression, less anxiety
- The [HIGH CBD PRODUCT] product that I am using seems to reduce the number of body/leg spasms that I experience during the night. The THC product alleviates the vice like feeling that I have with my muscles.
- when the pain gets bad it takes the edge off. My sleep has been better since starting the program.
- Pain relief from my very severe facial injury. & multiple surgeries. I have less pain when talking, eating. Helps relieve the pain that comes on for no reason during the day. Helps relieve pain after sleeping on side of face on pillow. It's helping me regain weight & more uninterrupted sleep. Which makes for a better day.

- Some pain relief - though not consistent
Some help getting to sleep - though not consistent
- Decreases muscle spasms, rescue drug
- Less arthritis pain
Able to concentrate better
Enjoy playing cards more
- Better pain control
- Reduction of pain, memory improvement, small motor skill improvement
- can accomplish more
- better quality of sleep
- Has helped lower my pain to a level where I can actually get up and get dressed for portions of most days. My pain and migraines are still chronic, however the marijuana helps me feel as though I'm getting back small pieces of my life again. It's also helped my depression and anxiety and seems to help me sleep better. I'd previously tried absolutely EVERYTHING and had found no relief, so the improvements I'm getting from this seem like a miracle!
- less severe facial pain.
less anxiety.
- The intensity of my headaches has been reduced by 50% most days. I am sleeping better and have much less nausea.
- Less pain in back
It got rid of severe back pain
- Pain relieve with a better mood and more motivation
- less pain during the day.
- Helped with pain
Sleeping better
Helped with anxiety
less partial seizures
- Pain relief and stops spasms. Less anxiety. Increased sleep and appetite. Find the products in CO (where my old medical card is from) to be much more effective and gives patients a larger number of possibilities because more products are medically used and available.
- I have had trouble with side effects so have rarely used cannabis. However, I recently fell and have a spasming back. Nothing worked to stop the spasming pain so I used the cannabis product and this made a significant improvement.
- Less pain, with non thc formula, less anxiety.
- Sleep by far. Some pain but still too early to tell to what degree.
- Decreased pain and anxiety - lower stress
- Less joint pain
- less pain, more sleep, able to be up longer
- I have been in less pain at least for a time verses no break at all from it in the past.
I have been much more focused, clarity of thoughts and intentions are more positive in

an introspective way!:)

Internal health benefits.

It's giving me the ability to stay on task and helped me lose weight.

I've rediscovered many of my senses; taste, smells, mood, heightened awareness,

Nearly no side effects

Hope

Strength

- Pain generally reduced. If I have zero pain meds of any kind, my pain level is a 7-8. With Narcotics pain reduces to 3-4. With Med Cann pain is at a 5-6.
- Being able to sleep at night
- Still figuring it out now.
- improved mood. pain is lessened
- Reduction of pain from fibromyalgia
- Improved sleep
- Muscles are less tight so movement is less painful
- At first, when I began using the medical cannabis for pain, I Definitely noticed a Drastic Relief in my pain levels - that was So Wonderful - I was So Hopeful. Then, unfortunately, after the first week of using the cannabis regularly, the efficacy for the pain relief I had been receiving began to steadily wane..., to the point of no noticeable pain relief at all within a 6 to 8 week period - even though I carefully "upped" the dosage and the frequency of dosing, etc... I'm so disheartened..., but I know others with the same type of pain that I have that are experiencing and sustaining far better pain relief.
- Nausea vomiting anxiety depression
- Less pain; much better sleeping. This in 2 months of use
- Muscle spasms - low back, nausea, pain
- Better sleep
- Feeling of well being
- a Little Less pain
- i have not been able to take it much so I dont honestly know the benefits yet
- Pain relief.
- Relief pain
- 1) Less pain
- 2) Able to decrease dose of Clonazepam, a Benzodiazepine.
- 3) Better sleep (I wake up less often during sleep)
- Improved sleep which helps manage intractable pain.
- Reduced headaches, which helps manage the intractable facial pain that I experience.
- Reduction of neuropathic pain
- the night time ([HIGH THC PRODUCT] oral susp, 120ml) allowed me to fall asleep quicker and stay asleep longer.
- Lowered anxiety
- Some pain relief giving me the ability to get off other pain meds thereby being more alert.

- Less muscle spasms, helps with anxiety attacks, helps pain slightly.
- Some help controlling neuropathy pain.
- Better sleep which is beneficial with fibromialgia.
Pain is not totally relieved but I think I am better able to focus on other things.
- Less spine pain when moving
- pain reduction,spasm reduction, appetite increase.
- Helps with my anxiety caused by my chronic pain.
Helps with appetite.
- Gotten off some medications and tapering off others now with some withdrawal relief also.
Some anxiety relief
- Less pain.
- Less dizziness than taking some other pain drugs.
Don't have to take as much other pain meds.
 - sleep benefits- evening benefits
 - I am able to stay in bed all night. I do wake up and have to move around but I can return to bed and go to sleep again. Also, my sleep is more restful.
 - Lessening of most pain.
Able to be more mobile.
Some benefit to sleep quality.
 - I am now able to sleep all night without waking up in pain.
 - Sleep has improved, but my chronic pain shows very little daily improvement.
 - I have less muscle pain. I have reduced nerve pain, also reduced anxiety and stress.
 - Some pain relief
Eases anxiety
 - did not see to many benifits
 - It helps the severity of the pain I feel 24/7
 - sometimes it worked for pain which was very helpful to me
I opted for the oils which I feel was a good choice for me. I could remember to take my does that way, but I would not have remembered to take a pill.
 - Pain reduction.
Calming.
 - My sleep has improved significantly. It has also helped me to manage my pain and made me less anxious overall.
 - Calming effect
A little reduction in neuropathic pain.
 - Less pain
Relief from pain
 - Less pain, fewer muscle spasms
 - Takes the edge off my pain but does not cover it.
 - Decreased pain.

- I'm finally able to sleep few hours due canbabis
It also has helped with irritable bowel some
Helps with nausea
- Has some what help with chronic pain
 - sleep better
 - Decrease in body pain, headache relief, help sleeping
 - Some pain relief although I had better relief with pain meds.
 - I use the pen primarily at night. Quiets the pinching, burning in my pelvis and has allowed me a full night sleep most nights. The high cannibinoids during the day help with the chronic inflammation
 - less diarrhea, calmer stomach, better sleep
 - Less awareness of my pain.
 - Reduced pain for a period
Somewhat increased ability to do household tasks for short periods
 - Pain relief
 - I have neuropathy in my feet which create pins and needle sensations and burning feet. The cannabis helps some and after taking this I start having some relief. The cannabis has helped some with my fibromyalgia pain.
 - When I can afford the supplement I find I sleep a bit better.
 - higher pain threshhold
faster recovery after pain excaberation
 - The medical cannabis helps some but is not strong enough OR the prescribed amount isn't enough to dull the pain. Higher dosage or more needed at a time?
 - Less pain
 - It's helping me deal with the horrible pain that I have. It also seems to help with the fatigue that I have as well.

Score of 5

- Big reduction in average pain levels on a consistent and daily basis.
A method to reduce break-through pain that works very quickly and without major side effects.
Pain reduction and control without side effects from either the drug's active ingredient or inactive ingredients.
Not having to worry that an inactive ingredient in my medication is causing me further symptoms or an allergic reaction (because there are generally only 1-2 ingredients in the products I use).
- Pain relief
- It's helped my stomach pain. Headaches a little My speech.
- It has helped with pain (THC), reduction of inflammation of intestine (CBD)

- Not so tired
Takes some of the pain away
No side affects
- Better appetite, better sleep, less anxiety, less pain
- i had constant pain before, now it is less intensive and some less.
- Helped my pain a lot
On methadone and have been going down on my daily intake of methadone- 25 in the last 2 months
- has reduced my pain level
less other medication
- It gives me a better personality to get along with others, it takes some of the edge off my pain, it allows me to sit in a recliner for a couple of hours which I could not do before
- decrease in abdominal craps-ulcerative colitis
decrease in anxiety
better quality sleep
- Getting good sleep after years of insomnia
Less medications taken
Instant relief from vaping oil
- I find relief for my pain in my knee, hip, wrist, and elbow. All of which need surgery that I cannot afford.
- Reduced pain
Reduced anxiety
Better sleep
- Sleep. Pain
- Less pain, less stiffness, better sleep
- Made me a little more relaxed
- less pain
- Sleep was a lot better and the pain relief was a little better. Seemed to make me a little tired.
- releif of back pain
- Was at a disadvantage cause pen never worked. Need to exchange.
- less pain when i wake up from sleeping standing working sitting it slows my muscle spasms
- Less pain, more energy, improved mood
- more active, less pain, stopped all pain meds
- Pain relief
Focus
- Pain lessened, appetite improvement, spasms less obtrusive, less nausea and vomiting, better sleep, better mood
- Able to eat more. Helps reduce anxiety. Helps to reduce the internal tremor I had been experiencing. Kinda reduces pain, however I would need to use higher levels of THC to get better results and don't want the "high" effect.

- I haven't started the daily regimen yet b/c even if it's effective, I won't be able to afford the monthly payment. The spray-under-the-tongue form for emergency use takes the edge off my pain, but doesn't eliminate pain.
- Muscles and joints do not hurt as bad.
Sleeping better
- Decreased pain
Improved sleep
Decreased anxiety (I was not specifically seeking that benefit, but it is a welcome effect)
- lesser degree of pain when taken
- Got me off other medications, Tramadol ,Methocarbamol, Cymbalta, working on lowering my Lyrica,
More alert during the day on Cannabis than when on my old meds
Starting to feel better, side effects are subsiding finally after a few months
- I am sleeping better and longer with the introduction of medical cannabis --capsules. I use the vape during the day. I am still trying to get a better sense of the vape related to how often, it's reaction with other pain and what is realistic to expect
- I've been able to get off addictive and harmful prescription medications.
Less pressure/pain in my head
Less overall pain (sore muscles and joints)
- less pain
- Less pain Less bowel trouble less chance of over dose
- Less pain. More movement. More energy. Less headaches.
- Less pain in back and legs.
- Reduction in pain, excellent sleep, minor reduction in anxiety.
- It helps a lot with my pain, some with my head aches, & I do sleep better too.
- Ability to sleep more hours at night.
Some pain relief--still in process of discerning proper dosage and strength
- 1. Pain control
2.Sleep
- × Less muscle spasms.
* Not so worried about the way I walk because of my hips and back.
* Able to relax
- the pain is nearly gone, walk just a little bit than before, move around, my life is still limited but it has gotten better.
- Peak pain is quickly eliminated. Vape,. capsules, bulk oil.
- Fibromyalgia pain has been helped
- Less pain, better sleep
- reduced pain level
- less muscle spasm's- spasm's are less in intensity -
- Better sleep and less pain
- pain level was substantially lowered but not as good as oxycodone

- Able to sleep more than 2 hrs a night.
Fewer muscle spasms
- sleep better - muscles relaxed & less anxiety about pain
- Sleeping. Some pain relief. Better movement.
- 1) greatly reduced the amount of opiate medication I am taking and working towards complete elimination.
2) better control of pain overall.
3) mood and clarity have improved with far less medications
4) better sleep
5) helps with anxiety and depression
As a side note I am also dealing with a new injury to my back. The medical cannabis has helped manage the increase of pain with out an increase of other pain management.
- Taking the edge off of Headaches I get daily
Help with sleep
- Safer way for pain management, helps with nausea, better quality of sleep
- It is helping control .the intensity of the episodes. It also helps me fall asleep and stay asleep.
- It cuts down my pain considerably
- reduced pain, better sleep
- rare optic nerve migrains
- Less pain
Able to cut back on other medications
- Helped with nerve pain
- Sleeping
- Relaxation & sleep
Chronic pain relief
- The medical cannabis has helped a great deal with the stomach discomfort I have due to panceatitis
- Pain relief
- It relieves the headaches I get.
- some sleep less pain
- Sleep better and less pain
- My very day life has improved, missed less work.
- pain releif sleep good quality sleep
- Reduced anxiety, better sleep, aids in headache relief.
- Less pain, less restlessness when receiving dialysis. Some increase in appetite.
- It helps my body relax its a wonderful feeling
- Sleeping,being able to relax..pain is calm.....but flower form would be a hell of a lot better
- Medical cannabis is the only drug that we've found to reduce the pain my Mom experiences from Burning Mouth Syndrome, which she has been suffering from for eight years.

- pain relief
better sleep
- Less pain
more mobility
- Pain relief
Take less gabapentin and no muscle relaxers
Sleep better
Less migraines
- more calm
- reduced my pain better than opioid medication that I was previously on.
- 1. more initiative to do things like social activities and household chores.
2. Less worry about pain if i do something
3. More spontaneity as opposed to having to plan things out to minimize pain
4. Better sleep
- Sleep better due to good pain relief.
Easier to get threw day when I can forget about all my pain.
- -chronic pain relief from psoriatic arthritis, osteo and rheumetoid
-deeper sleep
-no more flurry of thought at 3am...
- Less over all pain.
- Helps çreduce migraine pain from 8-9 to 6-7 also helps fibromyalgia pain, anxieties, and arthritic pain
- Less pain and stress
- Being able to reduce the amount of perscription drugs taken daily.
More mood stabilty.
Pain reduction
- I takes the pain away and helps with my anxiety wich helps my schizophrenia
- Less pain, better sleep.
- My abdominal pain causes problems releasing my bladder, among other things. This problem has bothered me less during the last 6-8 weeks. I still have significant pain issues and sleep problems. Hopefully they will work out in time. It took a few months for the bladder reflex to become more normal.
- Pain goes down Now
- Nausea
Vomiting
Nerve pain
Appetite
- Spasm relief
Pain relief
Vaporizers worked great, oral product was too weak
- Much better sleep, some pain relief, some increase in calm
- Sense of wellbeing, less anxiety, less pain

- Night time pain has often been lessened, allowing me to sleep more normally
- calmer, not as depressed, need less pain med.
- I am getting enough sleep for the first time since about 2011. My absence seizures have gone from 3-4 a day to almost 0. It also has lessened the severity of grand mal seizures. The recovery time after has gone from around 12 hours to around 4.
- taken pain medicine less, instead of 3 -4 times a day to now 2 times a day. Its definitely a money maker they say take 3 - 4 puffs each time and sooner or later you want more puffs this is where your going to need more product.
also I sleep through the whole night when i use to wake 3-4 times a night, so th more puffs the more you need to refill your prescription..
- Less pain, Better sleep, better appetite.
- Lowers the pain. I can move better but can't drive while talking the medicine.
- Less pain and less twisting of the neck
Less muscle spasms
Less anxiety
- Nausea and vomiting has vastly improved. Anxiety and sleep had improved slightly, and it's not doing a whole lot for pain with the dosage I can afford. Both of our cars broke down last month, costing us nearly \$1,000 we do not have. I have needed a refill for almost a month, but I can't afford it now. We barely have money to eat.
- Better sleep
- This program has opened up a world for me I thought I lost.
I started on this just a few short months ago and am totally off my narco's and nicatin. I also have had less spasms and cramping through out my body. I even chanced getting on a motorcycle and going for a short ride with a friend before it snowed. Thought never do that again. It has also helped me gain weight. and silence some demons in my head from my PTSD. So, thank you. Now all I ask is make it affordable to stay on.
- I am taking less opiate pain medication. I sleep a little better.
- I can sleep through the night when I take the medical cannabis.
- The pills going into the [BALANCED THC:CBD PRODUCT] range are almost as good as morphine for back and shoulder pain; however, they do nothing for my pudental (sp?) pain; now that I'm almost weaned off the morphine, my butt and my all the areas around my rectum and vagina hurt most of the time. And the doctor doesn't give me enough Hydrocodone to get through the month comfortably, and that's a problem. If I could afford to buy the pills with little or no THC, I think they might help, but I can't. The [VERY HIGH THC PRODUCT] vaporizer is helpful at night, but it makes me goofy so I can't take it during the day if I'm trying to accomplish something.
- Less pain. Less servire, contorksiions.
- Helps me sleep
- A lessening in pain and anxiety
- Less pain
- quality of life
lower pain and pain control

- My muscle spasms almost disappear and I can sleep more than 4 hours
- Less pain
Sleep Better
- easing pain , sleep aid, stress relief
- Helps me forget about pain
Muscle relaxation
- Pain reduction
- Some pain management, improved sleep, anti nausea, replaced muscle relaxers, relief of constipation, decreased anxiety
- Reduce in pain
- An overall sense of feeling better, recovered quicker after my Botox injections, normally feel very sick (flu symptoms) for a few weeks, less anxiety, more moments of being able to hold my head in a normal position
- Helps my muscle spasms and cramps alot from the fibromyalgia
- Has reduced my fibromyalgia pain by 50%
- My migraines have lessened in frequency and severity.
- I use mine when pain is high, and it calms my body down and helps me to sleep better. When I am home I am able to take it for pain and it helps. calming, muscle relaxation, Pain relief. I amunable to take it daily as it make it difficult for me to concentrate and makes me sleepy.
- Able to sleep with out constant waking from pain.
A lot more even temperament.
More rested.
- Better pain control
Decreased nausea
Improved appetite
- Less pain.
- helped me cut down on amount of opiate pain medications
- Better sleep
Reduction of pain post-activity
- relieve pain and decrease nerve pain
- Helps decrease pain.
Helps me sleep.
Helps my anxiety.
Helps my appetite.
- I fine the results for pain are ok but I get real good results for my PTSD
- Pain reduction; anxiety reduction.
- It helps with pain disconnect and sleep
- Decreased pain
Better sleep
Happier

Decreased nausea

Weight gain

- A reduction in pain resulting in less insomnia. Increased appetite and less overall nausea leading to increased weight.
- I have less pain in my shoulder joint, but more pain in the upper arm muscle, on the right side of my body.
(Both shoulder joints have less pain).
- It relaxes me
It takes some of the pain away, but not all, not even close
I'm taking it for my back but it helps take the strain off my neck, it relaxes me but it doesn't take away the pain in the back. Hydrocodone works better and it's way cheaper.
- Helps me sleep better!
- Pain relief
Relaxed muscles
Less anxiety
Less depression
- Pain Relief
- Sleep, relief pain
- better sleep , more of an appetite and a better sense of calm
- Ability to reduce my oxycodone usage that I use for chronic pain
- 1. Less overall pain
2. Higher quality of sleep
3. Less stress
- No hip impingement pain, not as many muscle spasms, significant relief in anxiety, less insomnia, more noble and able to get out and be active, less headaches, at times can take edge off my back in combination with other treatment.
- I need more time to see if it works, used right I think it will help.
- I can sleep better at night. I am able to stand longer, walk longer and I generally feel calmer. My blood pressure has gone down. I experience less pain overall.
- I get some relief from my chronic back pain
- 1. It helps to decrease my pain.
- reduced total daily pain medication by initial 30% (from 60+ mg down to about 40mg) with goal of continuing further reduction; provides calm mood with better ability to relax and go to sleep
- able to sleep, pain relief
- The cannabis is extremely helpful when I use it, but it's not something I use when I operate a vehicle, therefore I'm limited as to WHEN I can use it.
- reduced pain
- Take away the pain intense. Sleep improve. Depression improved. Anxiety improved. Able to visit with people and socialize with others in stores (big step). Just my overall life has changed for the better . I am able to go out of my home and feel good. I am no longer afraid of people but welcome to be in crowds(big step). I don't feel doped up just

nice and relaxed and able to deal with things in a rational manner. It has improved my life a great deal. I haven't had any back spasms since I have been on the cannabis and it's wonderful.

- less pain and went from 40 mg to 5mg of oxycodone per day, not sure but maybe helping depression starting to cut back on these meds
- less nausea, better sleep, less pain
- Reduced anxiety, pain level decrease, don't have to rely on opiates
- It has helped a great deal with pain,nausea,anxiety & better quality of sleep.
- Within 24 hours of taking two puffs, patient was able to lift her legs and move them much easier. She could actually feel her legs and they didn't seem as heavy or dead (her words).
- pain relief
less anxious
- Reduction in pain
- Less pain
- Relaxation, no nausea from my anti rejection drugs
- Reduced pain
Reduced inflammation
Reduced spasm
Reduced sticking of hands
Reduced ptsd anxiety
- Pain, aching muscles, lower stress levels
- I no longer have to take laxatives and stool softeners. The first benefit I noticed was the break through neuropathy pain in my feet wasn't happening anymore. No burning or needle pain in my feet at all. I also sleep better.
- find that it helps decrease severity of my migraines
- using less oxy(pain med) & sleeping much better. No after effects from using medical cannabis in the A.M.
- Pain relief- it's unbelievable, I had no idea this could do this!
Sleep improvement, overall everything is better
- Better sleep. Helps me calm down in time of high anxiety. Dulls the awareness of the pain.
- I am much more relaxed and able to sleep at night Because of using less oxycodone I am less shaky
- allows me to live with the pain
helps me with my depression
- I'm able to stay on my feet longer.
I feel so much better
- Pain, anxiety, decreased nausea
- The most important is that I am getting some sleep. Previously, I would wake 5-6 times a night because of pain. Now I wake once or twice.
- eliminate pain

- less pain
less spasticity
- reduced anxiety
helping w/sleep
- Sleep is significantly improved. I have stopped taking Ambien after 7 years of constant use. Pain is improved. There have been a few times where I couldn't get my spinal and leg pain under control and had to use small doses of pain pills, but usually the cannabis will work.
- 1) My attitude about the pain changes to a more positive outlook.
2) My chronic Nausea is under control.
3) I sleep better.
- helps me sleep at night,
relieves pain,
gives me better balance and energizes me.
- Less pain and inflammation more energy my joints feel
Better from the rhumetoid arthritis and scleroderma

Score of 6

- It help calm me down and dulls the pain. It also helps me want to eat.
- Relaxes my muscles helps pain
- Relief to pursue normal activites
- Reduction of symptoms, including pain.
- In need a lot less percacet. Instead of every 4 hours, sometimes I can go 5-6 and none at night anymore. Goal is to stop narcotics. It it will take much longer because the oil for the vaporizer is WAY to expensive. If the cannibis came in leaf and bud it would be affordable to replace the Percacet completely.
- Pain relief, anxiety relief
- Ability to sleep 9 hours instead of 4-6 without it(that alone is huge)!
Helps with appetite- hungry at 10am instead of 4pm.
My pain levels are high. So has been my tolerance to most pain meds. Capsules helped. Vape pen was instant relief but short. Tincture was fantastic, amazing, gave me my life back. But, I cannot afford it...
- Pain control, sleep, flexibility, mood, appetite
- It's helped a great deal with dealing with symptoms of dumping syndrome
I'm sleeping better
I'm less irritable
- It helped a lot with my stomach, my colonaria
My bowel movements became regular
I also have post-traumatic syndrome and it works really good with that- it helps me sleep
I really believe in the program
- less pain, less inflammation, more energy

- Decreased flare ups in pain
Increased mood
Better sleep
- some pain relief
- Less pain, less stress, is a perfect alternative to opioids all the time.
- Decreased pain, decreased number of migraines
- Getting much better sleep at night, 6hours without waking. I have not taken any narcotics for pain since starting cannabis. I used to take massive doses of Vicodin daily.
- Reduces the pain
Knocks down her anxiety
- I have more energy because I am NOT hurting all the time. I used to go to bed with pain, wake up with pain and have pain throughout the day. I still have pain but it's more tolerable. I don't get up everyday dreading how bad is my day going to be.
- Reduced pain, helps with sleep
- Less Pain while on the cannabis. Better sleep. Less Anxiety.
- Headache relief
Tension reduction
Shoulder pain relief
- It helps decrease my pain, helps me to relax more so that all of my muscles can get more of a "release" from being tight all the time which helps decrease my pain as well. Doesn't give me the bad side effects that some of the other medicine I was taking gave me.
- Helps with aches and some pain.
- Reduction in pain level
- Sold
- Reduced pain
Reduced migraines
- Less pain, greater enjoyment in life as a result of the lessened pain
My quality of life has been greatly improved, ability to move more freely and Get more of my daily activities done.
- I've felt a small amount of relief caused by cronic back pain. I'm also battling prostate cancer. I'm under going hormone therapy, lupron injections. The side effects are very intense. Medical cannabis has been a big help with constant hot flashes, anxiety, headaches, etc. Also I just started radiation therapy witch deprives me of energy. This also helps me become a bit more energized.
- Take care of my back pain and knees
- Less Pain
Lower Anxiety
- a lot less pain in the stomach area.
- For the first time in 17 years, there have been some moments in my day when I can say I am not in pain. It is not perfect but it beats the 30 other treatments I have tried.

- muscle relaxing
reduced spasms
appetite
mood enhanced
- I signed up specifically because I was only sleeping 4 hours per night because of pain. I now sleep much better, sometimes up to 6+ hours. This makes a big difference to me.
- Improves anxiety disorder symptoms.
Improves joint pain.
Helps to relieve PTSD symptoms.
- It has helped moderate the increasing pain I have every afternoon on into evening and has helped me sleep better.
- Inflammation reduction
Pain relief
- has helped with neck/back pain and decrease muscle spasm....also sleep has improved
- Decrease in pain , not having the side effects from Opiates , helps with Muscle spasm , feel more hopeful , improved mood.
- Much more flexible in moving around
reduces my inflammation - helps with my arthritis
Can walk up steps verses crawling
Getting back a sense of humor
- The first day I used the medication I had an immediate reduction in my overall level of pain. The chronic neuralgia that plagued me has lessened dramatically. This has changed my daily life for the better and increased my mobility and my productivity.
My anxiety level has dropped overall and I have been able to cut my anxiety medications in half.
- I have been sleeping better and have decreased my use of sleep-inducing medications. I am also in the process of cutting back on Ambien.
- pain relief, muscle spasm relief, helps sleep, utilize other medications less, helps nausea, PTSD and depression
- Taking way less prescribed pain pills, helps with lessen my anxiety, and I have noticed I am having fewer headaches
- Less back pain
Allows me to do more of my day to day activities
- Smoking the bud itself works better for my pain, but the [VERY HIGH THC PRODUCT] capsules did help with my sleeping. I was able to sleep more than a couple of hour, then up for to 2 to 3 days. I have been able to sleep more than I have in since 2008!!
- Immediate pain relief, sustained pain relief, ease of falling asleep, ease of staying asleep, nonaddictive, mood enhancement, muscle relaxation.
- I had a pain level 8 pain in my right shoulder due to a double tear in my shoulder.
After taking the lowest level [HIGH THC PRODUCT] cap my shoulder pain is completely gone.
My back is another matter that I am still experimenting with [VERY HIGH THC

PRODUCTS] plus my puff pipe and I believe I am making some headway but still have an ongoing spine& muscle pain. It seems the caps I take create some mind confusion as I try to cope with their effects but I have to keep looking for the right combination.

- Decreased cramping, flaring and trips to the bathroom due to crohns disease and malabsorption, I am able to go places for more than an hour without having to worry about where the restroom is. It's helped reduce my anxiety, which helps my gut as well as my chronic pain and constantly spasmed low back muscles. It hasn't helped my chronic pain as much as i was hoping but i have 38 medical issues so it's hard to tell and my body requires way more medication than a normal person who isn't constantly dying in pain and suffering every day like I am because Drs. don't believe me until they see my discolored skin on my back from living every minute of the last 4 years on a heating pad!! I love how open and honest i can be with my pharmacist, because i don't feel like I'm on trial and have to prove how much hell I have been living in for the last 10 years!!
- While making my pain tolerable is awesome, it has proven to help my issues with ptsd a lot. My wife told me that it is a world of difference.
- Pain relief without major side effects
 - Better sleep
 - Less anxiety
 - Less inflammation
 - Better mobility
 - Better asthma control
- I experience constant back pain, medical cannabis alleviates a great deal of my pain. More than any medication I've taken before.
- Migrains cut down by 90%,spine pain down,and a good feeling for the future
- calmed nerous system
 - better sleep
- Helps me treat chronic back pain, stress and anxiety, muscle spasms, nausea and with rest.
- Helps to ease chronic back pain and pain do to arthritis and it is legal.
- Reduced pain in hips and other joints. No more restless leg syndrome. Sound sleep for the entire night.
- Less pain. A lot less anxiety from the pain.
- Decreased pain, decreased gastrointestinal problems
- I'm actually able to sleep better. I normally didn't get much sleep due to pain. Less muscle spasms also.
- Pain relief, anxiety relief, insomnia relief. General feeling of well being. Depression relief.
- Little to no pain in legs. Prior to the medical Cannabis
- Less Pain, more social, more active, etc
- Less severe pain
 - Less muscle spasms

Better sleep

Less tense

Able to concentrate

- Greatly improved sleep, appetite has improved, helps with some of the pain.
- relieves pain in eyes, back,
stress reduction
- My muscle spasms are not has painful
I sleep better
- Less of other medications, discreet and easy not to forget , long lasting results, appetite has increased tremendously. Overall it's helped me a lot .
- i was finaly able to have somewhat of a normal life, with a majority of my pain manageable, and i didnt have to take so many opioids that i never wanted to take to begin with, i could concentrate, i was able to take short walks, and i was able to a c tually sleep a whole night
- Pain relief and greatly decreased anxiety
- Reduced my opioid consumption
Reduced the muscle pain throughout the day
Reduced the nerve pain
- Using the medical marijuana helps decrease headache pain
- Less joint pain and I'm sleeping better
- I am not in pain all the time. The cannabis helps to ease the pain about 40% better
- Major decreased neck spasms
Comfort.
Sleep well
- reduced pain
improved sleep
50% less opioids (and still reducing)
- Better Sleep
Better Appetite
- able to sleep and get relief during the day from chronic pain
- Less pain/better apatite/general better mood/ ease tier to sleep.
- Diminished pain in my feet.
- Great Pain relief and unbelievable relief from PTSD sleep anxiety
- Increased tolerance to the pain
- less pain, less anxiety.
- Being able to sleep. Walking with little pain.
- I have been working on slowly weening off opiod drugs.It has been helping me to the goal of being free of prescription drugs for pain.
- The biggest benefit is sleeping better. Pain used to prevent me from a good night's sleep. Without proper sleep i was crabby during the day and didn't handle work and home issues as well as i would have liked. I think being crabby also made the pain

worse. I just feel better all the time now. The pain is significantly less than before cannabis medicine was used.

- Off 4 medications, no side effects at all. No migraine anymore.
- Drastic reduction in pain.
- Helps with anxiety that I have along with my pain. I am grateful for the NSAID benefit without stomach upset. Tapering down from the opioids was much easier with marijuana, too.
- Pain relief
 - Reduction in need for opioid
 - Improved social life
 - Muscle relaxant
 - May be helping a bit with depression and anxiety
 - Less stigma than opioid med and fewer negative side effects!
- I haven't been to my Dr. for pain related issues since I began using medical cannabis
- I have been able to recover much of my usefulness. I can participate in most activities and enjoy them. I have started an exercise program to regain the strength that I have lost through inactivity.
- Pain Relief
 - Better Sleep
- Pain Relief and dramatic cut in Meds.
- Better Sleep
 - Pain is more tolerable
 - Able to get out more than before
- It's helped a great deal with pain and anxiety
- Less soreness and tightness around my joints in general.
- Nausea has let up a bit, pain in stomach is still there but not as bad.
- Pain relief in multiple areas of my body
- Pain relief. Being able to sleep through the night, thats huge!!
- Less meds with harder side effects
 - Less discomfort
- Less pain
 - No opioids, no pain medicine
 - Got appetite back
- Less back pain, arthritis feels better, appetite is good and I sleep good.
- Migraines do not come as frequent, also lengths are less
- Less pain
- The medicine helps ease my pain on bad days
- Many,can' afford the price. I would still be using it if I could afford it.
- I wrote out a very long letter and your time out thing on the compuer kicked it out so im sending it to you
- Greatly diminished spasms in my neck & throat. Complete relief from severe anxiety that I suffered from daily.

- Decrease in pain
Decrease in other meds
- Pain relief
Depression relief
Anxiety relief
- reduction in pain
better mood
easier to do activities of daily living
- pain relief, improved sleep
- has eased my muscle spasms and cramping. Has helped my visual issues. Has helped me to maintain healthy weight. Have been able to sleep much better and have cut other pain prescriptions way back. Seems to take pain away enough that I have been more active and am able to function on household tasks to a some what normal level. my brain seems to be working better as well i.e concentration/focusing and remembering.
- Able to sleep, generally less pain and stiffness
- pain management
pain relief
relief from stress caused by pain
- The cannabis has reduced my constant headache from a 10 to a 4. I still have 24 hour headache but it is more manageable now.
- Pain reduction, help sleeping, which was a problem, anxiety
- 1. I can play with my daughter without needing breaks or not being able to at all. 2. I can go to school/work because I can be on my feet without needing to rest every hour or more. 3. I can sleep through the night! 4. I can take my daughter to the zoo or park etc without worrying about if I'll be able to get through it without needing breaks. 5. I can get right up when I wake up without needing an hour or more to get the energy to move. 6. My anxiety has been better, so my life is overall easier to manage 7. It helps with my ovarian cyst pains I get monthly 8. I don't have migraines anymore 9. I can make plans again 10. I'm not nauseous all the time
Honestly, I could keep going and going. The benefits I've experienced are overwhelming. I still have pain, but, it doesn't dictate my life. I feel like I finally have my life back.
- It lowers my pain to a level where I can focus on schoolwork and conversations.
- Lack of pain
Better ability to concentrate
Moving around much more freely
- Been able to fall asleep
- significant decrease in fibromyalgia pain.
- Greatly reduced neuropathy pain.
- Greatly reduced constant pain
- Pain reduction, relief of anxiety, less nausea, improved appetite
- Calms my body and my head; less anxious when I'm not feeling well.

- Pain Management has improved greatly. This has allowed me to assist with progression in my life to lead a healthier life. From the fibromyalgia aspect, it calms the inflammation and burning sensation when I have flair ups. It also helps with the anxiety that comes with chronic pain. This helps so much with staying on top of my pain and allows me to participate in my life, work and personal.
- Reduction of trigeminal pain.
- Reduced pain. Better sleep. Less anxiety.
- Better pain control.
- It has helped with headaches and shortened the time of muscle pain. Last month both of my dogs passed away within 20 days of each other (one of the dogs helped me with anxiety/depression) and I really believe that the medical cannabis has helped me get through this painful time.
- I have had less pain, esp sleeping and sitting
some increase in energy and less fatigue
have reduced pain medication from 4 to 0 per day
not aware of any side effects so far
- takes the sharp edge off my pain from arthritis
I'm sleeping better and for longer
- Allot less spasms in my feet from neuropathy in my feet.
- I don't have to take pain pills as often
I can sleep better
Helps joint pain
Takes the edge off the pain
- Migraine relief, more able to lead a full life, migraine-associated nausea relief,
- mood is better, sleep quality, muscles much more relaxed, have not taken any other pain releavers
- Lidocaine patches did not help only minor on my feet, cannabis has made major difference to feet.
- I sleep with a lot less neuropathy pain at night and during the day I think that the feelings in my feet are more true and I feel more stable.
- Off my other medications including opioids. Helps with nausea and spasms. Family says have much less anxiety.
- It has helped my back spasms. Its just to expensive for me. But it has helped a great deal.
- effective pain relief without being a Narcotic.
- Faster pain reduction.
Fewer side effects
Reduce the amount opioids and other meds taken daily.
- It helps to ease my anxiety, soothing my mind and putting me in a much better mood.It also is easing the pain in my feet due to perifiial neuropoathy.
- less pain better eating
- Quality of life, less pain and no side effects

- Less pain
 - Less discomfort
 - Less muscle relaxers
 - Less opioids
 - Less nsaid
 - Better mood
 - Improved sleep
- - Lift in pain
 - Ability to relax
- Distraction from pain
- The pain is much more tolerable.
 - It has also greatly reduced my symptoms of neuropathy.
- I've been able to do more hip exercises that I couldn't do before.
 - I can stay in a crowded somewhat loud room longer.
 - I've been able to go out to movies without worrying I'll have a seizure due to screen flashing, camera shaking, etc.
- Less pain intensity.
- So far I have been able to take less pain medication, I actually can fall asleep (relax) . I have been able to gain a little weight.
- Relieve migrins
- 1. rapid release of spasticity
 - 2. improvement of quality of life
- Pain reduction
 - The burning nerve pain in my leg that crops up within 5 min of standing, walking and sometimes sitting is totally gone.
- Totally off the opioids and am able to control my pain using the cannabis oil.
- I find it very helpful, it also help relax my stiff mucels.
- Pain relief, better sleep , less anxious
- Pain , sleep, stress , helps my add / ADHD settles me down.
- Less pain able to sleep at night. Able to eat without getting sick. Cut my tramidol in half.
- Pain relief is significant both for back and arthrits. Side benifits have included better sleep and lessened anxiety.
- It reduces pain on bad osteoarthritis days. I have already had two total hip replacements and I can walk again but have discomfort in all body joints from the disease. It helps with pain, sleep, and sometimes mood can be uplifted to a degree. I mostly use it in the afternoon and evening depending on my needs for the day. I am careful as each person can have a different reaction. I like to remain in total control with mental and physical coordination, so I am very careful. I like the vapor vials for this purpose as eating or pill consumption may not give me as much fine tuning, but I have not tried other ways. This is just my calculated guess on the matter and with consul at my appointment.

- Increased sleep and rest
muscle and joint soreness almost gone
Happier in general with positive thoughts and mental well-being
- Not as many muscle spasms
- pain relief, mental at ease, body changes such as lips feel better(not swollen like from pharma medication), ankles swelling gone. reduced muscling "shaking" while maneuvering through the house. My legs used to shake and that would put the fear of falling into my mind. nerve wreacking experience.
- I can sleep almost thru the night.
- Pain relief, better sleep and control of the overwhelming muscle spasms and cramps.
- I've had about a 50% reduction in the pain I normally experience. When I'm able to use enough it helps with the anxiety/panic attacks I've been experiencing.
- Dont have to smoke a whole joint.
- it helps my anxiety, esp. in the car. it helps my depression. and helps with my neuropathy in my feet
- Can get some sleep at night
less pain
- Way less pain than normal. Reduce of information
- Pain wise it is amazing with pain
I still get the high off of it so I can only do it at night and it allows me to sleep a few extra hours but the anxiety just gets worse
- intractable pain relief
- A lot Less Pain. Fewer Headaches. When I do have a headache my migraine meds like Imitrix, etc. work much, much better to get rid of my migraine where as they did not before.
- My mood swings and anxiety due to chronic pain it started to become manageable again so that I can enjoy my eveningS My chronic pain has gotten to a level that I'm able to freely enjoy life again
- I'm able to be more productive in my work because the medical cannabis seems to dull my chronic pain or lets me give it less mental attention. That frees me up!
- Pain relief, improved joint movement.
- Pain Control
- Cannibus has lessened my nerve pain 2. I sleep better
- I can sleep at night because the pain of TN is much less
- has helped alot with pain and every day activities
- More enjoy life
- relax
less muscle spasms
not irritable from painkillers
pain relief
- Pain reduction to manageable levels.

- My pain level in my arms has dropped from 5/10 to 4/10 on a regular basis which is great relief for me!
- pain control, anxiety control, depression control, increased quality of life
- I no longer take high doses of benzos and opioids. I have the bug to "do something" now DAILY , result is a sense of self-worth that I can do more tasks.
I no longer sleep in the day. I have increased appetite and gaining weight I've lost from being so ill.
- Pain relief from neuropathy. Ability to begin tapering of prescription drugs.
- lessens severe pain
- I can sleep better
I can better tolerate pain
My appetite is better when I hurt
I am more socialable acceptable
- immediate migraine pain relief.
- Marked reduction in both inflammation/pain and in anxiety.
- Greatly decreased the need for pain meds.
Reduced strength and frequency of spasms
Allowed for more consecutive hours of sleep
- Sleep is better along with appetite. Pain is manageable without risk of physical dependency and withdrawal. Mood is better. Hope has been restored and that is huge.
- Pain is better controlled and no more narcotics
- 1) It lessens the throbbing pain and shooting pain from my peripheral neuropathy.
2) It also allows me to go to sleep more easily, and to stay asleep for a full night.
- Its not eating my from the inside out as pain pills did. Its doesnt make me moody and I can function with everyday tasks, unlike i could with pain pills
- Better sleep and some improvement in pain management
- 1. My overall pain level is less when I am able to take it regularly
2. I feel more normal than I have in over 10 years.
- Helps my pain and helps me sleep
- Flexibility and sleep
- It lessens my chronic pain
When used at night it helps me sleep
- Inflammatory
Stiffness
- decreased pain
better sleep
decreased stress from the above 2!
- Less daily pain when I can afford cannabis.
- Pain relief
Relief of depression and anxiety
- Pain is less, my legs don't jump at night, I sleep better, anxiety is improved, mood is improved.

- Reduced narcotic use for my arthritis and severe headaches
- It helps to reduce the spasm symptom I get.
I am not taking narcotic pain medication as often
I don't have as much problem with nausea or constipation.
I am not as tired.
- chronic inflammation has been reduced, thereby reducing headaches and chronic pain.
Reduces stress, helps me sleep better at night. When migraines hit, it helps to reduce the symptoms. The cost is high, therefore I need to use it sparingly unfortunately.
- Less painful and less often joint pain.
Better mood.
Better sleep.
Used makeup and curled hair! Somewhat of a social life now, it's nice to see and catch up with old and new friends again!
Cleaned some of the house more deeply after years, boy that felt good.
- no pain
- - Anxiety level decreased
- Allows me to usually fall asleep where as in the past 3 yrs. or so I had great difficulty in falling asleep.
- Takes away my immediate pain
- Soothing of achiness, Relaxation, less cramps, less severe headaches
- Really helped with inflammation of my fibromyalgia. Really helps sleep. Really helped Nausea
- Takes the pain away
- Reduced pain (sciatica) down legs, decreased spasms from buttocks to knee. When used I am able to sleep for more than 15-30 min and it is easier to fall asleep!!!!
I feel less anxiety and less suicidal thoughts.
UNFORTUNATELY I CAN'T AFFORD IT. I had to sell personal property to help pay for it.
So now I have no longer have access to it.
- I sleep longer without interruption from pain.
I move around more during the day and feel much better than before.
- Urgency and frequency
Esophageal spasms
Insomnia
- Less pain and less muscle spasms
- I was able to drop all of my pain meds so I don't have to feel like I am going to throw up all the time have the sweats all the time field dizzy due to being on pain pills. It helps with my pain and is still allowing me to do daily activities
- Better Sleep
Less Pain
Discontinued all pharmacueticals
- Pain relief
- Less pain and inflammation in joints

- Decreased Pain in my legs.
- 1- cut down on pain
2- feel much better
3- sleep better
- Lowering my oxycodone intake
- Seizure control and pain relief
- It has relieved my headaches and given me an appetite.
- Decreased muscle spasms, decreased pain levels, decreased ptsd, increased appetite
- Less pain and cramping, pain in "easy" tasks was lessened
- I have cut down on medications
- Mygrain inflammation pain muscle spasm nausea depression anxiety all better
- I have gone from 3-4 pain pills a day down to 0 pain pills a day
- Makes pain tolerable. It doesn't make me as drowsy and void of energy as prescription pain relievers. If I choose not to use it, I don't have withdrawals versus prescription pain relievers.
- Can get around with little pain..don't have to take as much aspirin or pain killer as much
- helps me sleep better.takes a great edge off my inflammation of my arthritis. it also helps with the steady chronic pain.all that I have listed above has added a greater quality of life than what I used to.
- Less use of opioid pain medication
- Pain relief, mood stabilization, anxiety reduction
- Better sleep - Pain reduced
- lessened the pain taken edge off
makes some days more bearable
helps me sleep
helps with cramps
- Relieves lower back pain and helps me sleep thru the night
- Pain relief, little better sleep,
- less pain and cramping
- Less pain (almost none), possible seizure prevention
- Better sleep, pain reduction, Enhanced calm
- I have experienced a decrease in migraine FREQUENCY from 3-4/week to 1-2/week. The INTENSITY and DURATION of the headaches has improved to the point that if I use the [HIGH THC PRODUCT] (high THC) vaporizer, at the onset of an aura or pain I can abort a headache. If I can't abort the headache, I am using less Fiorinal capsules per each headache incident.
I have CRPS and have completely weaned off methadone. I was taking 5 mg three times/day. I am currently working on a Lyrica taper as I increase the medical cannabis dose.
- Given me a huge help in controlling pain. It's giving me a new outlook on cannabis. I was skeptical at first but have seen first hand that it's no joke! People who know me have

been asking what has changed in my life because I am more outgoing, participating in events, basically have a new outlook on life thanks to it.

- Lessening back pain
- It eases the intractable pain I have from a intestinal issue. I further believe it aids in the reduction of time it takes for my system to "reboot."
- Decreased pain, decreased anxiety.
- I sleep much better. It helps my over active bladder. It relaxes all my muscles as I have anxiety issues. It helps my arthritis pain. I would have to get up every 20 mins all night to urinate so I wasn't sleeping. Now I do. I really need the cannabis so I can have a more normal life.

Score of 7: Great Deal of Benefit

- 1. Significant reduction of opioids & their side effects
- 2. Great for pain relief & management
- 3. Bonus: Helped me quit smoking cigarettes (recommended)
- My back, neck and muscles hurt everyday and sometimes I would throw my back out now I have zero pain and if my back goes out I vape and in about 15 min the pain is completely gone. I sleep good at night and I do not get constipated anymore also my therapist (bipolar disorder) said that my personality is alot better and things seem to be leveling out. I feel good everyday. I am a mother of 4 with a full time job and I go to college full time the cannabis does not interfere with my studies or motivation to get things done. I have a better quality of life than I did four months ago.
- Less spasms better sleep little less pain
- well rested!
- Less chronic neck and back and knees. Pain also fibromyalgia. And restless leg syndrome also anxiety and stress and sleep.
- Pain relief, increased mobility, decreased muscle tension, improved quality of life.
- Pain relief
better sleep
help with my depression
- I have been able to taper off of pain medications
- Pain Control.
Muscle relaxation.
Helps with nausea.
- Pain relief
- Pain reduction; decreased depression and anxiety; increased quality of life
- Reduced Pain
Less Cramping
Better Quality Sleep
Reduced Twitching

- Helped relieve my pain from rheumatoid arthritis. I was on prednisone for 8 years and was in the process of weaning off of it. I then took the cannabis to help me with my severe pain. I'm happy to say that I am no longer taking prednisone which took forever!! The Cannabis truly helped me with dealing with my rheumatoid pain.
- Lower stress levels and ease of muscle tension
- Having way less pain ,Wanting to live .Way less depression.Being able to do more (quality of life),
- reduced neck pain
less anxiety
- Helps my anxiety
- More consistent pain relief and better sleep quality and quantity
- Relief of chronic spine, hips,hands etc.from osteoarthritis.
- Pain management, I have suffered from pain for many years. And have taken way to much ibuprofen. Pain interfered with my sleep everynight. Medical cannabis has helped control this pain. It has reduced my ibuprofen intake greatly. Which is helping my nausea stomach and ulser . I'm also sleeping much better, and that has improved the quality of life. Thank you
- It has helped ease migraine pain quite a bit
- No Vicoden - pain has been taken care of thru cannabis
- I sleep better. I have better pain management. It has brought my pain levels down dramatically. I have been able to live a more productive happier life.
- I have Ehlers Danlos syndrome (EDS) a genetic collagen deficiency. I experience significant joint and muscle pain, muscle spasms or twitching, gastric upset and digestive problems as well as other problems from having weak connective tissue. The most significant benefit I have experienced is longer endurance for everyday activities. A specific example has been the pain and weakness I feel going up stairs, I have been expecting to need to sell my home and move to a single level home/condo in the next year or two. Using the cannabis, I may be able to postpone that for several years.
- temporary pain relief
more energy
PTSD is controlled
less depressed
reduced anxiety
- muscle spasms, pain, anxiety, depression, inflammation and Mind though resolution on issues I normally would put off until another time !
- Quality of life, energy am able to get daily things accomplished
- feel better while on med pot
- Near cessation of nerve pain, numbness and tingling throughout my body while taking medical Cannabis. Reduced panic and anxiety attacks. Dramatically reduced pain. Reduced markedly feeling like I will pass out because of the constellation of pain and nerve pain.
- Relieved pain, inflammation, stress, it's been wonderful.

- Helping sleep
Killing pain with out taking 90 pills per month
Down to 1p or less. I was very nervous about my future
Now I am not thank God. This has help my marriage because
I am less irritated and less pain. My pain levels have been through the roof
Now I have more control
- Lessens headaches, reduces pill medication use by 50%, helps maintain even moods and lessens mood swings from traumatic brain injury, get a more restful night sleep on a regular basis.
- Pain relief, anxiety relief, body healing and mental health
- I can take when I'm in between other meds and it works for me so well.
- Less pain and inflammation, less spasms. Helps with eye pressure, sleep less pain overnight. Also stopped taking norco.
- Less pain
Lower blood sugar
Better sleep
- Pain reduction; able to stop taking other pain medications
Sleep improvement
- Many,there is less pain ,I can sleep and all around I just feel better.
- Taking less opioids.
- #1. 99% decrease in arthritic pain allowing to more fully partake in activities of daily living. Increase participation in family activities with my young son!
#2. Eliminate numerous prescription medications previously used for pain, depression and anxiety, saving my medical plan hundreds of dollars each month.
- relax
pain
- It helps with my sleeping
It helps with my appetite
It helps with my spasms
It helps to motivate me to move more which results in a domino effect as it relates to
My overall health
- gained 8 pounds, were able to decrees his lorazpan until he ran out then had to increase, have cut out all pain medication.
- My back pain is way less and also always me to sleep for more than 1 to 2 hours at a time
- Pain relief, less anxiety, relaxation and much better sleep.
- Pain is in controlled
- Lower pain when I can control it.
- It has helped with my anxiety and depression. I felt so hopeless prior to using this medication and now I feel hopeful.
- The pain interfering with my life goes away and over all social activity improvements

- Was able to lower my dosage of opioid medication. Sleeping better, less anxiety, better appetite and less nausea. The [BALANCED THC:CBD PRODUCT] helps with the nerve pain in my hands. I have less overall pain and an improved mood. I have seen improvements in all areas of my life
- Better Pain Relief
Better Sleep
Decrease in other medications
- Pain relief in my knees and the ability to control my anxiety
- Sleeping, eating, being pain free, leading a wonderful happy life.
- LESS PAIN
BETTER SLEEPING
BETTER SPIRITS CUZ OF LESS PAIN
MORE CLEAR BRAIN
- Reduced pain, increased mobility, much better quality of sleep
- it has reduced my pain levels significantly, relieved me of muscle spasms and allowed me to sleep.⁴
- Pain management- I have been able to maintain a fairly normal lifestyle with less pain, allowing me to do activities that I would normally shy away from or not be able to do. Pain mitigation- The CBD oil allows me to work longer during the day without the psychoactive effects of the THC dominant strain.
- Decreased chronic pain/migraines/fibromyalgia flare ups, calms my anxiety and PTSD, gives me the boost I need to get my appetite back, calms my severe muscle spasms and restless leg syndrome, makes me more social and be around my family much longer and enjoying time versus being in pain in bed 24/7 in a miserable state, weaned myself off nasty medicines, etc.. My list of positive results will keep continuing on.
- Pain relief and appetite stimulation
- pain relief Better sleeping ,not having to go to the bathroom in the middle of the night
- Helping with my anxiety
I don't have to take as much pain pills- oxycodone- as I used to
It's helping with my sleep a bit
- I was able to not have to use pain killers as frequent, my nausea is way better, I can eat and enjoy food.
- Pain management sleep help ability to move around better
- 1. I was having trouble sleeping due to pain. Using the cannabis, I am now able to sleep.
2. Pain is not as bothersome, I am able to focus on things other than the pain.
3. It helps me relax so I don't tense up as much. Pain seems worse when I am tense.
- Much less pain, muscle fatigue, fibromyalgia much better, spasms mostly gone
- pain relief (with that has come a lot more activity), muscle spasm relief (I'm having none to very small spasms), anxiety relief,
- Back pain greatly lessened.
- Less pain, sense of wellbeing, sleeping better.

- Pain relief
 - Sleep better
 - Less anxious
- I am now able to control my pain that was no longer working with opioids and neurological meds.
 - No more migraines
 - Improved sleep
 - Helped with nausea from opioid withdraw
- Improved mood
 - i have more energy. not so depressed and sad.. i feel like i have more to live for.
 - Reduction in my chronic pain.
 - Helps with sleep.
 - Pain relief. Lower anxiety. Ability to relax. Less opiates.
 - Back at the gym exercise it has me do more then any medications I have taken for the last 8 years.
 - Reduction in pain
 - Able to discontinue use of other medications
 - Mentally, I feel much better, nausea & vomiting much less, appetite is btr, it helps my attitude, sleep patterns seem to be improving, has been a very welcome alternative to add'links opiates.
 - Pain relief/distraction
 - Less pain, less metal stress, and reduction in other pain medication usage.
 - helps with intractable pain and PTSD
 - sleep,pain
 - Help with anorexic effect of cancer
 - Eases spasms without bad side effects
 - Able to work part time w/ pain management
 - No nerve pain and problems with my cervical spine neck issues
 - 1. Less pain
 - 2. Better Sleep
 - 3. Happier Lifestyle
 - 4. Better Mood
 - 5. Increased ability to do more
 - 6. Increased Appetite
 - Pain relief, ability to sleep, & reduced nausea.
 - I no longer have anxiety, my PTSD is not in a active status & also for the first time in years, I'm actually able to sleep for more than three hours at a time. It's giving me my life back.
 - Relief from back pain i can get out and walk
 - Relief from chronic pain
 - Relaxes tight muscles
 - Better range of motion

All the benefits provide relief from the stress and anxiety of trying to live with chronic pain

- I am finally able to get a restful night of sleep ! Before cannabis, even with FIVE prescriptions to help, I woke up every 1-1/2 hours from stabbing or aching pain - was therefore unrested and tired every morning. With cannabis I get restful sleep EVERY night and have cut from 5 to one additional prescription for pain/anxiety/insomnia (& side effects of prescriptions).
- Pain in my brain has gone from a 8-10 down to a 4-5 or 5-6 most of the time my flare ups are greatly reduced with Medication. Irritable bowel syndrome has stopped no more diarrhea. I stop all my old sleep meds because Medical cannabis works wonders for sleep also.
- -Less pain
-significantly higher quality of life
- Pain relief. Relaxation. Alert
- decrease in pain during a Cluster headache,
- More relief for fast onset pain than with opiates.
Less GI side effects.
Better sleep.
- Less pain
Able to actually eat food
Better sleep
- Pain relief without the awful side effects of narcotic pain killers. I have been able to sleep so much better since starting my medical marijuana prescription.
- Pain reduction, major decrease in depression, increased appetite, increased libido & I am more mobile.
- Off all other [MEDICATIONS]. pain is under control.
- fewer migraine headaches
- Pain relief
Muscle relaxation
Reduction in joint swelling
Eases my social anxiety, due to my disability.
- 1. Less pain. 2. Less stress. 3. reduction in anxiety. 4. Overall sense of well being.
- Decrease in pain and anxiety
- Reduction in migraine occurrence and severity, improved sleep, less overall muscle aching and cramping, pain relief from arthritic joints, reduction in GI reflux which also aids sleep.
- I have been able to go off all of my epilepsy medication and medication I was taking for my chronic pain and nerve pain with the exception of the Percocet I am being decreased off of it.
- I am able to function. Before i started medical cannabis i was bed ridden. I was extremely depressed and anxious and both have been under control. I can do the things I enjoy!!

- I can take care of myself without being in severe pain
- Pain relief that I could not get from other prescribed and over the counter medications. Being able to sleep through the night.
- My nerve pain is greatly reduced, I don't worry nearly as much. The cost is so high, I find myself experiencing pain, and not using it to conserve, due to costs. This drug has virtuliy no side effects, and it can't kill you, why you don't open it up to more medical conditions, to bring costs down, my zero sense.
- I do not need to take narcotics on a daily basis for pain anymore, only for acute times which is rarely. My muscle spasms are less, I sleep better, my nasuea is reduced, my anxiety and depression is much better and I do not need meds for that either, cannibis has allowed me to go off of 5 different meds that had horrible side effects.
- I have 5 conditions that I am approved under the MN Cannabis program.
All 5 have been helped.
When I travel out of state all my symptoms return.
We need a program that offers reciprocity between states.
Regards Ben
- reduction in pain and inflammation, reduction in muscle tension. less muscle spasms
- Much less pain, controls my panic resulting from the pain, I can walk, swim, do my farm chores.
- Almost all pain is gone
I feel more relaxed
I function better during the day
improved sex
- Help with my pain in my joints my feet my hands ankle
- 80%relief in pain & overall sick feeling
Little to no nausea
Wounds healing faster then ever
- Pain,spsasems,consapation!! Sleepç opiate amounts loaded ,still feel OK.thats great.i also don't feel driver or high! I really need a dr.that will let me do both to lower the call [PHONE NUMBER]!!
- Better quality of life
Muscle relaxation
Easy sleep
Better mood
- pain management and suppression of cluster and migraine headaches
- Sleep 6 hr w/o waking
NSoftens chronic pain
Lessens anxiety
Cut opoid use.. Percocet 10/325 ... from 6 per day to 3
- It has helped me cope with intense acute pain from self-massage therapy to deal with chronic pain. It has helped me sleep much better.

- Being able to work with a qualified pharmacist who offers guidance toward my most effective dosage has enhanced my ability to manage my chronic pain levels. Increased ease to perform personal care, home management, water exercise, family and social activities. By incorporating rest breaks, as needed, and knowing my limits, prevent me from exacerbating my symptoms, both physically and mentally, to include widespread chronic pain and fatigue.
I have lost 28 lbs. since Jan. 3 by adopting a healthy diet and increased activity tolerance.
My doctor took me off my low dosage of blood pressure medication and cut my cholesterol med in half to 20 mg, both due to the improved results of my last metabolic work up. She will be rechecking this in mid May.
- Health has improved and I have broke away from death so far
- reduction of chronic back and joint pain
reduction of muscle spasms
reduction of insomnia incidents
I have been able to stop taking ALL of the prescription narcotics I had been prescribed for chronic pain.
- I would use it more if didn't cost so much but it works and I will keep using it
- i experience less pain - my appetite has greatly improved - and i sleep for longer periods of time at night
- Cannabis is relieving most of my symptoms from:
 - 1 - fibromyalgia
 - 2 - muscle tightness / cramps
 - 3 - back pain
 - 4 - depression
 - 5 - insomnia
- helps my headaches
helps with the pain
- less pain on a daily basis, reduction of pain medications, better qol
- 1) Effective pain relief with fewer opiates (would do strictly Cannabis if it was more affordable). 2)MUCH better sleep. 3)Much better appetite.
- I can sit and stand longer. I can sleep without pain.
- Pain free
Zero and I mean zero opiates
- Relief of my arthritic pain, neck fusion pain, back pain,realy helping with weight lose.
- very reduced neurological pain
somewhat reduced spasticity pain
better sleep with reduced urine leakage
reduced depression
reduced falling
- The bottom of my feet use to be rigid with arch cramping/tightness, this eased GREATLY the very first day I used the [HIGH THC PRODUCT]. :) I hate taking pills, so I didn't use to

take anything for my pain..Heather vapes work wonders! ALSO, I have reduced my tizanadine dosage by 1/2 Yay!

- I am able to sleep without waking up 5 times a night, only get up 1 time a night now. I am for the most part pain free when I have the cannabis available to me otherwise I struggle quite a bit with pain all over.
- Eases pain & helps me sleep longer
- Great improvement. Better sleep, less pain.
- Able to control pain without opioids
- Pain relief and significantly reduced muscle spasms
- pain relief piece of mind
- Greatly reduced pain, no more opioids, mood is better
- reduced pain symptoms, my sleep is much more restful that has been a constant struggle since suffering debilitating back injury 15 yrs ago.
- tremendous help with fibromyalgia and sleeping
- Considerably less pain
More alertness or not feeling tired and groggy
- Able to stay out of bed and get more done during the day. Able to set out and accomplish goals. Can count on relief when in extreme pain. Less anxiety and depression. Sleeping better.
- 1. Stops shaking on right side of body that I have had for 20 years.
2. Focus on task at hand is significantly better.
3. Chronic pain for last 20 years since 1st stroke has overnite reduced to a livable level since August 2nd when I was 1st prescribed medical cannibus. I have not been able to take any medication for pain because of an instant serious reaction. In 2015 A DNA swab was taken from me & one of the results was a high resistance to any drugs.
4. My family is grateful to not see their mom in so much pain.
5. Anxiety/depression brought on by the after effects of 2 strokes has significantly reduced.
Thank you.
- significantly less back spasms
- i suffer from cluster headaches ...and get them a lot....but since i started treatments with [MANUFACTURER].....i have had a substantial decrease in them.....along with my back spasms...
- I have fibromyalgia. I lived my life in constant pain my daily pain on an average was an 8. I started taking medical cannabis in August. I now have a daily pain average between 2 and 3.
After 2 weeks of cannabis I cooked my first meal in 15 years.
My husband was doing all of the cooking and housework I am now able to help with it.
- I am now able to get sleep - good sound sleep.
- Less pain
Less anxiety

- The best way I can explain it is that I always feel like the tin man in the wizard of oz all locked up and stiff and unable to move since I've begun taking medical cannabis I feel like my joints are lubricated and the tin man FINALLY got his oil can :) it doesn't kill my pain completely but I don't think there is anything other than an epidural that could truthfully but it does make it tolerable n I have been able to take significantly less of my tramadol to function it has also made a huge difference as far as eating and digestion since I have persisting ulcers in my stomach and small intestine so food literally hurts me and I'm hoping that the cannabinoids do in fact slow the degeneration of my osteoarthritis I could go on and on and on expressing my gratitude for such a miraculous natural n effective medicine but u've other surveys to go threw ill just say this being a women wt as many physical issues as I have coupled with the list of drug allergies I have I am forever grateful for medical marijuana
- It's the ONLY thing that has made a significant reduction in my migraines. I am also able to sleep better, which makes a difference in my levels of pain.
- Back pain is more tolerable I can enjoy walks and pick up my daughter (weighing at 32pounds) with less strain. I sleep amazingly throughout the night with a good 6-8 hours. I've started to gain my appetite back. I can also stretch again without pausing.
- Pain relief associated with my chronic migraines. Also, taking the medical cannabis reduces, and alleviates nausea.
- Reduction of pain and muscle spasms, decreased anxiety, better sleep
- She is calm and hungry. She was screaming and waking up in pain. its like night and day. i am shocked. we are only on day 1 and we can see a differnce.
- I have been able to almost completely stop taking the narcotic pain medicine that I have had to be on for the last several years.
I am able to participate in social activities again without feeling drugged all the time. Prescription pain medications had many negative side effects which the cannabis does not have for me.
- Since taking medical cannabis, i have been able to become a wife and mother again. Before i havent been able to walk well, eat, cook or do things a wife and mother should do. I am disabled and am in a lot of pain all the time. This has helped me relax, not have much anxiety, helped rid of the pain and also helps me to be able to stand and cook in my kitchen for a long period of time and be a mother again.
- Pain relief
Tension relief
Good sleep
- Pain relief, muscle spasms have decreased.
- Pain relief! The vaporizer pen gives relief in a short time span this is great. Calming when my pain levels are elevated and I get anxious when my body can't do what I want. THC and the CBD oil is so expensive but it works well when taken on a consistent basis, the pain and sensitivity in my tissues is lessened and I feel less pain in my digestive system. It has allowed me to get my pain to a lower level and given me more days on average to actually leave my house as an example where I would otherwise stay home, as well as

allowing me to accomplish normal daily tasks, such as personal hygiene and some food preparations.

- Pain in my hands and feet are tolerable . Able to fall asleep faster as a result.
- Relief of neuropathy pain
Relief of chronic pain
- Too many benefits to list, but the biggest one for me is being able to get off opiates and all of the other medicines I take for the side effects to opiates. I was taking 8 medications when I started medical cannabis and when I can afford my full dose (of cannabis), there are only 3 prescription medications I need to take.
- relieves neck and back pain and inflammation
- Pain relief allowing me to seriously cut back on narcotic use.
Better sleep.
Stress relief from chronic pain.
- pain relief
- Life
Pain
Sleep
Pleasure
- pain relief
abdominal spasm relief
- It's reduced my pain greatly
- pain relief joint swelling gone down
- Reduced pain, reduced side effects as coated to synthetic narcotic medication, increased mobility, increased function,
- Reduced pain, can do daily chores without having to stop, increase of quality of life.
- Better nerve pain relief.that I had over all morphine and methadone. I had taken large amounts of pain killers for over twenty years. Now seldom do I need to add a break thru painmedication .
- Better muscle relaxer than the medications doctors prescribed for my muscle cramping pain
It's helped with my lower back pain and doesn't have the side effects like narcotics
Helping me sleep better
- Reduced pain, spending time with family and getting to critical doctors appointments more consistently, reduced nausea and vomiting, reduced muscle tension, anxiety from pain and not knowing if I can take care of my daughter due to pain etc.
- better, safer pain management
increased appetite
less spasms
less anxiety
- Walking upright at the same pace as my kids!¿ It's helped with both the pain and actual spasms in my neck and shoulder... It's helped with my frustration and has (when I get

the dosing and timing right) helped me to have clarity in thinking rather than my brain be a jumbled mess.

- It really gives my back pain a lot of relief and it's nice cause it lasts for like 5 hours. And it also helps with my anxiety, I have really bad anxiety and when I take my cannabis my anxiety goes down a lot. I love it.
- No more back spazim, joint pain is tolerable
- Less pain, less anxiety, less depression, more of an appetite. No side effects/withdrawal at all if I do not have the money to get my medicine.
- Has enabled me to cut down on my sleep meds by 75% and pain meds by 50%.
- Less pain, sleeping better,
- Off one of my medications
- Pain Relief
Opiate Withdrawal
Anxiety
Nerve Pain
Sleep
Quality of Life
- calms me down ,,stops nervousness, racing thought and fatigue.help me focus,,
- Less pain, less cramping, not as depressed.
- reduction of severe crippling pain
- Relief of pain, inflammation, muscle spasms, nausea, muscle/nerve twitching.
- Medical cannabis helps me significantly with the intractable pain in my ankles (previous cartilaginous fractures and multiple ligament ruptures in both ankles). It helps me with my allergies/angioedema and bronchitis (particularly oral oil and vaporizer oil). Moreover, medical cannabis does help me with anxiety.
- 1)My anxiety has decreased greatly
2)decreased muscle spasms a small amount
- Pain, Nausea, Appetite, Sleep, Neurological Symptoms (shaking/trembling)...
- My intraocular pressure dropped from 26 to 17. I have a a significant drop in muscle spasms and pain. My moods are also more even.
- Less overall pain in effected areas.
Less spasms
It also seems that some new nerve functions are coming back online in previously inactive tissues.
- My feet have been numb for 5 years and I can feel them again at times. The swelling has gone down in my feet. My numb leg I can feel at times. My muscle spasms in my butt have almost disappeared.
- I'm able to go about my daily tasks much easier, help with mood and depression issues, stomach feels better not as much nausea, able to sleep through the night and not feel hungover in the morning,
- After serving in the Marines from 2005-2009 my body has many ailments(athritis, IBS, Pinch nerve, fused disk, and others) and my ptsd was not always easy to handle. This

program helps me a great deal in living a normal life that is comfortable and being able to continue my professional career. Before Medical Marijuana I was miss work too often and also miss out on life's daily joys now I can do much more.

- i experience less pain, i am able to sleep through the night again. I can move better, i am not as stiff.

- Too many to list

- More flexible. Able to recover quicker. Ability to work improved dramatically.

- For many months before starting to use cannabis, I hope before bed I wouldn't wake. Now, I generally wake before my alarm and look forward to starting my day.

- Pain is starting to become more manageable / u still feel the pain it's raw feeling ""BUT"" cannabis helps over time, it dose not num the pain completely that you over exert your injury/issue. You just know that this is your limit and if you exert anymore and your pain will be out of control.

Muscle spasms have stopped :)

Inflammation markers (lab test, crp ana, sed rate exc...)are starting to decrease :) my inflammation markers have been on a steady incline for the last few years and now finally with cannabis my inflammation is decreasing!!! This is a nice feeling decreased stiffness in the joints :)

My family says i am less crabby :)

I'm not tired feeling, I wake up refreshed :)

- Pain relief.

- Much less pain, less insomnia, less nausea

- I've been able to reduce the amount of medications I need to take.

- Greatly reduced pain

Reduced tachycardia

Improvement of mood- previously had severe depression and no longer consider myself depressed clinically

Reduction in chronic nausea

Reduction in vomiting

Reduction in digestive pain

Reduction in diarrhea

Reduction in constipation

Elimination of opiate use for pain

Menstrual cycle regulation- have had severe, debilitating uterine cramps, extremely heavy bleeding with large clots since beginning of menses at age 11. Since starting on the CBD tincture, the last 3 cycles have been cramp and clot free, with lighter bleeding. My cycles are also every 30 days now instead of varying from 20-60 days.

Increased sex drive

Less pain, more and better sleep, all out happier person, enjoying life again, just wish it was more like Colorado because the medicine isn't as good and way to expensive.

- 1. Used to be on oxycontin 80 mg BID extended release. Now has gotten off 40 mg in AM, working on getting rid of 40 mg at night.
- 2. Not near as tired as I used to be
- Calming pain caused by Polycythemia Vera such as extreme itching and intestinal pain etc. General calming of nervous system. Reduction in the frequency of the need for anti-histamine. Sleeping better as a result.
- Sleeping much better, getting to sleep and staying asleep. Muscles are a little more relaxed and it's less pain when trying to stretch them. My overall pain has decreased
- Pain relief, stops spasms, improve appetite, improved sleep and better sexual function.
- Reduced pain and sharpness of pain. Able to get a little sleep. Moods aren't so negative
- Reduced pain, reduced opioid reliance, sleep improvement
- Off RX medication - all of them including opiates
Feeling normal for once again and not feeling like I am ready to jump out of my skin due to the amount of constant pain
no swelling
Didn't know this would happen but weight loss without trying
- Less pain, better sleep, muscles more relaxed
- My chronic back pain is still present, but much more manageable. I was extremely doubtful when I started on cannabis, but it has changed my life. I allowed narcotics to overtake my life and never felt the relief that cannabis provides. I even ended up in the emergency room with hyperalgesia because the narcotics ruined the creation of natural pain killers. I am grateful to have found this.
- I am extremely grateful for the pain relief. I have suffered with chronic pain and spasms for years and nothing else has relieved my pain like this
- -I can move around more freely without feeling like I'm falling apart
-I actually feel alive for once in my life
-I can't even notice my pain anymore
-I feel happier, clarity in thought
-I'm more aware of my surroundings
- same pain relief as opioids with no side effects
- Not having to take as many pain pills as I used to have to take. Helps me maintain my pain so I can do a few things (physical things).
- Less anxiety and depression, better sleep, pain management, muscle spasms, appetite
- Reduced pain, no narcotic use.
- no pain no puking no feeling like death is the answer increased activity 8to12hours from less than 1hour in increased pain with any and all opiates prescribed
- joint pain reduction. eliminates my headaches. need to reduce costs. can't afford what I need.
- Pain relief
- Pain reduction

- Pain Relief
 - Anxiety Relief
 - No Disturbing Side Effects
- pain relief sleep
- I've been able to stop taking 8 prescription medications since I've started medical cannabis. I am sleeping better because my pain is better controlled. My anxiety has decreased as a result of better pain control
- 1. reduced pain
 - 2. less nausea
 - 3. less depression & anxiety
 - 4. better quality sleep / less insomnia
 - 5. muscles more relaxed
 - 6. better focus
- I can do the following more often and longer then before I started back in Aug. 2016.
 - I can stand longer
 - I can sit longer
 - I can walk a bit longer
 - My recovery time from over doing things is faster
- pain control
 - appetite stimulation
 - sleep better at night
- I have had great relief from my fibromyalgia pain. It has allowed me to live my life more fully. To me this is a miracle.
- The pain is reduced to a point that I can rest at night.
- My quality of life is better.
 - I'm able to do more things.
 - I wake up with no pain.
- Less nausea
 - Less anxiety
- ability to get pain relief, from muscle spasms in my back and legs
- Help with pain and focus on things better.
- My daily pain level has decreased significantly. Evening dosage of [HIGH THC PRODUCT] Oral Suspension has helped tremendously for sleep.
- Pain relief
- My pain had been brutal for quite awhile. The Medical Cannabis has changed my life! There is so much relief from the pain it's amazing! Nothing worked before. I took narcotics for awhile but the side effects (and the fear of abuse) made me need to stop those meds. My doctor recommended the Medical Cannabis, and thank you Dr. LaFond!
- Pain Relief, Sleep, increased appetite, gets rid of nausea immediately, over all I can exercise and do things to help me live longer/live a regular life.
- Reduced pain and spasms, better sleep
- Pain relief...also great for my anxiety, nausea & insomnia

- Less depression, more motivation, less noticeable pain, improved mood, less digestive issues
- When using the [HIGH THC PRODUCT] vapor in addition to my meds it gives me additional pain relief. When using the [VERY HIGH THC PRODUCT] vapor when the pain is most severe I am able to sleep until pain lessens.
- Decreased the pain from Trigeminal Neuralgia.
- It has allowed me to function much more easily during the day and greatly reduce the amount of medication I am taking from my health provider.
- pain relief, off of all other medications
- I have not had to take some of my more dangerous medications such as prednisone or pain medication
- Playing with my granddaughter
going out with my wife
good nights rest
less anxiety
- 1) Restorative & uninterrupted sleep from the first night - muscle spasms even with Rx medications were relentless. I now sleep every night w/o spasm.
2) Significant reduction in opioid Rx
3) Daily activity level has boosted significantly.
4) Depression symptoms also lessened.
5) Chronic pain is more tolerable
- Pain relief
Improved sleep
Less stiffness and fatigue
- 1. Vision, less eye irritation
Less headaches associated with my vision difficulties
- solves insomnia and restless sleep
sleeping better and longer
- my back pain is manageable and my spasms have stopped once I use the medication. I have also found that I sleep better at night and my agitation has stabilized. I seem to be getting along with this medication and it has given me absolutely no problems, but rather benefits. I am also doing very well in school now that I can focus on the capstone courses that I am taking at [COLLEGE] instead of having to shift and turn and be constantly bothered by my pain and spasms.
- taking less pain meds anxiety meds.
- Pain relief
Less anxiety
Help with PTSD
Help with sleep
- Reduction of methadone, percocet, muscle relaxers and klonopin.
- Sleep better, less anxiety, have gone off 2-3 meds, works for pain MUCH better plus I'm able to manage pain easier with having flexibility on dosage.

- No headaches or migraines
- Overall greatly reduced joint pain, all over muscle tension and spasm(s) have been reduced (re: EDS and coccydynia), IBS issues seem to be practically eliminated totally when using daily, lessened amount of headaches experienced and lowered any migraine intensity, complete reduction of transient/frequent nausea issue, regular increase in frequently lacking appetite sometimes associated with nausea, lessened the significant amount of nighttime awakenings during my sleep (re: Night Eating Syndrome/Sleep-Related Eating Disorder), and also seems to be for me somewhat energizing for during the day hours and simply relaxing during the evening hours. Highly recommend.
- I was able to stop taking all opioids and only use cannabis for pain relief. I no longer need to take Zofran daily for nausea as cannabis helps ease my nausea. My anxiety is controlled without having to use a benzodiazepine. My quality of sleep is better; I sleep a solid 8-9 hours per night uninterrupted.
- Being able to function at my highest possible level for my age explanation mark
- Finally able to sleep. Less muscle pain in neck back arms legs
- I've been able to discontinued multiple medications including my narcotic pain pills and my anxiety medications.
- Helps me sleep, helps the pain in my feet, helps my headaches, helps my mood
- Has taken my intense pain away when I get it.
This helps me to not have severe fainting spells.
- Off all other meds, can participate in a normal life without pain/side effects from all the othe prescriptions
- Significant temporary relief of pain and movement in all extremities and alters depressive mood and restores hope for the future.
- *less physical pain
 - * Morning nausea and difficulty eating due to nausea improved
 - * Better sleep and less sleepwalking
 - * Less anxiety and nervousness
- It helps the pain I have ion my back
- I have a higher quality of life. I used to be very down and in pain most of the day. Cannabis makes my day possible to enjoy with my family.
- I have less pain when I use the medication.
I can concentrate better when I use the medication.
I have less anxiety when I use the medication.
- Helps relax me .. which helps with the stress of being in pain!!!which I am in today!?
- It does relieve more of the pain than the narcotics did. However due to limited income (disability only) I haven't been able to buy the cannabis. I Wish there was a funding foundation those of us that can't afford it. Instead I have to resort back to the narcotics prescribed cuz I only pay 2.65 co-pay. If you find a way to help with the cost of the medical cannabis Please let Me Know.
Thank You for your time

- Instant pain relief
Restful night of sleep
- Reduced hernia pain
Reduced arthritis pain
Reduced migraines
Reduced depression feelings and symptoms of PTSD when able to afford taking my dose BID
I had reduced at home the amount due to cost and was in significant enough pain that I had to use opiate and barbiturates medication that I do NOT want to take due to side effects and risks.
The medical cannabis program, when I can fill and use regularly, work much better and without the hazing feeling.
- pain relief
I can take medicine that helps me without being a criminal
- Less ""white knuckled"" dealing with pain.
Less anxiety about how I'm going to keep going, more of a sense that ""I can do this!"
- 1. Pain relief/management
2. Able to sleep through the night
- My lower back pain is tolerable instead of debilitating. I also do not experience pain as much from grinding my teeth at night, causing my TBH pain to flare-up.
- I Have No Inflammation When I Have My Oils.
- 1.a P A I N R E L I E F of types: Burning, Sharp, Tender, Stabbing, Aching, Throbbing, Numbing, Continuous
1.b Sleep is greatly improved
2. Replaced prescriptions: methadone, hydrocodone, oxycodone, tramadol, pregabalin, gabapentin, simvastatin, colestipol, nexium, zolpidem, tylenol, slo niacin, aspirin in large quantities
3. Medtronic spinal cord pain stimulator: using FAR less often. Usage went from daily to once every two weeks - as needed for activity level. Electrical/stimulation levels had been typically set at 8 but is now down to 2.5 the rare times I do need to use it.
4. Eyesight improvement: one eye had cataract surgery & no longer needs salt drops to reduce pressure, other eye also has improved vision.
5. Constipation from multiple prescriptions has been eliminated!!
6. Losing weight (positive result) due to lowered, healthier appetite. BMI reduced. Cholesterol reduced.
7. Skin cysts and psoriasis healing more quickly with topically applied 50/50 CBD/THC liquid from [CANNABIS PATIENT CENTER]. [CLINIC SYSTEM] dermatologist-prescribed skin creams have had less positive effect.
8. Myofascial release and other forms of massage were attempted for decades with various practitioners. The pain reduction was slight in comparison to cannabis.
9. Chiropractor visits have been cut in half. Was going weekly, now down to bi-weekly.
10. Acupuncture - have spent \$ thousands in search of pain relief. No longer need to

drive 180 miles round trip for weekly treatments.

11. Posture is greatly improved: less frequently stoop when walking which is my body's reaction to pain in my hands, feet, legs, hips, low back, upper back, shoulder joints, and neck.
 12. Leg swelling has been reduced; much less often have need for compression socks. Had been wearing them 24/7.
 13. Able to attend social functions more frequently; able to stay longer due to greatly lessened pain. I am not very social but at least this allows me to show up & not be a complete hermit.
 14. Pain Classes at [HOSPITAL] no longer required since I quit opiates the FIRST DAY I STARTED CANNABIS. Classes are required every three months (for those on opiates) in [CITY] - 180 miles round trip. Blood tests were also required to demonstrate levels of opiate usage. This lessens my exposure to needles.
 15. Improved balance
 16. Acid reflux greatly improved
 17. Lung congestion reduced
 18. Increased mobility so able to be more productive.
 19. Fewer doctor visits
 20. Able to hold one position longer with less discomfort
- Ability to sleep through the night without pain, ability to manage pain and anxiety during the day while still being able to drive and manage day-to-day tasks. lessened pain response overall, less anxiety when pain flares up occur,
 - consistent significant reduction of pain to a more manageable level
improved sleep duration staying asleep
improved appetite
improving digestion of foods i can eat
improving mast cell activation disorder....stabilizing
improving breath and breathing
decreased muscle pain
decreased joint pain
improving mobility
improving cognition
decrease anxiety
beginning to do more activities like vacuum change bed laundry without severe fatigue
 - better control of my pain and over all health benefits with being able to quit taking 530 some od pills a month to manage my pain that were also killing me in the process
 - It calms me so im not so yense and relieves some of the pain.
 - Better wellbeing a positive attitude I also don't need any other medicine
 - Off opioids, muscle relaxers, anti depressants, anti anxiety meds.
Big Decrease of migraines.
 - Less pain killers

- Helps tremendously with my cornic back pain that I've had to deal with since I was 12 years old. Helps my anxiety, as well as my sleep too. I have a very hard time falling asleep and haven't had to take any of my prescribed sleep meds anymore.
- Distraction from pain
Calming effects at time
- Reduced stress levels, better sleep, reduced pain.
- Pain relief from my back but most importantly it also helps my ptsd symptoms tremendously!
- I find it beneficial in regards to the pain. And it's very important to me because it helps me continue my day to day life but the cost is high is there a punch card for frequency or something we can do to help with the cost a little. Thank you so much.
- I have been able to discontinue the use of 60mg of morphine and 15-20mg of oxycodone per day. I'm a different person, much happier (even my granddaughter noticed the change)!
- When I can afford to take it regularly I don't have to take any of my Ibuprofen or muscle relaxers. I don't have the terrible stomach aches that I get from the Ibuprofen. It really does help reduce the paint level.
- - My prostate problems are completely under control and gone.
-Has really improved all of my joint problems.
- I am sleeping way better and not waking up, Wich has led to me being able to go from 8-9 hours of sleep a night to 6 hours and having more
- Pain
Spasms
Sleep better ""so good"" no more headaches
- Severe Pain of all joints and also pain in spine
- I can do more things, don't have to eat every time with this medicine, just more freedom to be with my family and be confident with what I need to do for the day.
- My headaches are almost completely gone when I use it
- It's aloud me to move again. Just normal cooking and laundry. I has also decreased my migraines. I still have some pain but nothing like before. I feel like I'm starting to get my life back.
- More mobility in neck and have completely taken pain meds off my med list
- much less pain, therefore greatly reduces need for opiate pain medication
far less nausea, better sleep
- better pain control , less muscle spasms
- Pain relief, improved sleep, less cranky parent and wife
- I am finally able to sleep. My lymph edema in my lower legs has reduced 95%.
- eliminats almost all of my back pain, and makes it so i can get a full night sleep!!
- I was able to get off of all pain pills I was taking. Without medical marijuana I would be in to much pain to do anything. I can live my life again !
- Less dependence on opioid pain medicine and less dependence on Psychiatric medicine

- sleep
pain relief
- no more narcotics. clearer thinking. less medicine. better hair!
- I'm in way less pain than I have been in years. It has allowed me to ween myself off of vicodine. I take 1 a day if I'm really having a bad day (pain wise). I am on so many pills that I am hoping to get off a lot more. The pain relief that I get from cannabis is so much better than the pills and I relax a lot more which is crucial. When I am tense that causes more pain. I have only been on this for a short time but it has made me so much happier. Thank you
- It works well for my flare ups but the soreness never go away
- Constant pain is reduced/removed
Able to participate/do more
Physical activity (work & play) is more successful
- I have chronic pain, since starting this program I have eliminated opiate pain relievers!
- Less pain less stiff muscles
- pain relief,
- Great reduction in anxiety & depression. Better sleep.
- Less pain, less anxiety, and can sleep much better.
- relive pain from diververticulitus,
provide ability to eat by increasing appatite
helps me sleep at night
- No longer on pharmaceutical drugs
- 1.Works great for my pain. 2. Dissipates anxiety. 3. Helps me go to sleep and sleep all night.
- more mobility,less pain by a lot. quality of life is greatly improved because i am in way less pain. i function way better with this med. a little costly but to me well worth it.
- Pain relief...stops spasm...lowers blood pressure..
- Relaxed state decreasing chronic neck pain
- pain relief lower buttox & ;ower back
my walking is better
- 1. Pain relief
2. Able to be up and walking and doing my household chores most of the day- very seldom did I ever have to lay down and take a break
- Sleep with no pain, tingling sensation in feet and hands, Charlie horses, and has helped my mood and sometimes pain.
- nausha, pain
- Less pain.
- My pain has pretty much stopped. The inflammation in my hip seems to be gone.
- Great sleep, feeling well rested without a hangover feeling next day. Great pain management. Great for my anxiety also
- sleeping during night
Pain relief

- While it does eliminate the pain, it makes it more bearable
- reduction in pain
- Reduce my chemical pain killers needs
Provide pain relief
Reduce my alcohol consumption
- I am much more active!
Sleeping much better.
Positive attitude.
- Blocks most of my pain receptors, relaxes my muscles and calms my spasms, allows me to focus, relieves my anxiety and calms me.
- Less pain, better mobility
- My anxiety has lowered Then pain in my ankles have died down It would be better if I could afford a regular dose
- I was able to get off all the opiates!!!! MOST IMPORTANT
I have a lot more interest in life
My mind is clearer
It enables me to relax and take care of pain in a more natural way.
- Was able to within a few days completely stop taking any narcotic medication that I've been on for the last 5 years. It is also helped me greatly with some of my depression that comes along with my disability and giving me some ability to do things that used to hurt a little more comfortable to do.
- 1. Less pain - to temporary No pain
2. Able to get a good nights sleep so I can heal
- Able to function
Much better mood and positive attitude
It's wonderful not being on Vicodin anymore.
- Stops pounding during migraines.
Reduced migraines. Reduced arthritis pain.
No longer on Ativan or Celebrex. Sleep is better.
- This has changed my life. When I used to get an episode I would be stuck at home laying in bed. Now I have something to manage my symptoms and I feel in control of my life again. Management of pain is so much easier with medical cannabis in my life.
- I was able to go off my monthly medication I have to take the rest of my life. I feel better, more energy, controls my pain and I haven't missed any work since I started using the cannabis.
- reduced pain and discomfort
clear thinking
better sleep
all around happier
more productive day to day
better appetite
no longer have to make myself eat everyday

- As a result, I have reduced my intake of oxycodone medication.
- Pain relief and ability to sleep well .
- I was able to get off Oxycodone without severe withdrawals.
- Helps with appetite and pain relief.
- I have had great results with pain control. My low back right leg symptoms are lessened and i am able to do more physical excercise. Cant believe how much it has helped with the pain.
- Tolerate my pain much better!!!!
- Reduces Pain, Manages Nausea, Enables reduction of other medicines
- I was able to quit other pain medications that have side effects like Vicodin and muscle relaxers. I also am in a better mood. And have better mobility;
- Sleep
Digestion
Reduce pain by 50%+
- My pain has been under much better control with very little breakthrough pain and a significant reduction in the use of otc pain medication
- Numbed chronic pain, able to sleep at night with chronic pain, relaxed, positive energy to start the day, works throug the day to be able to do what I need to do during the day, does not keep me up at night and allows me to sleep through the night with chronic pain.
- I have more control over my pain
- Less pain, able to do more, less crabby, better sleep
- no headaches can sleep better,
- Pain reduction
A wonderful learning experience
- Reduced pain and not dependent on prescription pain meds.
- My nausea is gone and it manages my pain with out the very harsh side effects of hard pain killers and my sleep has improved greatly
- Pain relief. Control inflammation, Settle sleep patterns. Positive mood modifier.
- Relevies the pressure of the migraine, relaxes me from the tension of the stress of the mirgaine.
- I have CRPS and it helps me sleep
- In taking medical cannabis I am off fentanyl 50mg, gabapentin 800mg, baclofen 10mg, movantic and diapers
- Pain is almost non existent. I haven't taken my colitis meds for several weeks and the colitis is soooo much better, this is something I didn't expect, but I am very very happy that this happened.
- Pain is relieved much quicker and i have to take less pharmaceutical medications.
- - Anxiety Relief
- Pain Relief
- Insomnia Control
- Appetite Control

- helped transition from opioids; helps with anxiety and panic; helps me focus on where the "problem" is and what it is
- Help less the pain and muscle spasms some
- I have has less pain at night so I have been able to sleep better. When I have had a bad exposure due to my chemical sensitivities, it has helped.
- Able to calm down and sleep. Helps when my pain is at its highest.
- Lessened pain
 - Life quality
 - Attitude
 - Weight loss- water weight gain from opiates has been eliminated
 - Overall health
- I have stopped taking 8 different prescriptions, and If I could afford to take the proper amount of cannabis, possibly could get off some more.
- It has allowed me to reduce the amount of pain medication I use - I survived two bone marrow transplants for cml leukemia which also allow me to reduce the amount of the three medications I need to go #2 - I feel it has allowed me to be more active - helps depression I felt good regarding the information and consultation I received - I have a new outlook for the future
- Everyday quality of life is much better. Tolerance for pain without taking opioids and less need for NSAIDS.
- I can sleep thru the night without pain in hips.
- Helps Pain ALOT, makes me able to have a huge positive change in my quality of life.
 - Helps a TON with nausea and appetite
 - Helps a TON with muscle spasms and anxiety
- instant pain relief
- Reduced pain
 - sleeping
 - all muscle cramps eating
 - mind is better, feel like a whole better person rather than when taking opiates, feel healthier
- No nausea helps me sleep makes me feel happy and uplifted
- Decrease in pain
 - Relaxes my muscles
 - Better quality of life
- Helps my neck and back muscles relax a lot.
 - It helps me walk more upright.
 - It distracts me from pain.
 - Helps me fall asleep easier.
- Time without a migraine is huge. I do sleep a little better as well.
- Pain Management, Better Sleep, appetite, productivity, energy, patience.
- Decreased my Anxiety. My muscled relax and allow me to feel less pain.

- I feel that my mental health issues have found a cure. I had no need to touch my prescribed as needed mental health meds while on medical cannabis. However, as far as my pain issues it does take the edge off and I have noticed again a decline in my use of prescribed pain medication. I would love see Minnesota take the Colorado stance. The amount I would need to sustain my medical needs is by far too expensive to maintain. So why be legal? If what I read is true Minnesota is the worst as far as helping us, who are in need of medical cannabis, making it unaffordable.
- Pain control, helps to relax
- 1) significantly reduced pain level
2) significantly improved sleep
- I have my life back.
- Reduced pain, inflammation, anxiety. Better GI function.
- Less pain, no opiate risks, easy to take
- The benefits I have experienced are tremendous. They go beyond just the physical relief of symptoms. I in particular have muscle spasms, paresthesia, and other nerve issues as a result from Guillain Barre syndrome. The cannabis seems to negate much of the paresthesia and spasms. As a result from not feeling physically bad, my quality of life has substantially improved. I use the ecig method of titration and believe that this is ideal as it allows the dosage to be increased by such a minute amount that you can achieve the positive effects without getting a "high" or "stoned" feeling which is certainly not the case with pills such as Norco, hydrocodone, etc where the titration increases by hundreds of mg at a time.
- major pain relief
- Complete pain relief
controls essential tremor
better balance
elevated mood
- It has reduced my back pain and overall pain significantly. I'm able to be more active and get more rest at night. Overall it has helped my quality of life.
- Pain relief sleeping and appetite all have been benefits from using it just cost a lot which makes it hard to have the amount I need to make it a month
- Immediate pain relief, lower anxiety, little to no depression, the will to get out of bed.
- pain relief
I am able to get more accomplished
life is more enjoyable when the pain is more controlled
I use far fewer other pain meds
I feel better
- Reduction in nausea and other Crohn's symptoms.
Huge reduction in neck and shoulder pain related to degenerative disc disease.
- Pain relief.
Insomnia relief.
Anxiety relief.

- relaxing and a lot less pain
- Pain subsided, nausea gone
- pain relief

Quality of life. Before I started I was house bound, stayed in pjs all day

Medical Cannabis relaxes me. Before I started I was taking Xanax with debilitating side affects.

Helps me sleep. Before I started I couldn't sleep & now I am sleeping @ night.