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 (Messages) (Register) (Login/Out)

[Psychology forum home](#) - > [Addictions](#) - > [Things that help ease marijuana withdrawal](#)

Things that help ease marijuana withdrawal

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Author	Thread
<p>matt15 New Member</p> <p>Joined: 17 Sep 2006 Posts: 3</p>	<p>Things that help ease marijuana withdrawal quote</p> <p>Hi everyone, I'm so glad I found this forum! I'll give you a little history about myself. I was an alcoholic from the age of 14 to 25 (I'm 31 now). I also smoked weed almost daily during that time. I started throwing up blood and had terrible <u>ulcers</u> so I quit drinking at 25 years old. The problem is my weed intake went way up. For the past 6 years I have been smoking about an 1/8 a day.</p> <p>I have tried to <u>quit smoking</u> but the withdrawal symptoms are unbearable(I consider myself "tough" but this kicks my ass). I've come to the point where I have to quit(no money, no job, etc...).</p> <p>I was wondering if you guys knew of anything that will make the withdrawal symptoms a little more bearable? Today is my first day. For the past few days I have been taking <u>Milk Thistle</u>, B-Complex vitamin, cranberry juice, eating lots of fruits and veggies.</p> <p>The symptoms I get are: I feel very nervous and shaky, stomach is turning all the time, constipated, very <u>angry</u> and short-temper, can't sleep, headaches.</p> <p>I really need something that will help the withdrawal because I have <u>job interviews</u> and I need to make a good impression. I have gained alot of insight just from reading your posts but I hope someone may have some more specific info for me. Thanks and good luck to you all. M.</p>

📄 Sun Sep 17,
2006 7:47 pm

System Suggestions

Modus Ponens

Full Member

Joined: 25 Aug
2006

Posts: [243](#)

quote

well its possible a drug like [xanax](#) or klonopin would help but you would have to be careful not to become addicted to those in the process. their are effects resemble those of alcohol and since you were addicted to alcohol, i could see it being a problem.

📄 Sun Sep 17,
2006 7:58 pm

phoenix11

Full Member

Joined: 14 Sep
2006

Posts: [133](#)

Location: [West
London](#)

quote

things that help..
its day 1 for me too mate so were in it together...
things that helped today...
go for a walk,
keeping busy,
going [swimming](#),
going cycling
being around people i didnt know cos it gets embarassing when an episode comes along and hopefully i wont have one as bad...
and reading this forum
getting support from friend or loved one...
[vitamin c](#)
and sugary drinks
and remembering that it will pass, so keep delaying having a smoke or drink

hope ur doing well mate..im thinking of you...
xxx

📄 Sun Sep 17,
2006 8:35 pm

<p>matt15 New Member</p> <p>Joined: 17 Sep 2006 Posts: 3</p>	<p style="text-align: right;">quote</p> <p>Thanks! Let's see if we can make it together. Day one and counting.</p>
<p>📅 Sun Sep 17, 2006 9:28 pm</p>	
<p>phoenix11 Full Member</p> <p>Joined: 14 Sep 2006 Posts: 133 Location: West London</p>	<p style="text-align: right;">quote</p> <p>ive made it yaaay! no tabbacco, weed or alcohol... i can go to bed feeling proud of myself for once... get to mark off the first day on the calender... hope u made it too in one peice... goodnight xx</p>
<p>📅 Sun Sep 17, 2006 10:58 pm</p>	
<p>phoenix11 Full Member</p> <p>Joined: 14 Sep 2006 Posts: 133 Location: West London</p>	<p style="text-align: right;">quote</p> <p>Detoxing from Marijuana</p> <p>How can I reduce discomfort?</p> <p>For some of the milder detoxing symptoms, a few home remedies have proven to be useful:</p> <ul style="list-style-type: none">* Hot soaking baths can help the emotions as well as the body.* Drink plenty of water and clear liquids, just like for the flu.* Cranberry juice has been used effectively for years by recovery houses to help purify and cleanse the body.* Really excessive sweating can deplete the body of potassium, a necessary mineral. A few foods high in potassium are: melons, bananas, citrus fruits, green leafy vegetables, and tomatoes.* Eliminate fat from the diet until digestion is better.* Greatly reduce or eliminate caffeine until the sleep pattern is more normal or the shakes are gone.* The old fashioned remedy for insomnia, a glass of warm milk before bedtime, helps some people.* Exercise not only helps depression and other unpleasant emotions, it helps the body speed up the healing process.

<p>📄 Mon Sep 18, 2006 10:55 am</p>	
<p>matt15 New Member</p> <p>Joined: 17 Sep 2006 Posts: 3</p>	<p style="text-align: right;">quote</p> <p>thanks for the info. Man, my stomach is so messed up. It keeps turning and I'm vomiting. I'll get through it though. I hope you are feeling better than me!</p>
<p>📄 Mon Sep 18, 2006 1:07 pm</p>	
<p>phoenix11 Full Member</p> <p>Joined: 14 Sep 2006 Posts: 133 Location: West London</p>	<p style="text-align: right;">quote</p> <p>no today i feel really sick too... and very weak... but yes my stomache and my digestive system feel rough... ive just been out for a loooong easy cycle exploring my local park and sitting in a tree and just taking in the serenity... even tho before i got myself out i really didnt want to venture out at all.. I feel like a weakling today and a bit shaky... but not craving yet... i know that will come at 8 oclock... just made some chicken soup... wish i had an appetite... glad to hear from u matt x</p>
<p>📄 Mon Sep 18, 2006 2:50 pm</p>	
<p>Liesl Junior Member</p> <p>Joined: 07 Sep 2006 Posts: 22</p>	<p style="text-align: right;">quote</p> <p>Hi Phoenix and Matt,</p> <p>I hope you guys made it safely and cleanly through the weekend. what helped me when I was quitting nicotine was cranberry juice and water...lots and lots of water....i was running to the bathroom frequently but it was cleansing my system I believe.</p> <p>and exercise - even something as simple as taking a walk or using the stairs. Just moving instead of sitting in one place really helped. And of course, regular exercise helps with my depression so much so that if I miss it for a week i start to wake up depressed and irritable again. Exercise has really been on of my lifesavers.</p> <p>looking out to hear how you made out over the weekend.</p>

📅 Mon Sep 18, 2006 3:00 pm

phoenix11

Full Member

quote

Joined: 14 Sep 2006

Posts: [133](#)

Location: West London

i believe in the exercise thing deffinatly.
I have started going to my local swimming pool and i certainly think its hass helped. Alsoi getting out on my [bike](#) in the park and walking... walking especially helps when im having a bad episode... helps get fresh energy in me... the worst thing i can think to do is just sit around... thats what i used to do when i got stoned... and i cant be having that... quitting goes hand in hand with the life ive been yearning for... i want to be active, have fun, eat well, make friends and be healthy and acheive all the things i want to do...
i have my carton of crannberry [juice](#) at the ready...
insomnia shouldnt be a problem after tonight as im on nights... perfect timing...
its time to get involved in life! and not watching it fly by...

📅 Mon Sep 18, 2006 3:30 pm

System Suggestions

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