



Canna-Wise
MEDICINE

Cannabis Overconsumption

It is possible to consume too much THC. Though overdosing on Cannabis is never lethal, it can cause uncomfortable side effects that could potentially become dangerous depending on the situation and your overall health. Below is a list of signs and symptoms that can help you recognize if you or someone else has consumed too much THC and how these side effects could be dangerous.

- **Swaying, Staggering, or Stumbling while standing or walking.**
 - You could stumble into traffic or trip while walking, possibly injuring yourself or others. These are good examples of why consumption in public places is illegal and you are instructed to consume in private areas away from the general public.
- **Drop in blood pressure from sitting to standing causing dizziness and in some cases falls.**
 - You could even lose consciousness from a drop in blood pressure resulting in a fall and subsequent injury. For patients that have heart conditions, this can be more common if they consume too much THC. There are even some patients to whom a fall could cause catastrophic damage like bone breaks or internal bruising.
- **Slowed or slurred speech.**
 - Thankfully, this is one of the less dangerous side effects of overconsumption. It can, however, cause some diagnostic confusion with medical personnel as side effects like these are commonly seen in diabetic or intoxicated patients. This could lead medical professionals to potentially misdiagnose a serious condition like low blood sugar, or alcohol/drug toxicity.

- **Confusion and Anxiety**

- These are less harmful side effects of too much cannabis consumption. Unfortunately, due to these physiological effects, it can be more difficult to keep yourself calm and focused on alleviating the symptoms.

Since Cannabis Overconsumption is not lethal, counteracting adverse reactions from ingesting too much THC can be done by following these steps:

1. **Stop consuming any more THC based cannabis products.** - Continuing to consume will result in worsening of the symptoms.
2. **Breathe, Relax and Remain Calm.** – This will prevent any worsening of the symptoms you may be experiencing like anxiety or confusion.
3. **Dose with a High CBD product-** You can do this with a capsule, tincture or even a flower strain like Canna-Tsu. This will help to break down the THC that has already been ingested and weaken the cerebral effects of it as well.
4. **Take a Shower-** If it is safe for you to do so the steam from a shower can help to detox the body and end the foggy headedness overconsumption causes.
5. **Get Some Sleep-** Sleep is the best medicine. The body works to regulate things when you are in deep sleep. Sleeping in the event of overconsumption allows your body to metabolize the already consumed THC, ending the overdose so when you awake you can safely consume again.