



AskTheInternetTherapist.com

Newsletter November 2004

Featured Article

Sample Email

Marijuana Abuse

How concerned should I be about my teenager smoking marijuana?

By Carole Saylor, MC, NCC, LAC, DCC, LISAC

Dear Z,

First, let me give you a few statistics about marijuana abuse. Marijuana is the most commonly used illicit drug in the United States. Between 1999 and 2001, students, across the country, over the age of 12, were surveyed and it was found that 76 percent of them had tried marijuana at least once. And 83 to 90 percent of every 12th grade class surveyed said it was "fairly easy" or "very easy" for them to get marijuana.

You said you weren't sure if your 16 year old son was using marijuana but you thought he might be. Based on the statistics above, there would seem to be a 76 percent chance he is using it or has tried it at least once. I know this must be a very disturbing thought for you because good parents always want the best for their children. You indicated you weren't sure if using this drug was "all that harmful" since it seems so prevalent. Below are some of the harmful effects that the use of marijuana abuse can cause.

With marijuana abuse there are multiple adverse effects on the body. Short term effects on the brain can include problems with memory, learning, distorted perception, problem solving, and coordination, just to mention a few. Any of these can greatly affect performance in school, sports, driving, and on the job.

However the brain is not the only part of the body affected by marijuana abuse. Studies have shown that for up to an hour after smoking marijuana, the risk of heart attack quadruples. Researchers believe this is due to the effects of marijuana on blood pressure, the heart rate, and the reduced capacity of the blood to carry oxygen to the vital organs of the body.

Other studies have also shown that the risk of cancer of the head and neck is greatly increased by marijuana use. And the more marijuana smoked, the greater the risk. Marijuana use also brings with it many of the risks found with tobacco smoking such as respiratory infections, chronic cough, and lung cancer. It also impairs the immune system's ability to fight off infectious diseases.

The bad news is that the problems shown above are only some of the health problems that may arise from marijuana use. Heavy and long term marijuana use can bring about other problems such as personality disturbances, anxiety, and depression. It can also lead to addiction where the person uses the drug compulsively even though it interferes with family, school, work, and other normal life activities. I believe this shows that you should definitely be concerned about your son using marijuana.

The good news is that experimentation with drugs does not always lead to addiction. For example, most people who smoke or drink alcohol do not become physically dependent on these drugs. But psychological dependence can develop relatively rapidly. The regular use of "soft" drugs, such as marijuana, does not necessarily result in addiction to "hard" drugs. However, most people who go on to use "hard" drugs used "soft" drugs first, which is why they are considered "gateway" drugs to other illicit drug use. Therefore, even experimentation with drugs must not be ignored.

You, as a parent, are one of the best preventative measures against drug use that you can provide your son. Parents need to set a good example for their children. Trust and communication are the greatest gifts parents can give their children. Your son needs to trust you enough that he can come to you and talk about anything without fear of reprisal. And this can be a test of your own strength of character.

An important step in keeping children off drugs is to build up their self-esteem. Children with a positive self-image stand a better chance against peer pressure. Parents must help their children know they are special creations and are worthy of dignity and respect. Parents should monitor their children's friendships. Before they allow their children to spend too much time with another child, parents should get to know the other child's family. This does not change just because your child is a teenager.

Drug education cannot be left to the schools. Parents have to be personally involved and let their kids know that drugs will not be tolerated. Parents themselves should be educated about drugs and drug paraphernalia. Also provide alternatives to drugs by keeping your children busy and involved in various community, family, school, and church activities.

I hope this has given you some insight into why you should be concerned about your son using marijuana and how important parents are in the prevention of drug use in children. If you would like additional information about this problem you might want to check out this government website, <http://www.drugabuse.gov>.

I wish you and your family the best in the challenges you may face. But always remember our children are our most important assets and worth whatever effort we have to put forth in order for them to lead healthy and productive lives.

If there is any other information you would like on this or any other topic, please do not hesitate to contact me.

Regards, Carole

Featured Medical Professional

Dr. Mark Force **Chiropractic Medicine**



Dr. Force has been practicing natural health care since 1984. The focus of his practice is applied kinesiology, the use of muscle testing as a diagnostic method. This approach integrates methods from all of the healing arts into a unified whole and allows them to be blended together in a way that best suits the individual's need for care.

Dr. Force is married and has three daughters (16-21). He enjoys learning (especially natural history), travel, and recreation in the outdoors such as climbing, skiing, whitewater rafting, and backpacking.

Dr. Force is a certified diplomate and teacher for the International College of Applied Kinesiology and the International Academy of Medical Acupuncture. He has published numerous research papers, helped develop nutritional formulas for Standard Process Labs and Biotics Research Corporation, and been a technical contributor for manuals on interpretation of laboratory tests and clinical nutritional protocols.

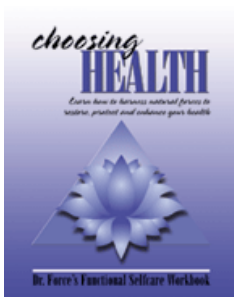
You can also visit his website at [The Elements of Health](http://TheElementsOfHealth.com).

Check out Dr. Force book in our [Self-help Books and Videos area](#).
mark@asktheinternettherapist.com
[Buy Dr. Force's "Choosing Health" Book](#)

November Contest Winner

Congratulations to Tony D. He is our November 2004 winner and he picked the Sleep-Beach Tape. Enjoy Tony D.

Featured Product **Choosing Health** by Dr. Mark Force



Dr. Mark Force, an eminent chiropractor, acupuncturist, and nutritionist, has written a definitive guide to health, "Choosing Health". Not only is this guide knowledgeable and complete but is meant to be a self-help guide to health.

Dr. Force believes strongly that the general public has the knowledge to be and the desire to be a partner in their own medical health.

You can find this book at Dr. Mark Force's website. [The Elements of Health](#).

Special Announcements

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Be sure to utilize our **free** discussion boards. These forums are formatted by the following special topics- Hypnosis, Chemical Dependence, Co-Dependence, Parenting, Post-Traumatic-Stress-Disorder, Medical Issues, Dysfunctional Families, Attention Deficit Disorder, Relationships, Veterinary Concerns, and Depression. You might find useful information in the various topics. These forums are usually monitored by our clinicians in a weekly basis.

As you are probably aware asktheinternettherapist offers online individual paid appointment times for in depth assistance with any of our professionals. Our discussion groups however are visited from time to time by our staff and their comments to discussions or questions are provided free of charge. This is an added benefit in addition to client self-help that makes up the bulk of the discussion group traffic. Visit soon.

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6540 E. Kelton Ln.
Scottsdale, Arizona
1-800-881-7693
www.asktheinternettherapist.com***