



Recent study explores the potential of d-limonene in alleviating THC-induced anxiety

Description

Cannabis users may have a reason to celebrate as new research suggests that D-limonene, a common terpene found in cannabis and citrus fruits, could help alleviate some of the anxiety-inducing effects of delta-9-tetrahydrocannabinol (THC), the primary psychoactive component of cannabis.

The study, published in the journal *Drug and Alcohol Dependence*, focused on how terpenes like D-limonene interact with THC to potentially enhance the therapeutic effects of cannabis while mitigating its side effects. The research, which involved a double-blind crossover study with 20 participants, found that when D-limonene was combined with THC, it significantly reduced anxiety and paranoia in users.

Lead author Tory Spindle, an associate professor of psychiatry and behavioral sciences at the Johns Hopkins University School of Medicine, explained that the study aimed to make THC more tolerable for both therapeutic and non-therapeutic users. The results showed that D-limonene specifically targeted anxiety and paranoia without affecting other cognitive or physiological effects induced by THC.

The findings open up possibilities for the development of cannabis products that incorporate specific terpenes to enhance the therapeutic benefits of THC-rich products. This could lead to the creation of specialized cannabis strains designed to offer the benefits of THC while minimizing its potential to induce anxiety.

While the study has shown promising results, further research is needed to explore different ratios and forms of THC and D-limonene, including oral administrations more typical of medical cannabis use. The researchers also highlighted the importance of understanding how different constituents of cannabis interact to ensure the safety and effectiveness of cannabinoid-based medicine.

In conclusion, the study sheds light on the potential of terpenes like D-limonene to enhance the therapeutic effects of THC and make cannabis use safer and more enjoyable for users.

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Vocabulary List:

1. **Cannabis** // (noun): A plant that is used as a recreational drug and as a medicine.
2. **Terpene** // (noun): A large group of volatile unsaturated hydrocarbons found in the essential oils of plants especially conifers and citrus trees.
3. **Alleviate** // (verb): To make something less severe.
4. **Psychoactive** // (adjective): Affecting the mind or behavior.
5. **Therapeutic** // (adjective): Relating to the treatment of diseases or injuries.
6. **Paranoia** // (noun): An irrational distrust or suspicion of others.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which type of cancer affects the colon and rectum?

- Option: Breast cancer
- Option: Lung cancer
- Option: Colorectal cancer
- Option: Prostate cancer

2. Which term describes a disease that can be spread from one person to another?

- Option: Contagious
- Option: Genetic
- Option: Chronic
- Option: Autoimmune



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3. What type of cancer treatment boosts the body's natural defenses to fight cancer?
- Option: Surgery
 - Option: Radiation therapy
 - Option: Immunotherapy
 - Option: Chemotherapy
4. Which natural compound is found in cannabis and contributes to its aroma and flavor?
- Option: Steroid
 - Option: Terpene
 - Option: Antioxidant
 - Option: Beta-carotene
5. Which term describes the introduction of new ideas or methods?
- Option: Traditional
 - Option: Stagnant
 - Option: Conservative
 - Option: Innovative
6. Which term refers to an unfounded or exaggerated distrust of others?
- Option: Trust
 - Option: Skepticism
 - Option: Paranoia
 - Option: Empathy
7. What word describes being the first to develop or use new methods or ideas?
- Option: Conventional
 - Option: Pioneering
 - Option: Derivative
 - Option: Obsolete
8. Which term refers to the capacity to recover quickly from difficulties?
- Option: Vulnerability
 - Option: Resilience
 - Option: Fragility
 - Option: Infirmity
9. Which term means fully aware and attentive?
- Option: Distracted
 - Option: Alert
 - Option: Nonchalant
 - Option: Indifferent



10. What word means to change something radically or fundamentally?

- Option: Maintain
- Option: Revolutionize
- Option: Customize
- Option: Conserve

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. Early _____ of a disease can lead to better treatment outcomes.
12. The _____ impact of human activities on the planet is a growing concern.
13. The scientist made a _____ discovery that changed the field of physics.
14. The invention of the internet was a _____ development in communication technology.
15. Medication can help to _____ pain and discomfort.
16. Campaigns are held to raise _____ about the importance of mental health.
17. The doctor discussed the expected _____ for the patient's recovery.
18. Ignoring a persistent cough can lead to _____ health complications.
19. Some plants have _____ properties that promote healing.
20. It is important to seek medical attention in a _____ manner when symptoms arise.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The long-term to sunlight can increase the risk of skin cancer.
22. Fever cough and fatigue are common of the flu.
23. She became an for animal rights and welfare.
24. The new technology was hailed as a breakthrough in the industry.



25. Despite medical advancements some diseases remain .
26. Chickenpox is a highly disease that spreads easily among children.
27. Her brave story of overcoming adversity continues to others.
28. Some medical treatments involve the use of compounds derived from .
29. The team's research led to a discovery in the field of medicine.
30. Vaccines work by stimulating the production of specific to fight infections.

Answer

Multiple Choice: 1. Colorectal cancer 2. Contagious 3. Immunotherapy 4. Terpene 5. Innovative 6. Paranoia 7. Pioneering 8. Resilience 9. Alert 10. Revolutionize

Gap-Fill: 11. diagnosis 12. environmental 13. groundbreaking 14. revolutionary 15. alleviate 16. awareness 17. prognosis 18. serious 19. therapeutic 20. timely

Matching sentence: 1. exposure 2. symptoms 3. advocate 4. revolutionary 5. incurable 6. contagious 7. inspire 8. cannabis 9. groundbreaking 10. antigens

CATEGORY

1. Health - LEVEL6

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