Topic: The Use of Marijuana

Introduction: The Benefits of Marijuana

My Community issue question: Is the use of marijuana a benefit or harm?

Introduction:

Catchy General Thesis: Illegal plant finally legalized, is it good for us?

Cannabis, when mentioned, has a negative connotation along with it. Over the years, scientists and researchers have successfully disproved the frowns upon this substance by discovering the numerous benefits which marijuana comes with.

Detailed Thesis: This essay discusses how the newly legalized drug, marijuana, is actually good for the lungs, can be used to treat or relieve many people with an illness, and to help develop an easy-going personality.

Body Paragraph 1:

The use of marijuana is beneficial to a person because it can help improve lung capacity. According to the *Harvard Health Letter (2012)*, “The deep, sucking inhalation may stretch lung tissue to expand lung volume. It may also strengthen the muscles of the chest wall, enabling pot users to inhale and exhale air more forcefully.”

Body Paragraph 2:

The use of marijuana has led to the discovery that it can help treat those who suffer from anxiety and depression.

According to CannaCon (2018), cannabis--also known as marijuana--has the ability to induce the release of endorphins. These endorphins send signals to our brain… resulting in happiness.

“Marijuana lowers inhibitions and induces relaxation, thus relieving anxiety” (docmj, 2019).

Body Paragraph 3:

Cannabis has also been proven to develop personality traits. Some might know that cannabis has two strains, indica and sativa. Sativa is known to produce more energy, while indica is used for the purpose of relaxing. Moreover, indica “may relax a person to where they would rather wind down for the night than socialize. For some, a hybrid of sativa and indica is the best mix of relaxation and cerebral energy” (docmj, 2019).

Conclusion: Be sure to restate the thesis and three points, then summarize essay.

Cannabis Mental Health Benefits: Treat Anxiety, Depression & More. (2021, January 19). Retrieved from <https://cannacon.org/benefits-of-cannabis-for-mental-health/>

Docmj, & \*, N. (2019, September 12). Can Cannabis Give Your Self-Esteem a Boost? Retrieved from <https://docmj.com/blog/2019/09/12/can-cannabis-give-your-self-esteem-a-boost/>

Publishing, H. H. (n.d.). Pot smokers can maybe breathe a little easier. Retrieved from https://www.health.harvard.edu/staying-healthy/pot-smokers-can-maybe-breathe-a-little-easier#:~:text=The researchers suggested that the,and exhale air more forcefully.