

## **Weed vs. Alcohol: The Match Up**

In this world, people find ways to enjoy themselves after a long, hard day. There are actually a lot of ways to relieve yourself from the stresses of everyday life. We indulge ourselves in varieties of activities that make us entertained such as watching TV, listening to music, playing video games, playing sports, going to the gym, etc.

There are instances where we don't like doing any of those activities. Instead we find ways to get that buzz or that daily fix from all the stresses. Some people drink to relax, others smoke weed, while others ruin their lives with drugs. However drugs aren't the focus of this topic. We're here to make the comparison between the two most commonly used substances - alcohol and cannabis.

Over the years, both alcohol and cannabis have been used mostly for recreational purposes like chilling around, having fun and a good time. The issue however is that of cannabis being dangerous than alcohol and yet, no known harmful effects have been proven and the legality of alcohol have kills millions around the world. Let us find out if which is better, cannabis or alcohol?

### **In this Moment...**

In alcohol, drinking so fast can actually kill you within minutes. This is because of the body's alcohol metabolic rate. The body needs time to process the alcohol you have been drinking and if you drink quickly, the alcohol consumed can lead to a massive alcohol build up on you nervous system, specifically your brain, causing heart and respiratory problems.

Cannabis though has a different action if smoked too quickly. It may increase your heart rate and blood pressure, but in the long run it tends to make you relax and calmer compared to alcohol. Plus you don't get to have an overdose even when smoked in large amounts.

In terms of substance interaction, alcohol is capable of producing a synergistic effect compared to marijuana. It amplifies certain actions of some substances. Examples of which are alcohol and tobacco in which alcohol enhances the harmful effects of cigarette smoke with its own harmful effects (which are like the same). Marijuana on the other hand, protects your body from experiencing the damage caused by alcohol. That's why when you're drunk and high at the same time last night, you wake up the next day without any hangovers.

Alcohol impairs your reflexes which is also a good reason for accidents caused by drunk driving. Your senses are also distorted when drinking in large amounts. Unlike alcohol, marijuana doesn't impair, it enhances your awareness towards your environment thus increasing your focus on certain activities such as stoned driving.

### **In The Long Run...**

The long-term effects of these two substances vary. Too much alcohol can lead you to a life of constant drinking which is called as alcoholism. Alcohol is more addictive than cannabis plus it also gives you a lot of very harmful effects. It can debilitate you and even end your life. This is not good especially if you have a family to support. Too much alcohol drinking can lead to chronic liver diseases such as liver cirrhosis, fatty liver and liver cancer. However, not only the liver is involved in the damage. Consider the GI system, cardiovascular system and even the nervous system as well.

Cannabis however, is different. In the long run, it has the ability to help you calm your mind, make sound decisions and have better judgment. Not only that, it can reduce the risk of schizophrenia and other mental illnesses. People who tend to smoke marijuana more often has a lesser chance of going back to smoking cigarettes and alcohol consumption.

The outcome of the marijuana and alcohol match up has finally come to a close. Guess what who won? That's right; it's our green friend, the Jane. Get off the booze and start green.