

# WEED WORLD™

ISSUE 160

JULIAN "JUJU"  
MARLEY

TOP 5

Most Ridiculous US  
Cannabis Laws

indoor  
cannabis  
growing

COST CONTROL

The BIG BONG  
THEORY



& CANNABIS

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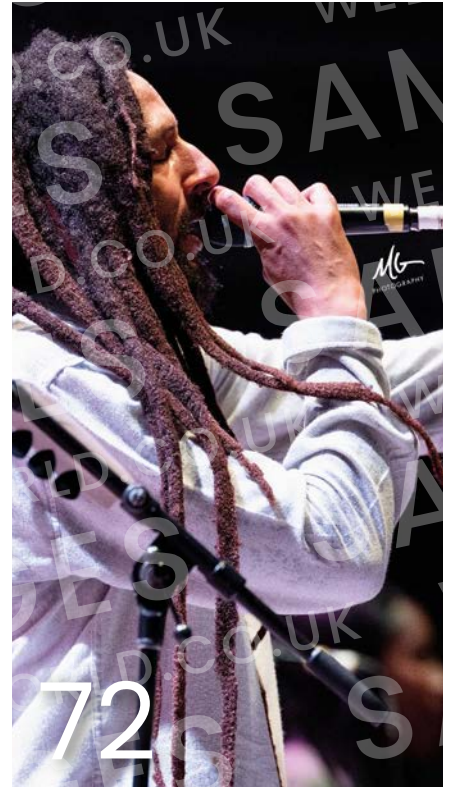
### WATERPIPES: THE BIG BONG THEORY

While the waterpipe had for centuries been traditionally used for tobacco, nowadays waterpipes are...



### FEATURED STRAIN: VANILLA CREME FRAICHE

We have always been fans of greasy funky dank. Since we were kids we can still remember certain terpenes...



### JULIAN MARLEY: A RASTAFARIAN LIFE

Julian Marley, son of iconic and beloved Rastafarian musician, Bob Marley, wakes up every day in livity...

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## Cannabis for OCD: Can it Help?

Written by Paul James

Throughout the last decade, we've seen many studies reveal that cannabis holds the potential to aid in the treatment of anxiety disorders. Small quantities of tetrahydrocannabinol (THC) or large amounts of cannabidiol (CBD) appear effective.<sup>1</sup>

With that in mind, some have questioned whether or not cannabis may be used in specific forms of anxiety, such as obsessive-compulsive disorder (OCD).

Admittedly, research concerning this topic is thin. However, recent studies have shined a light on cannabis's potential. Throughout this article, we'll take a deeper look at OCD and cannabis's potential in treating it.

### What is OCD?

Obsessive-compulsive disorder (OCD) is marked by two specific traits:<sup>2</sup>

- **Obsessions** - Uncontrollable, recurring thoughts
- **Compulsions** - Behaviors repeated over and over

While you may stereotypically think of people with OCD as overly clean, it's a much more complicated type of anxiety. These obsessions can appear in several manners, resulting in varying compulsive conduct.

For example, an individual with OCD may struggle with sexual obsessions and, in turn, find themselves in situations of sexual harassment.

Of course, such extreme cases are rare. In most individuals, compulsions will appear as:

- Constantly checking on things (i.e., if the door is locked)
- Cleaning and handwashing more than normal
- Keeping things in an orderly fashion
- Uncontrollable counting

Compulsions as such will only appear when an obsessive thought, such as the following, occurs:

- Aggressive thoughts (towards oneself or others)
- The anxiety of contamination or germs
- Feeling uncomfortable when things aren't symmetrical
- Undesired forbidden (or taboo) thoughts involving harm, religion, or sex

As mentioned, obsessive thoughts will lead to compulsive behaviors. And while people with OCD can recognize these patterns, they can be challenging to break.

### How is OCD Traditionally Treated?

If you've received an OCD diagnosis, you've likely been given some combination of medication and psychotherapy. Combined, these treatments can help ease obsessive thoughts while teaching a person how to overcome compulsive behavior.

Currently, the most common type of medication for OCD is serotonin reuptake inhibitors (SRIs). While this medication is effective, it can take up to 8 to 12 weeks for results to be noticeable. Large doses are required for proper treatment, which can result in serious side effects.<sup>3</sup>

In terms of counseling, cognitive behavior therapy (CBT) tends to be most effective for OCD - primarily when used alongside medication. CBT will identify what triggers compulsive behavior while teaching you methods for overcoming obsessive thoughts.<sup>4</sup>

For most people, this combination of treatments can be highly effective in reducing symptoms. However, it is not a



# CONTROLLING THE COST

## of indoor cannabis growing

By the Dutch Passion Seed Company, Amsterdam | [dutch-passion.com](http://dutch-passion.com)

Recent dramatic increases in electricity & energy costs mean that a typical grow in a 1.2m x 1.2m tent with a 500W total power draw will cost around £/€200-250 in electricity costs alone at mid/late 2022 prices. Costs have doubled, and more, in a year or two. Despite this, growing cannabis is still the most cost-effective way to be self-sufficient in your recreational/medical requirements. However, anecdotal reports indicate that cannabis street prices increase as growers pass on their increased electricity costs to buyers.

### WHAT IS THE AVERAGE EQUIPMENT COST OF INDOOR CANNABIS GROWING IN THE UK?

A new grower visiting the websites of any of the leading hydro stores can buy a basic 1.2m x 1.2m (4 ft x 4ft) tent along with a 600W HPS, ballast, fan, carbon filter, ducting, clips, timers, hanging chains, etc. for around £/\$300-£400 (options and prices vary tremendously). Many serious growers might argue that spending a little more and getting, e.g., superior quality carbon filters, silenced extraction fans, and higher quality lighting would be money well spent on your favorite passion. Those in the know would strongly recommend starting with quality LED light as part of your package. For a 1.2 x 1.2m tent with an LED, the entire kit cost would be around £1000.

On top of that, there are the nutrient costs for each grow. Even for a 1.2m x 1.2m grow area, these can vary greatly depending on grow type, preferred brands, and the number of extra additives you are tempted to buy. You can pay from £50 (or considerably more if you enjoy tinkering with numerous optional additives) on nutrients for a 1.2 x 1.2m tent in a full grow cycle. Those that have the confidence to make their base nutrients can run a grow on a modest nutrient budget, though the complexity deters most. Alternatively, organic budget growers that don't mind making their composts and nutrient teas might manage on a fraction of that.

### WHAT IS THE AVERAGE ELECTRICITY COST OF INDOOR CANNABIS GROWING IN THE UK?

Electricity costs have been high ever since Covid and the Ukraine invasion. Unfortunately, they show no sign of coming down anytime soon, and many growers are bracing themselves for these high electricity costs to become the new 'normal.' Prices per kW/h of electricity in mid-2022 are around £0.3 (30p). That means running a grow room that consumes 1kW of electricity for one hour would cost 30p. Prices in the EU are similar, around €0.3 per kW/h, and likely to continue rising in 2022 and into 2023. No one knows where electricity prices will stabilize with the current energy market volatility.

Commercial cannabis growers requiring several kW/h of energy consumption are facing substantial cost increases, especially if they also need to grow room air-con in the summer.