

There are numerous benefits of smoking marijuana, including benefits for your physical health, mental health, social life, and personal well-being. We've covered some of these in our prior article, [Medical Benefits of Smoking Marijuana](#), but we wanted to delve a little deeper into the topic here. Pipe Wipes is committed to helping you #smokeclean, so you can enjoy all of these benefits in the healthiest, best way possible!

Physical Health Benefits of Smoking Marijuana

Marijuana has been proven to have numerous physical health benefits, and has been used medicinally across cultures for generations. It is excellent for the treatment of chronic pain, be it from arthritis, recent injury, or debilitating conditions such as multiple sclerosis. It also stimulates the appetite and relieves nausea, making it ideal for cancer patients undergoing chemotherapy, HIV and AIDS patients, and those with restrictive eating disorders. Further research has demonstrated that marijuana can help to heal fractured bones, regenerate healthy cells, relieve menstrual pain, and help control seizures for people with epilepsy and similar disorders. It also has preventative properties, which means that smoking marijuana regularly can actually help to prevent certain cancers, types of diabetes, asthma attacks, and more.

Mental Health Benefits of Smoking Marijuana

Many people assume that marijuana causes depression, lack of motivation, and a sense of apathy. This is certainly true for some people, but most find that marijuana helps to relieve those symptoms. Those suffering from clinical depression can benefit from the sense of relaxation and mild euphoria that marijuana can provide. Depressed people often note that one of the benefits of smoking marijuana is that it brings them to a baseline level of emotional stability. So, instead of being depressed (their default state) or giddy with joy (as some react), these people just feel normal. This is an enormous relief for anyone that struggles with the debilitating nature of depression. Marijuana is also incredibly helpful for relieving symptoms of anxiety, insomnia, bipolar disorder, PTSD, Tourette's Syndrome, and various disorders on the Autism spectrum.

Social Benefits of Smoking Marijuana

The subculture of marijuana smokers tends to be one of reciprocity, relaxation, and community. There is a non-judgemental element that isn't often found as easily among non-smokers. The inherent calming and/or mood uplifting properties of marijuana mean that a group of smokers will usually be pretty happy and satisfied doing anything or nothing. You rarely hear of people committing violent crimes while solely under the influence of marijuana, and arguments tend more towards being open-minded debates. Marijuana smokers are often in a peaceful, open-minded state. As with any hobby or passion, there is the benefit of befriending those with similar interests. Many people have been judged for being marijuana smokers, so they tend towards being flexible and accepting of other people's quirks and predilections.

Personal Benefits of Smoking Marijuana

Marijuana is commonly thought to decrease productivity, but this is simply not true for many, many people. Creativity is often increased when smoking marijuana, either because you are open to new ideas, allowing yourself to free associate, or able to hyper-focus on what you are

creating. Others have found that the relief of their physical or mental health issues gives them the ability to do their work or art more effectively. When chronic pain or crippling anxiety is subdued, you can more easily devote yourself to other pursuits. Others have reported that marijuana use helps them to quit drinking alcohol and/or smoking cigarettes. This means that the marijuana smoker is receiving the aforementioned benefits, and reducing the negative impact that alcohol and tobacco can have on their health and relationships. Of course, we can't forget to mention the pop culture benefits of smoking marijuana. Once you start smoking, you will be able to relate to so many of the movies, TV shows, and music that center on marijuana. You may also find a new appreciation for media when you are high or medicated!

#SmokeClean

It is important to be responsible when enjoying the benefits of smoking marijuana. This means ensuring that your work, family, and personal responsibilities are being handled, and it means being careful not to drive or operate machinery when using marijuana. You should also protect your health when smoking. Find out the method that works best for you in the healthiest way. Vaporizers and vape pens tend to be better for your lungs than joints and blunts, and coughing can sometimes be relieved by switching from a regular pipe to a water pipe. You might find that dabbing or smoking shatter gives you maximum impact with a minimal amount, so that may be better for you. Cleaning your pipe or piece regularly will give you cleaner hits, so you are inhaling less resin and residue. Also remember that the mouthpiece of whatever you smoke from is likely to have a build-up of germs, bacteria, and dirt. This is especially true when it comes to shared smoking instruments, like a pipe or bong passed around in a group. Don't run the risk of contracting viruses, colds, or even diseases from a dirty pipe! Pipe Wipes can be used to clean both the outside/mouthpiece of your pipe, as well as the inside. These multi-functional pipe cleaner pads are a marijuana smoker's #1 necessary accessory.