

Cannabis is full of stress-busting chemicals that can help beat anxiety associated with autism.

For children with autism, CBD is considered particularly safe to use and can help to reduce impulsivity and improve mood as well as reducing anxiety.

At the moment, comprehensive research into the efficacy of cannabis for autism is limited. Currently, the industry relies on anecdotal evidence which is overwhelmingly very encouraging. However, we recommend you approach using cannabis for autism with a sceptical but optimistic attitude until more research is done.

How can it help?

Did you know that CBD has antipsychotic and anti-anxiety properties? This can lead to reduced impulsivity and improved mood.

- Regulate synapse signalling problems in autistics.
- Ease the stress of overstimulation and social interactions.
- Prevent the likelihood of repetitive and self-injurious behavior.
- Reduce needs for medication including antidepressants, stimulants and atypical antipsychotics.
- CBD may help modulate the immune system which is often dysregulated in those with autism.
- Treat symptoms of IBS, common in those with autism.

How to use?

- Treatment and dosing can depend very much on the individual. Some THC may be required for its anti-anxiety properties, but not too much.
- CBD and tetrahydrocannabinolic acid (THCA) may be particularly useful for autism.

Suggested cannabinoid and terpenes ratios: High CBD ratios may be useful for autism. CBD:THC ratios like 20:1, 6:1, 3:1 and in some instances 1:1 (perhaps for older patients) may be useful.