

That's Hysterical! Now, Get Out!

Season 2 | Episode 4

Cutting Back on Cannabis — It's Not Going Well

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I keep thinking, if I didn't have to deal with this stupid pain in my uterus right now, I could deal with everything else. And maybe that's not true. Maybe that's just the excuse I'm telling myself. But everything is a lot more irritating when I feel like I have a 15-pound rock in between my hips, pushing out, making me feel pregnant. On this episode of That's hysterical. Now get out. This is the episode where I, well, I guess I begin my love letter to cannabis and how it has helped my cramps and my pain and my discomfort and the bloat and the loss of appetite and the nausea and the irritation, the emotions, the anxiety, all that fun stuff that goes along with adenomyosis. I knew weed helped. I knew that I relied heavily upon it. It worked much better for pain and discomfort than any over-the-counter medicine I've ever tried. And actually better than most of the stuff doctors have recommended or suggested. The reason I'm saying this now is because next week, in less than seven days, actually, five days. Oh, gosh, five days. I'm giving up weed because I have to before surgery.

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Because weed and anesthesia do not mix. Now, if you happen to be in a state or an area where cannabis is not legal, in my state, it is legal for recreation and medicinal use. If you happen to be in an area where it is not legal, it might not be something that you bring up with your doctor. When they ask you, Do you take any drugs or alcohol or medications? For me, honestly, because it's legal where I live, it was probably one of the first times I told the doctor specifically that I use as much weed as I do. I'm glad I did because she told me, Oh, good. I'm glad you told me because when it comes to anesthesia, you're going to want to stop consuming at least a week before. And for me at this point, I've been trying to cut down for the past two days. It's only been two days. It's only been two days trying to cut down. And I am realizing just how heavily I rely on weed to get me through the days. And not just because it's day six-ish, seven-ish where I am just at my most bitchy, maybe.

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Maybe, maybe if we're being honest. And in fact, during my period, the interesting thing about weed is it doesn't necessarily... The effects aren't necessarily as potent during the first few days of my period. And then as my period decreases and the days go on, the potency comes back. So I'm sure the past few cycles, probably for years actually, day six and seven have not felt as outwardly combative as today did. Just every little thing, every little noise, every request from anybody in the house, it's just been too much. And what's interesting is I keep thinking if I didn't have to deal with this stupid pain in my uterus right now, I could deal with everything else. And maybe that's not true. Maybe that's just the excuse I'm telling myself. But everything is a lot more irritating when I feel like I have a 15-pound rock in between my hips, pushing out, making me feel pregnant. Cannabis has become such a daily habit for me that intentionally

cutting back is even like, Well, wait, what do I do? I have to raw dog this? Shit. The thing is, I'd love to say that I smoke weed and I get high and I'm flying high all day.

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But anybody who smoked weed for pain or discomfort, it's like when ADHD people take Ritalin and the normies are like, Wow, you must be off the wall. And it's like, No, actually, the stimulus levels me out. The cannabis. And you know what? I say cannabis because it's an encompassing term of the THC and CBD that I normally do. I actually use a lot of CBD because that's been fantastic for pain management while still being able to do all the stuff I need to do with a more clear mind. The THC in cannabis is the psychoactive part. The CBD is more of a calm high. It's not quite a week before my surgery, but I am cutting down and trying to do what I did when I quit smoking, actually, which is start to notice the times of the day where I actively smoke, essentially, because it's more than once. It's usually in response to pain, in response to stress. Now, the interesting thing with CBD is, and a lot of people complain about CBD is, I don't think it works for me. And you realize after a while you'll come to find out when you research more about CBD, you have to take into account how much you weigh so that you get the right amount.

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Because if you take too little, you're not going to feel anything and you never know your tolerance either. CBD is very different. If you're expecting a high like THC and going to the moon and no in the couch, can't move, no, you're most likely not going to get that. You're just going to get a little bit of a... When I was on anxiety medication, I had Xanax. Xanax seemed stronger for me. I wouldn't drive on Xanax. I would feel comfortable driving on CBD. So at one point, I was on anxiety medication, and I had a prescription to Xanax. I didn't really like how I felt. I didn't feel like I could function on Xanax. I like to compare that a lot to CBD, where I feel a lot more in control and a lot more competent when I've taken CBD, but I've gotten the same level of relaxation that I have with Xanax. I'm never going to tell anybody, Oh, this is great for ADHD. But for me personally, CBD helps me focus. Cbd and THC takes away the a lot of the chatter in my head. There was a meme once about, You smoke weed to party.

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I smoke weed to do my dishes. We are not the same. I related so hard to that because it really is like, I have to do this stupid thing. You know what? You know what? It won't be so stupid if I'm just a little bit more relaxed, if I don't have to think about this pain. And it's interesting how it alleviates it, and not even alleviates it like you would expect a pain medication to alleviate it. It's one of those things where it's still there. I'm still aware it's there. But I'm more able to calm my mind about it, and almost give myself that self-talk that I need of, Hey, this isn't going to kill us. We know what this is. I know our brain is registering this is, Oh, my goodness. It feels like someone stabbing us. Is someone stabbing us? Someone stabbing us, right? Danger, danger, anxiety, anxiety. Cannabis not only helps me examine those thoughts, which is great. It slows down my thoughts in order for me to actually observe them. But it also gives me that added lift of, okay, I'm feeling pain. I am not pain. I am not my uterus.

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I am not this hurty thing inside of me that feels like it should take up 100 % of my consciousness all the time. But it doesn't. I'll be honest, weed helps me enjoy life a lot more, even through the pain, because all of a sudden, Oh, my goodness, those colors are so bright and this food is so delicious and that story is fascinating. I'm so curious about this. And as far as pain goes, hot is said to be an anti-inflammatory, so I can vouch whenever I take an edible and that body high hits me, it does feel pretty good. It does feel pretty good. And I am worried that next week when I won't have any, all these little stressors that are getting to me this week. I just... I just really need people to understand that next week I will not only be in anxiety mode because of surgery, but also I won't have my weed. I won't have my vitamins. I won't have my Ashwagandha, which is my favorite supplement. I am okay if it's a placebo because at this point, I haven't taken it for a few days, and you're supposed to stop it before surgery.

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And my bottle was out anyway, so I was just like, Okay, I'll just let the bottle run out. It's supposed to improve your mood and your focus. And I'm like, Man, I've really dug myself into the placebo effect. And to the point where I'm like, No, I think as for is a real legit thing. I really think it has improved my mood and my focus because now that I don't have it and I'm cutting back on weed, I just feel bad for everybody around me, to be perfectly honest. But I'm interested to see this T-break, as it's called, a THC break. The last time I remembered going a week or more without weed was about four years ago. Four or five years. It must have been five years ago because it was the first year of my business. I was swamped one week. I was just really ramping up, onboarding clients. It was just one of those weeks where I was working nonstop and I would wake up in the morning to take care of my kids until my husband woke up and then I would work. Then when he would work, I would go upstairs and I would go into mom mode again until it was bedtime.

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At that point, my son went to bed relatively early for him, so around 6:30, seven o'clock, and I would get a lot of work done at night. I was busy doing all this admin stuff and marketing and planning and graphics on top of client work and getting new clients. I was just working my tail off. I would come upstairs and I would be too tired to smoke and just be like, I don't care. I'm just coming upstairs. I'd say hi to my husband and then go to bed. It's also hard not to treat it like quitting cigarettes because I've smoked for 10 years and quitting cigarettes is really hard. But it's honestly, it's funny because as much as I feel like I smoke to deal with the pain, if the pain weren't here, it's not like I'm going for that hand to mouth thing like I was with smoking cigarettes, which I find really interesting. With cigarettes, it was like, I get into a car, start the car, put my seat belt on, close the door, exit the driveway, start to look for a cigarette and light it up. I still remember the step-by-step of how I would do it.

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The car cigarette was one of the hardest cigarettes to quit. The first cigarette in the morning and the cigarette after work were the two hardest cigarettes every single day to quit. But I'm not finding something like, Oh, that pot at the end of the night, as much as I use it for sleep, I'm usually pretty tired because I am up much earlier than I want to be. Any day I wake up to an alarm clock is earlier than I want to wake up. Literally the only time people leave me alone is late at night when I'm sleeping. I'm lucky I don't really have a problem falling asleep. It'll be interesting. I've been putting off talking about it for a while, even though I will say it is one of the first things. Yeah, I'm not happy about that. It's one of the first things when talking about surgery and pre-surgery and post-surgery and recovery, all the steps of surgery, it was one of the first things that stuck out the most was, Well, I'm going to have to quit pot a week before this really stressful fucking surgery, and I'm going to be stressing myself fucking out on fucking work.

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I swear a lot less when I have pot in my system too, by the way. The last few days without smoking as much as I usually do. It's funny how my anxiety is like, Oh, hi. We're back. We're back, baby. Yeah. I'm like, No, I didn't miss you. My anxiety is like too bad. I'm here to stay. That pain that I know is out of my OSS. I'm still going to make you worry it's cancer. I'm still going to make you worry that maybe you're pregnant. There's something to be said about growing up with a show called I Didn't Know I was pregnant and having adenomyosis and getting cramps throughout the month. Honestly thinking about that show way more often than I think most other people, whenever there's a pain in my uterus, I'm like, That's it. I didn't know I was pregnant. I'm going to go on that show. It's going to be like I gave birth in a camping toilet in the middle of the woods, and I didn't know I was pregnant. I'm going to say something like, Well, my period was always a regular. No, it was just endometosis fucking with me.

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As it does. Then there was pot and I didn't have those thoughts as often. Now, even though I know it's day six of my period, I'm still like, Am I pregnant? What if I become pregnant in the two weeks between now and a hysterectomy? What would happen then? Here's the thing, I don't think that's something I need to worry about. I don't know. Unless this disectomy reverses. Yeah, wish me luck on this adventure of cutting down my pot, trying not to be such a fucking bitch to my family because I've cut down on pot. I'm trying not to, but they're asking me for a whole lot of things lately. I'm just saying more things than like, I don't know, have they always asked me for this many things? It doesn't seem like that. Okay. Anyway, wish me luck on my journey through the land of no pot for a week. It's not for another five days. In fact, I'm going to go home right now, fill a chamber of my dry vape with some indica and go the fuck to sleep because I think I'm too bitchy for the rest of this day. The last two episodes have been recorded on this day, which has not been an easy day if you've learned from those last two episodes.

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So anyway, take care, everyone. Good night.