

**Submission  
No 110**

**INQUIRY INTO USE OF CANNABIS FOR MEDICAL  
PURPOSES**

**Name:** Ms Beth Shelley

**Date received:** 13/02/2013

---

To Whom it may concern,

I am writing to you as someone who has benefited enormously from the help of marijuana. When I had my first child many years ago now I had chronic post-natal depression and anxiety for 18 months. During that time my baby appeared to have very bad colic and cried a lot of the time and didn't sleep well. For me it was a nightmare experience. Not only did I feel terrible and stressed and had little sleep but I also felt I was an awful parent and my child was suffering because of me. During my pregnancy I gave up cigarettes and marijuana and then I gave up tea and sugar and anything else that might give her colic but it did no good.

After that 18 months I had one marijuana joint and I felt myself relax and then I relaxed some more and then even more and I realised that I was so stressed that I was in a constant state of high tension. My baby was suffering by being near to someone who was constantly very tense. Once I realised that I needed to relax and stop worrying and being so stressed I got better very quickly. My baby stopped crying and started sleeping better so I got some sleep. Then it all got better and the worst experience of my life was finally over. When I had my second child I didn't suffer again because I knew how important it was for me to relax and not worry and she was fine.

Marijuana is a very effective relaxant and can promote feelings of positive well-being and safety. Of course it doesn't always work like this for everyone but I believe that depends a lot on the situation of those taking it. If it wasn't illegal it would be easier to observe and research its use so its beneficial aspects could be put to good use. This life can get very difficult and sometimes we all need some help to relax and take it easy. I believe that marijuana has anti-depressant and anti-anxiety functions if used in the right way. Why deprive ourselves of the benefits and cause suffering to many by keeping it illegal. It makes no sense to me.

Regards  
Beth Shelley