








INDIGO
BLUES
www.indigobluesandco.com

70 N Main St. Concord
902 Main St. Contoocook
www.indigobluesandco.com

GOOD NEWS

Some good news for a change. Yesterday in this country, 45,000 commercial airplane flights took off and landed without a crash. Network news understandably covers the crashes when they occur, but that does not tell you how many flights took off without a hitch. We just did.

Second, there were 30,000 fewer drug overdose deaths in 2024 than the year before in our country. That is the largest one-year decline ever recorded. The over-the-counter availability of Naloxone is part of the story. Overdoses are still the leading cause of death for people 18 to 44 years old. But cutting deaths from 110,000 to 80,000 is good news.

THOUGHT OF THE DAY

*“Don’t find fault, find a remedy;
anybody can complain.”*

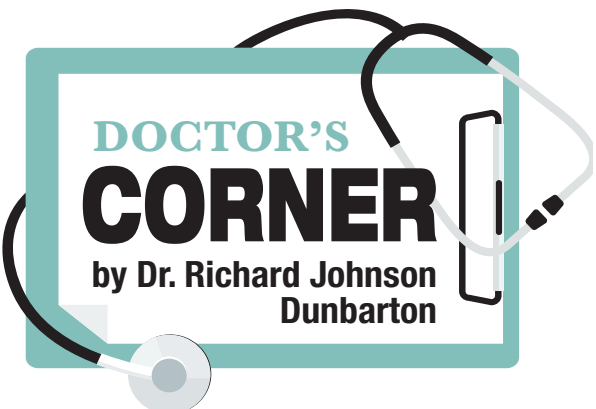
Henry Ford




help heal your body
inside & out with
SALT THERAPY

211 Loudon Road
Suite C
Concord NH

SALT SPA CONCORD, LLC
603.219.0769 saltyspanh.com



DOCTOR'S
CORNER
by Dr. Richard Johnson
Dunbarton



LET’S LOOK AT MARIJUANA...

First a simple definition. Some types of cannabis plants produce cannabidiol (CBD). Products containing CBD are being used to treat a variety of medical conditions. Other cannabis plants produce more of the mind-altering chemical tetrahydrocannabinol (THC). This has been used for pain relief. In our culture, the word marijuana generally refers to cannabis that contains THC and is generally used to get “high.” According to AI it took several decades, epidemiological studies, and animal experiments to definitively establish the link between smoking and lung cancer. It may well take that amount of time and effort to “prove” any link between marijuana and adverse health effects. In addition, the public has become used to thinking there are (and there are) helpful medicinal uses for CBD products. Also, using THC products (although not everywhere legal) has become part of normal recreational use. So, what do we know?

A paper published in the journal *Heart* found that cannabis use is associated with a significantly increased risk of major cardiovascular events including myocardial infarction, stroke, and increase in cardiovascular death. These findings, based on health data from 200 million people worldwide, showed that cannabis users had a 20% higher risk of stroke and twice the risk of death from cardiovascular disease compared to non-users. Researchers have found that the chemistry of marijuana smoke is not much different from tobacco smoke.... instead of nicotine, you have THC. Smoke inhalation from any source, be it cigarettes, marijuana, secondhand, or wildfires results in increased cardiovascular disease. What if you eat the cannabis products? The science is not yet in.

People have been using marijuana as a psychoactive agent for at least 2,500 years and if you ask the “person on the street” you will be told it is a safe, “natural” alternative to pharmaceuticals for treating several symptoms. The current research suggests two things: It may not be as effective as we think. There is the possibility of a real placebo effect. Secondly, marijuana is not harmless. (I hear you, neither are pharmaceuticals!) Some 62 million Americans are using cannabis, and 17% of 10th graders report using cannabis even though no state has legalized the drug for anyone under 21.

We all take ‘risks’ every day and most of the time we are fine. We have a great day riding our motorcycle without a helmet. We smoke and drink alcohol (two of the ‘riskiest’ things you can do) and nothing happens... until it does. Now our risky behavior has become 100%, and we want and need help. It is much easier to stop a fire from happening than to put it out. My recommendation: don’t take the risk... avoid marijuana.

Information for this article was gleaned from:

- 1. AI & Google search
- 2. Journal of the American Heart Association Vol 13, No 5, 2024
- 3. Medscape Medical News June 2025
- 4. National Geographic 19 December 2024 & 17 June 2025



O'KEEFE & FLANAGAN
ELECTRIC
CONCORD, NH

RESIDENTIAL COMMERCIAL
603-665-0021

Solar ■ Generators ■
Mini-Splits ■ EV Chargers

okeefeandflanagan.com
315 S Main Street, Concord, NH 03301

