


Cannabis, Pregnancy, & Postpartum



Many people assume cannabis is safe because it's "natural."

But being natural doesn't make it safe to use during your pregnancy.

While cannabis may be a viable treatment option in extreme circumstances (such as Hyperemesis Gravidarum), ethical concerns make it nearly impossible to research well. Since some research links maternal cannabis use with low birth weight in infants, it is wise to exercise caution. Pregnant women should fully understand the risks and benefits of all treatment options, both pharmaceutical and herbal, with their healthcare providers.



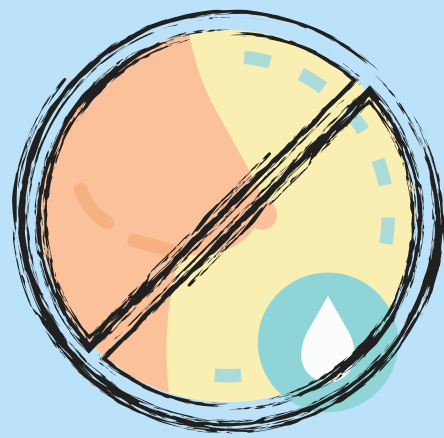
Cannabis can be helpful for a variety of issues during the postpartum period, but...

Cannabis & Breastfeeding DO NOT MIX.

The THC from cannabis easily passes into breastmilk, and from there into your baby's brain and other fat stores.

Since THC can take days to be fully eliminated from your body, the popular "pump and dump" strategy does NOT work with cannabis.

That doesn't mean you can't use cannabis after you give birth to your baby, but it does mean you may need to choose between breastfeeding and cannabis.



Whichever you decide is best for your family, CannyNurses™ will support your mothering journey with care, compassion, respect, and nonjudgment.



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