

The Green Rush: How the Movement of Cannabis Fueled Athletes is Changing the Science of Sports



The use of cannabis among athletes is on the rise, and it's having a major impact on the science of sports. Cannabis has been shown to improve recovery time, reduce inflammation, and enhance performance. As a result, more and more athletes are turning to cannabis as a way to gain an edge on the competition.



Runner's High: How a Movement of Cannabis-Fueled Athletes Is Changing the Science of Sports by Josiah Hesse

★★★★☆ 4.6 out of 5

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Cannabis and Recovery

One of the most well-documented benefits of cannabis for athletes is its ability to improve recovery time. Cannabis has been shown to reduce inflammation, which can help to speed up the healing process. It can also help to improve sleep, which is essential for recovery. In addition, cannabis has been shown to reduce muscle soreness, which can make it easier to get back to training sooner.

There is a growing body of scientific evidence to support the use of cannabis for recovery. A study published in the journal *Sports Medicine* found that cannabis was effective in reducing inflammation and improving recovery time in athletes. Another study, published in the journal *Pain*, found that cannabis was effective in reducing muscle soreness and improving sleep in athletes.

Cannabis and Inflammation

Inflammation is a natural response to injury or infection. However, chronic inflammation can be harmful to the body, and it can lead to a variety of health problems, including pain, swelling, and stiffness. Cannabis has been shown to reduce inflammation, which can help to improve overall health and well-being.

There is a growing body of scientific evidence to support the use of cannabis for inflammation. A study published in the journal *Arthritis & Rheumatology* found that cannabis was effective in reducing inflammation in patients with rheumatoid arthritis. Another study, published in the journal *Gut*, found that cannabis was effective in reducing inflammation in patients with Crohn's disease.

Cannabis and Performance

In addition to its benefits for recovery and inflammation, cannabis has also been shown to enhance performance. Cannabis has been shown to improve focus, concentration, and reaction time. It can also help to reduce anxiety and stress, which can be beneficial for athletes who need to perform under pressure.

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The Future of Cannabis in Sports

The use of cannabis in sports is still in its early stages, but it's clear that it has the potential to revolutionize the way that athletes train, recover, and perform. As more and more research is conducted, we can expect to see even more evidence of the benefits of cannabis for athletes.

It's important to note that cannabis is still illegal in many countries, and it's important to check the laws in your area before using it. However, the tide is turning, and it's likely that cannabis will become more widely accepted in

the years to come. As a result, we can expect to see more and more athletes using cannabis to improve their performance.



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