



# NEW MOBILITY

The magazine for active wheelchair users



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## HOT TOPICS

- Employment
- Sex, Wheels & Relationships
- Health
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- Disability Rights
- Arts & Culture
- Spirituality & Religion
- Spinal Cord Injury
- Multiple Sclerosis
- Post-Polio
- Products & Equipment



Photo by: Mark Braunstein

## Rx for Pot?

By Aaron Broverman



April 2010

Since his 1990 accident, Mark Braunstein, an incomplete para, has alone in a house in the woods in Conne — doing his own housekeeping and laundry, growing a garden and co — while remainin-sufficient as a writer and college librarian. But his passion for growing vegetables is not the only horticultural activity is important to him. Braunstein has smoked half a gram of homeg one joint's worth — every night after dinner since 1991. Without his nightly spliff, he says he wouldn't be able to use his crutch walk the trails around his home because spasms would pop his from his braces. He also wouldn't be able to drive without controls because an errant leg spasm could send him careening of road. "I have remained productive not despite marijuana," he "but because o

Braunstein never used pharmaceutical drugs in the 17 years before accident and has refrained from using prescribed drugs since th didn't want to be a zombie." Instead, he relied on his own high threshold while looking for a natural alternative. Through the disa grapevine and experimentation, Braunstein discovered pot wa only thing that alleviated both spasms and — and the only side effect was euphoria. "I also have a high tolerance for euphoria q

These days it s America has a hi tolerance fo notion that marij is medicine. Four states currently some form of m marijuana legisl and the list is lik grow. Add to the O administrat pledge to cease on dispensaries comply with laws, and publ seems all is now -dory for those who need cannabis to treat their ailments. However, even if you're lucky enough to live in o the 14 states that have approved use of medicinal marijuana, the vary so widely between states that restrictions instituted to pr abuse and criminality have begun to work against those legitimately need a dose of the herb to get through the



Mark Braunstein: productive because of pot.

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## NEW MOBILITY BLOGS

- I Choose to Be Me [Mar 16](#)
- ADAPT's Marsha Katz Weighs In [Feb 26](#)
- The Employment Advocacy Debate Continues [Feb 26](#)
- More Thoughts on Poverty, Employment [Feb 13](#)
- Debating Advocacy Priorities [Feb 04](#)



## ONLINE EXTRAS

- Bladder Matters: When to Treat a UTI with Antibiotics
- Federal Hiring Event for Disabled, April 26
- Bladder Matters: Prostate Cancer

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- Disability Photo
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- Families of SMA PA Chapter Walk-n-Roll  
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May 16 2010

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