

From: [REDACTED]
To: [Medicines Scheduling](#)
Subject: Proposed amendments to the Poisons Standard (Medicines) [SEC=No Protective Marking]
Date: Sunday, 17 May 2020 9:42:19 PM
Attachments: [REDACTED]

To whom it may concern,

My name is [REDACTED] and I support the amendment that would allow CBD oil to be legalised and made available through pharmacists in Australia.

I believe CBD oil has the potential to benefit my health because I have been diagnosed with hip dysplasia, which results in pain not only in my hips, but throughout my surrounding muscles. Given that my condition is a life-long condition with no cure, I make an effort not to take pain medication. I manage the pain the best I can throughout the day with yoga and meditation, however the hardest time to manage my pain is at night when I lay down to sleep. There is nowhere to hide from the pain, and the pain in my hips makes it hard to fall asleep and stay asleep.

To help get a more restful and restorative sleep, my doctor prescribes me with clonidine, which is a medication designed for people with high blood pressure. While I don't have high blood pressure, one of the more positive side effects is excessive sleepiness, so I take this medicine at night to aid me with my sleep, so that I can sleep without pain medication.

Relying on any prescription medicine is never ideal. Unfortunately, this has been my only option to-date, as lack of sleep causes much worse side effects, including long term health damage. I am hopeful that one day there will be a solution that would allow me to get a restful sleep without prescription medication altogether.

I recently came across an article on health.harvard.edu, which wrote about some of the the benefits of CBD oil. Harvard University mentioned that there have been studies showing that CBD oil can help with both falling asleep and staying asleep, and can inhibit inflammation and neuropathic pain.

I hope this is an option that can be approved for Australians, because I would love to get restful sleep without prescription medication. By allowing CBD oil to be purchased at the local chemist, I believe this would also help take away some of the stigma that may arise from using this product.

I appreciate you taking this into consideration, as this could help a lot of people who are currently struggling.

Kind Regards,

[REDACTED]