

“When I quit every substance except weed and psychedelics, I could still party and expand my mind, but without the selfishness and addiction.”

Michelle Lhoog – Writer for Vice

Cali Sober

Just like Lhoog, who coined the term “California Sober” in 2019, many of us are putting down the bottle and are picking up the bong. Our time we spend healing, relaxing, or partying haven’t skipped a beat, but our bodies and minds and those around us are increasingly grateful.

Are you ready to turn a new leaf?

Alcohol has long been the main go-to for adults looking for a way to heighten social events, take the edge off, or as a nightcap before bed — but, have you taken the time to consider just how damaging it could be?

Why not have a fridge full of cannabis drinks instead?

Alcohol vs Cannabis

Does It Cause...	Alcohol	Cannabis
Consumer Impact	Injury	No
	Overdoses	No
	Deaths	No
	Brain Damage	No
	Cancer	No
	Addiction	Rare
	Health Expenses	8x
Community	Aggression	No
	Domestic Abuse	No
	Violent Crimes	No

Toxic

Alcohol is 114 times more toxic than cannabis.

Dangerous

Alcohol is 10 times more deadly than cannabis on the road.

Violent

25-30% of violent crimes are linked to alcohol.



SESPE CREEK

