



KALEIDOSCOPE
— COUNSELING, PLLC —
*Finding Beauty in the
Fragments of Life*

Understanding **CANNABINOID HYPEREMESIS SYNDROME (CHS)**

CHS is the medically recognized term; "Hyper Cannabinoid Syndrome" is commonly used informally, but Cannabinoid Hyperemesis Syndrome (CHS) is the correct clinical name.

 Compassion.
Clarity. Change.
You don't have to
navigate this alone.


Cannabinoid Hyperemesis Syndrome (CHS) is a condition that affects some long-term cannabis users, causing severe nausea, vomiting, and abdominal pain.



WHAT IS CHS?



CHS is a condition seen in individuals who use cannabis frequently over a long period. It leads to recurring cycles of nausea, vomiting, and abdominal pain. The exact cause isn't fully understood, but it's believed to be related to how the body processes cannabinoids over time.

COMMON SYMPTOMS



- Severe nausea
- Repeated vomiting
- Abdominal pain
- Dehydration
- Relief with hot showers or baths
- Symptoms improve with cannabis cessation

THE 3 PHASES OF CHS



- 1. Prodromal Phase**
Mild symptoms, early morning nausea, fear of vomiting.
- 2. Hyperemetic Phase**
Intense nausea, vomiting, abdominal pain, hot shower relief seeking.
- 3. Recovery Phase**
Symptoms improve after stopping cannabis use.

TREATMENT & RECOVERY



Complete cessation of cannabis use is the only proven long-term solution.



Supportive care for symptom relief may be needed during recovery.



Hydration and medical support are important during acute episodes.



Counseling and support can help address underlying stressors and promote healing.

YOU ARE NOT ALONE



If you or someone you love is struggling with CHS, support is available. Let us help you piece together a path toward well-being and recovery.

 **Important:** If you experience severe vomiting, dehydration, inability to keep fluids down, chest pain, or severe abdominal pain, seek immediate medical attention.



Healing
**HAPPENS ONE STEP
AT A TIME.**

KALEIDOSCOPE COUNSELING, PLLC
Finding Beauty in the Fragments of Life

 Individual Counseling • Trauma Therapy • EMDR • Substance Use Support
Anxiety & Depression Care

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 Serving clients across Oklahoma
In-Person & Virtual Appointments Available

Healing happens one step at a time. Support is available for mental health, substance use concerns, recovery, and life transitions. 