

# New Mexico Approves Medical Cannabis for Female Orgasm Issues

## New Mexico Board Advances Proposal to Add Female Orgasm Difficulty as a Qualifying Condition for Medical Marijuana

A New Mexico regulatory board has taken a groundbreaking step toward recognizing Female Orgasm Difficulty (FOD) as a qualifying condition for the state's medical marijuana program. On Monday, the New Mexico Medical Cannabis Advisory Board voted 7–2 to recommend the inclusion of FOD, marking a significant development in the intersection of sexual health and cannabis use.

However, the vote is not the final word. The board's recommendation now moves to the state's Secretary of Health, who will review the proposal and decide whether to accept, deny, or modify the recommendation. The secretary will consult with staff before making the final determination.

### Progress for Women's Sexual Health

This latest development was spearheaded by clinical sexologist and researcher Suzanne Mulvehill, who has been at the forefront of advocating for FOD's inclusion in medical marijuana programs across the country. Mulvehill expressed her excitement over the board's vote, telling *Marijuana Moment* that she's "very pleased" with the progress in New Mexico. She highlighted that similar efforts are underway in other states, including Connecticut and Illinois, where FOD has also been proposed as a qualifying condition.

"FOD affects millions of women worldwide," Mulvehill said. "And there are no conventional treatments."

### Momentum Building in Multiple States

New Mexico isn't the only state considering adding FOD as a medical marijuana qualifying condition. Oregon recently held a public meeting on the matter, with public comments accepted through this Friday. Arkansas also held a public forum on FOD last month, and officials there are accepting comments until October 14.

Mulvehill credited a growing network of researchers and advocates for building momentum around this issue. One of those advocates is Rebecca Andersson, who petitioned for FOD's inclusion in Oregon. Andersson described cannabis as "revolutionary" in helping her achieve orgasms following cancer treatment and a radical hysterectomy, and she has been a vocal supporter of the movement in the U.S. and Europe.

### Scientific Backing for Cannabis and FOD

The push to include FOD in medical marijuana programs is supported by a growing body of research. Multiple studies have shown that cannabis can enhance sexual pleasure, improve orgasm ease, frequency, and satisfaction, particularly for women experiencing FOD.

Mulvehill and Dr. Jordan Tishler, a physician at the Association of Cannabinoid Specialists, co-authored a study demonstrating that over 70% of participants with orgasm difficulties reported that cannabis helped increase their ability to achieve orgasm. Of those surveyed, 71% said cannabis improved orgasm ease, 72.9% noted increased frequency, and 67% reported greater satisfaction.

Tishler also commented in favor of the New Mexico proposal at Monday's meeting, reinforcing the scientific backing for FOD as a qualifying condition for medical cannabis.

## **FOD and Medical Marijuana's Expansion**

Mulvehill has been instrumental in pushing forward FOD as a recognized condition in several states. She has filed petitions in multiple jurisdictions and assisted women in submitting similar requests, creating a ripple effect in states such as Connecticut and Illinois. Connecticut's medical cannabis board voted unanimously to approve FOD as a qualifying condition in June, and Illinois lawmakers made a similar recommendation earlier this year.

Mulvehill is also expanding her advocacy work. She's developing training programs to help therapists incorporate cannabis into sexual health treatments and plans to launch a podcast, *The Orgasm Hour*, later this year. She's also scheduled to present her research on cannabis and female orgasm at the Society for Cannabis Clinicians conference on October 12, and she has a forthcoming journal article currently under review.

## **Cannabis, Sexual Health, and the Science Behind It**

Beyond the ongoing state efforts, a number of studies have continued to affirm the link between cannabis and sexual health. A 2020 study published in *Sexual Medicine* found that women who used cannabis more frequently reported better sexual experiences. Another study from the *Journal of Cannabis Research* found that over 70% of adults said cannabis before sex enhanced their desire and improved their orgasms.

Researchers have noted that cannabis may help close the so-called "orgasm inequality gap" between men and women. Typically, women who have sex with men are less likely to orgasm than their male partners, but cannabis use could help change that dynamic, according to several studies.

## **The Role of THC and Dose Dependency**

It's important to note that not all cannabis use leads to improved sexual experiences. A 2019 literature review found that cannabis's effect on libido and sexual satisfaction may depend on dosage. Lower doses of THC were associated with higher levels of sexual arousal and satisfaction, while higher doses could reduce desire or have no impact at all.

Dr. Tishler explained that cannabis's effect on orgasm may be related to how it interacts with the brain's default mode network, which governs complex emotions like fear and anxiety. Modulating this network may help women overcome emotional and psychological barriers to achieving orgasm.

## **Future of Cannabis and Sexual Health Research**

As scientific research continues to explore the links between cannabis and sexual health, more states are likely to consider adding conditions like FOD to their medical marijuana programs. Earlier this year, a study published in *Nature Scientific Reports* found that psychedelics like psilocybin and LSD could also improve sexual function, further expanding the potential for plant-based therapies in sexual health treatments.

While this area of research may seem unconventional, the psychological aspects of sexual function—including body image, emotional connection, and intimacy—are crucial to overall wellbeing. As the cannabis industry grows, so too does the recognition of its potential to address conditions that

conventional medicine has struggled to treat.

The New Mexico Medical Cannabis Advisory Board's recommendation to include Female Orgasm Difficulty as a qualifying condition represents a step forward in recognizing the role that cannabis can play in improving sexual health. With support growing nationwide and research continually backing the benefits, New Mexico may soon join a growing number of states addressing FOD through medical marijuana.

Mulvehill and other advocates hope this move will provide millions of women with access to new, effective treatments and further the conversation about sexual health and equity in medical cannabis programs.

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