BREATHE EASY
The Number-One Health Tip for Cannabis Smokers is Also the Easiest
by Mark Mathew Braunstein

Annotated Bibliography
All links active March 2020.

Summary at: https://www.ncbi.nlm.nih.gov/pubmed/7853169
and at: http://europepmc.org/abstract/MED/7853169
Conclusion:
“These findings … cast doubt on the common belief that prolonged breathholding of marijuana smoke enhances classical subjective effects…."

Summary at: https://doi.org/10.1016/0091-3057(92)90424-E
and at: https://www.ncbi.nlm.nih.gov/pubmed/1448485
Conclusion:
“There were a few hints that prolonged breath holding increased marijuana's effects under some test conditions, but in general it did not. … Prolonged breath holding itself affected performance in four tests, regardless of whether subjects smoked marijuana or placebo.”

Amazon “Look Inside” for the book, including four pages of Chapter 7, at: https://www.amazon.com/dp/0195182952
Chapter 7 summary at: https://doi.org/10.1093/acprof:oso/9780195138931.003.0007
and at: https://www.oxfordscholarship.com/view/10.1093/acprof:oso/9780195138931.001.0001/acprof-9780195138931-chapter-7
Conclusion:
“Two studies show that holding ‘hits’ does not appear to lead to greater changes in mood. … Exhaling soon after inhaling should produce identical subjective experiences with markedly less potential for respiratory injury.”

Amazon “Look Inside” for the book, including four pages of Chapter 11, at: 
https://www.amazon.com/dp/1594773688

Publisher’s “Browse Inside” with 50 pages of the book, though none of this chapter, at: 
https://www.innertraditions.com/books/the-pot-book

Conclusion:
“Users who are committed to holding their breath should probably exhale the marijuana smoke first. Otherwise, exhaling soon after inhaling should produce identical subjective experiences with markedly less potential for respiratory injury.”


Summary at: 
https://doi.org/10.4081/monaldi.2005.645
and 
Full text at: 

Conclusion:
“Although far fewer marijuana than tobacco cigarettes are generally smoked on a daily basis, the pulmonary consequences of marijuana smoking may be magnified by the greater deposition of smoke particulates in the lung due to the differing manner in which marijuana is smoked.”


Summary at: 
https://doi.org/10.1016/0091-3057(89)90534-0
and at: 

Conclusion:
“…there was little evidence that response to marijuana was a function of breathhold duration.”


Summary at: 
https://doi.org/10.1007/BF02244207

Two-page preview at: 
https://link.springer.com/article/10.1007%2FBF02244207#citeas

Conclusion:
“The results confirm previous findings that prolonged breathholding does not substantially enhance the effects of inhaled marijuana sm