Honoring Bella Thorne’s Cannabis Advocacy, Forbidden Flowers, and how Weed Changed her Life

We all use cannabis for different reasons. While some enjoy its calming and tranquil effects, others use it to cope with life’s many burdens.

February 21, 2023 Rachel Abela



For the American actress, singer, and writer Bella Thorne, cannabis changed her life for the better. Her experience with the plant is something many of us can relate to. From childhood bullying to crippling anxiety, Thorne used cannabis as a way to hush

her stressors and feel empowered in her own skin.

Today, we're honoring the unapologetic, empowering, and vibrant entrepreneur Bella Thorne, her cannabis brand Forbidden Flowers, and how our favorite plant changed her life for the better.

Early Days

Born Annabella Avery Thorne in Pembroke Pines, Florida, Bella has been open about her childhood, financial struggles, and being raised by her mother.

Watching her mother look after four children when funds were tight left Thorne finding ways to support her family from a young age, around the same time she started acting. In 2007, Bella landed her first acting gig as Margaux Darling in the series Dirty Sexy Money and went on to play Ruthy Spivey in the drama series My Own Worst Enemy shortly after.

Having built her career from the ground up at a young age, Thorne landed even more success staring at CeCe Jones on the hit Disney show Shake It Up. With a handful of awards and nominations under her belt, Bella was quickly becoming a new favorite celebrity among children, pre-teens,and teenagers who watched her blossom on the Disney channel.

But, with all that pressure, anxiety was inevitable. Bella has opened up in several interviews about growing up with anxiety. Turns out, weed was the cure.

Weed "Completely Changed my Life"

In an interview with Cannabis Now magazine, Thorne explained her first experience with cannabis and how smoking weed as a teenager helped her cope with anxiety.

"Anxiety not being really talked about … you know, that wasn't something we ever talked about in my family. So, having none of these answers and feeling completely hopeless, weed helped me so much with that. It completely changed my life. I was coming to this point where doctors were putting me on pills, and I was so young," Bella revealed.

After attempting to manage her anxiety with Adderall, Bella's older brother suggested cannabis. More specifically, he suggested dabs. This form of cannabis consumption is incredibly potent and perhaps not the best idea for first-timers. But,

alas, Bella still smokes weed today.

“It was hardcore! At the time, I was like, ‘I’m never smoking weed again after this.’ Cut to now!” she confessed. Although her parents didn’t quite like the idea at first, Thorne says her mother noticed the benefits cannabis had on her daughter.

“She has really seen how much weed helps my anxiety. My mom has seen me where the symptoms really start to come on, I get upset, and my breath gets really tight. She sees me smoking weed, sees what a capable human I am, and she gets it.”

From Crippling Anxiety to Forbidden Flowers

Bella Thorne is a fighter. She confessed on Bill Maher’s podcast series Club Random that cannabis has helped her deal with anxiety and trauma. Although, when opening up about the anxiety subject, she seemed to tick off Maher.

“I find this to be a disingenuous argument because your generation doesn’t know what’s going on in the world,” he spouted. “I know what’s going on in the world; I should have the anxiety. I follow it. You, kids, don’t follow it. You don’t know what the fuck’s going on in the world. What are you upset about?”

This hot-headed question prompted Bella to answer calmly with her truth.

“Everyone really has their trauma. What’s happening in Ukraine is unspeakable — that is something else…But as far as trauma for every human being, I lost my dad when I was 8. I was molested growing up.”

In 2019, Thorne made her debut in the cannabis industry with a brand dubbed Forbidden Flowers. She’s a proud advocate for law reform, expunging records, and promoting the plant for its therapeutic properties. Having experienced it first-hand, she felt inclined to spread the benefits of cannabis while doing everything in her power to right the wrongs of the failed war on drugs.

Bella Thorne firmly believes in the power of self-expression and self-love.

She created Forbidden Flowers to celebrate and embrace all that’s forbidden. To help individuals express and love themselves freely, Thorne wanted to launch a broad line of products that connect us with our innermost spirit.

Forbidden Flowers is a sexy and luxurious brand that invites everyone to come as they are but “lighten tf up” and not take themselves too seriously.

The free-spirited and cheeky brand perfectly represents all that we know and love about the actress and recording artist dominating the entertainment space.

In terms of the brand’s flower, expect the best of the best, only the top products that are up to Thorne’s standards. Forbidden Flowers’s ability to invite all consumers far and wide never fails to impress us. It’s a genuine, welcoming brand that strives to help you live your best life in any way possible.

Forbidden Flowers is your first stop when it comes to mastering freedom of expression, living unapologetically, and being your most evolved self. Cheers to you, Bella, and we’re right beside you on the journey to normalizing cannabis and spreading awareness of its benefits for the greater good.



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