PINEAPPLE MAGAZINE

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a cannaculture lifestyle magazine

LOVE

The Deeper Benefits of Medical Marijuana

Dream Tripping

Cannabis an Opioid Exit Option

Responding to your Child's Cannabis Use

Cannabis Tea

JANUARY/FEBRUARY 2018 #7

WHAT'S IN

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From the Editor

"What's love got to do with it?" This is not only a title of an 80's hit single by Tina Turner, but often an internal question I ask on a daily basis. With communities and cultures splintering into digital divides and political shards, it can be dangerous to question the rationale behind the broken glass. But question it we must, for the sake of tranquility, peace and our survival. To many, the use of cannabis is used to enhance and strengthen their connections to the world, nature, and community.

Experiencing all the benefits of this ancient plant can change lives for the better by opening deeper emotional connections, helping us better understand each other, and enhancing the simple pleasures of life while sweeping away the mundane and coarse.

Pursuit of our health and the enjoyment of our bodies is its own reward, and is made much more intense with use of the herb. The cannabis lifestyle allows us to realize so much more about our place in the world together. Not in some blind utopian dream, but with open eyes and clear consciousness if we actually have the courage to seek that freedom.

Understandably, personal exploration and the discovery of the interconnected may seem strange and unsettling to some. So then let's consider the pragmatic aspects of marijuana. With continuing medical discoveries, the secrets of cannabis chemistry will reveal even more benefits to people in need of healing. The economics, commercial applications, and environmental benefits of industrial hemp are staggering to comprehend, but well within our grasp.

By opening ourselves up to all the possibilities found within a single plant that can be easily grown around the globe, a singular unifying vision could be developed. Along with hard work and good will, love could eventually have everything to do with a healthy global vision.

–Neil Collins



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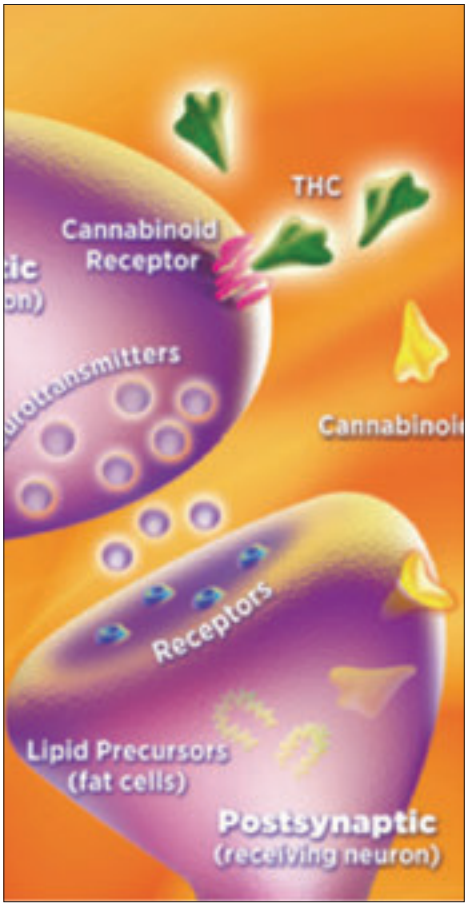
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WHY INDUSTRIAL HEMP?



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CANNABIS TOURISM

DOSING: The Sliding Scale of THC Effects

What is THC you ask? THC is shorthand for tetrahydrocannabinol, the unique chemical compound found in cannabis that is responsible for the euphoric, mind altering psychoactive effects.

Brace yourself…cannabis is a plant with many different varietals, commonly known as strains. Some strains have very low psychotropic levels, with minimal traces of THC.

I know, mind blown right?

Next time you see someone smoking a joint, don't always assume they are "getting high". It is quite possible that they are medicating with a low THC cannabis varietal.

Let's turn our heads and look at the world's most popular drug for a moment; caffeine. Every morning, I wake up and drink two cups of coffee to spin up my energy level and drive up "high" productivity. I drink tea every evening to wind down, non-caffeinated of course.

As I sip my Sleepytime caffeine-free tea, I notice that there on the side of the tea box is a caffeine scale with five different milligram dosing levels. An infographic if you will, guiding the consumer on what level of caffeine they are currently gulping down, the graphic shows a range from highly caffeinated to non-caffeinated.

THC is to cannabis is what caffeine is to coffee. Both are stimulants and both have a sliding scale of effect options. Consumer dosing awareness and cannabis varietal education is important at these early stages as we conceptualize cannabis dosing for the intended effects.

Cannabis tourism can help consumers understand all the moderate, low or non THC cannabis options available to them.

What does cannabis tasting look and taste like? It is all part of the fun when taking a cannabis tour.

Cannabis Tasting Methodology will be discussed in the next issue of Pineapple Magazine.

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The Deeper Benefits of Medicinal Marijuana

My first position in health care was in a hospital Emergency room and then an Intensive Care Unit and then went on to do home care for the dying. During this time I was published in nursing and respiratory care journals on a subject I coined as "The Emotional Needs of Critical Care Patients." I was asked to teach on this subject at nursing conferences and hospitals. Finally, I became a full time psychiatric researcher in the medical school at the University of Connecticut, a position I held for six years. I got to see and know how this system works.

This past medical model as I have understood and observed it, tends to elevate the opinion of the physician (the expert) automatically putting the patient in a passive role. The patient is forced into "behaving" so they can fulfill expectations.

I sadly observed psychiatry stop doing and teaching psychotherapy and instead suppressing symptoms with drugs and sometimes ECT (electroconvulsive [shock] treatment). In concert with the pharmaceutical industry there has been a profitable alliance between physicians and drug companies that has blurred boundaries. "Big Pharma" has infiltrated scholarly medical journals, medical conventions, and medical schools. The results continue to suppress any investigation of both 1) what symptoms mean and 2) how to help the patient find a new balance of what "Holistic Health" calls for in body, mind and spirit. Unfortunately, I have also observed many physicians accept this paradigm of suppressing symptoms with drugs as their norm and not trying to go deeper. They find a suitable name (a "diagnosis") for people's problems, try to suppress their symptoms with drugs and believe their job is finished (until the patient comes back with "side effects from the drug" and is given more drugs to address the side effects of the first one.)

Taking Back Our Power

By contrast, from working in both the recovery movement and holistic health for 23 years, and now watching the introduction of Medicinal Marijuana (MM) – I have seen that within these healing approaches the patient takes responsibility and becomes much more active in their own healing. By using MM the patients have more choices for how to best work with it, a major choice being to take charge of using it selectively and carefully for their healing.

You may also notice that other prescription drugs for chronic pain are not always as necessary with MM available. At other times the opiate drugs' dose can be tapered, if you so choose, with CBDs alone. And it helps for tapering other drugs too, like muscle relaxants.

Another positive choice is that we do not deny, repress, drug or ignore our symptoms. Others and I have come to understand that our symptoms are trying to tell us something, as I discovered in my long experience when I was trapped in the body cast. I listened to the various parts of my life. While I was trying to make sense of my predicament I learned that underneath my spinal fractures, magnifying my pain, and not being the only source of it, was my experience of not having lived authentically from and as my Real Self for so long.

Listening to Our Symptoms

Psycho-neuro-endocrinology (PNE) is a field that studies how emotions and behavior interact with hormones and the nervous system. A related discipline adds immunology as psycho-neuro-immunology (PNI) to address the interaction among psychological processes and the nervous and immune systems.

When we combine these with what we have learned from some 120 years of experience in psychodynamic and trauma psychology we can begin to understand how recognizing and addressing unresolved issues can help us to a deeper healing. This understanding shows that underneath common chronic illnesses, there are unconscious trauma effects or wounding that may not be causing the dis-ease or disorder directly, but have weakened our body systems so that wherever we are most vulnerable becomes "out of balance" or "diseased" and makes us potentially "sick."

In other words, when we are often stressed and some of this is coming from unresolved issues with buried emotions, this wears down our immune and other bodily functions. The weakest link in our organs then starts to break down. By treating this weak organ or system, we may be able to resolve or at least medicate the chronic problem (the drug for every symptom paradigm).

However, if we don't do some deeper exploration, there might continue to be one health problem after another. We may benefit from going deeper to find the underlying stressors that weaken our body so we can allow these stressors to become conscious and come into a natural balance where our body, mind and spirit can thrive. (the holistic paradigm).

Each one of us is more than a human being. We are each a focal point of consciousness that is becoming conscious of itself. MM helps us if we sit and allow it to show us a more expanded way of being.

Points to take home

What I am writing about here has to do with the wounding that underlies our too often clouded consciousness that thereby keeps our body, mind and spirit out of balance. For some, using Medicinal Marijuana can help us unlock and balance. This may seem painful at first. But in the long run it becomes an attitude of "I want to find out more about what happened and what's inside me." This is because there is a substantial emotional, physical and psychological release each time we have a realization that some call an insight and when one is in the extreme an "epiphany." There are countless clinical scientific reports now that show that most of us have experienced several to many hurts, losses and traumas that have affected our ability to navigate our life as smoothly as we would like.

Used carefully and with appropriate focus, medicinal marijuana can act as a kind of interpreter to help us understand what in our life may benefit from being examined, moved into balance and then healed. Healing comes from accurately naming and working through our unfinished business. We can consider starting by using MM to explore our inner life. What could my symptoms be about? And how might I heal around them? Can I accept what has happened over my lifetime and consider letting any of it talk to me and then let it go?

Using MM, to start, I imagine what might have caused this symptom or these symptoms. Then I imagine what nurturing changes I may be able to make in my life to facilitate my healing.

Some long-term MM users may already know some of this information. The war on drugs hid using this gift of expanding our consciousness to include our helping balance our health and expanding our awareness by possibly stimulating openings of our unconscious mind.

If you may have a lingering image of two eggs in a fry pan and a voice saying "This is your brain on drugs!" don't let it confuse you.

Your brain will not come out 'sunny side up' from using MM but your disposition on life may.

With any chronic illness, MM if used in the mindset I am explaining, will help you recognize what is helping you and what is not. It will help you go deep inside if you so choose and from a holistic health standpoint show you what is out of balance and can be changed. Or you also have the choice of just letting MM help you laugh, munch lightly and see the funny side of life that may have been hard for you to experience until now. It can take you out of the misery of your problems and lift your spirits. At the very least, it can help you to be distracted from your misery by lifting your state of consciousness out of your drama.

When I spent seven months in a full body cast after a spinal fusion operation, I took myself off the heavy opiates and benzodiazepines, and with the help of loving friends, replaced those disabling and toxic drugs with marijuana that I experientially found was healing for me.

Santa Maria

MM has had many names over the millennia: pot, grass, weed, Mary Jane, ganja and the name botany and biological science gave it – cannabis. Modern shamans have called it "Santa Maria" because of the spiritual properties that emerge from it when we use it in our prayers and healing intention. I am not referring to Santa Maria as a particular strain, but all strains of MM when prayed over become the essence of her.

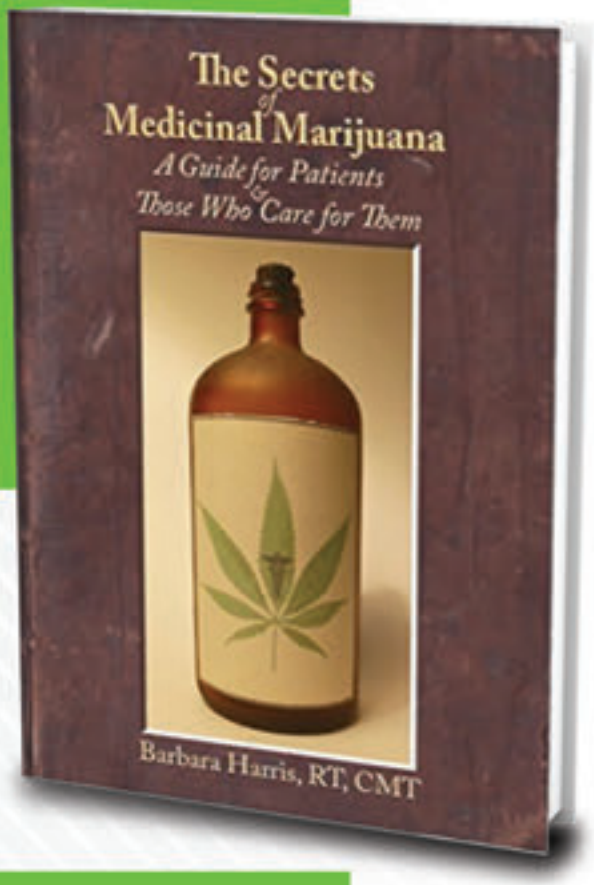
Praying over the seed as it is planted, as it grows, when it is harvested and of course when it is inhaled or ingested creates an opening of possibilities.

MM may have more healing applications than any other plant on Earth. But it is not in itself a cure. It is another tool to work with. Responsible use of it by engaging a mind-body relationship, we can open the door to a new and powerful healing that can take our journey to new depths and not just try to simply lessen our symptoms.

We can find a new understanding, a new freedom, a release of guilt or shame (how or why might I have acquired this illness?). During this process we may even find a tender intimacy that wraps us in a blanket of compassion for ourselves and where we are now. In this new relationship, the old stressors melt and we can use all of our energy for even more understanding of what our life may be about and how we can balance our body, mind and spirit.

One last thought—My favorite prayer when using marijuana for healing is "Help." I let the plant and The God of my Understanding decide the rest.

Barbara Harris is a consciousness researcher, therapist and author and co-author of 10 books on healing from repeated trauma, the emotional needs of critical care patients and integrating spiritual experiences. She lives and practices in Atlanta, Georgia.



The Secrets of Medicinal Marijuana

by Barbara Harris

This book has three related tracks:

1) For the patient who is interested in using medicinal marijuana to increase their appetite, help them relax, sleep better, and more.

2) For the prescribing clinician and patient there is a thorough review of the clinical and prescribing information throughout this book's body and rich Appendix and,

3) For the patient who not only may want any of these but who also wants to go deeper and see if there are any unrecognized issues that may be generating a physical problem or difficulties in their relationships with self, others and the God of their understanding.



Medical Marijuana in America: Memoir of a Pioneer

by Alice O'Leary

The familiar adage that those who do not read history are condemned to repeat it certainly applies to the medical marijuana issue. On a certain level it saddens me to read press reports about the passage of state laws in the 21st century when I know that many of these same states—some thirty-four states in all—passed laws more than three decades ago which attempted to provide the citizens of their states with legal, medical access to marijuana. If those laws had been honored by the federal government years of suffering by countless seriously ill individuals would have been avoided.

It is wrong that medical care should be based on politics and geography rather than medical need. For the issue to be resolved citizen activists must turn their attention to removing the federal roadblocks against marijuana's medical use.

In preparing this edition I have sought to retain as much of the original work as possible while also acknowledging that in our first book there was, perhaps, too much detail. Thus excessive details have been removed as well as dated references to the late nineties. What remains intact, however, are the stories of the brave men and women who with honesty and great concern for their fellow human beings approached the federal government for help and were repeatedly denied and ridiculed for their efforts.



Cannabis for Wellness



Johanna Nuding is a highly responsible cannabis lifestyle guide and founder of Casually Baked, a female-focused brand that helps people learn about and engage in cannabis experiences. A passionate storyteller, Jo is hell-bent on changing the face of the cannabis culture. Got questions about cannabis or the evolving culture? Email Jo at ask@casuallybaked.com and she'll share her answers with the community.

Johanna Nuding
casuallybaked.com

There seems to be some confusion around defining cannabis. The tireless propaganda machine is responsible for the mix-up in how modern marijuana is categorically labeled. If you scan a legalization map, watch the news, or read online publications, then you know cannabis is defined and stigmatized by how it's used.

Those of us who take measures to obtain a medical cannabis recommendation to treat sleep disorders, symptoms of various diseases, cancer, movement disorders, chronic pain or anxiety appreciate less judgment than those who consider themselves "rec" users. Many of who are using cannabis to treat much of the same, but perhaps on a more infrequent basis - localized pain relief, relaxation, social anxiety, substitute for alcohol, and the like.

The truth is, there is no difference between medical cannabis and adult-use (aka recreational) cannabis. The plant, flower, and infused products are the same; the only difference is the dosage and intention behind their use. And, even if the purpose is nothing more than to escape the hustle and bustle of a hectic day, I've got news for you - even in that scenario, cannabis is doing your body right.

I'm of the belief that all adult cannabis consumption is for the betterment of our mental and physical well-being; therefore, only one category should exist, and that is cannabis for wellness.

You can appreciate the benefits of cannabis without choosing to imbibe on the psychotropic effects of THC. But when you do, it's not just getting high. That "high" feeling isn't only the euphoria: it simultaneously opens the heart, expands the mind, extends our patience, enhances the moment, engages our curiosity, envelopes us in peace, and heals our bodies and minds. NORML, the National Organization for the Reform of Marijuana Laws, based in Washington, D.C., believes that small, regular doses of cannabis might act as a tonic to our most central physiologic healing system.

Cannabis is simply the best and most versatile multi-vitamin in my humble opinion. Research shows the myriad of cannabinoids and terpenes, each with their individual healing properties, work best in combination creating what is known as the "entourage effect." Developing a cannabis for wellness mentality means exploring ways the various cannabinoids and terpenes within the plant can assist in your preventative health maintenance. Empowered with that information you can seek out strains or cannabis-infused products to fuel your body and mind accordingly.

I'll admit it takes a bit of effort to develop a wellness mindset and adopt responsible habits around cannabis, but as the old proverb says, "An ounce of prevention is worth a pound of cure." I challenge you to seek out and share responsible cannabis information not only for yourself but also to squash stigma and evolve the modern cannabis culture.

You can get started by visiting casuallybaked.com. I developed a handy resource guide with digestible reference material for cannabinoids, terpenes, terminology, consumption options, dosage recommendations, and more. It's everything this veteran pot nerd thinks you should know to confidently lead a highly responsible cannabis for wellness lifestyle.

Remember that we are each the authority on our personal health. Doctors and cannabis professionals are resources to consult to be wholly informed and empowered to make your own autonomous decision.

Why did cannabis become so popular in the 1960s? And why is it even more popular today?

It's been 50 years since the fabled "Summer of Love" in San Francisco. The City by the Bay was the epicenter of a countercultural uprising fueled by cannabis and LSD, which happened so vividly and with such intensity that it generated worldwide attention.

Although the two psychoactive substances were closely linked during the social tumult loosely known as "the Sixties," LSD never achieved the widespread social acceptance as marijuana. Once confined to America's lower socioeconomic strata, the illicit weed smoked by marginalized Mexicans and African-Americans jumped its racial boundaries and suddenly found favor among white middle class youth.

The serrated marijuana leaf would become a totem of rebellion, a badge of antiauthoritarian identity during the 1960s, when cannabis first emerged as a defining force in a culture war that has never ceased. Nearly everything was being questioned and most things tried in an orgy of experiment that shook the nation at its roots. Marijuana was an integral part of that social experiment.

But why marijuana? And why then?

No single factor can account for why cannabis has proven so attractive to so many people on an ongoing basis since the mid-1960s. In some unexplained way, the much-maligned herb addressed the needs of young Americans as they grappled with "growing up absurd" in a catch-22 world.



TRAUMATIC EVENTS

In the fall of 1962, the United States and its Cold War enemy, the Soviet Union, went eyeball to eyeball and the world held its breath. Historian Arthur Schlesinger described the Cuban Missile Crisis as the most dangerous moment in history. The turn of a key could have triggered nuclear war and the extinction of humankind. The whole thing seemed suicidal, completely absurd, yet it was precisely the ghoulish irrationality of "Mutually Assured Destruction" that gave the superpowers their credibility in the modern world. Those who came of age during these anxious times made their stand not only as a "lost generation" but also as potentially the last generation.

President John Kennedy was assassinated 13 months after the Cuban Missile Crisis. These shocking events traumatized the nation's psyche. It's not coincidental that within a year after the JFK assassination, smoking marijuana, an herb that can facilitate the extinction of traumatic memories, would increase exponentially among white middle-class youth, including some of America's best and brightest college students. And now that the genie was out of the bottle there was no way to put it back in.

Contrary to rampant scare stories about devious pushers and deviant youth, that fateful first toke didn't lead to ruin. It didn't turn young people into miserable junkies or psychos or couch potatoes. More often than not it relaxed them and made them laugh or gave them the munchies. And it also set their skeptical minds in motion: If government officials dissemble about marijuana, what else do they lie about? If marijuana prohibition is based on blatant



falsehoods, are other policies just as arbitrary, capricious, and groundless?

Not surprisingly, marijuana smokers in the mid-1960s tended to harbor antiestablishment attitudes. It wasn't the chemical composition of the herb that engendered skepticism toward officialdom in general — it was the chasm between irrefutable lived experience and the government's rabid anti-marijuana mythology enshrined in federal legislation that mandated five years in prison for possessing a nickel bag of grass.

A PIVOTAL YEAR FOR POT

Marijuana's status as a forbidden substance added to its allure. But it doesn't explain the herb's enduring popularity since 1964. That was when white America discovered pot and "marijuana" became a household word. This unexpected development was reflected in news stories with headlines such as "Dope Invades the Suburbs" and "The College Drug Scene." What the magazines called "drug abuse" was almost entirely a matter of young people smoking weed.

Nineteen-sixty-four was also the year that President Lyndon Johnson's Advisory Commission on Narcotics and Drug Abuse issued a report about mood-changing meds in America. The commission noted that "the rarest or most abnormal form of behavior is not to take any mind-altering drugs at all. Most adult Americans are users of drugs; many are frequent users of a wide variety of them."

Physicians routinely prescribed Valium, Librium, Miltown, and other highly addictive hypnotics and tranquilizers — known as "dolls" in mainstream happy-speak — along with a cavalcade of uppers and diet pills to help Mom and Dad get through the day and fall asleep at night. These substances were often misused. Overconsumption of alcoholic beverages was even more commonplace.

Post-world-war-two Baby Boomers were the first demographic to smoke marijuana en masse. In the 1960s, few people were thinking about marijuana as a medicine. But the controversial plant may have had an unacknowledged therapeutic impact during that turbulent decade.

ADOLESCENT ANGST

For Sixties youth, cannabis was like catnip for a cat, a poorly understood but nonetheless efficient herbal means of navigating the ambient anxiety and frenetic complexity of modern life. "The need to self-medicate symptoms of adolescent angst is much more important than simple youthful hedonism," according to Dr. Tom O'Connell, who studied juvenile marijuana initiation and usage after serving as a captain in the U.S. Army Medical Corps during the Vietnam War.

Dr. O'Connell asserts that repetitive drug consumption usually entails a more serious purpose than mere recreation. He maintains that young people embraced marijuana to assuage the same emotional symptoms "that made anxiolytics, mood stabilizers and antidepressants Big Pharma's most lucrative products."

Adopted as a safe, effective, and medically unsupervised anxiolytic by legions of Baby Boomers, marijuana became the central focus of a deceitful and disastrous war on drugs launched by a Machiavellian president. The drug war that Richard Nixon set in motion in the early 1970s would escalate and metastasize under Ronald Reagan and his Oval Office successors.

Ironically, it was President Reagan who unintentionally shed light on the scientific basis of cannabis therapeutics when he expanded and militarized the war on drugs in the 1980s. The Reagan administration poured tens of millions of dollars into research that would prove once and for all that marijuana damages the brain—or so it was thought. But rather than showing that marijuana caused brain damage, the Reagan administration underwrote a series of experiments that led to the discovery of "the endocannabinoid system," which actually protects the brain and buffers stress when activated by cannabiscomponents.

This major scientific breakthrough would have significant implications for nearly every area of medical science. It opened up new vistas of understanding human biology and went a long way toward explaining how and why cannabis is such a multifaceted medicinal herb — and why it's the most popular illegal substance on the planet.

BUFFERING STRESS

The emergence of marijuana as the anxiolytic drug of choice among tense teens and anxious adults in the 1960s and its durable popularity makes sense in light of scientific studies, which have documented how marijuana "turns on" receptors in the brain and body that regulate our ability to adapt to stress. On a cellular level, stress is the body's response to any stimulus that creates a physiological demand on it. When a person is stressed, the brain generates cortisol and other steroid hormones, which, in turn, trigger the release of naturally occurring marijuana-like compounds that are produced in the human brain and body. These endogenous "cannabinoids" bind to cell receptors that restore physiological homeostasis by down-regulating the production of stress hormones. Marijuana, an herbal adaptogen, essentially does the same thing: When consumed in moderation it can calm overactive nerves, relax musculature, lower blood pressure, and ease acute and post-traumatic stress.

Stress is unavoidable in daily life. Whereas activation of the body's innate stress response ("fight or flight") is essential for responding to acute survival threats, too much stress can increase one's susceptibility to disease and damage an organism in the long run. Chronically elevated stress levels boost anxiety and hasten the progression of Alzheimer's dementia. Emotional stress has been shown to accelerate the spread of cancer. Stress alters how we assimilate fats and other nutrients.

What was true for Baby Boomers also applies to Millennials and everyone in between: We have been under assault from an unprecedented array of debilitating stressors, a noxious swill of junk food, electromagnetic radiation, information overload, and tens of thousands of unregulated chemical pollutants, which wreak havoc on metabolism and psychological development. There's also dog-eat-dog stress, bad relationship stress, the stress of extreme economic disparity, war-without-end stress, god-awful government stress, ecological doom stress. The cumulative effect can be seen in epidemic levels of diabetes, autism, ADHD, hypertension, and depression.

Marijuana, the little flower that millions like to smoke, helps people cope with the stress of living in the modern world.

Martin A. Lee is the director of Project CBD and the author of Smoke Signals: A Social History of Marijuana – Medical, Recreational, and Scientific. His first book, Acid Dreams: The Complete Social History of LSD – The CIA, the Sixties, and Beyond, was recently released as an audiobook.

DOCTORS FOR CANNABIS REGULATION



Doctors for Cannabis Regulation (DFCR) serves as a voice for physicians who believe that cannabis prohibition has failed and that the misuse of cannabis should be treated as a health issue rather than a criminal one. DFCR's physician members strive neither to minimize nor to exaggerate scientific literature about the risks and benefits of cannabis use. DFCR promotes evidence-based strategies to prevent recreational marijuana use by minors and misuse by adults. Through education of physicians and the public, DFCR supports the legalization and effective regulation of cannabis in the United States and around the world. http://dfcr.org/

FAQs

Why would physicians support legalization of a potentially harmful drug?

Won't kids have more access to marijuana if it were legalized?

Doesn't legalization send the wrong message to young people?

Why not just decriminalize rather than legalize cannabis?

If marijuana prohibition made sense in the past, then what, if anything, has changed?

Why should we legalize cannabis when we already struggle with alcohol and tobacco?

How can ethical doctors endorse legalization when physicians are taught: "First, do no harm?"

Because you don't have to be pro-marijuana to oppose its prohibition

Question: Why would physicians support legalization of a potentially harmful drug?

Answer: Most adults who use cannabis occasionally are not harmed by it. Marijuana is unsafe for underage users and a small minority of adult users, but alcohol and tobacco pose a far greater threat to public health. America learned a lot from the failed experiment of Alcohol Prohibition in the 1920s. The societal problems created by it were so great that many Prohibition advocates changed their minds and supported its repeal. Physicians know that government regulation and public education have been instrumental in reducing tobacco use in America. Yet after 78 years of marijuana prohibition, the drug is as popular as ever. In short, the war on marijuana has failed, and it is time for doctors to lead the nation through a moderate approach to legalization. Physicians don't need to be pro-marijuana to oppose its prohibition.

Question: Won't kids have more access to marijuana if it were legalized?

Answer: That's a very important question. For decades, 80-90% of American 18-year-olds have reported that they have access to marijuana if they want it, even when it was illegal in all fifty states. Prohibition clearly doesn't keep marijuana away from kids. But if cannabis were legal for sale to adults, points of access for children and teens would decrease. Advocates of legalization want to preserve or enhance penalties for diverting marijuana from adults to children and teens. Smart regulation of cannabis would help ensure that the supply chain of marijuana would be secure "from seed to sale." In states where cannabis is now legal, it is only sold to adults who can document their age with government-issued identification. But in states where it remains illegal, marijuana dealers are perfectly willing to sell it to children and teens. And don't forget that those dealers also push heroin, cocaine and other more dangerous drugs.

Question: Doesn't legalization send the wrong message to young people?

Answer: We don't want children and teens to think that the legalization of cannabis for adults implies that it's safe for them. But by making it illegal for everyone, we are most definitely sending the message that there is no difference in use by adults and children. By creating a legal distinction between use by adults and minors, and by investing cannabis tax revenues into sensible education of children and teens, we can make clear that what is a permissible activity for adults is neither safe nor legal for minors. And we know that funding of drug prevention education works—the rates of tobacco use among young people has been falling for many years, even though it remains legal for adults.

Question: Why not just decriminalize rather than legalize marijuana?

Answer: While decriminalization of marijuana is a constructive step away from prohibition, it does not solve most of the problems that legalization would. Decriminalization does not permit the government to regulate the production, labeling, transport, or sale of cannabis. The supply chain of marijuana remains an underground economy, and the government loses millions or billions of revenue dollars that could be spent on drug prevention, education and treatment. With decriminalization, the continued illegality of the drug trade serves as a price support mechanism for marijuana, which only benefits drug dealers who can charge inflated prices without paying taxes on their income.

Question: If marijuana prohibition made sense in the past, then what, if anything, has changed?

Answer: Nothing has changed. Marijuana prohibition began in the 1930s—over the objections of the American Medical Association—based on scare tactics and bad science that suggested that the drug was highly addictive, made users violent, and was fatal in overdose. We now know that none of those assertions are true. Cannabis is less addictive than alcohol, tobacco and caffeine. It doesn't make users violent, and there are no documented cases of fatal cannabis overdose. In short, marijuana should never have been illegal for consenting adults.

Question: Why should we legalize cannabis when we already struggle with alcohol and tobacco?

Answer: Some would say that we shouldn't make yet another recreational drug legal, but if the harm any drug causes is less than the harm we accept in other legal drugs and activities, then we, as a free society, have no right to prosecute consenting adults from engaging in that behavior. However, we do have a responsibility to regulate, tax and educate the public about all potentially unhealthy activities. And we must do so with marijuana from the outset. Even experts who oppose cannabis legalization concede that it is less dangerous than other legal drugs. Some of those same opponents would make alcohol illegal if they could, despite the miserable failure that Alcohol Prohibition proved to be in the 1920s. By the time that social experiment was finally halted in 1933, even many of those who had initially worked to enact Prohibition supported its repeal.

Question: How can ethical doctors endorse legalization when physicians are taught: "First, do no harm?"

Answer: Doctors should not promote behaviors that are hazardous to one's health. It is for this reason that physicians often tell patients to avoid dangerous activities like boxing and to strictly limit or avoid the use of recreational substances like alcohol, tobacco and caffeine. But there is a big difference between condoning an unhealthy behavior and seeking to make it legal. When doctors see that the prohibition of an activity is hurting more people than it helps, and they have particular knowledge of the true level of risk of that activity, then those physicians have an ethical responsibility to speak out and help society correct its mistake. In short, you don't have to be pro-cannabis to oppose its prohibition.

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The U.S. Must Create a New Schedule for Cannabis: An Open Letter the U.S. Congress

As one who has been involved in the medical marijuana movement from literally the very beginning and who brings to this issue 40 years of perspective, I can say with certainty that we have never been at a more opportune time to effect dramatic and positive change. Everyone is aware, however, that changing the federal scheduling of marijuana is imperative and since it was the U.S Congress that placed marijuana in Schedule I in 1970, it seems time for Congress to rectify that mistake. Leaving this important decision to the current U.S. agencies charged with cannabis control — DEA, NIDA and FDA — will not satisfactorily resolve this issue and will likely lead to more confusion and chaos.

It concerns me that all scenarios now on the table attempt to rectify a colossal mistake — the placement of marijuana in Schedule I — with any equally colossal mistake — rescheduling to any of the existing schedules (II, III, IV or V). In fact, placement of cannabis in any of the existing schedules is incorrect for the obvious reason that cannabis is not really a drug but a plant. Obviously it is a plant from which drugs can be processed but it is not, per se, a drug. Moreover, there are a multitude of products that can be created from cannabis such as nutritional products and a vast array of consumer goods.

With that in mind I would like to propose that the U.S look around at how other countries are adapting to the 21st Century with respect to cannabis policy and control. At a recent conference in Sydney, for example, I learned quite a lot about Australia's scheduling system that is remarkably more comprehensive than that of the U.S. It has 10 schedules with Schedule 9, "Prohibited Substances," being the most severely restrictive. Not surprisingly, marijuana is contained in this category but Australia also allows for multi-scheduling and so cannabis also appears in Schedule 8 which contains "Controlled Drugs" and thus permits regulated production of medical cannabis products. This multi-scheduling allows for a more broad and accurate definition of substances. And Australia avoids the trap of declaring that cannabis has "no accepted medical use in treatment." That restrictive language appears nowhere in the Australia schedules.

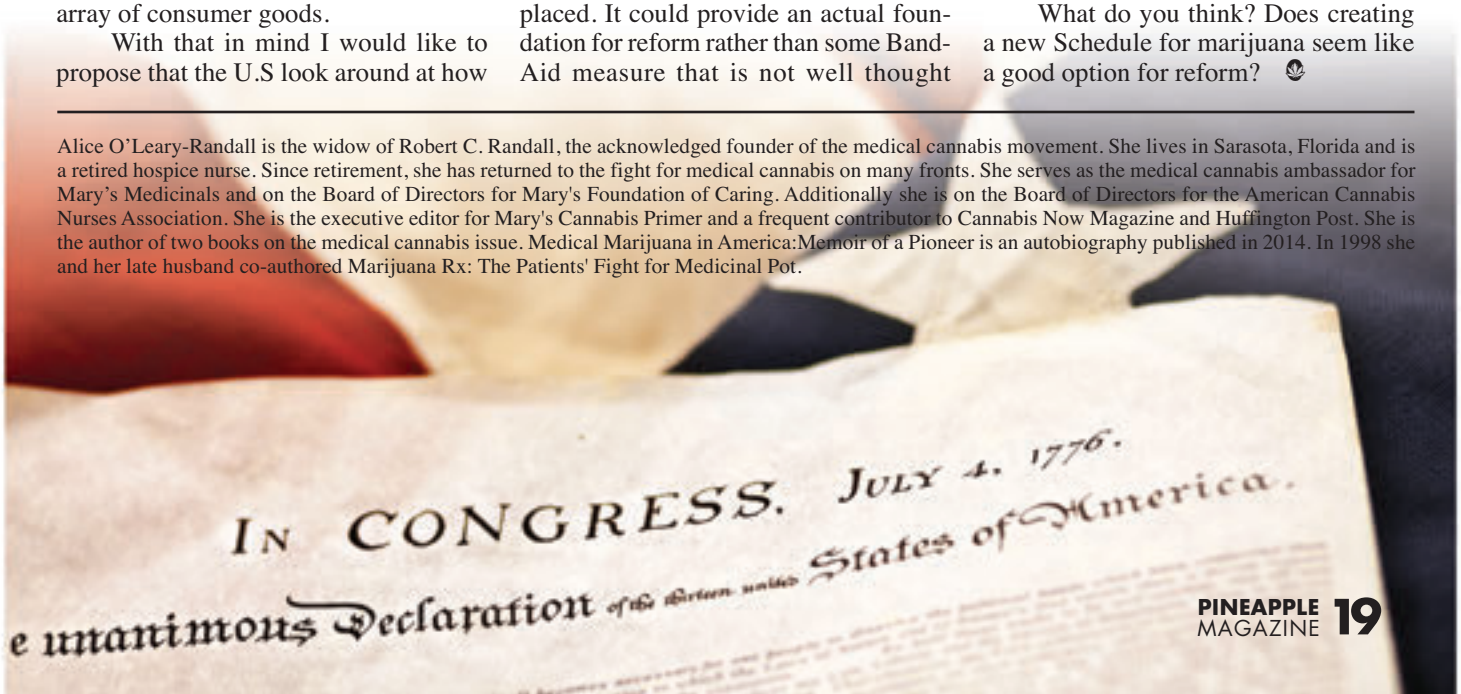
Congress should embrace the concept of additional schedules and, for marijuana only, create Schedule VI. With this start the U.S. could begin the process of reforming the Controlled Substances Act (CSA), create flexibility for the future, and provide a schedule in which all cannabis products — from raw plant to most extracted cannabis products (including pure extract pharmaceutical products and nutritionals) could be placed. It could provide an actual foundation for reform rather than some Band-Aid measure that is not well thought through and would require future change. It would allow proper definition of this complex and wondrous substance while providing a new opportunity to construct processes that allow open and regulated research rather than the current shackled and stifled research dictated by an agency focused only on abuse.

There are those who will argue passionately that marijuana should be descheduled entirely. I have heard these arguments for decades and, in some ways, I can support them. But in the practical world of treaties and, more importantly, consumer protection, the U.S. cannot turn its back on the need to regulate cannabis. Charlatans, shysters, and shoddy manufacturers demand that some level of protection be afforded the public when it comes to cannabis, just as it does with any natural substance that is sold to the public. Cannabis is exceptionally complex because it can be used in such a vast array of products, from nutritional supplements to medicine. Hence the need for its own Schedule classification. The current arrangement, cannabis in Schedule I, gives none of these protections. Nor will re-scheduling under the current structure help.

Congress created the Schedules and Congress should change them. It can start simply by creating Schedule VI and placing cannabis in it.

What do you think? Does creating a new Schedule for marijuana seem like a good option for reform?

Alice O'Leary-Randall is the widow of Robert C. Randall, the acknowledged founder of the medical cannabis movement. She lives in Sarasota, Florida and is a retired hospice nurse. Since retirement, she has returned to the fight for medical cannabis on many fronts. She serves as the medical cannabis ambassador for Mary's Medicinals and on the Board of Directors for Mary's Foundation of Caring. Additionally she is on the Board of Directors for the American Cannabis Nurses Association. She is the executive editor for Mary's Cannabis Primer and a frequent contributor to Cannabis Now Magazine and Huffington Post. She is the author of two books on the medical cannabis issue. Medical Marijuana in America:Memoir of a Pioneer is an autobiography published in 2014. In 1998 she and her late husband co-authored Marijuana Rx: The Patients' Fight for Medicinal Pot.





DREAM TRIPPING

The urge to play with consciousness is hard-wired into the human psyche. Little kids roll down hills to make themselves dizzy or press their palms against their eyes to create visuals. They spin in circles until the world tilts into an altered state of reality. They naturally transmogrify their experience of themselves and of the world before they form ideas about the legality or morality of doing so. Adults drink alcohol, take psychoactive drugs, dance themselves into trance states, and seek all manner of altered experiences from sweat lodges to meditation retreats. Even the most straight-edge teetotaler will try downhill skiing or a roller coaster ride for the adrenaline rush.

We have a smorgasbord of substances, technologies, and practices that can aid in our pursuit to play with our minds. And yet many ignore one of the best playgrounds we have: dreams. Dreaming is the original non-ordinary mind state. It's also the one most universally experienced. Most of us visit bizarre, visionary worlds during the one-third of our lives that we spend asleep.

There are many reasons to explore one's dream life. Perhaps you're looking for inspiration; artists and thinkers from Dali to Edison to Kekulé--who first accurately described the structure of the benzene ring--have harnessed the power of liminal dreaming for creativity and problem solving. Lucid dreaming has been used therapeutically for PTSD sufferers to defeat nightmares or to allow people to have a conversation with someone who died before important things were said. Dreams have been used for foretelling the future and for astral travel. The list of purposes for pursuing dream work is long, but really, one needs no reason beyond a desire to play with one's consciousness.

Dreaming is an easy, free, safe, legal, and effective way to experiment with consciousness.

As a member of Erowid Center's Board of Directors and a woman who has spent much of her 50 years on this planet considering the potential of psychoactive agents of all sorts, my interest in the exploration of mind states runs deep. In my youth, I gravitated toward obvious choices: herbs, chemicals, practices, and technologies that powerfully affected my experience of being. As I've become increasingly familiar with my own mind, as well as options for tweaking it, I've grown fonder of subtler allies. I used to favor things that clobbered me over the head with raw psychedelic power. These days, I like to put in more of the effort, to meet my medicines halfway. The effect is no less mind-blowing.

Dreaming is an easy, free, safe, legal, and effective way to experiment with consciousness.

Dreaming is an easy, free, safe, legal, and effective way to experiment with consciousness. I teach and write about dream work as a means of exploring mind. Someone recently called me a "dream tripper". It's a fine phrase. I have many ways to work with dreams, for similar reasons and to similar effect as other people do with their psychotropic of choice.

Liminal Dreaming

You're likely familiar with liminal dreams, though you might not realize it. REM dreams tend to have a narrative structure where dreamers have subjectivity of some sort and a world around them, like waking life. Liminal dreams, which occur most often as one is falling asleep or waking up, don't have the same structure. They tend to be more free-associative. My current fave dream tripping involves hypnagogia, the transitional state moving from consciousness into sleep.



Most dream states are marked by consistent brain wave cycles, oscillations in frequency of the electrical impulses detectable with an electroencephalograph (EEG). In general, we sleep in cycles of 90-100 minutes, so if one manages to get 7½ hours of sleep, that's about 5 cycles in a night. Each cycle is marked by return to a waking or near-waking state, however brief. Most of us don't remember these awakenings. Brain waves, as measured by an EEG, look like a noisy, choppy wave pattern. They are measured in waves per second called hertz (Hz); higher frequency waves are faster and lower frequency waves are slower. An alert mind generates a higher proportion of fast waves, called beta waves (13-30 Hz). In deepest sleep the brain produces more slow waves, called delta waves (0.4-4 Hz).

Hypnagogia, unlike the other sleep states, produces chaotic, inconsistent wave patterns. The brain shudders up through a series of micro-awakenings and then sinks down toward sleep, ricocheting between alpha (8-13 Hz) and theta (4-7 Hz) frequencies. The body twitches just like the brain waves do. Those little physical jolts, called myoclonic or hypnagogic jerks--sometimes accompanied by the feeling of falling--let the sleeper know that they're in liminal dream territory.

Hypnagogia's twin state, which happens when transitioning from asleep to awake, is called hypnopompia. This dream state meanders back and forth across thought and dream, remixing memory and imagination in a hazy, sometimes pleasant drift. Hypnagogia offers a kaleidoscopic swirl of images, thoughts, memories, ideas, and visions. I've spent much of my life yearning for a hangover-free, intense 15-minute trip. Now, through liminal dreaming, I've found it.

To give you a sample, while I was writing this, I closed my eyes for a few minutes on the couch. As I lay there, I let myself drift, entering into a light hypnogogic state, nearly asleep but also still awake enough to be aware. I had this liminal dream:

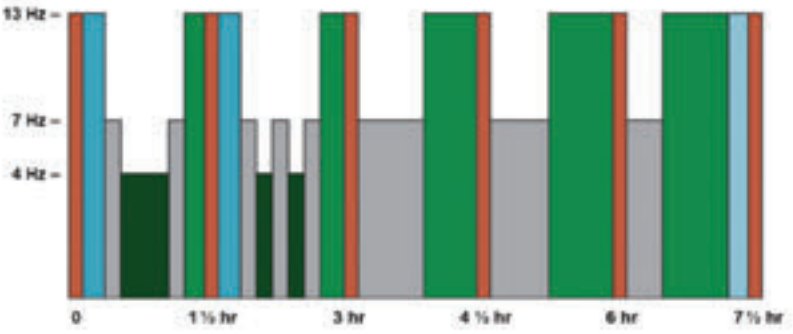
My hands create a visible but transparent glowing force field that takes shape around a magician's valise. It becomes fabric in my hand, blows in the wind long and rippling, a river flowing through rocks toward the ocean, silvery and glittering in the sun.

Everything felt incredibly vivid and looked astoundingly beautiful. A sense of wonder accompanied the dream, along with a feeling like standing on a cliff with the wind in my hair. Although "I" was in the beginning of the dream, the rest of it consisted of just images and sensations, like an interior monologue in technicolor.

To try this method of dream tripping, wait until you're feeling a little sleepy. Get comfortable, maybe lie on the couch or sit back in a comfy chair. Then close your eyes and relax. Let your mind drift, but don't fall asleep. You're waiting for something, an image, an idea, maybe a distant sound. It may start as only a glimmer. Once it's there, exhale into it.

As you breathe out, release any tension in your body. Focus your attention on whatever emerges, like watching something far away from you move toward you, taking on shape as it gets close enough to see in detail. Keep relaxing your body. Get as close to falling asleep as you can, but keep yourself awake by maintaining awareness on the liminal dream that's forming in your mind. It takes a little practice to hit the sweet spot between being so drowsy that you fall asleep and so focused that you can't drift off at all. But with practice, you can learn to linger in this altered mind state.

A simplified model for the timing of the stages of sleep, showing the associated brain wave frequencies. Although the rhythm varies from night to night and person to person, this illustrates the most common cycles of the sleeping brain.



Attentively awake (not shown)	beta waves	13–30 Hz
Stage 1: Relaxed, awake	alpha waves	8–13 Hz
Hypnagogia	shift from alpha to theta	4–13 Hz
Stage 2: 45–55% of adult sleep	theta waves	4–8 Hz
Stage 3 (& 4): Deep sleep	delta waves	0.4–4 Hz
REM: 20–25% of adult sleep, including dreams	irregular waves	8–30 Hz
Hypnopompia	shift from theta to alpha	4–13 Hz

As a side note, while THC in its various forms inhibits REM dreams, it can enhance liminal dreaming. In fact, hypnagogic and hypnopompic dreams play well with many psychoactive substances.



What You Ought to Know about the Cannabis Lifestyle

For as long as media has been around the image of the cannabis user has taken a beating. Cannabis consumers are often stereotyped, mocked, and made fun of for being slow and having the munchies. And, while cannabis can relax your body and stimulate your appetite, the cannabis lifestyle is much more than grabbing some munchies and watching movies on your couch, not that there is anything wrong with that.

Living a cannabis lifestyle means many things to many different people. But in general, the cannabis lifestyle represents freedom in its most sincere form. Living the cannabis lifestyle is about being in touch with the earth, with the plant cannabis. It's about being open-minded towards new ideas and new people, regardless. Cannabis connects people unlike anything else. When you share cannabis with somebody you build a bond and a connection. It's weird, but it's true. I have seen a joint end feuds. The cannabis lifestyle is social. It's about exploring and learning. Cannabis means many things to many people.

There is a lot of science out there to suggest cannabis is not physically addicting. Ask many growers and they will tell you that growing is the most addicting part of cannabis. The passion cannabis growers have for their craft is enough to prove that the cannabis lifestyle is more than eating Doritos and chillin' out. Managing a cannabis garden is hard work and takes a lot of time and energy. Growers don't mind, though. For many, it's their life's passion. It's what they want to get up every day and do. For growers, the cannabis lifestyle is literally their way of life.

For many cannabis consumers, their days begin and end with the herb. It's not uncommon for many people living the cannabis lifestyle to use in the AM and throughout the day. Visit their home and you will most likely find a variety of smoking utensils bongs, bubblers, pipes, rolling papers. Let me be the first to say that smoking all-day, every day is not for everybody; but for many people, cannabis will settle their nervous energy and allow them to focus. Many of my professional friends, bankers, lawyers, creative design artists use cannabis to focus and inspire creativity. In fact, if I was an employer and I was looking to hire somebody for a creative position, I would make it a pre-requirement that they use cannabis. Okay, maybe that's just me, but I think smart people enjoy using cannabis.

Don't forget that the cannabis lifestyle is also an active lifestyle. You name it and cannabis makes it more fun: camping, hiking, rafting, biking, fishing. I even enjoy playing traditional sports after I smoke. There's nothing like running around on the basketball court after smoking a joint with your buddies. Next time you and your closest 17 friends are enjoying a smoke, invite them to a friendly game of softball.

The cannabis lifestyle is an all-inclusive lifestyle. Do you enjoy cannabis? Then you are living the cannabis lifestyle. For some, cannabis is a one-time deal. And for others, it's a daily-thing. But the cannabis lifestyle isn't about how much you use cannabis or how often you use. The cannabis lifestyle is about freedom. It's about sharing experiences together. The cannabis lifestyle is about coming together and standing up for issues you believe in. The cannabis lifestyle is about being an active member of society in your own unique way.

Technology is helping folks who enjoy the cannabis lifestyle come together. Dating services across the country are popping up to facilitate people engaged in the cannabis lifestyle coming together. I'm sure soon enough there will be a job board which only hires people who live the cannabis lifestyle. Forget about jobs just in the cannabis industry. I'm talking about jobs throughout America. Because it's important to get along with your co-workers, and nothing brings people together like enjoy cannabis together.

Cannabis brings people together, just look at your local calendar of events. Obviously, there is the NW Cannabis Classic, which is an all-in-one cannabis trade fair, competition, and educational event. But there are other events such as Hash and Craft Beer Pairing Dinners, Cannabis Film Festivals, cannabis-themed weddings, and more. As weed becomes legal throughout the US, more creative minds will come up with other really cool ideas that bring people together around cannabis.

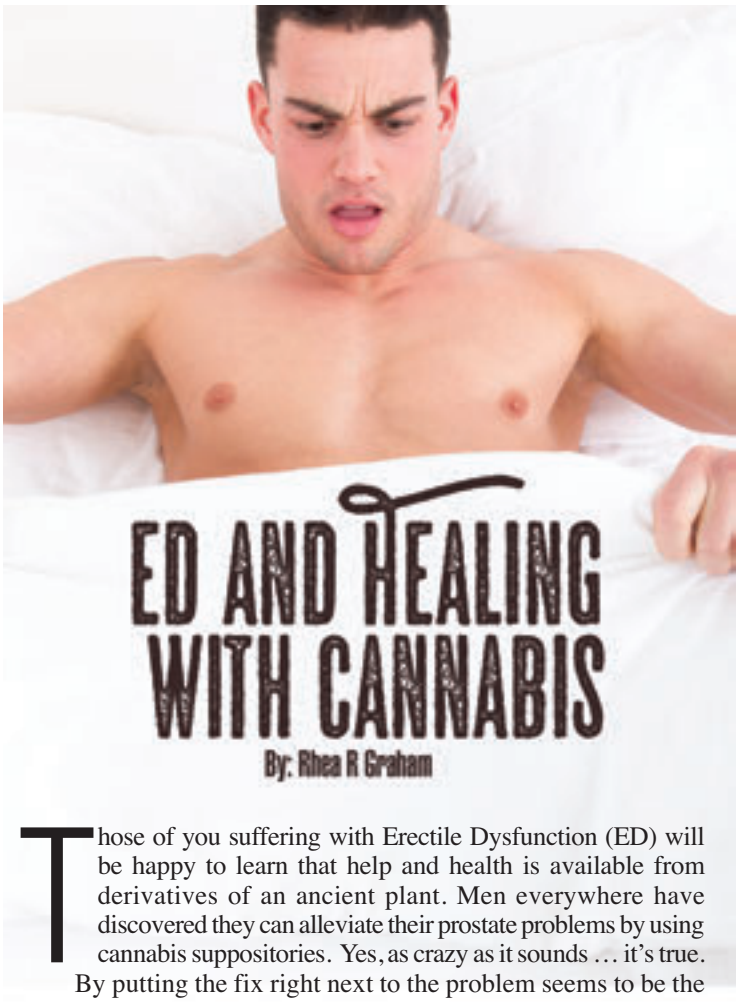
Music is a pillar to the cannabis lifestyle, no doubt. Music, cannabis, and freedom just go together really well. Music is a form of self-expression and I think cannabis is too. The sound of music with the taste and smell of cannabis in the air creates a euphoric atmosphere that is perfect for creativity, self-exploration, and righteousness. As somebody who lives the cannabis lifestyle, I often turn to cannabis and music for daily inspiration.

But the most important aspect of the cannabis lifestyle to me is health and wellness. Health and wellness isn't something you can turn on and turn off. Health and wellness isn't just about eating right and exercising or going to church. Health and wellness is a lifestyle and a holistic approach. Health and wellness begins by understanding how life works; life, as in the sun, plants, air, water, and the entire system. Health and wellness is about mind, body, and spirit. To me, cannabis represents all of these things too. Cannabis brings people back into connection with the Earth. Cannabis is a plant that has many different uses, and was put here on Earth. Cannabis has proven to heal the mind, body, and spirit. Cannabis isn't just something to take when you are sick or ill. Cannabis is preventative. An ounce of prevention is worth a pound of cure. Cannabis is the prevention and the cure. The cannabis lifestyle and health and wellness lifestyle are one. The health benefits to juicing cannabis are unmatched. The evidence showing cannabis can replace the many different prescription drugs in the cabinet enforces cannabis as health and wellness. Cannabis is the cure. Cannabis is health and wellness, and so too is the cannabis lifestyle.

The cannabis lifestyle is more than stereotypes and quick laughs. Sure, the jokes might be funny and there may be some element of truth. But the cannabis lifestyle represents much more. People who partake in cannabis also partake in community, entrepreneurship, creativity, volunteerism, activism, mentorship, gardening, healing, loving, and everything else.

So, stand-up for what you believe in. Be the change you want to see. If you live the cannabis lifestyle, be proud and don't be afraid. After all, cannabis is about freedom just like America is.

Cannabis Classic.com



ED AND HEALING WITH CANNABIS

By: Rhea R Graham

Those of you suffering with Erectile Dysfunction (ED) will be happy to learn that help and health is available from derivatives of an ancient plant. Men everywhere have discovered they can alleviate their prostate problems by using cannabis suppositories. Yes, as crazy as it sounds … it's true.

By putting the fix right next to the problem seems to be the best way to heal health issues. When the prostate is enlarged, it is simply inflamed. Cannabis is one of the best natural anti-inflammatory there is, so it is a logical application.

A healthy prostate will more than likely fix your issues, so putting cannabis relief next to the problem is a positive choice.

Why Cannabis?

You, along with every other spine-toting creature have an Endocannabinoid System (ECS), and Cannabis is the key to it. Your body makes the same cannabinoids that are found in Cannabis.

Believe it or not, if your mother nursed you, you've essentially been "high" before. It's called "milk drunk" when it's a baby fed as our Creator intended. The cannabinoids purpose in the breast milk is to make the baby hungry and want to suckle.

There are many ways to use cannabis, and for each condition there is a "best practice". Cannabis suppositories have been by far the best cannabis treatment for ED. They do not cause unnecessary bowel movements as they are made with Organic Cocoa Butter, and not with glycerin; as are most suppositories. The medicine is absorbed directly through the anal canal walls into the blood stream so the healing can begin quickly. Patients typically notice a better flow rate and functionality in just a matter of days.

An added bonus to using suppositories is that lower back pain is often relieved. Also, everyone who has used them reported getting a better night of sleep.

The downside to this good news is that the suppositories are currently difficult to find in dispensaries. One business in Oregon is just beginning to teach people how to make and use the products that will help in their healing journey. If you would like to learn more, contact Albany's Canna Kitchen & Research to discover how you can help yourself heal.

www.cannakitchenandresearch.com

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MARIJUANA CHICKEN POT PIE



DIRECTIONS:

Combine celery, carrots, peas, chicken and 1/3 cup water in a large pan. Boil for 15 to 20 minutes and drain.

Cook onions in cannabutter until they feel soft. Stir in salt, flour, pepper and celery seed. Then, add milk and chicken broth.

Simmer over medium heat until it starts to thicken. Put chicken in two nine-inch pie crusts (unbaked) and cover with top crusts. Bake for 45 minutes.

INGREDIENTS:

You can use cannabutter to make delicious Marijuana Pot Pie.

- *One pound of boneless chicken breasts*
- *Two cups of chicken broth*
- *One cup of carrots*
- *One cup of peas*
- *½ cup of diced celery*
- *Diced onions to taste*
- *1/3 cup of cannabutter*
- *2/3 cup of whole or two percent milk*
- *1/3 cup of flour*
- *1/2 teaspoon of salt*
- *Black pepper and celery seed to taste*

CANNABIS - AN OPIOID EXIT OPTION



While the United States is in the midst of an opioid epidemic and the baby boomer generation looks towards their autumnal years, many people are considering the toll that prescribed medicine can have on our bodies. It is fair to say that a shift has begun towards more natural and time-honored methods and away from many of the habit forming and potentially dangerous drugs that are pervasive in our world. For many, especially senior citizens, that shift is towards Cannabis.

Cannabis has been used for the purposes of healing for thousands of years, with the first recorded use as a medicine by Emperor Shen Nung in 2737 BCE. Most of the great civilizations of the world have references to cannabis, as it provided commercial, medicinal, and spiritual value to the people of the time. (www.ancient-origins.net/history/ cannabis-journey-through-ages-003084). Thankfully, we as a society, have started to recognize that improving our quality of life can be as simple as looking back to what we have known for thousands of years.

As modern technology imparts its influence on the world of Cannabis, people have choices such as never before. Some forms work better for specific ailments than others, such as topicals for arthritis or edibles for people who prefer not to inhale Cannabis. Often a combination of delivery systems works the best. With the proper education and some trial and error, many patients are ditching opiates in favor of Cannabis. In many cases, patients can wean themselves off of a great many of their pharmaceuticals with the proper guidance; sometimes eliminating pharmaceuticals all together. In addition, Cannabis offers a type of relief not found in most pharmaceuticals.

Another very important benefit of Cannabis is the spiritual aspect, which extends beyond the realm of pharmaceutical care. There can be an enlightened state of consciousness associated with Cannabis use that connects us directly to the earth and each other. This is not to say this state cannot be achieved by other means, but part of this plants' inherent medicine is a positive shift in perspective. It is safe to say there is an aspect to using Cannabis plant medicine that heals more than just the symptom.

Currently, Cannabis does have a Schedule 1 designation which makes studying the plant almost impossible in the U.S. That being said, the Cannabis plant has over 100 Cannabinoids.... 2 of which are quite well studied: THC (Tetrahydrocannabinol) & CBD (Cannabidiol). The suddenly popular Cannabinoid, CBD, is by and large not psychoactive.... And CBD possess extraordinary anti-inflammatory and anti-seizure properties. As you know, inflammation is a major contributor to most physical discomfort, pain, cancers, diabetes and overall poor health. Because of its unique qualities, CBD helps treat all of these issues, symptoms and more.

Scientists are also studying the positive effects of CBD use regarding seizures and epilepsy. While CBD will help many of these disease profiles, oftentimes there is no substitution for whole plant medicine (which includes THC). Do not be afraid of THC, it is incredibly important for healing, but it is necessary to learn to dose yourself properly.

With the proper education and available products, anyone can reduce their opiate intake. Ultimately, with the right guidance Cannabis can be used as an opioid exit drug.

www.undoo.com

10 Ways to Counteract a Too Intense Cannabis High

Sorry, but paranoia and panic are not good outcomes when you use cannabis. Hallucinations that leave you confused and terrified, anxiety that reaches your core, and altered senses that turn you inside out, a too intense cannabis high can lead you there.

Each user is unique. Every strain produces its own effects. And, any batch of weed may contain adverse elements that lead to "greening out." But, you should know how to counteract a too intense cannabis high just in case you find yourself someplace you don't want to be.

According to Huffington Post, "Users want their cannabis to be strong and pure. And they want it to have a distinct flavor, and to impart a high marked by greater sensory perception." The same report said users do not like hangovers, memory loss, and, lung problems.

For starters, you need to know two things. First, you should know your limits. If you're a first-time smoker, you want to ease into any experience. If you are an experienced user, you should know what you can handle.

There may be the occasional user who wants a high that reaches some edge of experience. But, most people are looking for a relaxing chill, a pain remedy, relief from anxiety. If you are finding yourself over some edge, here are some options:

1. Give it time. The effects will wear off within a few hours without lasting effects. Marijuana does not kill. So, if you feel overwhelmed, you can outlast the sensation, especially if you are among friends.

2. Stick with good friends. If you can, you should not smoke alone, especially if this is a first-time experience for you. If it is a first time or if you are trying a strain that might exceed your tolerance level, you want to smoke with people you know and who know your tolerance.

3. Stick to your guns. Other smokers might try to push you into something you are not familiar or comfortable with. Their tolerance and metabolism may differ from yours, or they might chase experiences you don't like. So, you should stick with your own stash or walk away.

4. Pace yourself. Smoking slowly and taking breaks between tokes will distribute the impact. Pacing yourself lets you stay in control, so if you don't like where your head is going, stop smoking. The same goes with edibles that creep up on you. A standard edible dose should start with 5mg before you increase the intake, and even then, you should allow an hour between doses.

5. Distract your senses. One anecdotal solution involves sniffing or chewing crushed black pepper corns. It's enough to make you sneeze and shift your attention from your anxiety. Others recommend using fresh lemon or lemon oil in the water you use for hydration because the citrus terpenes act similarly to cannabis.

6. Wet your whistle. Hydration reduces dry mouth and dry eyes. You should completely avoid alcohol because it accelerates and strengthens the THC concentration in the blood. Alcohol also dehydrates your system. But, drinking water, juice, or non-caffeinated beverages will refresh you and dilute the THC impact.

7. Take a nap. You must take charge of your reactions. Understanding that the sensation will pass, you should find a soothing place to rest and sleep. If you know how, you should focus on some meditation techniques, breathing deeply and listening to your heart. A nap or just time alone should relax and comfort you.

8. Take it outside. Fresh air will make a big difference. If you are not too far gone, a brisk walk can do a world of good. If exercise is not in your vocabulary, any outdoor venture is better than none.

9. Change your mind. If you distract yourself, it should calm you down. But, it also improves your focus. You can play a video game or sit back to listen to your favorite music. With some planning, you can enjoy a good meal with good friends.

10. Plan your munchies. Potassium manages your sweating, so prepare a plate of munchies that include bananas, melon, and citrus. Sugars and caffeine only exaggerate your experience, so you'll want to keep them off the menu.

Lessons learned

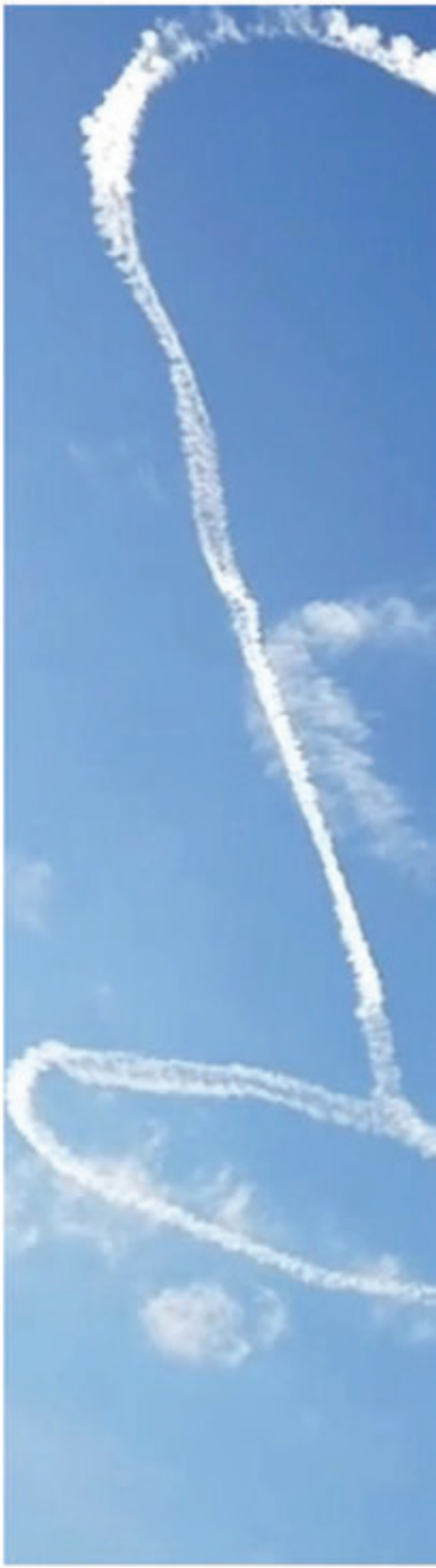
You can make a checklist of responses to counteract a too intense cannabis high. Or, you can take a more sensible approach to smoking in general. Knowing your limits positions you to make better decisions. One research study published in the Harm Reduction Journal concluded, "researchers and clinicians should not only ask people how often they smoke; they should also ask how much they consume and how high they get."

There is no reason not to try a new strain, but you should not do it in ignorance. You need to know the strain's composition, its THC: CBD ratio. Knowing that the CBD will balance and offset the THC depending on that ration, you can smoke with some confidence. And, you can adjust your choice and dose according to your experience. Once you are comfortable with a strain and dosage, you can notch it up one step at a time.

Who needs the effects of too much at one time? Severe paranoia, fear, and anxiety may follow a shortness of breath, trembling, nausea, sweats, and loss of enthusiasm, mobility, and orientation. Users are not looking for an acid trip. So, choose the smart strain for you, smoke among friends you can trust, and have some emergency plans in place.

Cannabis is meant to provide a relaxing step away from the daily grind. If you don't work on it, it will work on you.

Can Cannabis Really Affect Your Erections?



Let's make something clear from the start. As the title says, getting hard is your problem, not mine! That's my story, and I'm sticking to it. If you smoke weed and if you suffer erectile dysfunction, you (or your partner) may wonder if there is a connection.

While you may experience the greatest erection of all time under the influence of marijuana, you must remember hallucination and delusion often accompanies the toke. What cannabis might do is reduce your inhibitions and enhance your mood. For some guys, that's enough to make them more comfortable in bed. And, it might bridge a social gap with your partner of choice.

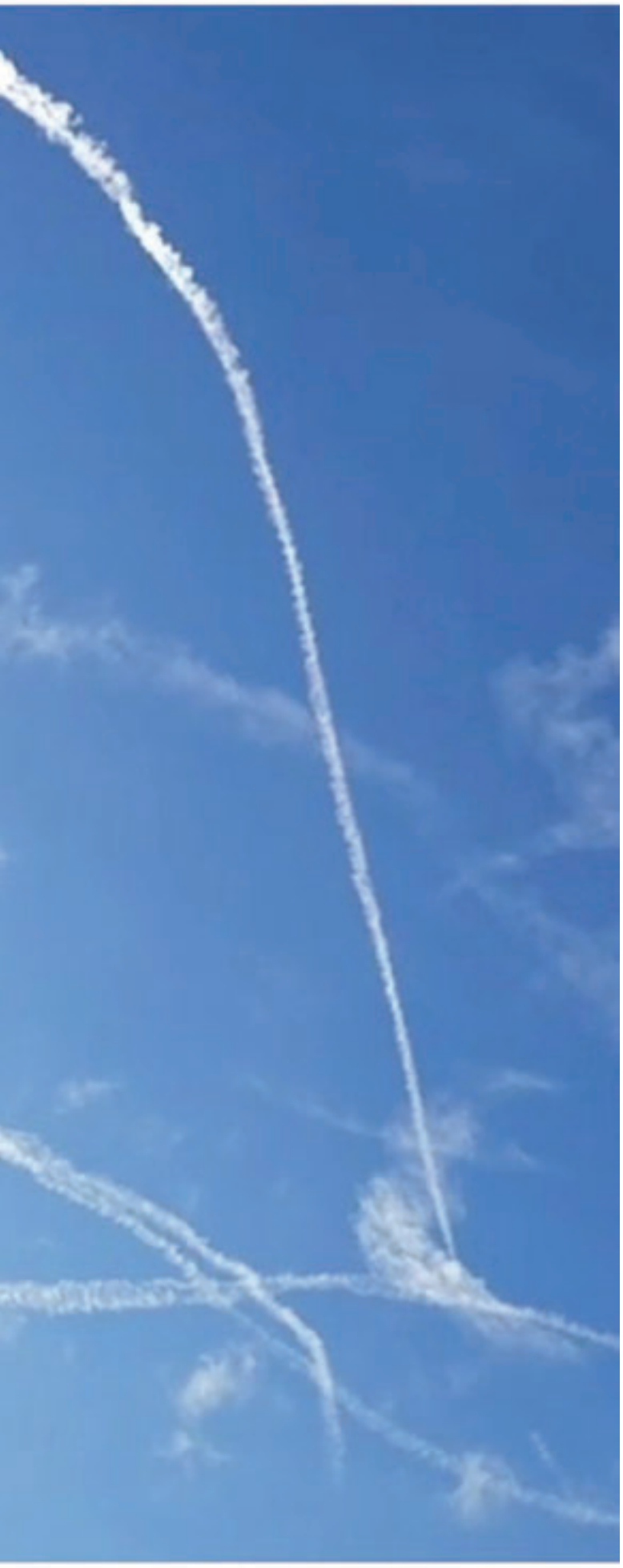
But, the physiological effects of marijuana need attention. So, start with the mechanism of the male erection. The penis contains two parallel and flexible chambers (the corpora cavernosa) filled with a sponge-like maze. When stimulated, the brain sends signals that flood the chambers with blood. Arteries expand, and veins constrict to trap the blood creating the hard erection. In the best of all male worlds, it stays hard until other signals tell the veins to open and reverse the process.

As the blood engorges the penis tissues and vessels, it stretches the skin and head of the penis making them hyper-sensitive to friction. The testicles enlarge and tighten towards the scrotum. The man's heart rate rises, blood pressure increases, breathing quickens, and thighs and buttocks tighten and tremble. This arousal continues toward orgasm as the penis's now sensitive skin and head engage in intercourse or simulated intercourse in oral sex or masturbation. The erection subsides when physically satisfied through orgasm or psychologically satisfied through edging.

But, as you are constantly reminded, no two penises are the same, and no two men experience erections in the same way. For most men, their genitals act as their own system, often independent of your conscious intent. Now, cannabis acts directly on blood flow, so it is bound to affect the erectile process. If marijuana alters senses, mood, movement, thinking, and memory, it will have some effect on the romance of sex.

From the University of Ottawa, Ran Shamloul, M.D., Ph. D., leads the field of research in men's sexual health. His studies have focused on showing the mechanism in which cannabis affects erections. He has shown that, cannabis, interacting as it does with the endocannabinoid system, also influences the endocannabinoid receptors in the soft tissue of the penis. That interaction relaxes the penis in the same way it relaxes other body systems.

While this effect does not happen with occasional use or strains low in THC, heavy and chronic use may leave lasting effects on the ability to sustain a full erection.



Here's What You Can Do to Ensure Getting Hard Isn't a Problem.

So, what's a guy to do? For starters, you should make good choices. Smoking before sex can affect your ability to perform, and smoking heavily may lead you to opt for the cannabis high. Whiskey Dick, Stoner Boner and Weed Dick may leave you thinking you had better sex than you really did, but your partner will know the difference.

- One obvious choice is to reduce your smoking or abstain completely when sexual performance is important, like on your honeymoon.
- Pre-teens and teens who use cannabis frequently risk damaging all the systems related to facilitating and sustaining an erection.
- Because weight, diabetes, and medications also affect your wood, you should to stay physically fit and hydrated.

You might also choose your cannabis carefully, but remember vthat one man's perception under the influence is not everyman's experience. But, here are five strains you might consider:

- Alaskan Thunderfuck: With its overstated name, it delivers a terrific banana-orange flavor under a pungent diesel and skunk smell. Its Sativa delivers a potent, creeping, head high. Effects leave you happy, chatty, and creative. High in THC and CBD, the high lasts a while but will put you to sleep towards the end.
- Arjan's Strawberry Haze: The sweet strawberry aroma and taste mask a potent strain. Its 70% Indica carries a high THC (20%) and higher than average CBD (1.2%) chemistry. It fights anxiety and pain with a euphoric and energetic cerebral hit. It makes users talkative and helps you enjoy (or think you enjoy) music, food, sex, and anything that comes your way.
- Blueberry dates to the 1970s. You'll taste blueberries with vanilla and something earthy. It's an 80:20 hybrid with a strong Indica dominance. The 2% CBD wipes out stress in favor of happy uplift and giggle. But, the 18.5% THC will envelop you with a full body tingle.
- Flo is a long-favored Sativa-dominant hybrid (60:40) with up to 17% THC and CBD at 0.26%. Its lemony scent, smoke, and taste lifts mood and anxiety with energy and clarity making it usable during the day.
- Voodoo lurks behind tastes of watermelon, coffee, and tobacco. It's a fifty-fifty hybrid recognized for causing the giggles from its 14.8% THC and 1.45% CBD. That leaves you euphoric, creative, energetic, and motivated.

Fiora is a cannabis-infused lubricant claiming to help women achieve orgasm by stimulating vaginal tissue. No one offers anything comparable for men. Cannabis or hemp-infused oils and lotions will help men with masturbation in the same way petroleum jelly and other commercial lubricants work. If such lubes are part of your regular sexual preparation and play, cannabis has nothing new to offer.

Can Cannabis Really Affect Your Erections? Here's What You Can Do to Ensure Getting Hard Isn't a Problem.

Marijuana, well-chosen and occasionally-used, can enhance the male sexual experience. Over-used and abused, it will affect your erections. Chronic use beginning in the early years of brain development may affect the ability to get and keep an erection.

If you want to ensure a hard erection, you must consider all the factors involved. Direct and indirect influences need management. Moderation in all things keeps all things in balance, and that's the key to an active, exciting, and fulfilling sex life.

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THE SCIENCE OF THE ENDOCANNABINOID SYSTEM: HOW THC AFFECTS THE BRAIN AND THE BODY

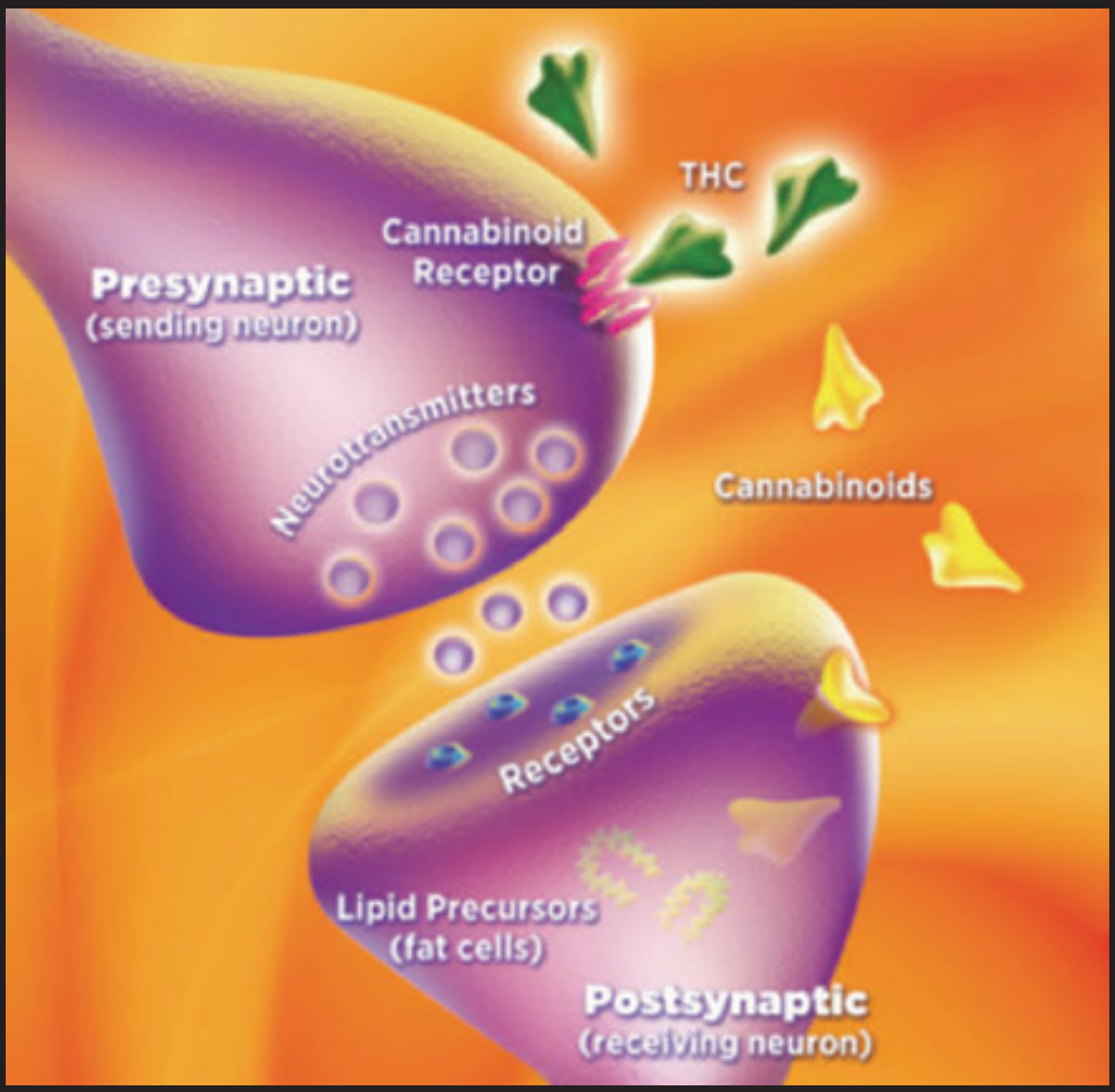


Figure 1: The Endocannabinoid (EC) System and THC

After several decades of research, scientists studying the effects of marijuana made several important discoveries. Not only did they identify the active ingredient in marijuana, they also discovered where and how it works in the brain—via a new system they called the endocannabinoid (EC) system. The EC system—named after the marijuana plant Cannabis sativa and its active ingredient delta-9-tetrahydrocannabinol (THC)—is a unique communications system in the brain and body that affects many important functions, including how a person feels, moves, and reacts.

The natural chemicals produced by the body that interact within the EC system are called cannabinoids, and like THC, they interact with receptors to regulate these important body functions. So what makes the EC system unique and how does THC's impact on this system affect a person's memory, risk for accidents, and even addiction?

Review **Figure 1** and the steps below to take a closer look at the components of the EC system, how it works, and the effects of THC.

How Cannabinoids Work Differently From Other Neurotransmitters

Brain cells (neurons) communicate with each other and with the rest of the body by sending chemical "messages." These messages help coordinate and regulate everything we feel, think, and do. Typically, the chemicals (called neurotransmitters) are released from a neuron (a presynaptic cell), travel across a small gap (the synapse), and then attach to specific receptors located on a nearby neuron (postsynaptic cell). This spurs the receiving neuron into action, triggering a set of events that allows the message to be passed along.

But the EC system communicates its messages in a different way because it works "backward." When the postsynaptic neuron is activated, cannabinoids (chemical messengers of the EC system) are made "on demand" from lipid precursors (fat cells) already present in the neuron. Then they are released from that cell and travel backward to the presynaptic neuron, where they attach to cannabinoid receptors.

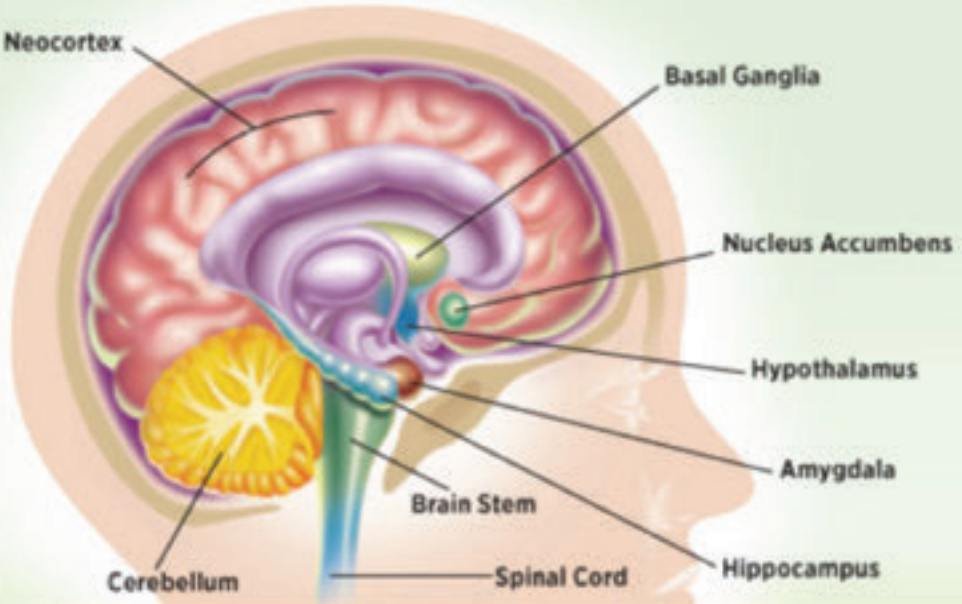
So why is this important? Since cannabinoids act on presynaptic cells, they can control what happens next when these cells are activated. In general, cannabinoids function like a "dimmer switch" for presynaptic neurons, limiting the amount of neurotransmitter (e.g., dopamine) that gets released, which in turn affects how messages are sent, received, and processed by the cell.

How Does THC Affect the EC System and Behavior?

When a person smokes marijuana, THC overwhelms the EC system, quickly attaching to cannabinoid receptors throughout the brain and body. This interferes with the ability of natural cannabinoids to do their job of fine-tuning communication between neurons, which can throw the entire system off balance.

Because cannabinoid receptors are in so many parts of the brain and body, the effects of THC are wide-ranging: It can slow down a person's reaction time (which can impair driving or athletic skills), disrupt the ability to remember things that just happened, cause anxiety, and affect judgment. THC also affects parts of the brain that make a person feel good—this is what gives people the feeling of being "high." But over time THC can change how the EC system works in these brain areas, which can lead to problems with memory, addiction, and mental health.

Refer to **Figure 2** to see areas of the brain with cannabinoid receptors, then locate those areas on the chart to study some of the different effects of THC on the user.

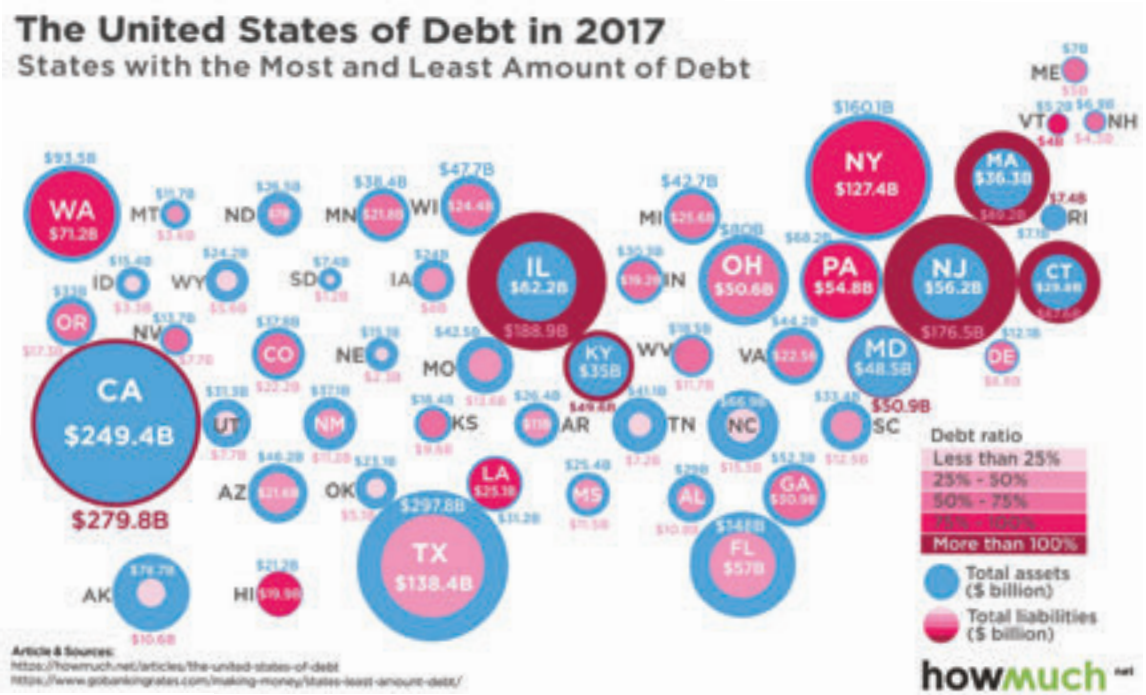


Brain Structure	Regulates	THC Effect on User
Amygdala	emotions, fear, anxiety	panic/paranoia
Basal Ganglia	planning/starting a movement	slowed reaction time
Brain Stem	information between brain and spinal column	antinausea effects
Cerebellum	motor coordination, balance	impaired coordination
Hippocampus	learning new information	impaired memory
Hypothalamus	eating, sexual behavior	increased appetite
Neocortex	complex thinking, feeling, and movement	altered thinking, judgment, and sensation
Nucleus Accumbens	motivation and reward	euphoria (feeling good)
Spinal Cord	transmission of information between body and brain	altered pain sensitivity

The brain structures illustrated above all contain high numbers of CB receptors

Figure 2: Locations of Cannabinoid Receptors in the Brain

TOP 10 STATES WITH THE MOST DEBT



We've included the total debt load and assets (in $ billions), and ordered the list according to the debt-to-asset ratio.

1. New Jersey - $176.51 debt and $56.2 assets at 314.1%
2. Illinios - $188.93 debt and $62.2 assests at 303.7%
3. Massachusetts - $89.2 debt and $36.29 assets at 245.8%
4. Connecticut - $67.61 debt and $29.75 assets at 227.2%
5. Kentucky - $49.63 debt and $35.04 assets at 141.6%
6. California - $279.75 debt and $249.44 assets at 112.2%
7. Maryland - $50.92 debt and $48.5 assets at 105%
8. Rhode Island - $7.37 debt and $7.078 assets at 104.2%
9. Hawaii - $19.87 debt and $21.24 assets at 93.6%
10. Loiusiana - $25.1 debt and $31.16 assets at 80.6%

HowMuch.Net, the cost-calculating website, on Thursday Nov 9th 2017 released an infographic based on data from gobankingrates.com ranking the states on debt-to-asset ratios, which is calculated from money owed versus assets owned.

Raul Amoros at HowMuch.net uses Bill Gates as an example to explain debt-to-asset ratio and why that number is so important: "Someone like Bill Gates can run up a huge credit-card bill with no problem because he has billions of dollars in the bank. He can easily pay it back because he's got so many assets. The average Joe, on the other hand, must be thriftier."

Case in point: Texas, which has debt in excess of $138 billion, is better positioned than Maryland, which owes only $50.92 billion, because the Lone Star State has significantly more assets to cover its outstanding obligations.

In general, liability on state levels doesn't receive as much scrutiny as federal debt, but a few missteps in any of the fiscally extended states could have national, if not global, implications.

"The federal government can control the currency and print new money if it needs to, but state governments are in a totally different situation," said Amoros. "We have four states with a debt-to-asset ratio above 200%, and 29 over the 50% mark. Even if you live in a fiscally responsible state, a default by any one of these statehouses would send shock waves across the economy."

For context, the U.S. owes a total of $20.48 trillion as of November 2017.

Editor's note: A trillion dollars in $1,000 dollar bills would form a stack 64 miles high

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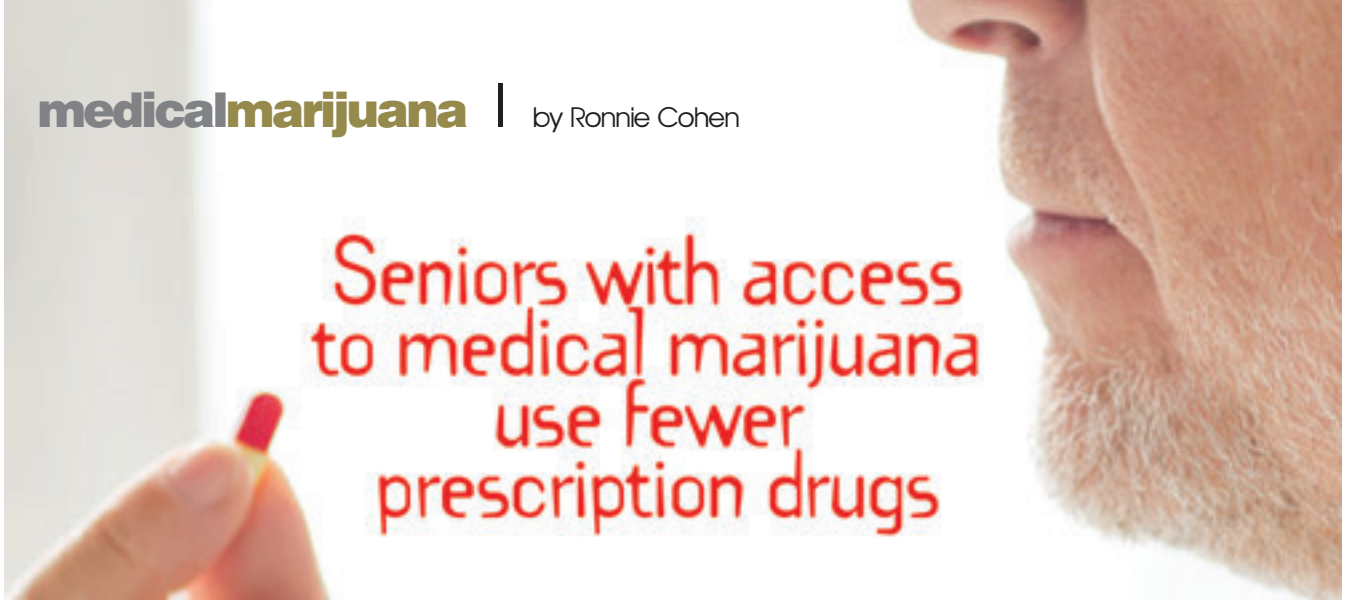
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by Ronnie Cohen



Seniors with access to medical marijuana use fewer prescription drugs

Physicians wrote significantly fewer prescriptions for painkillers and other medications for elderly and disabled patients who had legal access to medical marijuana, a new study finds.

In fact, Medicare saved more than $165 million in 2013 on prescription drugs in the District of Columbia and 17 states that allowed cannabis to be used as medicine, researchers calculated. If every state in the nation legalized medical marijuana, the study forecast that the federal program would save more than $468 million a year on pharmaceuticals for disabled Americans and those 65 and older.

No health insurance, including Medicare, will reimburse for the cost of marijuana. Although medical cannabis is legal today in 29 states and the District of Columbia, federal law continues to prohibit its prescription in all circumstances.

The study, published July 6 in Health Affairs, was the first to ask if there's any evidence that medical marijuana is being used as medicine, said senior author W. David Bradford in a phone interview. The answer is yes, said Bradford, a health economist and a professor at the University of Georgia in Athens.

"When states turned on medical marijuana laws, we did see a rather substantial turn away from FDA-approved medicine," he said.

Researchers analyzed Medicare data from 2010 through 2013 for drugs approved by the U.S. Food and Drug Administration (FDA) to treat nine ailments – from pain to depression and nausea – for which marijuana might be an alternative remedy.

They expected to see fewer prescriptions for FDA-approved drugs that might treat the same conditions as cannabis. Indeed, except for glaucoma, doctors wrote fewer prescriptions for all nine ailments after medical marijuana laws took effect, the study found.

The number of Medicare prescriptions significantly dropped for drugs that treat pain, depression, anxiety, nausea, psychoses, seizures, and sleep disorders.

For pain, the annual number of daily doses prescribed per physician fell by more than 11 percent.

"The results show that marijuana might be beneficial with diverting people away from opioids," Bradford said.

A 2014 study, found that opioid overdose death rates were on average nearly 25 percent lower in states where medical marijuana was legal compared to states where it remained illegal. Chronic or severe pain is considered a primary indicator for medical marijuana in most states where it is legal.

Nearly two million Americans either abused or were dependent on prescription opioids in 2014, according to the U.S. Centers for Disease Control and Prevention (CDC). Since 1999, more than 190,000 Americans have died from prescription opioid overdoses.

Addiction psychiatrist Dr. Kevin Hill questioned whether medical marijuana patients might in some cases be getting inferior or incorrect treatment, and if so, whether the resulting extra healthcare costs would overshadow the Medicare drug savings. Hill, a professor at Harvard Medical School in Boston, was not involved in the study.

"Fewer opioid prescriptions in medical marijuana states might be a good thing, but I am concerned about the overall quality of care delivered in medical marijuana specialty clinics," he told Reuters Health in an email.

He criticized the implementation of medical marijuana laws in many states as often leading to "medical care that is of poor quality."

Part of the problem stems from a dearth of research into the efficacy of medical marijuana.

Although California became the first state to legalize medical marijuana in 1996, federal law enacted by Congress in 1970 continues to put cannabis in the same category as heroin, Schedule 1 of the Comprehensive Drug Abuse Prevention and Control Act, and finds it has no medicinal value. Consequently, research has been severely limited.

Sheigla Murphy, a medical sociologist who was not involved in the current study, praised it as a major contribution to the literature on the role of medical marijuana in older adults.

Murphy directs the Center for Substance Abuse Studies in San Francisco and has done prior research on marijuana and baby boomers. She said some older adults prefer marijuana to painkillers and sleeping pills.

"It fits with the problems of older age, problems with sleeping, depression, arthritis, worn-out body parts that begin to hurt. Marijuana can relieve these without the side effects of grogginess and worrying about addiction," she said.

"As we're trying to reduce the number of pain medications, I think marijuana would be a welcome addition to the pharmacopeia," she said. "The one thing we know is no one has ever died of it."

STOP!

Taking ANY Medical Cannabis or Rx Medicines

Until YOU know how your unique body chemistry will respond!

Where can **YOU** find drugs which actually work as expected?
Why don't **YOU** respond the same way as others to the same drugs?
When can **YOU** stop wasting your money and time on useless medicines?
How would **YOU** like to avoid unnecessarily painful side effects and overdosing?
Who can help **YOU** avoid trial & error healthcare, and introduce **YOU** to personalized medicine?

Your body is immune to hype, advertising or anecdotes. Your body does not care how "*good*" or "*natural*" or "*organic*" or "*worked for my patients, customers, or friends*". Your body responds to the discipline of **science**.

It's not genealogy or guessing about diseases your ancestors might have faced; it's the Science of Pharmacogenetics. It may not yet be flawless, but there's no superior technology embraced by the leading public, private and government health and medical organizations. It's a reliable predictor of your response to medicines before **YOU** take them!

Pharmacogenetics is not the sole factor determining what cannabis or Rx medication is ideal for individuals. Our bodies process drugs differently based upon age, race, diet, gender and other epigenetic factors. Your doctor can make sense of all this.

Yet, the fact is that up to 95% of our responses to most medicines is predetermined by our DNA.

When **YOU** think or act about purchasing and using medical cannabis or Rx drugs, consider:

- **CANNABIS DOCTORS** have extensive training in how our bodies work, but 85% were educated before the human genome was mapped in 2003, and are not familiar with genetics' profound impact upon predicting successful treatment outcomes with minimal problems.
  - ❍ Why aren't they using the best possible diagnostic information tools (even though it comes at no cost to them) to find the cannabinoid ratios and delivery methods which can work best for **YOU**?
- **CANNABIS BRANDS AND RETAILERS** who sincerely seek to provide products at a fair price can now (also at virtually no cost to them) apply the facts to proving why their products and services can be trusted.
  - ❍ Why aren't they recommending the one, overwhelming detection tool which can identify which of their products can work best for **YOU**?
- **BUDTENDERS** want to help, yet have nearly ZERO scientific training in genetics, and enthusiastically make 1,000s of recommendations!
  - ❍ Why aren't they asking about your evidence-based metabolism so they can recommend products which can work best for **YOU**?
- **ADULTS AND CHILDREN** who are in real need of cannabis -- especially non-psychoactive cannabinoids -- to combat their disease, reduce pain, avoid overdose (and death) and waste money, yet mostly squander the most precious commodity they have to get well: time?
  - ❍ So…..How and when are **YOU** going to choose what might work best for **YOU**?

Why not wait to get your test report "Until I really need it."
- Because: no hospital, emergency room, clinic or doctor can do it for **YOU**; meanwhile, you're wasting money, pain and your best opportunity to get well.

Why continue to subject yourself to problems?
- The science and the tools and the opportunity is here right now! **YOU** can get your results in two weeks!

Why not give yourself and your loved ones the best personalized medicine tool in the world?
- It's available from one place only: Only**YOU**® Genetics.

Stop guessing at what might work!
Start knowing what can work!

3 Things YOU need to know:

1. The Science of Pharmacogenetics is not a crystal ball; it's one piece of your clinical wellness puzzle.
2. Finding the MMJ and/or Rx medicines which can work best for **YOU** takes a real team effort.
3. It all starts with **YOU**!

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- Remember: This is not ancestry testing or medical treatment.
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Love, Mary Jane

Dating in the modern cannabis culture

Dear Mary Jane

I've been married to my husband for twenty years, and he wants sex far more often than I do. We're recent empty nesters and together have begun experimenting with pot again, and I've noticed a change in our relationship for the better. Any advice on how it can revive my sex drive?

-Feeling Frisky

Dear Feeling Frisky

Oh, Lioness, do I have good news for you!

Cannabis is about to become your second favorite bed partner. It has been used as an aphrodisiac for thousands of years. During tantric sex rituals, participants consumed a spicy cannabis milkshake called bhang. It's also a key component of Ayurvedic medicine to increase libido.

When it's time to feed your kitty cannabis will assist in heightening those feelings of relaxation since women tend to tense up around sex when they haven't had it in a while. It will also quiet the nagging chatter in your brain reminding you of things you forgot to add to the grocery list. Pot can help you get out of your own way and create room for the boom boom.

Consuming cannabis can assist both you and your hubby in getting in the mood, but it's going to help you the most since us ladies rely on the mind-body connection for pleasure. Be mindful of your pre-foreplay dosage, though. Make sure to microdose the THC! If you get too high, it can be challenging to have a big O, and that's not fun for anybody.

Many cannabis products are now sold by the mood they create. You're going for sensuality. If you and your man prefer smoking or vaping flower, look for some of these sexy strains: Orange Velvet, Mr. Nice, Sweet Kush, Bubblicious, Guava Chem, Granddaddy Purple, Pineapple Jack. And if you live in California, SexxPot is a specialized strain with lower THC content explicitly made for the bedroom (or the dining room table if you're mixing things up).

Once you're revved up cannabis-infused lubricants will glide you home. Many of the topical brands will instruct you to apply and then wait for 30-minutes before having intercourse. Yeah, right. Don't listen to those instructions. Lube up and go for it. I find the increased stimulation comes on quickly - no pun intended. Cannabis increases blood flow and heightens euphoria, so you'll also experience intensified orgasms. YAY-O!

The key to it all, though, depends on your willingness to truly open up. Let your hair down. Feel beautiful. Embrace your body. Relax your mind, body, and soul and get reacquainted with that man of yours.

You'll be purring like a kitten by morning.

Love,
Mary Jane

Warning: There are a number of cannabis massage oils and lubes on the market now. Be confident you're buying lab-tested products from a reputable source. Don't put just anything on the most sensitive and absorbent part of your body.

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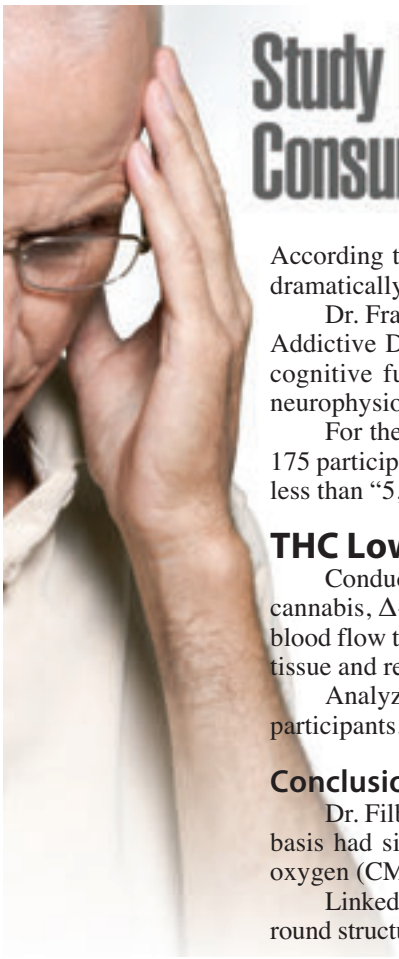
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Study Finds Marijuana Consumption Can Minimize Risk of Stroke

marijuanahealth
by Monterey Bud

According to a recent study published in the Journal of Neuropsychopharmacology, habitual marijuana use can dramatically reduce an individual's chance of suffering a stroke.

Dr. Francis Filbey, the head researcher for the study and the director of Cognitive Neuroscience Research in Addictive Disorders at the Center for BrainHealth, explained: "Past marijuana research has shown changes in cognitive functions such as memory and executive functioning. Our study seeks to understand the possible neurophysiological mechanisms that may drive these cognitive changes."

For the study, researchers from the University of Texas at Dallas studied 175 volunteers for 60 days. Of the 175 participants, 101 were drug-free, and 74 were considered perpetual "drug users" that got high on marijuana no less than "5,000 times" throughout their life.

THC Lowered Blood Pressure

Conducted by Dr. Francis Filbey, the Texas-based study discovered "The primary psychoactive ingredient in cannabis, Δ-9-tetrahydrocannabinol (THC), relaxes arterial walls resulting in lower blood pressure and increased blood flow to tissues. In the brain, THC binds to ubiquitous cannabinoid receptors (CB1) that are present in arterial tissue and regulate the microvascular environment via dose-dependent dilation of cerebral arterioles."

Analyzed and scrutinized during the study, researchers performed MRIs (magnetic resonance imaging) on the participants, in addition to monitoring their THC metabolite levels.

Conclusion

Dr. Filbey, and her astute team of researchers discovered that individuals who consume cannabis on a regular basis had significantly better levels of global oxygen extraction fraction (OEF) and cerebral metabolic rate of oxygen (CMRO2) levels, particularly in comparison to non-users.

Linked to increased learning, the study also discovered "the cerebral blood flow (CBF) in the putamen — a round structure located at the base of the forebrain," — was significantly higher in marijuana users than non-users.

A CANNABIS FLOWER REVIEW FROM THE EMERALD TRIANGLE



marijuanaknowledge
by Brian Applegarth

We review and report on seasonal, small batch craft cannabis grown in the northern California region.

FLOWERS: The cannabis flowers we review and feature are sun grown, organic, and cultivated in The Emerald Triangle. The Emerald Triangle is a three county region located in northern California. This region is considered a leading authority on cannabis plant genetics and breeding. Its inhabitants have been perfecting their cultivation craft for generations.

METHODOLOGY: We select one flower per month to taste, experience, analyze and review. We independently journal each unique dosing experience. After twenty one days of journaling we compare data and identify patterns. The Bapple Report official dose consists of two deep full draws of cannabis smoke or vape; a fluid inhale, exhale breath pattern.

Featured Flower

- Tangie Key Lime grown by Giving Tree Farms
- Mendocino County Appellation
- Tangie x Key Lime Pie Giving Tree Genetics

Summary

- This flower has been referred to as "summer in a bottle". An incredibly bright inviting citrus aroma and earthy sweet tangerine taste. Tangie Key Lime pairs well with Sunday morning chores or a live music event. Energy, euphoria with the ability to accomplish tasks. Recommended for the functional daytime micro-doser.

www.emeraldcountrytours.com

Interesting Finds



420 Skin Care

The launch of 420 Skin Care's healing CBD-infused product line of soaps, lotions, bath bombs and body butter inspires holistic wellbeing while helping people become their best self. The new product line, available at 420-skincare.com, has also launched the leadership profile of CEO Marvina Thomas.

As an entrepreneur and former registered nurse, helping people is what comes naturally to Thomas who is CEO of 420 Skin Care, Vina Soaps and the 501(c)3 nonprofit Start Living, Inc. After learning to make soaps, Thomas experimented with replacing essential oils with cannabis oil to make use of the plant's medicinal properties.

About 420 Skin Care:

Using only premium oils and ingredients to inspire holistic wellbeing, 420 Skin Care luxuriates users with natural medicinal benefits from the cannabis plant to relieve sore muscles, aching joints and skin conditions. Sumptuously healing soaps, lotions, bath bombs and body butter infused with a choice of THC, and CBD-only products. Available at select Arizona dispensaries,

Grove Bags

Grove Bags are built around the physiology of cannabis. Grove Bags promotes three main benefits compared to traditional packaging solutions.

First, Grove Bags target Mold Prevention. Active humidity control allows moisture to continually flow in and out to maintain an optimal humidity level of 62%. Second, Grove Bags account for Terpene Preservation. Grove Bags minimize harmful oxidation, regulate humidity, and have anti-static properties to protect and preserve the full range of flavor and therapeutic benefits that would normally deteriorate.

Finally, Grove Bags centers around Weight Retention. Grove Bags are designed to reduce evaporation and provide luscious cannabis with greater margins. Experts estimate that a 10 - 15% moisture content is ideal. If cultivators and distributors are under that, money evaporates into thin air.

Save your margins and your terps with Grove Bags.



Women Grow Leadership Summit 2018

February 1st-2nd, Denver, Colorado3

Once a year, hundreds of current and up-and-coming industry leaders come together in Denver to get connected, educated, and empowered at the largest gathering of cannabis industry women anywhere. Women and men from across the country will come together to share their stories and insights during two intense days of learning and networking in the Mile High City. Join us at this year's Leadership Summit to transform your cannabis industry career.

This year, Summit 2018 will be centrally located in Downtown Denver, CO at the Westin Denver Downtown – 1672 Lawrence Street Denver, CO.

Group Name: Women Grow Leadership Summit 2018
Womengrow.com



Verra Wellness

The Verra Wellness products are scientifically formulated for accurate and consistent delivery of purified tetrahydrocannabinol (THC) and cannabidiol (CBD) in three different ratios via the nasal mists and sublingual sprays. In addition, Verra Wellness' small batch topical salves are designed to permeate skin and muscle tissue deeply without penetrating the blood stream or causing psychoactive effects. The Verra Wellness brand is the first endeavor to come to market from Next Frontier Biosciences, a pioneering biotech firm that focuses on the development of purified cannabinoid products that provide novel administration methods and microdosing options.

"Verra Wellness products provide a desirable alternative to smoking, vaporizing or eating poorly characterized cannabis products for cannabis patients and adult-use consumers," Dr. Dot Colagiovanni said. "With a variety of discreet delivery methods—including the first cannabis nasal mist to hit the market—Verra Wellness products offer a high-end option to elevate the industry and meet a growing demand for purified and consistent cannabinoid-infused products."

Wana Brands

Wana Brands, Colorado's top-selling infused products manufacturer, will provide its popular family of extended-release cannabis capsules, WanaCapsXR in five new states, Nevada, Arizona, Illinois, Florida and Oregon.

With five proprietary extended release formulations available, ranging from High THC to High CBD, WanaCapsXR can be tailored to consumers' needs. The first-of-its-kind capsule provides medicinal benefits for up to 12 hours, allowing the patient to reduce the frequency of re-dosing; and the extended release formula lessens potential side effects such as disorientation and dizziness.



Only You Genetics



OnlyYOU® Genetics saliva testing kit will help you to determine the following:

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3. Identify and increase the effectiveness of both MMJ and Rx medicines when both are in the patient's bloodstream
4. Decrease negative side effects from prescribing or recommending MMJ and Rx which is not well suited for each individual
5. Decrease out-of-pocket costs for both MMJ and Rx medicines by purchasing only those medicines which can work best for each person
6. Increase how quickly people can heal from their medical problems.

Knowledge based on proteins and molecules involved in the transport, action, and metabolism of cannabinoids in the human organism has led OnlyYOU® Genetics to predict candidate genes whose variations are responsible for the presence of the therapeutic and side effects of medical marijuana and cannabinoid-based drugs.

CANNABIS TEA



Cannabis tea is an infusion of cannabis—usually the leaves of the plant, are steeped in hot water. Typically, herbal infusions are used for delicate herbs, leaves and fresh tender plants. The leaves of mature cannabis plants have a stronger effect so are often also used. With cannabis, tea making is not as simple as just adding water to the leaves and letting them steep. The primary medicinal components in cannabis, THC and other cannabinoids, are not water-soluble. While the oils are definitely not water-soluble, they can be extracted crudely by boiling the leaves; the heat makes the oil malleable and the boiling action strips it from the leaves. Adding either some alcohol or some oil to the mix is required to help them dissolve.

Historically cannabis tea has been prepared by many cultures, some as medicine, some as a ceremonial drink, and others for intoxication. The oldest culture that has traditionally used cannabis in tea form, and in fact has a special name reserved for the tea is India. In India cannabis tea is referred to as Bhang, which is tea mixed with cannabis. It's mainly a ceremonial drink. It was common in India to serve a glass of your finest Bhang to guests. It's also used as an offering to gods and is considered to enforce the spirit to help fight off illnesses. There are many recipes for preparing Bhang; it's generally spiced with cinnamon, cloves, and nutmeg, then sweetened with a bit of sugar or honey. Some recipes call for adding milk or alcohol to it as well.

Another culture in which cannabis tea is important is In Jamaica. Here it is called ganja tea. In Jamaica drinking cannabis is looked upon completely differently than smoking it. Ganja tea is often used as medicine, particularly in the countryside, and is a widespread custom in many families. However, ganja tea is not made from the same, ripened and dried plants that are used for smoking. Ganja tea is drawn from the young, green plant, and is often made just as one would regular tea, so is not very potent. The tea is said to make the body strong and less susceptible to illness. It is also often drunk, if someone suffers from a fever or a cold. Furthermore, ganja is said to be a good remedy for stress.

Cannabis tea is of interest to the Dutch as well. Researchers in the Netherlands recently completed a study on the chemistry of the tea components.

"Cannabis is one of the oldest known medicinal plants, and a large variety of biological activities have been described. The main constituents, the cannabinoids, are thought to be most important for these activities. Although smoking of cannabis is by far the most common way of consumption, a significant part of medicinal users consume it in the form of a tea. However, not much is known about the composition of cannabis tea, or the effect of different parameters during preparation, handling or storage. In this study we used the high-grade cannabis available in Dutch pharmacies to study the cannabinoid composition of tea under standardized and quantitative conditions."

There are many recipes for Cannabis Tea, yet they are all similar. Some are given below for your tea pleasure. Drink one or more cups to achieve the same effects as you would from smoking the cannabis. Remember that the effects will last a little longer, up to 6-8 hours, enough for a god night's sleep!

RECIPES

Teas can be made from water or milk, soy, seed, nut or rice milk. Some recipes even call for butter or cream which is higher in fat content. The active ingredients are oil soluble. You can let the tea steep for 1-2 hours in water and add a tsp. of butter. The effects vary so begin by steeping for a short time period, increasing as needed. Using milk requires a longer cooking time (no less than 2 hours). You can do it overnight in a crock pot. Add a cup of 'milk' (you can use soy milk or nut milk) and 2 heaping tbls. of marijuana leaf to the container, simmer on a low heat. A half ounce of hard liquor to a cup of boiling water increases the tea's potency quite a bit.

(Recipes below are from Marijuana Tea.com)

Billy's Marijuana Tea

4 cups water
1 cup marijuana leaf
2 of your favorite tea bags
honey (optional, but good)
milk/soy milk/rice milk (optional, but good)

Boil water and leave the leaf simmering in water for about 15 min. Add tea bags and or milk/honey and boil for another 5-10 min. If adding milk, pour very slowly so the milk doesn't curdle. Or microwave the milk first so it's a little warm as it hits the boiling tea.

Peter Piper's Marijuana Tea

Gently simmer 1 gram cannabis per cup whole milk for 20 minutes…remove from heat and steep 1 mint tea bag per cup for 4 – 6 minutes…strain and refrigerate…stores well for at least one week I make a version of this with sugar and alcohol and liquor flavoring. I use 10% cream instead of whole milk and at Least 7 grams of cannabis per cup of cream…stores well for about 6 – 12 months…one ounce per serving…warms the heart!

Cannabis Butter Tea

Make butter and add a dollop to your favorite tea, black green or herbal.

INGREDIENTS
Butter: 2 sticks unsalted
Leaf Matter: 1 Pot=approx. 3 ounces (use less if using bud)

Directions:

Bring 2-3 cups water and butter to boil. Add as many leaves as you can fit in your pan and cover with the butter/water mixture. Continue boiling for about 1 hour. Mash and stir frequently to make sure all THC is extracted from the leaves into the butter. After cooking strain butter from leaf using cheese cloth. Boil a cup of water and use it to rinse out every last drop of butter from the leaves. Be sure to squeeze the leaves well to get all the butter out. Put liquid in fridge (or freezer) to cool. When the butter has solidified pour off water. Butter will keep in fridge or freezer, but keeps best in cooked food!

Talking to Your Doctor about Medical Cannabis



Be forthright. There is nothing wrong or illegal about discussing medical cannabis with your doctor. Federal courts have ruled that the First Amendment protects doctors in discussing medical cannabis and recommending it to their patients. Doctors are accustomed to patients bringing ideas to them about treatment options and preferences, and cannabis therapeutics should be no different.

Your doctor may be unfamiliar with medical cannabis and hesitant to recommend it, so bring documentation to explain the science and support your experience. ASA has created a series of educational booklets for this very reason. Our Condition-based Booklets and other research can be found in the publications section of the website. Your doctor may not have an understanding of the the local laws either. You may also consider bringing them relevant forms and website links for your state. These forms and resources can are located in our "State by State: Recommending Cannabis" section for medical professionals.

A primary care physician with an understanding of your medical history is the best person to consult first about medical cannabis. However, we understand that not everyone has a regular doctor, and many physicians remain unfamiliar with the medical uses of cannabis or are afraid of getting in trouble. In addition, some patients are concerned with their current health insurance company finding out about their use of medical cannabis. For these and other reasons, many patients consult one of the many doctors with a specialty practice in medical cannabis. No matter what doctor you see, here are some pointers:

Understand your state requirements and ask for a written recommendation. Bring copies of required paperwork for your state or a sample doctor's recommendation from the Medical Professionals section at the safeaccessnow.org, website.

Be prepared to tell your doctor specifically what condition or symptoms you treat with cannabis therapeutics. If you have medical records related to the condition or symptoms, bring them. Honestly describe how long you've had the problem, when you began treating with cannabis, the amount of cannabis you use, how often, and by what delivery method.

If your regular doctor will not issue a recommendation, you may choose to visit a physician who is a medical cannabis specialist.

Finding a Doctor if You Don't Already Have One, or if your Regular Doctor Will Not Issue a Recommendation

There are a number of specialty physicians and clinics available for consultations in states with medical cannabis laws. Before seeing a medical cannabis specialist, patients should already have medical records of diagnosis and treatment or a physician referral. Be aware that:

You should take your medical records with you to the appointment.

It generally costs $100 or more to see a medical cannabis specialist. (Paying for a consultation does not guarantee you a recommendation.) Time with the doctor and quality of care can vary among medical cannabis specialists.

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The Importance of Sleep on your Health



Despite the fact that we spend about a third of our lives sleeping, getting a good night's rest is often easier said than done and sleep issues plague a significant portion of the population. For example, insomnia alone affects about 1 in 4 people, according to figures reported by the Canadian

SLEEP SOCIETY

While science is yet to figure out exactly why we're programmed to sleep so much, we do know that it plays a vital role in our health and wellbeing and is instrumental in reducing the risk of a variety of serious health conditions.

It goes without saying that you'll feel tired with insufficient sleep, but it's important to note that consistently getting quality shut-eye can benefit your health in other ways that you may not expect:

1. Reduce the Risk of Obesity

The prevalence of obesity is largely blamed on poor diets and reduced physical activity, but there's a growing body of research that suggests our sleep patterns might be at least partly responsible too. According to research published in Endocrine Development, the obesity rate has increased in correlation to the steady decline in nightly sleep duration, which has dropped by 1.5-2 hours over the last 50 years. The same study determined that sleeping for less than 6 hours per night is associated with a higher risk of obesity – particularly among children – after controlling for variable factors.

2. Boost Creativity

In addition to affecting your physical wellbeing, sleep also has a big influence on your mental health – including your creativity. In a study published in Nature, test subjects were asked to perform a task that could be completed via gradual learning or by recognizing a hidden rule that would allow them to rapidly solve the problems. Twice as many participants were able to find the hidden rule after sleeping, leading investigators to conclude that sleep "facilitates extraction of explicit knowledge and insightful behavior", which are critical attributes for unlocking higher levels of creativity.

3. Be More Productive

The modern world is all about efficiency. While it might seem counterproductive to getting things done, research indicates that those who consistently get eight hours of quality sleep are more productive than their sleep-deprived counterparts. According to the U.S. National Heart, Lung, and Blood Institute, sleep deficiency is closely linked to slower reaction times, being more prone to making mistakes and taking more time to complete tasks.

What does this look like in a practical sense? A Journal of Occupational and Environmental Medicine study found that employees who get insufficient sleep are less productive and score worse on performance and safety outcomes. Productivity loss caused by fatigue costs $1,967 per employee annually.

4. Reduce the Risk of Heart Disease

Second only to cancer, heart disease is one of the most common causes of death in Canada and the USA. While there are many factors responsible for these statistics, research suggests that sleep deprivation may be a key contributing element. In a review of 15 medical studies covering close to half a million people, an investigation published in European Heart Journal found a positive relationship between short sleep duration and cardiovascular disease. Those who typically got less than six hours of sleep per night had a 48 percent higher chance of developing or dying from coronary heart disease in the follow up period, which ranged from seven to 25 years.

5. Hormonal Balance

Sleep is also critical for the production, release and regulation of your hormones, which have an enormous influence on your health and wellbeing. For instance, a 2004 study found a strong link between reduced leptin and elevated ghrelin, hormones that are known to make you feel full and hungry, respectively. In turn, this may increase the risk of obesity and other health conditions associated with a higher body weight. In addition, the body releases growth hormones during deep sleep phases, which are critical for the development of children and teens, and facilitating muscle growth.

This is far from an exhaustive list; suffice to say, sleep is absolutely vital for your physical and mental health.

Treat Sleep Issues with Cannabis

Anecdotal evidence from patients treated with medical marijuana, where sleep disorder was the primary condition showed that 32% of the patients reported their sleep improved at least 50% after starting with medical cannabis.

Each patient is unique and should be assessed by a Cannabinoid Specialists to get the correct strains and amount of cannabis.

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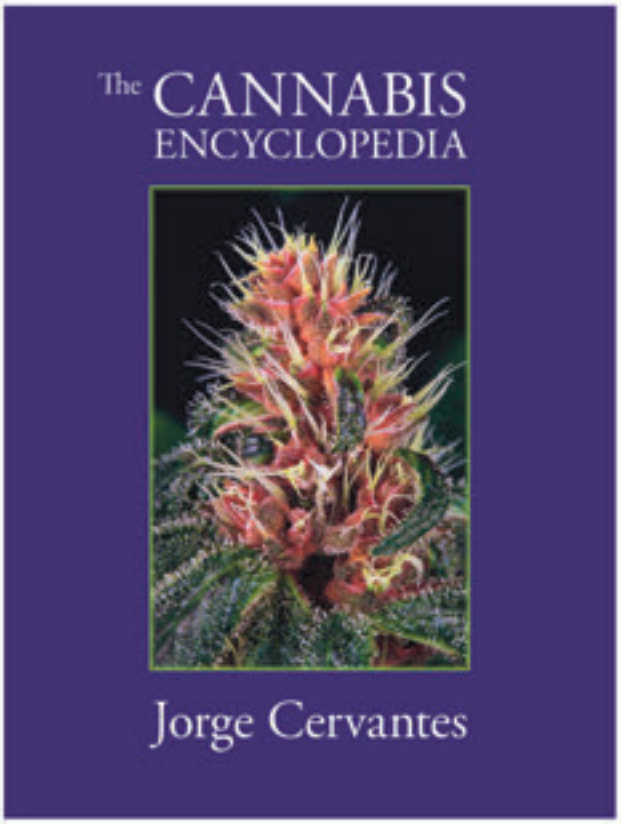
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ORGANIC CONCENTRATES



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Concentrates with names like shatter, wax, BTO, etc. all describe concentrated volumes of cannabinoids, most often THC and CBD. They are made efficiently and on an ever-increasing industrial scale by using a solvent. Solvents that dissolve cannabinoids include petroleum, alcohol, sugar, fat and carbon dioxide (CO2). Once dissolved in the solvent, the active ingredients, THC and CBD are kept either in the solution or the solvent is separated from the active ingredients.

Examples of solvent-dissolved THC and CBD include; infused alcohol drinks or tinctures, sugary candies or milkfat infused drinks and foods. Concentrates with separated solvents that have been removed include pieces of shatter, wax, etc.

Concentrates are known to contain a whopping mind-bending punch with levels of THC commonly from 50-80% or higher. Most cannabis flowers weigh in at 10-20% THC. But to me as a lifelong cannabis connoisseur, concentrates lack flavor and actually provide a different effect. You see, many of the cannabinoids and terpenes that give cannabis their complex aromas are lost in the concentration process. You could equate this to the difference between highly distilled alcohol (ever clear) and a fine wine. Both contain ethyl alcohol, but the latter is much more pleasant to consume. One sparks you a heavy blast, the other leaves you with a pleasant pallet and smile.

Petroleum-separated concentrates often contain residuals of the solvent, chemically locked into the product. For example; butane - which is used for lighter fluid - is one of the most economical and common solvents used by small and large producers. This form of concentrate is called Butane Hash Oil (BHO). Unless chemically refined several times, the concentrate retains remnants of butane, which is a known carcinogenic.

Concentrates also congregate any chemicals, pesticides, fungicides and other toxic carcinogens used when growing the plants. Purging these toxic contaminants requires advanced chemistry techniques that are foreign to most producers. The only way to know for sure if a concentrate is adulterated is to have it tested at a certified lab, advanced testing is seldom the case.

Certified organic cannabis concentrates are the best bet for health-conscious consumers. Organic cannabis is grown without toxic pesticides, fungicides or chemical fertilizers. This assures you that these toxic adulterants will not be chemically locked into your favorite concentrate.

Separate and concentrate cannabinoids with a "safe" solvent to ensure no harmful petroleum such as butane is locked inside. Safe solvents include water, milk, butter, ethanol, coco butter, etc.

Hashish made with dry separation is my absolute favorite form of concentrate. I love hash made from organic cannabis. Dry-sieve hash retains all of the cannabinoids and volatile oils called terpenes. Handmade hash in this old-fashioned manor yields the absolute best aroma and taste.

Dry flower tops or foliage are bounced or lightly rubbed over a fine-mesh sieve so that the resin glands containing the bulk of THC, CBD, other cannabinoids and terpenes fall through. Foliage is discarded. The golden concentrate, known as kief, is collected below the screen.

Kief is loose and in a powdery form making it a little difficult to manage. The kief is pressed together to form hash. The concentrated hash contains little bits of foliage but for the most part consists of cannabinoid-laden resin glands.

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Why Cannabis Works

If you're considering medical cannabis as a treatment option for yourself or for a loved one, you probably have more questions than answers. The sheer volume of information available about cannabis can feel overwhelming. It is important to speak with your physician about medical cannabis therapy. Medical cannabis, also called medical marijuana, generally refers to the flowering head or "bud" of the female cannabis plant. Trichomes that grow on the outside of marijuana flowers contain most of the active ingredients in cannabis, including THC and CBD

Medical cannabis shouldn't be seen as a cure for any disease. Instead, it is a medicine used to relieve the symptoms caused by a variety of different diseases and conditions. Sometimes conventional medications simply are not enough, and in those instances cannabis may have a role to play.

Much of the evidence we have to support the therapeutic value of cannabis comes from anecdotal reports, but there is a steadily growing body of published scientific study helping doctors become more comfortable prescribing it. Numerous patients have used medical cannabis to help eliminate or reduce their intake of strong painkillers, like opioids, which come with a significant risk of side effects and dependency.

Why Cannabis Works – The Endocannabinoid System

Every person has an endocannabinoid system, just like a nervous system and digestive system. The endocannabinoid system is involved in many processes in your body, including appetite, pain-sensation, mood and memory. Your endocannabinoid system naturally produces chemicals similar to those found in cannabis. These chemicals work to pass messages between the brain and different parts of the body through your neurons and receptors. Some medical ailments affect the proper functioning of the endocannabinoid system, which can lead to many of the symptoms that patients experience as part of their condition. The cannabinoids introduced with medical cannabis (which are called phytocannabinoids) help to treat those symptoms by supplementing the endocannabinoids normally produced in your body, and subsidizing your endocannabinoid system as a whole.

The Active Ingredients: THC and CBD Cannabinoids are the active chemical ingredients produced by the cannabis plant. More than 100 different cannabinoids have been identified, but research has focused on only two of them so far: Delta-9-tetrahydrocannabinol (THC) and cannabidiol (CBD). THC is the substance known to cause the psychoactive effects or the "high" felt from cannabis. Scientific studies, as well as anecdotal evidence, suggest that THC is effective in Post-Traumatic Stress Disorder (PTSD), functions as an appetite stimulant for HIV/AIDS patients, reduces nausea and vomiting from cancer treatment, and helps patients with insomnia, inflammation and pain. CBD lacks nearly any psychoactive effect and is showing promise with epilepsy, including children with a severe form called Dravet's Syndrome. CBD has also been used successfully by patients with genetic brain disorders, anxiety, ischemia, inflammation, pain and nausea. CBD also helps to make the "high" caused by THC more tolerable and can have an impact reducing the likelihood patients will experience paranoia or anxiety caused by THC.

cannabis education

Responding to Your Child's Cannabis Use



Discovering (or suspecting) your child has been using cannabis or any other drug can be scary, especially if you sense that it is not just part of "normal" experimentation. While it can be tough to resist the urge to go wild with worry or anger, the best thing you can do for your child is to respond responsibly. It is important not to let your concerns harm the relationship and the trust you have with your child.

Stay calm. Yelling and making threats will not help the situation; if anything, "freaking out" will give your child another reason to hide things from you. Searching their room or personal belongings may harm the trust between you and your child.

Talk to your child. Sit down with them and tell them how you feel. If they are high, wait until the effects have worn off so you can have a more meaningful discussion. Say, "I'm worried because…" or "I'm afraid because…" Then give your child an opportunity to express their own feelings. Make sure they know you are really listening. And allow them time to think things through before speaking.

If your child quits listening, quit talking. Learn why your child is using. Find out what led them to try cannabis in the first place. Was it because their friends were using it and they wanted to fit in? Was it for the "buzz" that comes from having an altered state of consciousness? Was it because they wanted a way to escape? Was it to manage symptoms of

anxiety or other mental health problems? If so, you might want to consider seeking help from a mental health professional. It may also be helpful to find out how often your child uses cannabis.

Understand the difference between a youth who uses drugs and a youth with a drug problem

There are at least three main reasons why young people use drugs:

1. Curiosity—sometimes they just want to know what being high feels like
2. To fit in—some use drugs occasionally to fit in at parties or to have fun
3. To cope—some feel they need to be in an altered state to feel okay about themselves and their world

It is important to keep in mind that sustained drug use problems are most common among people who feel isolated or marginalized. Youth without connections or meaningful relationships in their lives may seek solace in "feel-good" drugs. On the other hand, even well-connected young people can get into serious trouble from using too much or in the wrong place.

Offer alternative choices

If your child is using drugs because they like the buzz, you may want to suggest activities that will naturally boost their adrenaline levels, such as rock climbing or mountain biking. If your child is using cannabis to calm themselves or to relieve feelings of anxiety, you could help them explore calming or meditative activities, such as yoga, running and swimming.

Lower the risks

A child who is using cannabis may need help learning to manage the risks and use the drug in the safest way possible. One way to help your child lower the risks related to using cannabis is to have a conversation about safer ways to smoke. Another way is to discuss safer contexts and settings for use. Allowing your child to smoke cannabis at home may help to provide a safer environment but it is important to weigh the risks involved.

If your child is engaging in risky activities such as using cannabis at school or selling cannabis, it is important to talk with them about why they are engaging in these activities so that you can assess the level of risk, help them think through the consequences and identify alternatives. For example, if your child is selling cannabis to make money, talk with them about safer ways to earn an income.

Consider what to share (or not share) about your past. Many parents want to know if it is good or bad to tell their children about their own experiences with cannabis or other drugs. The answer is "it depends on your child and situation."

One thing to think about is your motive for talking about your past. Are you telling them because you want to warn or frighten them in some way? Are you telling them because they asked and you do not want to lie to them? Are you telling them because you feel it might enhance your relationship in some way?

Another thing to consider is that some young people have a hard time seeing how any of their parents' experiences are relevant to those of young people today. They may simply tune out when they hear stories about your past because they see no relationship between then and now.

"It didn't make me want to use drugs. I liked that they were honest with me."

"I wouldn't want my parents to tell me if they used drugs I'd be embarrassed."

Keep the art of motivation in mind. While no parent is 100% responsible for their child's choices and behaviours, part of our job is to try to influence our kids in positive ways.

One way involves checking in with them about their goals—over the next semester or year or even longer—and getting them to articulate how their use of cannabis or other drugs might impact those goals.

Taking a motivational approach is less about pressuring your child to change their cannabis use and more about supporting their internal reflection on their possible need and ability to change. It means steering a conversation toward possibility and action. And it is light in spirit and tone because it involves imagining success in the future.

In short, rather than make your child say and do what you want, help them identify what they want—to earn money for a cool gadget, get a driver's licence or graduate from high school—and support their efforts. You might need to help them understand what is involved in reaching a goal, and help them identify both internal and external resources they can draw on to ensure their success.

Give it time

It will likely take more than one conversation for you to understand your child's drug use. But the good news is that, over time, you might discover your child has less of a problem than you thought. That is, your teen could very well be experimenting with cannabis the way many young people do without ever developing a risky or harmful pattern of use.

If a harmful pattern is emerging, you will need to be even more patient. But it may help to consider this: the path to your child's drug use took time to build, so it makes sense not to expect a quick fix. A harmful pattern of drug use may be related to life challenges—feelings of failure or a lack of connection at school or with loved ones—that sometimes take a great deal of work to resolve. It might even be related to physical and mental health issues.

Signs of risky or harmful cannabis use using regularly at an early age: daily or near daily use, using during school or work, using as a major form of recreation, using to cope with negative moods, experiencing chronic coughing, shortness of breath, wheezing or psychotic symptoms.

Note: A young person may have one or more of these signs without having a short-term or long-term problem with cannabis. However, don't be hesitant to seek help.

Not every parent is equipped to handle drug use issues on their own. If you need help understanding or communicating with your child, look for local resources and organizations that can assist you. You could try talking to: a school counsellor, your family doctor, your regional Health Authority, Alcohol and Drug Information and Referral Services

"The counsellor helped my child see he had other interests besides cannabis. And we learned to look at things in a more balanced way. We realized our child had more than just his pot-smoking friends in his life. He also had his sports friends and many other associations with people who didn't use cannabis."

In Summary, Some Things to Remember.

Making decisions about cannabis use involves weighing the risks (and benefits) within the context of your family. What your child needs more than cannabis facts is YOU.

The important thing is to get your child talking and sharing their thoughts and feelings with you. It's about being there for your child and less about pressuring.

Instead of trying to fix or solve things, focus on helping them articulate and reach their goals.

Encourage your child to problem solve—solving their own issues helps build their self-esteem Expect to be challenged and pick your "battles" wisely—be respectful and prepared to negotiate on some things, but clearly express your expectations.

Recognize we all make mistakes and use them as opportunities the more signs, the higher the risk.

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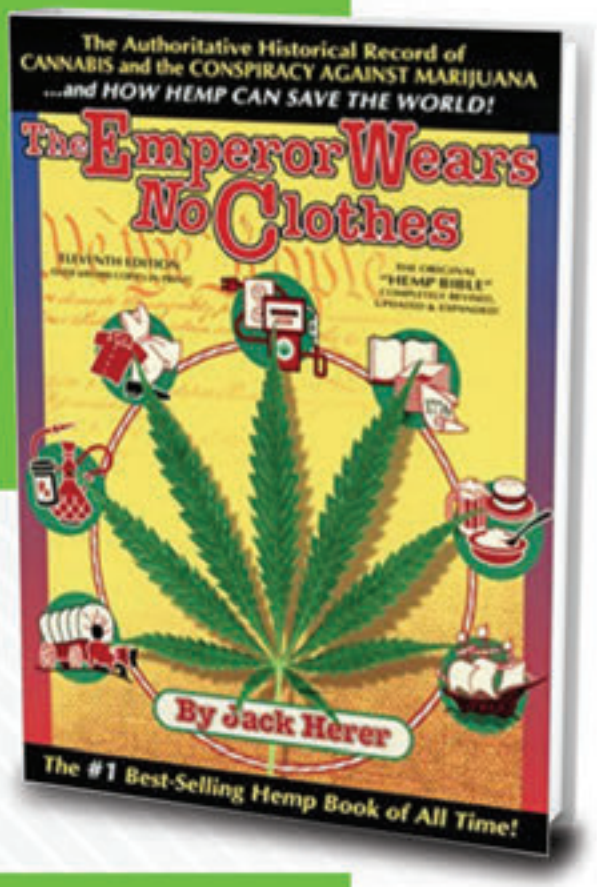
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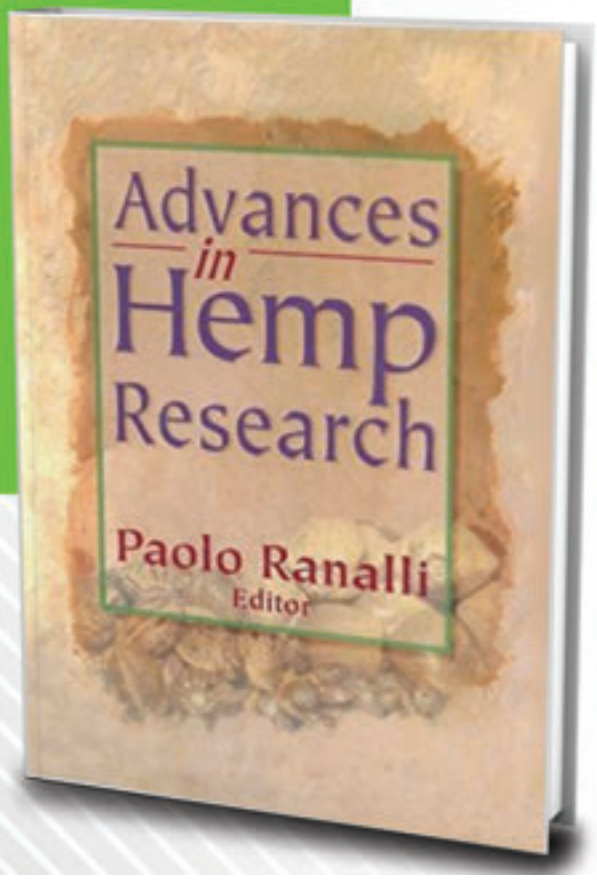
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The Emperor Wears No Clothes
by Jack Herer

Jack Herer has updated his authoritative history of hemp's myriad uses and of the war on this plant, just as it has become high-profile news, with supporters such as Woody Harrelson and Willie Nelson. Herer thoroughly documents the petrochemical industry's plot to outlaw this renewable source of paper, energy, food, textiles, and medicine. Photos, illustrations & charts. 10 tables



Advances in Hemp Research
by Paolo Ranalli

Advances in Hemp Research by Paolo Ranalli – This is the modern compilation for all your hemp questions, with the answers coming from years of hemp research done in Europe. If you don't have a degree in agronomy or a heavy background in agriculture and terminology then this book may be a bit of a hard read, but it does cover all of the information that is needed to piece together the results of dozens of years of hemp farming in Europe.

POWER HEMP POPCORN



Servings: A room of movie watchers

Preparation Time: 10 minutes

DIRECTIONS:

Pop a cup of popcorn in an air popper.

To the bowl of popcorn add:
A liberal amount of hemp oil
Nutritional yeast
Balsamic vinegar (just a little)
Sea salt to taste
Immune Boosting popcorn!

INGREDIENTS:

Pop Corn
Any toppngs you like.

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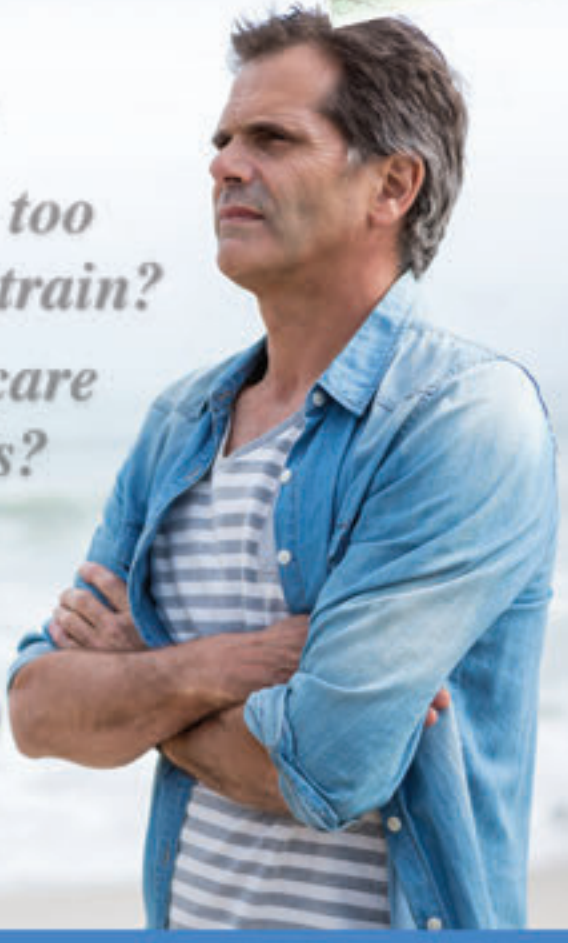
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INDUSTRIAL HEMP DEFINED

Industrial hemp varieties of Cannabis, also referred to as "fiber" or "non-drug" hemp, should not be confused with marijuana. Industrial hemp and marijuana are genetically distinct varieties of Cannabis, much like a St. Bernard and a Chihuahua are very different breeds of Canine.

It is not possible to extract a drug from the industrial hemp plant, and industrial hemp can't "get you high." Industrial hemp contains virtually no THC (delta-9-tetrahydrocannabinol), the active ingredient in marijuana. Industrial hemp has less than 0.3% THC, while marijuana typically has 5-25% THC.

Additionally, industrial hemp contains a relatively high percentage of CBD (cannabidiol), which negates THC's psychoactive effects.

Every other industrialized nation in the world permits the farming of industrial hemp for fiber and seed; and industrial hemp is recognized in international law. Article 28(2) of the 1961 United Nations' Single Convention on Narcotic Drugs, to which the U.S. is a signatory, states "This Convention shall not apply to the cultivation of the Cannabis plant exclusively for industrial purposes (fiber and seed) or horticultural purposes."

In spite of this, the U.S. Drug Enforcement Administration (DEA) continues to intentionally confound industrial hemp and marijuana. This has resulted in an absurd policy: hemp seed, oil and fiber are all currently legal for trade in the U.S., and domestic industry imports industrial hemp for diverse uses. Yet, at the same time, U.S. farmers are prevented from producing large scale industrial hemp for the domestic market. It is time to remove unnecessary barriers to the domestic production of legal industrial hemp.





WHY INDUSTRIAL HEMP?

Modern Uses of Industrial Hemp

Whole Stalk

Bast Fiber

Textiles
- Apparel
- Fabrics
- Bags
- Shoes
- Socks

Technical Textiles
- Cordage
- Netting
- Canvas
- Carpeting

New Use Industrial Products
- Geotextiles
- Biochemicals
- Non-Wovens
- Pultrusion
- Compression
- Molding

Hurd (Woody Core)

Building Materials
- Fiberboard
- Insulation
- Hempcrete

Industrial Products
- Animal Bedding
- Mulch
- Boiler Fuel
- Chemical Absorbent

Paper
- Printing
- Cigarette
- Filters
- Newsprint
- Packaging
- Cardboard

Hemp Seed

Hemp Nut

Foods
- Breads
- Granola
- Ice Cream
- Milk
- Cereals
- Protein Powder

Seed Cake (after pressing)

Foods
- Animal Feed
- Protein-Rich Flour

Energy & Environmental Products
- Ethanol/Biofuels
- Erosion Control Blankets

Hemp Oil

Foods
- Salad Oils
- EFA Food Supplements
- Margarine
- Saute Oils

Body Care
- Soaps
- Shampoos
- Hand Creams
- Cosmetics
- Lip Balms

Technical Products
- Oils
- Paints
- Solvents
- Varnishes
- Lubricants
- Inks
- Diesel Fuel
- Coatings



The subject of why or whether to grow industrial hemp in the United States is often debated yet much misunderstood. The controversy surrounding the plant obscures much of its historical and potential impact - and its adaptability to diverse industries. It never used to be that way.

From the first plantings in Jamestown - when it was illegal not to grow hemp - to our founding fathers' hemp plantations, to the hemp sails and rigging of the clipper ships that sailed the 19th century seas, to the hemp canvas-covered wagons of the pioneers headed west, to the sturdy hemp Levi's pants of the original 49ers seeking their gold fortunes in the California hills, to the massive "Hemp for Victory" government program of WWII; hemp has developed a long and illustrious history in America.

In fact, hemp has been used extensively for millennia in cultures around the world and belongs to humanity's common agricultural and commercial heritage. The seed was known for its healthy protein and rich oil. The outer bast fiber from the stalk was used for clothing, canvas and rope. The useful inner core fiber (or hurds) was used for construction and paper production. In fact, the Declaration of Independence was drafted on hemp paper, and the finest Bible paper remains hemp based even today.

In the early 20th century, some researchers were beginning to look at using the cellulose from hemp as an affordable and renewable raw material for plastics. Henry Ford actually built a prototype car made out of agricultural fiber biocomposites, including hemp.

Despite large renewed domestic production during WWII, hemp's cultivation and use in the U.S. was discontinued in the mid-20th century. This was due largely to misinformed and misguided fears that industrial hemp is marijuana, and hemp became demonized during the "reefer madness" craze that swept the country over much of the last century. Despite easily discernable and widely accepted differences between the two distinct plant varieties, serious misconceptions continue to persist today.

However, common sense has an ability to shine through even the cloudiest situations. Environmental and economic interests are beginning to cut through the policy murk, and support for hemp is forming into a broad political base, including:

Farmers: Hemp can help farmers looking to diversify their farm operations. Hemp fits well into increasingly popular organic, low input and sustainable methods of agriculture.

Reform-minded businesses: Hemp's valuable fiber and large biomass productivity can help companies "go green" by creating a wide variety of opportunities and supplementing or replacing more commonly used, problematic and stressed raw material sources.

Nutritionists and health food advocates: Hemp's oil-rich seed has an exceptionally high content of vital Essential Fatty Acids (or EFAs, omega-3 and omega-6) that nutritionists have found to be deficient in our diets. A diet rich in EFAs can help alleviate and prevent many common ailments. For similar reasons, hemp oil is increasingly employed in the natural body care industry as well.

Environmental, student and community activists: Hemp can be a key to creating a "green" future and sustainable, value-added industries in our neighborhoods, cities, states and country.

Green shoppers: Hemp is attractive to people willing to vote with their dollars and buy products that reflect their values. Hemp, of course, is not in itself a total panacea for the social, economic and environmental woes that plague our planet today. Indeed, no single crop can be. But, with focused and sustained research and development in both public and private sectors, hemp and other qualified annual crops are poised to spur dramatic- and certainly vital - change.

These renewable resources will transition our major industries away from depending on non-renewable, fast-disappearing resource bases to being driven and supported on a sustainable economic basis by the annual agri-industrial produce of the Earth's fertile fields.

With over thirty other nations growing industrial hemp today, and the U.S. representing the largest consumer and industrial market for hemp raw materials and products, we are poised to take advantage of an unprecedented opportunity. Americans are becoming aware of the significant possibilities and benefits that hemp presents. America is getting ready to Vote Hemp.

www.VoteHemp.com



2017 U.S. HEMP CROP REPORT

WASHINGTON, D.C. - Vote Hemp, the nation's leading grassroots hemp advocacy organization working to change state and federal laws to allow commercial hemp farming, has released its 2017 U.S. Hemp Crop Report. The report documents state-by-state progress of hemp legislation passed in 2017, reported acreage of hemp grown, identifies states with active hemp pilot farming programs and advocacy work the organization has lead over the past year. To view the complete Vote Hemp 2017 States Report, please visit: VoteHemp.com/cropreport

"We've seen hemp cultivation significantly expand in the U.S. in 2017, with over double the number of acres planted in hemp compared to last year and the addition of 4 more states with hemp pilot programs," said Eric Steenstra, President of Vote Hemp. "The majority of states have implemented hemp farming laws, in clear support of this crop and its role in diversifying and making more sustainable our agricultural economy. It's imperative that we pass the Industrial Hemp Farming Act in Congress, so that we can grant farmers full federally legal rights to commercially cultivate hemp to supply the growing global market for hemp products."

Since the passage of Section 7606 of the Farm Bill, "Legitimacy of Industrial Hemp Research," hemp cultivation in the U.S. has grown rapidly. The number of acres of hemp grown across 19 states totaled 23,343 in 2017, more than double the number of acres from the previous year. State licenses to cultivate hemp were issued to 1,424 farmers; and 32 universities conducted research on the crop. Despite this progress, hemp farmers face logistical and legislative hurdles that yet hinder the full scale commercial cultivation of hemp to supply American consumers: farmers rely on imported certified hemp seed from countries such as Canada and Italy; the DEA has obstructed interstate commerce of U.S. grown and manufactured hempseed oil and protein powder. And though H.R. 3530 The Industrial Hemp Farming Act has been introduced in Congress, farming of the crop remains prohibited at the federal level.

Among the fastest-growing categories in the natural foods industry, hemp seed is a rich source of Omega-3 and Omega-6 essential fatty acids (EFAs), providing both SDA and GLA, highly-digestible protein, and naturally-occurring vitamins and minerals, such as vitamin E and iron. An excellent source of dietary fiber, hemp seed is also a complete protein—meaning it contains all ten essential amino acids, with no enzyme inhibitors, making it more digestible by the human body. Advancements in hemp research and manufacturing demonstrate the remarkable versatility and product-potential for hemp. Hemp bast fiber has shown promising potential to replace graphene in supercapacitor batteries, which could then be used to power electric cars and handheld electric devices and tools. Hemp fiber can also be used to create environmentally friendly composites, and hard bio-plastics for use in everything from airplanes to car parts. Hemp houses are also on the rise, as hempcrete, which is energy-efficient, non-toxic, resistant to mold, insects and fire, has many advantages to synthetic building materials, lumber and concrete.

To date, thirty-three states have defined industrial hemp as distinct and removed barriers to its production. These states are able to take immediate advantage of the industrial hemp research and pilot program provision, Section 7606 of the Farm Bill: Alabama, Arkansas, California, Colorado, Connecticut, Delaware, Florida, Hawaii, Illinois, Indiana, Kentucky, Maine, Maryland, Michigan, Minnesota, Montana, Nebraska, Nevada, New Hampshire, New York, North Carolina, North Dakota, Oregon, Pennsylvania, Rhode Island, South Carolina, Tennessee, Utah, Vermont, Virginia, Washington, West Virginia and Wyoming.

Vote Hemp is a national, single-issue, non-profit organization dedicated to the acceptance of and a free market for low-THC industrial hemp and to changes in current law to allow U.S. farmers to once again grow the agricultural crop. More information about hemp legislation and the crop's many uses may be found at www.VoteHemp.com.


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Hemp Factoids

Hemp is Not Marijuana

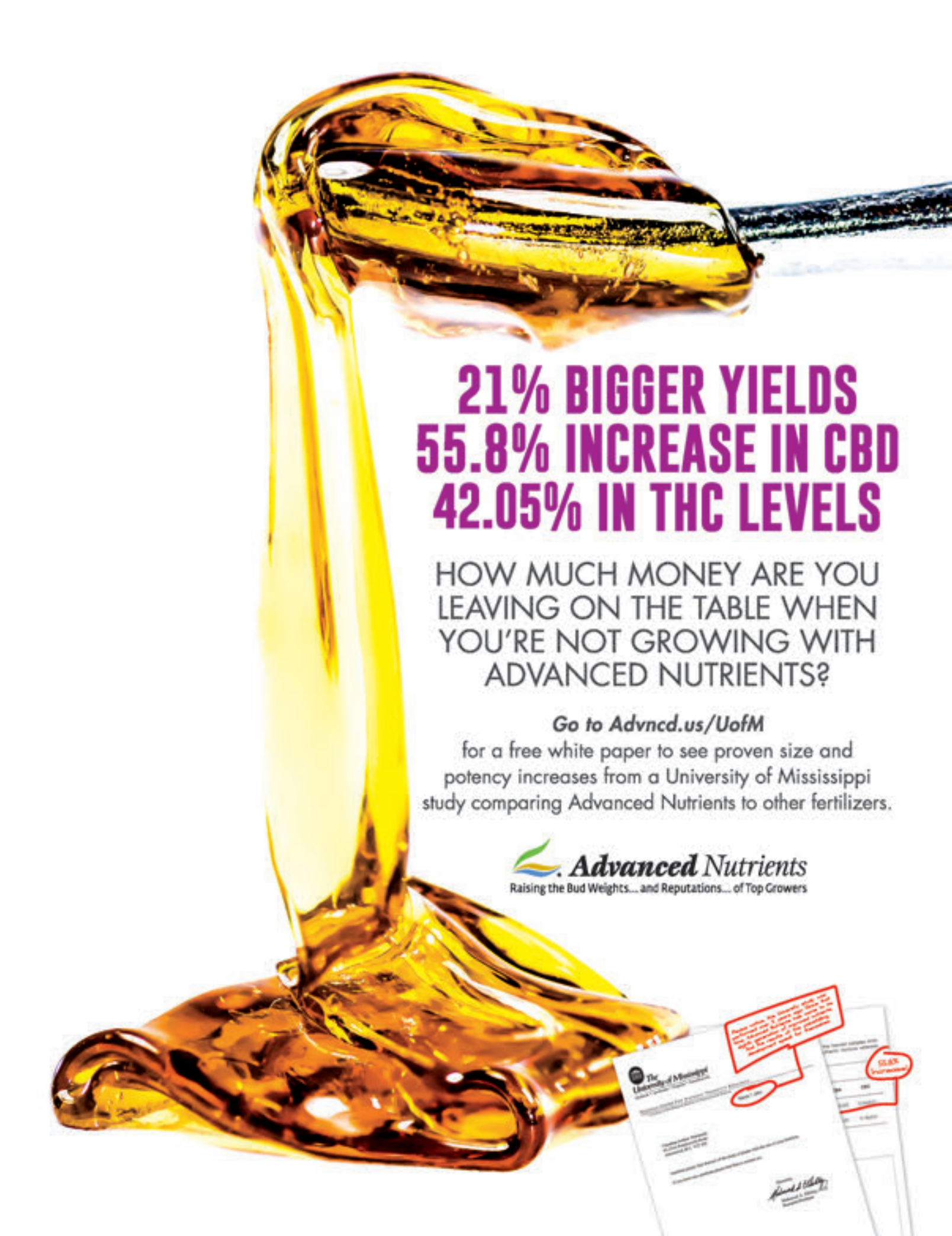
Hemp Seed Oil has a rich, nutty taste and is a delicious and nutritious addition to salads, shakes, smoothies and other cooked or raw food recipes. Recommended consumption is one tablespoon per 50 lbs of body weight per day. Add Hemp Seed Oil to your pets' meals and watch their coats shine, shedding decrease and eyes sparkle as they experience more energy and calm. Hemp Seed Oil also provides natural sun protection properties for your skin and is heart healthy.

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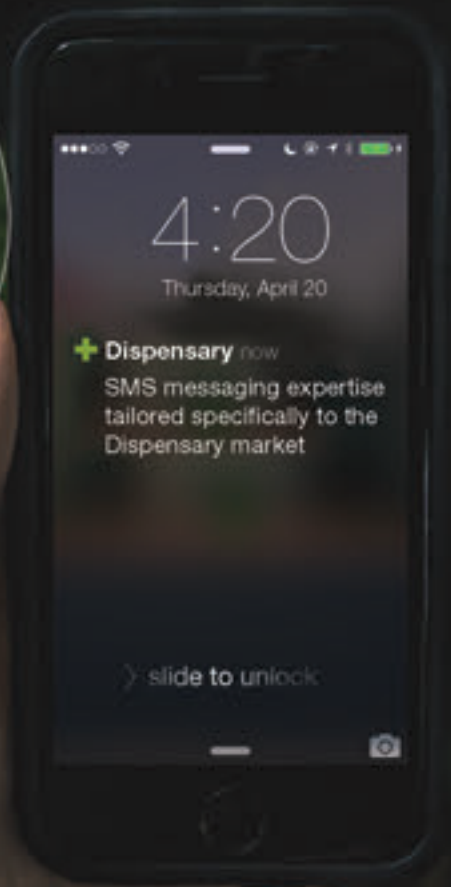
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