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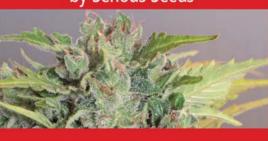


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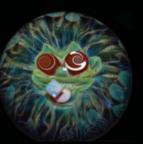








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### Publisher/ Editor in Chief

Marco Renda weedmaster@treatingyourself.com

### **Copy Editor**

Brodie Helsdon Brodie@treatingyourself.com

# Art/Layout Designer

ivan@treatingyourself.com

# **Sales Representative**

Jackie Wolfe

# **Text & Photography Contributors** Marco Renda, Ivan Art, Shantibaba,

Mary Lou Smart, Georgia Peschel, Skunkmad, Miss Knapper, Shovelhead, Brodie Helsdon, Al Graham, Julia, Francois Handfield, Zachary Branson, Richard Shrubb, Green Borne Identity, Ed Delta9Labs, Michael Visconti, Mike Bifari, Che Capri, Kevin Fraser

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# **A Flaming Success**

I'm sitting here reflecting on the 4th Treating Yourself Expo which took part at the Metro Toronto Convention Centre on May 24 – 26th, 2013. This show is constantly evolving and I have to begin by thanking everyone who contributed. First of all my team of staff worked throughout the night to pull everything together and were on the show floor at all times. A special thank you to Shane King, his wife Amber Sauer and Chris Goodlad for going above and beyond. The volunteers, headed by Al Graham from P.A.C.E. were a life saver and of course the show would not exist without all the exhibitors and visitors. Last shout out goes to my show manager, Jim Mahon who not only puts up with me, but has decades of experience and the patience of a saint. Without Jim, I doubt this show would ever have got off the ground.

When I mentioned that the show has evolved, my objective was to bring the hydroponic industry, activism, education and glass makers together under the same roof which is unheard of. Marcel Braun was the hero who pulled together the glass blowing event and advocated for the glass blowers. He developed the idea and ran with it, pulling together teams from Japan, America and Canada. These teams worked tirelessly all weekend and produced some remarkable work which is on display at my store "Not just marbles" at 2979 Lakeshore Blvd West in Toronto. If you feel overcome by emotion after seeing them, there is a vapour lounge upstairs too! There were two other people who helped out during the International Flame Off. Ben Burton was our MC and Greg Andruszczenko was our DJ who came in all the way from Amsterdam, Holland.

The Treating Yourself medical marijuana cup was judged and there was a clean sweep from growers and compassion clubs from the west coast and the best booth went out to Advanced Nutrients. Julia from Peters Page was awarded an activist angel award for her tirelesswork and positive attitude, creating a legacy for a Peter McWilliams. It is important to remember that true activists remain focused on patients and ending prohibition instead of negative politics and infighting. Julia personifies these qualities and should be an example to all. Unfortunately I am a patient myself and have been facing some serious health problems recently which means that I need to manage stress better if there are to be future shows. It is my mission in life to educate

people and I will try to carry on for as long as I can and then pass the torch over to someone else. This Expo has grown into an international event and I sometimes forget to sit back and reflect on what was once just an idea I had one night. I hope it makes a statement, educates people and unites us into becoming a force to be reckoned with. I hope that groups like the NORML Womens alliance continue to grow and inspire women to join the fight. My wife is always pointing out that this industry is full of men and women are the ones that get things done! Having met Kelly Coulter from NORML, she has become inspired once again.

Al Graham will be writing an article on the Expo for the next issue and I cannot thank all the activists who have been with me since day one. I will always value you, even though I sometimes forget to say so.

If you ever want to see more spectacular glass, please feel free to visit Not Just Marbles and we are currently working on setting up a website so you can order via the internet. All these artists are geniuses in my book and I am really looking forward to attending the Kush cup and the Great Canadian Glass Gathering organized by Patrick AKA Redbeard which will be held this summer in the mountains of British Columbia.

Hope you enjoyed it as much as I did!

Take care and Peace





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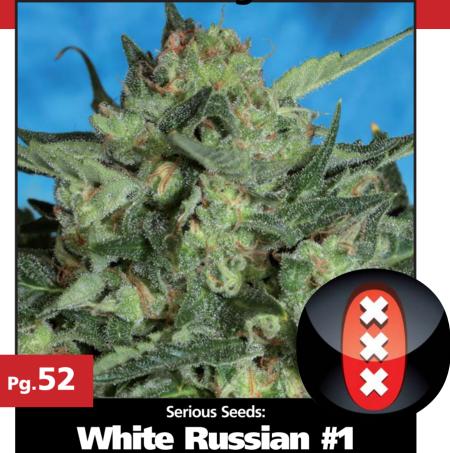
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- 1/2 vertical: 95mm x 267mm (wxh) / 3.74in x 10.5in
- Full page: 203 x 276 (wxh) + 3mm bleed on all edges. / 8in x 10.9in + 1/8in bleed

Text: submitted in a Word document with photo files attached separately as JPG's, captions to be written in place of name on the photo file

Photo format: JPG, 300dpi at actual print size. The more pixels the better!

Please take photos of objects or buds with a nuetral background (preferably white).

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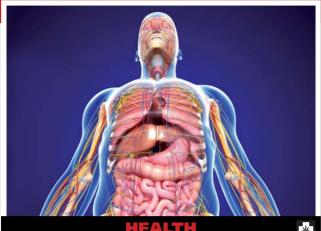
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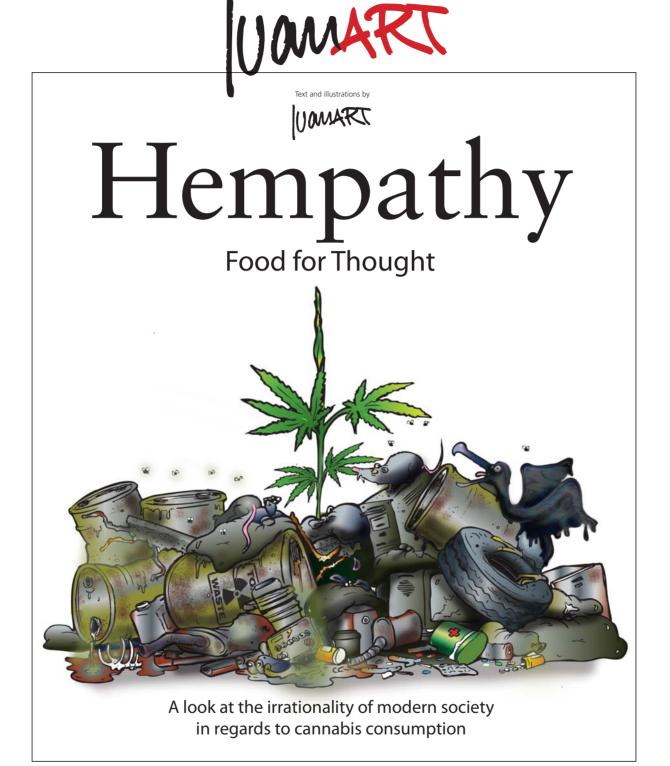
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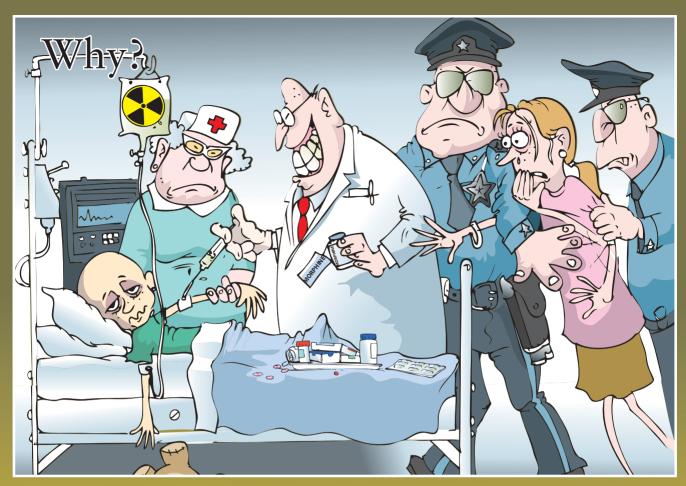


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# Good Vibes Bloom on the Medical Cannabis Bike Tour

# 3 days....385km... €50,000...

Thanks to the second annual Medical Cannabis Bike Tour, €50,000 has been raised to fund medical research into the cancer fighting properties of cannabis.

With cyclists from all over Europe taking part, the MC Bike Tour was an epic 385km adventure through the mountains from Madrid to the GrowMed Expo in Valencia, April 15-18.

Ranging in age from 18 to 70, the group included cannabis users and non-users, as well as those who had lost family and friends to cancer. All who participated in the tour were united by a great cause.

The brainchild of Luc Krol (Paradise Seeds) and Matej Munih (Snail Rolling Papers), The Medical Cannabis Bike Tour is all about promoting research into the medical benefits of the plant.

In its second year, the MC Bike Tour saw 20 cyclists join the cause and the team have already been inundated with enquiries from people wanting to ride in next year's tour. Luc Krol said. "It has been a fantastic ride, a great adventure with good vibes and brilliant people. This is only going to get bigger! We're bringing the message that cannabis has medical properties that can cure cancer. If Governments won't fund research, then it's up to us to do it on our own."

After three days, the bike tour arrived to a noisy reception at GrowMed, Europe's medical cannabis expo. Here, a check for €50,000 was handed to Dr Guillermo Vallesco who, along with Dr Manuel Guzman, has been pioneering studies in the use of cannabinoids to treat cancer at Madrid's Complutense University.

Luc added, "We are very grateful to the sponsors who have helped us to raise such a significant amount of money. This money will fund important research into the use of cannabis in treating cancer."

Dr Guillermo said; "We would like to thank the Medical Cannabis Bike Tour for their donation. The money will help us in our studies of the effects of cannabinoids, on their own and in combination with other agents, in developing therapies for the future treatment of cancer patients."



### Contact

For more information, please contact, Luc Krol. **Email:** press@medicalcannabis-biketour.com Telephone: +31 - 206795422

## Website:

www.medicalcannabis-biketour.com

### For sponsorship enquiries:

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www.fb.com/MedicalBikeTour





nntoinette Crouch advocates for cannabis reform in the state of New York. She does this because of her own experiences with the herbal medicine. She is in considerable pain from spinal cord injuries, and has found that cannabis is the only pain killer that allows her to function normally.

Her first injury was sustained on the job. She herniated six discs while lifting heavy objects at Wegman's, the grocery store where she worked. A

second injury, to her neck, occurred during an altercation with a husband she later divorced.

As a result of the injuries, she could barely walk. There were days when she could not get out of bed. As a mother in her 20s with two young children the thought of being bedridden for the rest of her life was beyond upsetting. Two surgeries designed to alleviate the pain did not seem to help. Her doctors told her that they were perplexed and concerned that her condition was not improving. Many more

tests led to the discovery that she had a 12-pound tumor in one ovary. While technically cancerous, the tumor was a rare and treatable form known as borderline cancer. Following that medical crisis, which resulted in the removal of her ovaries along with the tumor, she was finally able to walk again. Crouch, 35, considers herself to be extremely lucky.

"I have two great kids; I don't need any more," she said. "The only pharmaceutical prescription I need these days is estrogen."



My spinal doctor told me that I'd be in a wheel chair by the time I was 35. Instead, three months after the surgery to remove the tumor, after being out of work for six years, I was able to function again. I was in school working on my bachelor's, which I will finish up in June.

22

While still suffering from pain, Crouch receives considerable relief from, and is able to focus with, cannabis.

"My spinal doctor told me that I'd be in a wheel chair by the time I was 35," she said. "Instead, three months after the surgery to remove the tumor, after being out of work for six years, I was able to function again. I was in school working on my bachelor's, which I will finish up in June."

A student at SUNY Empire State College in Saratoga Springs, New York, Crouch's major is Community and Human Services with a focus on psychology and law. She is interested in advocacy work in the areas of legalization of cannabis and domestic violence.

For Crouch, marijuana has made all of the difference in her recovery. She had smoked it for years before beginning to suspect that her recreational usage was helping with her medical issues. After realizing that a few puffs of marijuana stopped the pain, she began to read about medical cannabis and was fascinated by what she discovered. When she asked her doctor if her fondness for marijuana was one reason her health issues, especially the gigantic ovarian tumor, did not turn into much greater ordeals, he said that he could not answer her question. When she persisted, asking, "Okay, so it has no medical value?," he presented the dilemma faced by the medical community practicing in the midst of a



Boaz Wachtel, co-strategist with Israel's Ministry of Health for Israel's medical cannabis program; Valerie Corral, co-founder of Wo/Men's Alliance for Medical Marijuana, Santa Cruz, CA; and Anntoinette Crouch at the National Medical Cannabis Unity Conference in Washington D.C. in February.

prohibition that many people from all walks of life ignore. "You don't understand what I'm trying to say," he continued. "Legally, I cannot advise you to break the law because I cannot do that. However, can I tell you that your medical cannabis has no benefit? Ethically, as your physician, I cannot tell you that either."

# New York's Compassionate Care Legislation

In March, New York came closer to reform on the medical cannabis front when a bipartisan coalition introduced a bill in the New York State Assembly and Senate simultaneously that would permit use of cannabis for medical purposes by patients who have been certified by a doctor.

The Compassionate Care Act legislation, known as Bill 6357 in the Assembly and Bill 4406 in the Senate, might be more palatable to legislators than previous bills that failed. The legislation does not allow patients to grow their own. Only doctors with pre-existing relationships with patients will be able to make recommendations to those patients. The bill is being promoted as a fantastic way for cash-strapped communities to generate tax revenue. While Governor Andrew Cuomo has not endorsed medical cannabis in the past, there are indications that his position is changing in favor of compassionate care.





Many people are afraid to come forward and admit that they are a supporter because they fear being targeted. I tell them that they are not alone.



The bill's backers include the American Public Health Association, the American Bar Association, the New York State Nurses Association. the Pharmacists Society of the State of New York, the New York AIDS Coalition, and the Drug Policy Alliance.

# A Patient Advocating for Safe Access

While there are no advocacy organizations operating in the central New York area where she lives, Crouch has started her own word-of-mouth public awareness campaign. When she visited the Americans for Safe Access (ASA) National Medical Cannabis Unity Conference in Washington D.C. in February, her goal was to find out as much as possible from doctors, nurses, scientists, caregivers, industry professionals and other patients, and bring that news back to her family and friends in central New York.

Conferences are a critical source of education, especially in states without medical programs where many are trying to help patients cope with serious health issues and limited resources.

"Several case workers I know were very excited to hear what I'd learned at ASA's conference in Washington because there are V.A. patients up here who are at risk of losing their children because they use cannabis," she said. "How many more people have to suffer and turn themselves into criminals because they want a medication?"

Crouch has had four spinal surgeries. Her main medical issue is pain.

"If I were able to use cannabis all of the time, I would not have any pain whatsoever," she said. "It takes all of my pain away. The prescription medication that the medical community would have me use always left me too zoned

out to focus on my family or to study."

Her preferred delivery method for pain control is smoking, but Crouch is not always able to find the correct strain or potency. "Right now it is just so hit and miss," she said. "Nobody knows for sure what they are getting, what each strain might be the best for, and what it will not help with, so I would like to see regulations in place that protect patients."

Meeting others involved in the movement to make medical cannabis legal has empowered Crouch.

"Many people are afraid to come forward and admit that they are a supporter because they fear being targeted," she said. "I tell them that they are not alone. When medical cannabis is legal and out in the open, people will have better control over what they are receiving. This is very much a health and safety issue, and by staying silent we are never going to win."



Sensible Bester Columbus Consible Columbus Colum

# THE SENSIBLE BC CAMPAIGN IS FOR A BALLOT INITIATIVE REFERENDUM TO DECRIMINALIZE MARIJUANA AND REPEAL PROHIBITION.

BC is the only province where citizens can write a law and collect signatures to force a provincial referendum.

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The **Sensible Policing Act** also demands that the federal government repeal marijuana prohibition, so that provinces can create legal regulations for cultivation and sale.

If we can collect enough signatures this fall, then we can have a vote to pass the *Sensible Policing Act* in 2014.

We are calling on all Canadians to join us with this campaign. A victory in BC will help our movement nationwide.



Dana Larsen, Sensible BC Director

This is our one best chance to win a victory and change the law!

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magine you've sold a ton of books and five of them best-sellers. Imagine you've charmed Oprah Winfrey, had your articles published in TIME Magazine, Good Housekeeping, Playboy, and had regularly graced the stage of the "Today" Show. Imagine making a living publishing your own books and helping many people from

around the world feel better about themselves. You'd say you have it pretty good, right?

Now imagine you've been diagnosed with both AIDS and Non Hodgkins Lymphoma, and you're only 46.

Imagine having to dash off to the bathroom at almost every waking hour and vomiting because you can't keep the medications your doctors gave you down long enough to even receive the benefits.

Now imagine discovering a healing plant, and being so afraid that it just won't be strong enough to battle the raging war inside your body. Imagine making that leap, and taking that



Aspirin, for example, is a drug considered so safe it doesn't even require a prescription. Millions of children are given aspirin by loving parents every day. All this in spite of the fact that aspirin-induced bleeding kills more than 1,000 Americans every year.





first puff, and then the next, and suddenly, you get your life back. You get your creativity back. You even have enough energy to write another bestseller. But then the government decides it wants to take away your freedom to use the one effective miracle you've discovered.

You are labeled a "drug kingpin" for helping the patients by growing plants. You are jailed for thirty days, and told if you ever smoke cannabis again, your Mom and brother will lose your house.

You don't make it to trial; you end up dead, in your bathroom, at the age of 50.

If your name was Peter McWilliams, you wouldn't have had to imagine any of this. This would have been your life.

Peter McWilliams wanted every patient to benefit from what he had learned, as a patient. He was in the process of writing a "A Question of Compassion: An AIDS-Cancer Medical Patient Explores Marijuana."

He wrote, "Aspirin, for example, is a drug considered so safe it doesn't

even require a prescription. Millions of children are given aspirin by loving parents every day. All this in spite of the fact that aspirin-induced bleeding kills more than 1,000 Americans every year."

Peter praised the effects of cannabis. He marveled, "It was miraculous. Within seconds of the first toke, the nausea was gone, vanished with the smoke into the air. With the second toke, the anxiety and all the other emotional and physical tensions associated with nausea disappeared. By the third toke, visions of pasta trees beckoned, "Come, eat!" These sirens sang in the voice of my Italian mother, "Just something to tide you over."

Peter never got to finish this project. which was a brilliant fusion of provacative photography thoughtful, and even playful at times, text. He had written it back in 1998. Two years later he would be dead.

He had made the work available online, but it never got to be promoted. until now. His work is available at http://www.youtube.com/WeRemembe rPeter. Josh Stanley of National Geographic's "American Weed" and the host of "Realm of Caring" narrates.

I am honoured to be returning to the Treating Yourself Expo this year to speaking about McWilliams, and to make his books available. Mr. Marco Renda is allowing me to share space at the Treating Yourself booth, and I am so grateful. Petermcwilliams.org shirts will also be available with Peter's quote on the back: "Nausea is an unsolved problem of medicine and marijuana is the finest anti-nausea medication known to science." I cannot begin to tell you how many patients approached me at last year's Expo, saw read those words, and confided to me how much they LIVE those words daily.

Please join our online community, our living tribute to this amazing self-publisher, medical author, cannabis activist, Peter McWilliams. It truly is a question of compassion. But will you have the heart to answer?

facebook.com/RememberPeterMcWilliams www.petermcwilliams.org www.youtube.com/WeRememberPeter



Frank Handfield

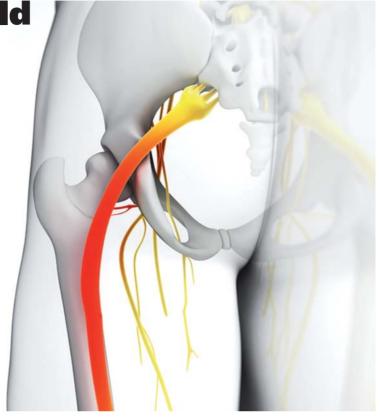
# By François Handfield

In 1994, I had a work accident that left me with a burst disc in my back compressing the sciatic nerve and leaving me with a lot of pain down my right leg all the way to my toes. After a year of unsuccessful treatments of all sorts, the decision was made to go to surgery.

The doctor said she thought it would be a small operation of maybe two hours. However, when she opened my back she uncovered that it was a far more serious issue, the sciatic nerve had melted with my spine and she needed the help of a neurologist to continue but no one was available. With no other options, she called one and did the intervention with him guiding her over the phone. After nine hours of surgery she finally closed my back and called it a success.

When I woke up from the operation, the pain in the leg was gone but I had so much pain in my back I was crying. From that point and for the next 18 years I had lived in constant pain, couldn't sleep, and couldn't walk. I was depressed and had to leave everything I loved behind and start a new life with my limitations.

I went back to work at a new job, was able to do it for the first 10 years and then things started to go wrong. After many years of waiting, they finally had a place for me at the pain control clinic where I was matched with a great doctor who knew what I was going through. At that time, I was taking Fentanyl patches for my back pain and Gabapantin for neuropathic pain sensations due to my damaged sciatic nerve caused by the surgery. I had all kinds of weird feelings; like I was being stabbed or had bugs walking on my back, at first I was freaking out then after a few years I got used to it.



The Pain management clinic doctor started to try everything she could think of, exercises, different kinds of shots in my back, she adjusted my medication, and she really tried her best. After a few years of trying I was ready to keep going with my pain, I couldn't work anymore but I had no choice. The medications I was taking were making me sick and the doctor told me I was dying. I had no more muscles and couldn't keep food in.

One day I told my doctor I would like to try Medicinal Cannabis, even though I was already smoking it, I knew that the quality of the cannabis I could get from a dispensary would be better than what can be found on the black market. So she signed the form and I was on my way...

Smoking this high quality cannabis did help me quite a lot then I saw they were selling Cannabis essential oil also. So I decided to give it a try since I already knew about Rick Simpson and his healing hemp oil so I started ingesting the oil, about the

size of a rice grain on a toothpick every morning on a daily basis.

2 weeks after starting the oil, I had to lower my Fentanyl dosage, after 3 weeks I was Fentanyl free!!! That by itself is a miracle and it means a lot. Imagine all the people on heroin that could be cured in just a few weeks!!! Anyways back to me...

Since October 2012, I take no medication at all, just a bit of oil in the morning, I have never felt so good in my entire life, as a kid I didn't have as much energy. It is a fabulous medicine and all the small things that had accumulated over the years vanished. I noticed that when I cut myself it heals a lot faster than before and have not had the flu for the first year in my life.

I am now taking my life back, I can work, go see friends and I look forward my first pain free summer in 19 years, I have never been so happy, and the oil is helping me in all part of my life.

# Two More herbalAire Vaporizers given away this issue!

Each and every issue of TY Magazine, herbalAire and KDK Distributors will each donate a herbalAire Vaporizer to deserving med patients.

Thanks to all those who have responded to our contest. We have received many letters from eligible people around the world. Judging the entries is never easy, but we believe we have chosen two more winners who are truly deserving of a HerbalAire.



Jim

Bill

# **Our latest winners are Jim and Bill**

Jim - Michigan, USA

Jim will be using his herbalAire to manage his pain in a safe manner.

Bill - Alaska, USA

Bill is a veteran, advocate, medicinal user and manager of alaskahemp.com

**Hello TY Members. I have got some great news!** 

Each and every issue I will be

**Giving away 2 Herbal Aire Vaporizer** 

to some needy medical patient!

# The rules are very simple:

- 1) You must be a member in good standing with TY or your local compassion club.
- 2) Financially impossible for you to purchase on your own
- 3) You must be 21 years of age or older
- 4) Legitimate Medicinal users only
- 5) Write or email a short 100 word story detailing why you should be a recipient
- 6) Provide a photo and any documentation neccesary to support your request
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# **Zachary Branson's Story**

**by Zachary Branson** branson1287@gmail.com

y name is Zach Branson. I was born to Kelly Jeanine Flowers and Todd Branson on January 2, 1987 in Grand Junction, CO. Within 1-2 weeks of my birth, I was diagnosed (in Denver) with biliary atresia. Biliary Atresia is a blockage in the tubes (ducts) that carry a liquid called bile from the liver to the gallbladder. Biliary atresia occurs when the bile ducts inside or outside the liver do not develop normally. It is not known why the biliary system fails to develop normally. The bile ducts help remove waste from the liver and carry salts that help the small intestine break down (digest) fat. In babies with biliary atresia, bile flow from the liver to the gallbladder is blocked. This can lead to liver damage and cirrhosis of the liver, which is deadly if not treated.

Biliary atresia is rare and only affects about one out of every 18,000 infants. The disease is more common in females, premature babies, and children of Asian or African American heritage. At roughly five weeks old

(2//13/1987) I had my first operation, the Kasai procedure at the University of Colorado Hospital by Dr. John R. Lilly, M.D. Upon entering my abdomen I was discovered to be completely absent of extrahepatic ducts.

On 5/15/1987 I underwent a revision to the original Kasai in an attempt to control excessive bile loss. I had numerous complications early on as I was in the hospital most of my infant life.

When I was roughly three years old and my younger sister, Ashley, was one, my mom introduced us to a new man that would eventually marry our mom and become our "Dad." They married in 1992. I attended Lincoln Orchard Mesa Elementary School in Grand Junction, CO. I grew up with a fairly normal childhood. With the exception that I wasn't allowed to play sports. One hit to the liver could have killed me. I had occasional bouts of cholangitis that would prompt E.R. visits and hospital stays.

When I was eight years old my mom, stepdad, sister, and I moved to Las Vegas, NV and lived there for roughly six years. While living in Las Vegas I can't recall having any major episodes where I was hospitalized.

In 1999 or 2000 my mom and dad separated and got divorced due to infidelity on my mother's part. My mom, sister and I moved in with my mom's boyfriend, Danny, and lived with him for a year or two where my mom became addicted to crystal methamphetamine and alcohol. I had to go to Children's Hospital in Denver once a year for extensive check-ups and procedures. At the last of these check-ups when I was 13 or 14 years old I brought up to my liver specialists the use of marijuana as a medicine and tried to confirm from them that marijuana was in fact not dangerous medically. This was because my mom didn't like me using marijuana and tried to tell me all the time that it was bad for my liver. I'm sure she also feared it being a "gateway" drug; as it was for her. My doctors neither confirmed nor denied that marijuana was beneficial and not dangerous. That right there said it all to me. I instantly knew something was up.

I was introduced to marijuana when I was roughly 12 years old by my two best friends Eric and Matias. I instantly knew that cannabis was for me. Controlling my pain and nausea with cannabis was working better for me than the pills the doctors were giving me, they did nothing but make me sick.

While in the eighth grade I was caught with possession of marijuana and I was arrested(handcuffed and escorted off school property in front of half the school population and shoved in the back of a police cruiser) and sent to juvenile detention for having 2-3 grams. I was in a holding cell for roughly 8-10 hours before my mom came and picked me up. I was put on probation, had to pay fines, restitution, had community service and mandatory random UA's. I continued to use marijuana without any fear of the consequences I could have faced due to its amazing ability to keep me pain free. I was never taken to my random (scheduled but I didn't know dates) UA's. When Ashley and I were sent to Phoenix to stay with our biological dad, my mom was notified by law enforcement in Las Vegas that I was in violation of probation and I was scheduled for a court appearance. I was told that I could have faced anywhere from 1-3 years in juvenile detention for probation violation. My mom went to the court date on my behalf as I was out of state. She informed the Judge of the situation and where I was living. So the judge dropped/dismissed the charges and said I was Arizona's problem now. In the summer of 2001, Ashley and I visited with our biological father who lives in Phoenix, AZ. Towards the end of the summer due to my mom's substance abuse and relationship problems she lost her job. Ashley and I started that school year in Phoenix. We were in school for roughly 3-4 weeks before Ashley and I were then sent to live with our stepdad who moved back to Grand Junction after he and my mom divorced.

Because the school systems' were so different between Grand Junction and Phoenix, I was unable to start school for a couple months. My mom eventually moved back to Grand Junction a few months later and she was pregnant with Ashley and I's younger sister Lenaye. Lenaye's dad was my mom's boyfriend Danny. Ashley and I moved back in with our mom, staying with a few different friends before we got our own apartment.

At this point I was a sophomore in high school and had only been enrolled in high school for 2 months so I had zero credits. I was enrolled in Palisade high School in Palisade, CO. My sophomore year of high school I ditched school a lot. I did this in rebellion I believe or for attention from my mom because all of her attention was on alcohol, and her alcoholic friends. I spent a lot of time doing whatever I pleased whenever I pleased. I met my 2 best friends my sophomore year. The first one was a classmate of mine named Brian. The second was a recent A&P college graduate Russell. Russell became more or less a mentor for Brian and I as Russell was a complete genius. He specializes in mechanics. He is certified to work on anything that has an engine. The 3 of us spent a lot of time together.

Because my mom was focused on her friends and alcohol I got my first job at 15 years old working at KFC to help support myself. From my very first job I have been praised and a highly valued member of the team as I take pride in the work I do, whatever it might be.

At the beginning of Brian and I's junior year we decided that we wanted to finish school and do something with our lives. So we got a recommendation from our principal to be enrolled in an alternative school that helps you get you high school credits faster than the normal school system. The school day was 3 hours of straight school assignments and tests. You learn at your own pace more or less. I started my junior year with 1.5 high school credits. To graduate we were required to have 25 credits. Every day before I went to school I would smoke a few bowls or a couple joints. I did this because when I did not have any marijuana and went to school without I completed less work. When I went to school after consuming marijuana I was able to do 2-3 times the amount of work. The entire school year I was on "Straight-A Honor Roll." I completed my junior year with roughly 15 high school credits. This was all while my mom was getting drunk all the time, and hanging out with her alcoholic friends. Her mom actually came down from Reno, NV and took my mom back up to Reno to a rehab center for 30 days. Ashley and I were left at home by ourselves for this period of time and left to fend for ourselves. This was nothing new to us, as Ashley and I had raised ourselves since we were 11 and 13





years old, respectively. This was because our mom was constantly gone or doing her own thing. My mom came back home 30 days later, sober and told us how much she wanted to stop drinking, mainly because of her youngest daughter Lenaye. Not 2 weeks later she was drinking again with her alcoholic friends, which were of no support to her at all.

My mom than met a guy named Chris. She eventually moved in with him and I came along as I was still living with her. Ashley had moved in with her boyfriend and his family as she and my mom fought too much and couldn't get along because of the drinking. I lived with Chris and my mom for about two months before I got a job at a housing community doing maintenance work with one of my mom's ex-boyfriends, Jimmy. Because of this job I was able to get my own place for extremely cheap as an employee. I jumped at the opportunity as I could not live with my mom anymore. I was also working at a restaurant at the same time. So I was working two jobs and going to school. That December I was put on seasonal lay off from the housing community. I immediately got a job installing rain gutters to be able to afford my rent as it increased because I was technically not an employee anymore. The scheduling of my new job didn't allow me to continue to go to school for the 3 hours. So I had to drop out my senior year with only 3.5 credits left to graduate.

That following year(2006) my mom became extremely sick due to her alcoholism. She had major liver and kid-

ney damage. She was put in the hospital due to this and out on dialysis treatments because of the extensive damage to her kidneys. She complained about these treatments making her want to die because they completely drained her body of any nourishment. She was quickly put in Hospice Care as treatments were not working. On April 11, 2006 at roughly 1:00 am I was called by my sister Ashley and told that my mom had passed away and that if I wanted to say goodbye to come before the coroners got there. She passed away in her bed at home in Hospice Care. I showed up and came in the room where she was laying in bed lifeless. I was given some time alone to say goodbye. I crawled into the bed, held my mom's hand, looked at her and said my goodbyes and that I loved her.

Her body was extremely cold and hard. This was very hard for me, and still hard for me to even write as I wasn't around much in her final months and didn't talk to her much at all. In her last few months alive I never told her that I loved her. This was due to my resentment at the time for her actions and lack thereof as a mother. The next few months were extremely difficult for me to process. I was given a few days off of work paid. So I spent 99% of that time on the Colorado National Monument with my best friend Stephanie. This helped me a lot to be in nature and just get away. The following is a letter that my mom wrote to me on September 5, 2005, eight months before she passed away. I was given this letter at her memorial service on April 22, 2006.

"Dear Zach, I'm not sure what to say to you because you are a lot like me... very emotional. You may not show it but I know. You are a kind, smart and loving person. From the moment I gave birth to you, we had a huge bond and connection between the two of us! As you grew older, you were less dependent on me and that scared me. I know a mom needs to let a child "bloom."

Please always know that I love you very much! I would do anything for you. But drinking was a way out for me, as pot is for you. I guess giving up is a loser way out but I feel that I have nothing to give anymore. None of this was your fault and I will always be with you in your heart. Be strong and never give up!

# Always - Mom"

I spent the next few years just working and trying to get by. I did the gutter work, than worked for a Dollar Rent a Car/Thrifty Car Rental Franchise. In late November of 2008 I was hospitalized because I had extremely bad abdominal pain going on. So bad that I was literally in tears and could hardly move out of the fetal position. I went to the E.R. at St. Mary's Hospital in Grand Junction 3 separate times, each time they sent me home with antibiotics and pain killers. The fourth emergency room visit because of the same excruciating pain they finally put me in a hospital bed and admitted me.

The doctors had no real diagnosis other than a guess that I had a bout of cholangitis again. This was unlike any pain I have ever experienced. It is indescribable really. I was in the hospital for roughly a week, being pumped with high doses of antibiotics and pain killers straight through IV. I was being visited by hospital staff that were giving me info on how to apply for disability as the doctors would not give me a release to go back to work. I needed this release from doctors to go back to work because my employer's required it when missing work for an extended period of time, due to insurance reasons. So when I was released from the hospital I went through all the steps applying for disability. After 4 months of jumping through hoops for the SSA they sent me to see one of their doctors. This appointment lasted a maximum of 15 minutes where the doctor had me bend over, he checked my lungs, heart rate, pulse, and reflexes. That was the extent of my disability examination. This exam says nothing about what's going on with the inside of body. So based on the report from

that, the SSA denied my disability application. This is absurd because I am disabled and fall into the SSA's category of disabled persons. My mother had me on disability when I was a child and then took me off of it at some point for some reason that I am unaware of. Because of the copy of that doctor's report, my former employer at Thrifty Car Rental was able to put me back at my position

In October of 2010 the owners of the Thrifty Car Rental I worked at were no longer able to keep the business open so we were all laid off. Because I could not find any work anywhere I applied for unemployment. I was on this unemployment for roughly 1.5 years because I couldn't find work. My unemployment paid me more than a minimum wage job would. When my unemployment ran out my Dad Kenny had started a little lawn maintenance company and needed an extra helper. This was in the summer of 2012. I attempted to work for him but I couldn't do the work anymore. I was getting extremely exhausted and sick when I would. I couldn't get through 3-4 hours without being done for the day and not wanting to do anything else. Because of this and knowing I wasn't going to have a steady income I contacted my landlords and explained to them the situation and gave them a 30-day notice on September 1, 2012. Asking them to use my last month's rent for September and I would eat my security deposit for breaking my lease 4 months early. I was sent a copy of their move-out procedures with a note at the top that read, "Since you are still under lease, we cannot apply your last months rent for September 2012 rent." So because I had no income to pay my September rent I was served an eviction notice. I then moved in with my grandma (Kenny's mom).

After 1 week of me being there my grandma kicked me out of her house because I was accused of leaving her front door wide open all night long. I locked the door when I came in that night. The likely explanation would be that her son (Kenny's brother) and his girlfriend were staying the night there that night as well and were drinking. So the person I am currently living with is my sister Ashley and my soon to be 5-year old niece because the rest of our family will not help me or us out. I have an eviction on my record that has a \$1,900 bill that is stopping me from being able to be put on a lease.

So I applied for disability again at the end of August 2012. I went through all of their hoops again. I made an appointment to see liver specialists in Denver. They confirmed that I still have biliary atresia and that it is a life threatening disease and I could end up in end stage liver disease any day and need a liver transplant. This report was sent to the SSA. I also acquired a letter from my childhood physician stating that I have a debilitating chronic liver disease. This was also sent to the SSA. I also acquired copies of all my medical records from Children's Hospital



Colorado, The Univeristy of Colorado Hospital, and some from St. Mary's. These copies of medical records and surgery reports amount to about 100-200 pages. Every single page was sent to the SSA. The SSA then sent me to a another one of their doctors. When I went to this appointment I brought all my medical records and explained to him that the last time I was in for this type of exam all they did was what I stated earlier. I also explained to him my whole situation and what my disease was. Because when he first walked in to see me, he admitted to me that he had to look up what biliary atresia was because he hadn't heard of it. I found this to be odd. Because of my statements this prompted the doctor to request the SSA order a blood sample to go along with the report. The report being a physical exam where my flexibility is examined. My lungs, heart rate and blood pressure were measured. When my blood work came back along with the physical report the SSA denied my application. They denied it because at the time of my blood draw, my bilirubin count and liver enzymes were within MY normal range. I'm not sure what specific enzyme levels are and what "my normal" range is. But "my normal" range of bilirubin count is anywhere from 1.5-4 on any given day. The average person with a normally functioning liver has a "normal" bilirubin count of about 0.5. I hired attorneys to assist me in the appeals process for disability. They are working on a retainer basis where they do not charge me unless they win my case. They feel strongly enough that I have a case that they took me on as a client and are pursuing my appeal at the time of this was written. I have contacted my State Senators and Representatives to assist in expediting my case because I was given a letter by the SSA recently that my hearing won't be for 12-14 months. I am currently researching the many benefits and uses of cannabis. More specifically, the medical uses and growing high quality marijuana producing high quality concentrated cannabis oil for the treatment of numerous diseases and illnesses. I am also trying to start a foundation. I want to start a foundation in the name and memory of my mother. This foundation's purpose will be to raise awareness on the benefits of medical cannabis and

more specifically, Concentrated Cannabis Oil for virtually any disease. We will also raise money for medical marijuana growing operations to supply patients with medicine at little to no charge, and financial assistance for those that are devastated by the extreme cost of western medicine. I really want this to happen as I believe I, along with the help of others, can save many lives and bring a quality of life that is unachievable by living in a hospital being given horrible pharmaceuticals. I have spent my fair share of time in hospitals and I can say it is not at all a comfortable, fun environment. This will take a lot of work but I believe I can do this, and it will be well worth it. I am a current Colorado Medical Marijuana license holder.

I have a Facebook Page (Zach Branson's Liver Disease Awareness) where I share information on the countless uses of marijuana and to remove marijuana from the controlled substances act. Not only as a medicine, but for food, fuel, clothing, housing, etc. I also have a fundraising website where donations can be made to help make these dreams possible.

# My Facebook Page URL is:

www.facebook.com/ZachBransonsLiverDiseaseAwareness
My fundraising page URL is:

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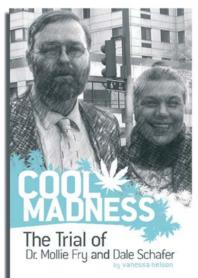
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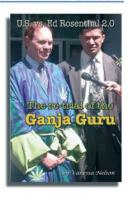


**BOOKS BY VANESSA NELSON** 

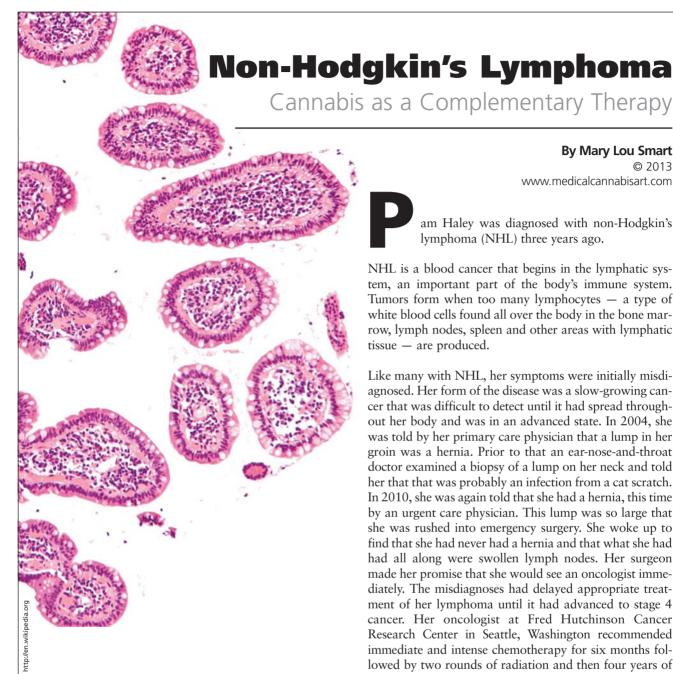
In 2003 former "High Times" columnist Ed Rosenthal was convicted for growing and distributing medical marijuana, an activity legal under California law, but illegal under federal law. The jurors, who were prevented from hearing about California law, staged a revolt after learning that they had convicted a medical grower. Their public outrage matched the response of the activist community and pressured the judge into handing down a remarkably light sentence of just one day in jail, time Ed had already served. Coming 4 years after the original guilty verdict, the re-trial packs a heavier punch than ever before. During repeated outbursts in the courtroom, the loquacious defendant alternately ridicules his prosecutor and demands that his judge step down from the bench. The bombast becomes infectious, and soon everyone is speaking his mind in court, from outraged prospective jurors to righteous witnesses who refuse to testify. By the end, even the defense attorneys are threatened with jail time for contempt.

COOL MADNESS, The Trial of Dr. Mollie Fry and Dale Schafer is the riveting true story of a medical marijuana doctor undergoing a federal trial for the first time in history. The main character of Cool Madness is Dr. Marion "Mollie" Fry, a cancer survivor who learned about the benefits of medical marijuana while enduring chemotherapy and a double mastectomy. After recovering, Dr. Fry set up a practice in the small northern California town of Cool and began recommending medical marijuana to her patients in accordance with state law. However, California's medical marijuana laws are not recognized by the federal government, and this legal conflict put Dr. Fry's activities under the scrutiny of authorities. Law enforcement surveillance on her home led to a raid that netted a meager 34-plant garden in September 2001.

### www.MMAPUB.com







Non-Hodgkin's Lymphoma (NHL)

- The most commonly occurring hematological cancer
- The fifth leading cause of cancer death in the US
- The second fastest-growing cancer in the US (in terms of mortality rate)
- 85% of all NHLs are B-cell lymphomas
- NHL is distinguished from Hodgkin's lymphoma by the proliferation of only malignant B-lymphocytes (or, more rarely, T-lymphomocytes

**By Mary Lou Smart** © 2013

www.medicalcannabisart.com

am Haley was diagnosed with non-Hodgkin's lymphoma (NHL) three years ago.

NHL is a blood cancer that begins in the lymphatic system, an important part of the body's immune system. Tumors form when too many lymphocytes - a type of white blood cells found all over the body in the bone marrow, lymph nodes, spleen and other areas with lymphatic tissue — are produced.

Like many with NHL, her symptoms were initially misdiagnosed. Her form of the disease was a slow-growing cancer that was difficult to detect until it had spread throughout her body and was in an advanced state. In 2004, she was told by her primary care physician that a lump in her groin was a hernia. Prior to that an ear-nose-and-throat doctor examined a biopsy of a lump on her neck and told her that that was probably an infection from a cat scratch. In 2010, she was again told that she had a hernia, this time by an urgent care physician. This lump was so large that she was rushed into emergency surgery. She woke up to find that she had never had a hernia and that what she had had all along were swollen lymph nodes. Her surgeon made her promise that she would see an oncologist immediately. The misdiagnoses had delayed appropriate treatment of her lymphoma until it had advanced to stage 4 cancer. Her oncologist at Fred Hutchinson Cancer Research Center in Seattle, Washington recommended immediate and intense chemotherapy for six months followed by two rounds of radiation and then four years of maintenance chemotherapy.

The news was devastating. Haley wanted to treat her condition with natural medicine, but the disease is serious and her condition was advanced. She was confused because she did not have a family history of lymphoma. Her oncologist told her that the mutation that eventually led to the cancer was most likely caused by an environmental toxin, and that studies point to a link between NHL and pollutants.

The initial chemotherapy, R-CHOP, was brutal. She vomited non-stop for 72 hours after each session and wasn't able to keep food down. Her hair fell out and she lost 20 pounds. A long-time recreational user, she tried smoking marijuana to calm her stomach and boost her appetite but



Visiting the White House while in Washington, D.C. for the Americans for Safe Access National Medical Cannabis Unity Conference.

could not stand the smell. She did not have much luck with edibles either because she could not even tolerate the smell of cannabis in canna butter.

"Even a puff would make me nauseous because of the smell," she said. "For two years while I was going through the chemo, I could not smoke it."

Chemotherapy beat back her cancer, but she was weak and exhausted. For natural therapy, she visited Bastyr University's School of Naturopathic Medicine near Seattle. The naturopaths at Bastyr sometimes with some cancers such as some breast cancers will use plant-based infusions alongside the chemotherapy given at oncology centers. A firm believer in the benefits of cannabis medicine, Haley asked about taking a concentrated cannabis oil along with her R-CHOP to help fight her disease.

She had heard about the positive influence of concentrated oil in treating several types of cancer. Michelle Sexton, her naturopathic doctor, agreed that cannabis oil used in conjunction with her chemotherapy might be beneficial. When Haley tried it, however, the shock of chemo combined with the powerful cannabis concentrate was too much. Even with the bland diet that she was following, she had trouble keeping anything down.

"My case was so bad that my naturopath put me on a program where I'd do the aggressive chemotherapy and radiation at Fred Hutchinson first before they'd try to rebuild my immune system," she said. "Because my stomach could not handle the cannabis oil while in the heavy chemo, she advised that I try it afterwards as part of a program to maintain a cancer-free state."

Having endured aggressive chemotherapy and radiation, Haley, 44, is in the maintenance phase of her recovery. Every three months she receives an infusion of Rituxan, a patented concoction of monoclonal antibodies that go after B cells, which are a type of white blood cells. She is in her second year of the four-year infusion program.

In their normal state, B cells help to protect the body against germs by making antibodies that fight bacteria and viruses. While the chemotherapy might save her life, it has crushed her immune system and left her unable to fight infection. A recent sinus infection lingered for almost a year and sapped her energy.

# Sexton gives Haley natural medicine and guidance.

"They might not cure the cancer, but through nutrition they can make the body stronger and less reliant on pharmaceuticals," Haley said. "The chemo kills off normal flora bacteria that aid digestion. The goal is to rebuild my immune and digestive systems so that I will not need to go back to the chemotherapy when this is over."

With her oncologist's treatment protocol, she receives a CAT scan once a year and a PET scan every three years. The CAT scan is an imaging method that uses x-rays to create cross-sectional computerized pictures of specific areas within the body. The PET scan is an imaging test that uses a radioactive substance called a tracer to identify metabolic information within the body. To combat toxins from these tests, Sexton puts her on an herbal regimen before the scans to prepare her system and after the scans to flush her system of contrast fluids.

# **Whole Plant Therapy**

Now that Haley is feeling better, her cancer-fighting arsenal includes cannabis in combination with her primary therapies.

"I absolutely use cannabis," she said.

Throughout the ordeal she has suffered with overwhelming anxiety, which cannabis alleviates.

"The thing about cancer is that you feel so incredibly alone and isolated," she said. "You need your family and





Pam and Ginger at Genentech, the biotechnology corporation that markets Rituxan in the United States.

friends but sometimes they leave you alone because they think you need space. You do need space, but you also need emotional support from family and friends. When feelings of depression, anxiety and helplessness are taking over, one toke can relieve not just the anxiety but all of the associated issues such as insomnia, irritable bowel syndrome and not being able to eat."

Depending on her schedule, Haley might smoke cannabis or eat cannabis-infused food. For quick relief, she smokes. When she plans on working all day and needs energy she chooses edibles.

"With smoking you will not get as much of the benefit from the terpenes and cannabinoids as you will when you eat it," she said. "You do have to be very careful though, because the THC content in a canna-butter might be high. This is very much like a pharmaceutical. You need to know what you are taking so that your medications do not contradict each other."

Haley is a member of a collective garden where much of the cannabis and infused butter available to members is lab-tested for content and potency. She uses the test information to find appropriate medicine.

"When I was suffering with my sinuses I was really low on energy and so I was looking for a strain with high THC in the 16- to 20-percent range and low CBN," she said. "Just a little, tiny bit of that really helped me with the energy and at that same time took away the worry that the cancer might be coming back."

Both the disease and the chemotherapy left her body with inflammation issues. She is starting to recondition with yoga, but the swelling causes pain. Prior to exercise, she finds relief with cannabis-infused salves. Her collective offers a salve made with Dr. Bonner's coconut oil. She said that the salve can be used as a massage oil or rubbed on after a shower for full-body relief. Studies have shown

that the anti-inflammatory properties of cannabinoids kick in as infused salves and oils are absorbed through the skin, helping people with burns and other injuries, rheumatoid arthritis and even lupus.

"Patients tell us that it's perfect with eczema too," she said. "Just rubbing the affected area with the salve will provide an enormous benefit."

# **Cannabis Oil**

Despite earlier difficulty with cannabis oil, which initially made her too drowsy in addition to being tough on her sensitive stomach, she wanted to incorporate it into her maintenance regimen.

When her energy levels began improving, Haley found a concentrated cannabis oil that agreed with her system. The concentrate, which is made with 190-proof Everclear grain alcohol, is sticky and has the consistency of tar. Haley measures a milliliter dose, rolls it in sugar and swallows it like a pill.

"People try to suck on it to get it under their tongues for fast absorption, but so many have trouble doing this because it gets stuck in their teeth," she said. "I just swallow it whole with some water."

Haley advises that cannabis oils should be tested at a reputable lab. She tested one preparation that is made by a well-known Washington producer and marketed in attractive packaging and found that it contained extremely high levels of carcinogenic residuals.

One cannabis oil touted on youtube is made with naphtha, an aromatic distillation product found in industrial cleaning solvents and some lighter fluids. It is used as a blending component in gasoline production and might not be too healthy for cancer patients vulnerable to environmental toxins. Avoid toxic preparations and focus on natural therapy! Cannabis oil can be made with natural foodgrade glycerin.

In California, a cannabis oil is made with a blend of Indica and Sativa strains by a chemist at the WoMen's Alliance for Medical Marijuana (WAMM), a patients and caregivers collective in Santa Cruz, California. The cannabis grown at the collective is used to make the extraction, which WAMM has named Milagro Oil. WAMM's Milagro Oil is also made with Everclear grain alcohol instead of naphtha.

Valerie Leveroni Corral, WAMM director and co-founder, doesn't make any specific claims about the oil. An epileptic, she experienced as many as five grand mal seizures a day, with loss of consciousness and violent muscle contractions, before she began smoking cannabis. She's been growing cannabis for her own illness for 38 years. She has



# Some people are using cannabis oils like snake oil to make money, and there can be a lot of toxicity with naphtha.

been collecting data for almost two decades, and holds records from patients stating that concentrated cannabis oils help with pain and nausea.

WAMM is the longest running medical marijuana collective in the United States, and Corral believes strongly in using organic methods in combination with a holistic approach to healing.

"Some people are using cannabis oils like snake oil to make money, and there can be a lot of toxicity with naphtha" said Corral, "These are important things to raise questions about."

Donald Abrams, M.D., chief of Hematology and Oncology at San Francisco General Hospital spoke at Patients Out of Time's Seventh National Clinical Conference on Cannabis Therapeutics in Tucson, Arizona in 2012.

In addition to his work at San Francisco General, Dr. Abrams is also a cancer and integrative medicine specialist at the University of California, San Francisco, Osher Center for Integrative Medicine, where he provides integrative medicine consultations for cancer patients and has completed research in complementary and alternative therapies including mind-body treatments, botanical therapies, medical use of marijuana and traditional Chinese medicine herbal therapies.

At Patients Out of Time's conference, he spoke about cannabis therapy as a complement to conventional care. His patient research indicates that cannabinoids have antiinflammatory effects, are effective in preclinical models of neuropathic pain, and can stimulate the appetite. His randomized controlled trials have shown that smoked cannabis is an effective treatment in patients with painful HIV-related peripheral neuropathy.

Dr. Abrams advised against putting too much faith in online videos that promote cannabis oil as a cancer cure. He gave as an example a Hodgkin's patient who lost precious time self-medicating with cannabis oil when a proven chemo regimen could have prevented what occurred, which was cancer racing through his body to the point where he could not regain lost ground. Abrams said that it saddened him to see people betting on unproven science.

"Cannabis may be a good adjunct, but not a cure," he

said. "I don't think that we can claim that these things cure cancer. We want to say that we are integrating things that complement conventional therapy."

# Herbal Healing at a **Cannabis Farmers' Market**

Each Saturday, Haley can be found at the MMJ Universe Farmers' Market, a cannabis farmers' market in Black Diamond, Washington. Her table features an assortment of edible treats and several strains of cannabis flowers. She is happy to share her experiences with cancer and cannabis.

Haley is still undergoing chemotherapy, but she feels that she is on the road to recovery. A bone biopsy one year after her last radiation treatment was free of cancer cells, a sign that she is moving toward remission. She is grateful for the care that she has received at the Fred Hutchinson Cancer Research Center and Bastyr University's School of Naturopathic Medicine.

"The doctors, nurses and caregivers in these facilities are saving lives," she said. "They are giving back quality of life to cancer survivors."



Pam confers with her market partner at Pam's Plants and Can-Nibbles at MMJ Universe Farmers' Market in Black Diamond, Washington. Their table features medible treats and several strains of cannabis flowers.



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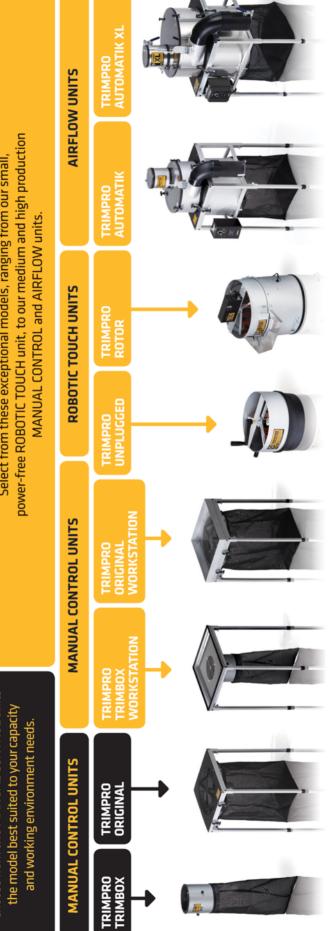
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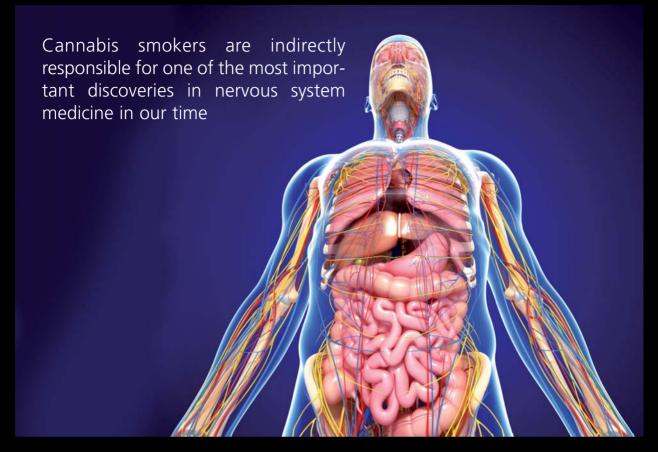




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# The Endocannabinoid System

By Richard Shrubb

journalist@richardshrubb.co.uk

# "the body's internal cannabinoid"

he "endocannabinoid system" regulates much of what goes on in our brains and body. Over the last ten years there has been a rash of new research and a range of promising medicines are being developed for a range of conditions, from schizophrenia to cancer, from Multiple Sclerosis to weight gain.

## What is it?

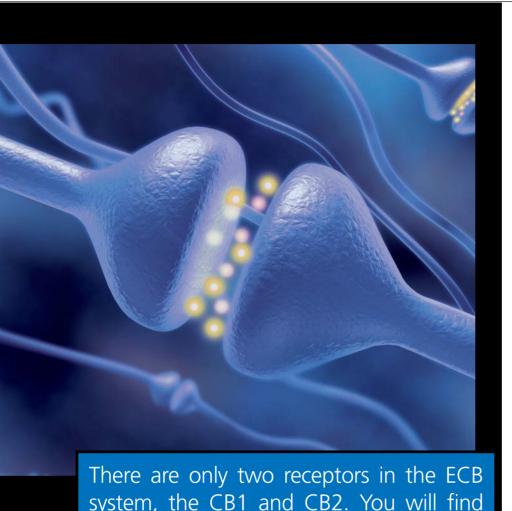
Endocannabinoids (ECBs) were discovered in the 1960's when scientists asked the question, why do people get stoned from smoking marijuana? Receptors were found in human synapses between neurons that engage with neurotransmitter chemicals, which are similar in composition to the psychoactive elements of cannabis.

Synapses are gaps between nerve cells and neurotransmitters are chemicals that pass on the electrical signals between them. They named these neurotransmitters after the cannabis plant – the word "endocannabinoid" means "the body's internal cannabinoid".

The introduction to a 2012 series of papers in the Philosophical Transactions of the Royal Society suggests that the ECB system affects a huge range of functions in the brain and body: "Among other functions, the ECS is involved in ... regulation of motor activity, ... synaptic plasticity and the control of certain phases of memory processing." Synaptic plasticity is involved in psychosis, which will be covered later in this article, motor control in things like Multiple Sclerosis, and memory processing in things like dementia.

Professor Maurice Elphick, a neurophysiologist at Queen Mary and Westfield University explains that this system evolved long before we came out of the trees. "Endocannabinoids evolved in animals very early – perhaps 500 million years ago. Humans have it, but so do very basic animals such as sea squirts."

ECBs being an early evolutionary trait, they are quite simple relative to other synaptic systems. If you look at



CB1 receivers mainly in the brain where

you will find CB2 receptors predominantly

dopamine, a well known neurotransmitter, there are several versions of this, and 5 types of receptor which do an almost baffling range of activity in the brain. Prof Val Curran, a psychopharmacologist at Imperial College London, explains, "there are only two receptors in the ECB system, the CB1 and CB2. You will find CB1 receivers mainly in the brain where you will find CB2 receptors predominantly in the body".

in the body.

ECBs are not the same as other neurotransmitters in that they travel both ways through the synapse – dopamine will generally only go one way. Curran suggests that "endocannabinoids are a synaptic moderator, controlling the amount of neurotransmitter chemicals that pass across the synapses". In accelerating or braking messages being passed across the gaps between neurons, so you can control a variety of functions throughout the brain and body.

# **Blissed Out**

A recent medication that uses the ECB system showed that there is a fair way to go before doctors can harness it confidently. Rimonabant was licensed to help people lose weight. It works by blocking the reception of the body's two ECBs, anandamide and 2AG. This left a number of people feeling suicidal because their brains were denied the ECBs. 'Ananda' is Sanskrit for 'bliss' so in reducing the amount of anandamide in the body, so the medicine reduced the 'bliss chemical'!

The reward element of the ECB system is shown in so called 'Runner's High', where you get intoxicated from a long, hard spell of exercise. This has long been thought as endorphin intoxication. Endorphins are the body's own opiates, which were found in research as to how opiates work.

A 2004 paper has found that Runner's High may well be more to do with the ECB system. The study published in the Journal of Sports Medicine found concentrations of anandamide in the blood after exercise: "Using trained male college students running on a treadmill or cycling on a stationary bike for 50 minutes at 70–80% of maximum heart rate, we found that exercise of moderate intensity dramatically increased concentrations of anan-

damide in blood plasma." This work suggests that you may be stoned on cannabinoids rather than high on opiates from a blast in the hills!

# **Cannabis as Therapy**

A lot of work has gone into using cannabis as pain relief. People report much greater benefit from using cannabis to relieve pain than opiates. You can become addicted to opiates and the effects wear off over time, meaning you need more and more to achieve the same pain relief. Opiates used over a long period can become debilitating in their own right, while cannabis doesn't seem to have the same drawbacks.

GW Pharmaceuticals is in late stage trials to use its Sativex cannabis spray on patients suffering cancer pain, while 15 US states allow the use of marijuana to combat a range of conditions. Sativex is licensed in the UK to





combat muscle cramps from Multiple Sclerosis – this is thought to use CB2 receptors affecting motor control.

Psychotic conditions such as schizophrenia are some of the most difficult conditions to treat as they affect the way someone perceives the world. Research into ECBs has resulted in a potential treatment for schizophrenia. Scientists found that though the psychoactive compound of cannabis, THC, can cause psychosis, another cannabinoid from cannabis allays can be an antipsychotic.

Cannabidiol (CBD) was given to a group of patients suffering psychosis in a direct comparison to a licensed antipsychotic called amisulpiride. The results were very promising – the study in the Journal of Translational Psychiatry, published in March last year suggested that "either treatment was safe and led to significant clinical improvement, but cannabidiol displayed a markedly superior side-effect profile."

Dr Paul Morrison of Kings College London explains that CBD affects psychosis because it affects mental plasticity. "Failure of the highest functions (the will, object perception, thinking, beliefs, self/other differentiation) is the essence of major mental illness. To that we must accommodate how assemblies and synapses change over time, according to the information they process. This is the concept of plasticity. ECBs are vital for assembly dynamics and for plasticity".

Curran says of CBD as an antipsychotic, "there are no weight gain or side effects that are associated with antipsychotics used today." Compare this to modern antipsychotics, which can cause weight gain and a variety of other symptoms that can make patients stop taking their medication.

The findings surprised clinicians in this line of research,

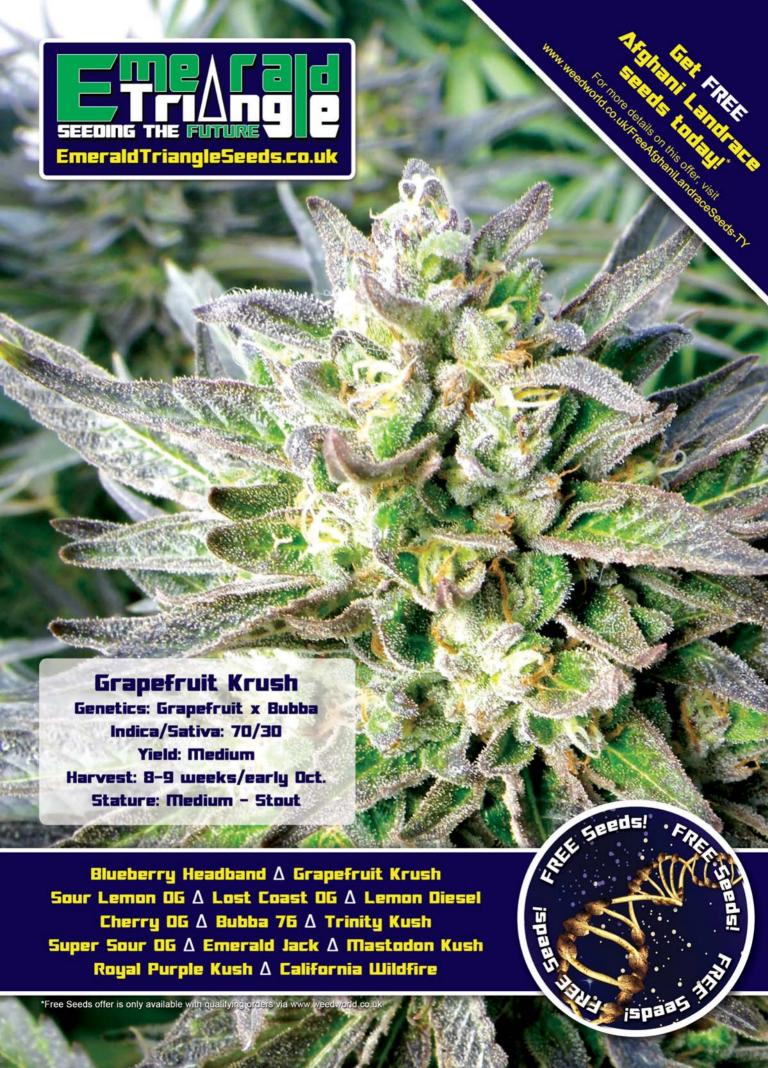
because unlike traditional antipsychotics which exploit the dopamine synaptic system, CBD uses the ECB system. The study suggested that CBD "does not activate cannabinoid receptors, but moderately inhibits the degradation of the endocannabinoid anandamide."

Morrison says the chief issue faced in cannabinoid research is intoxication: "The challenge is to develop molecules which have an absence of [Central Nervous System] effects." Giving cannabis to a patient will involve getting them intoxicated on THC, and though it helps with symptoms no one wants to be stoned all day!

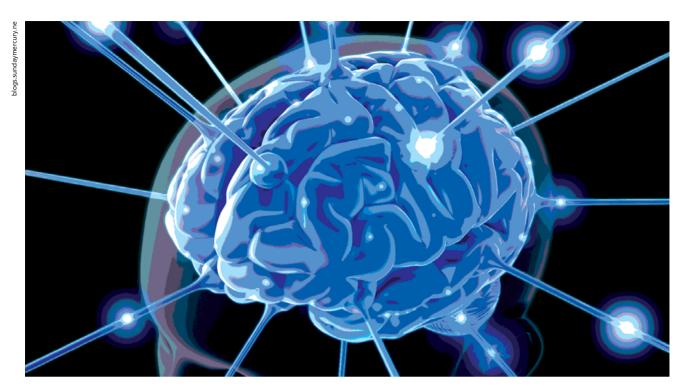
# **Regulate - Don't Add More?**

Pharmaceutical research is looking at regulating levels of ECBs in the system rather than adding plant cannabinoids. As was seen with Rimonabant this hasn't always been successful. CBD seems to prevent psychosis not by attaching itself to receptors and intoxicating the patient but by preventing the breakdown of anandamide in the body. **More anandamide = less psychosis?** This certainly seems to be the case. Looking at Rimonabant, which reduced reception of the ECBs in the system and resulted in people feeling suicidal, such research doesn't always have good outcomes.









If you're feeling down and depressed, should you then smoke a joint to 'top up your endocannabinoids' as one or two people have suggested to me? The answer from the experts is emphatically no. Curran says "we have research that has yet to be published that suggests cannabis users reduce their endocannabinoid levels. This is likely because the brain has its own homeostasis – like a rainforest, it will try to balance itself out".

If you put a road into a rainforest, so it will adapt around the people that come in, changing to suit the environment as altered by humanity. If you smoke weed regularly, your brain will reduce the amount of endocannabinoids it produces, or reduce its sensitivity to them which isn't always a good thing. THC for instance definitely causes psychosis in cannabis users, having altered the plasticity of the brain by interfering with the homeostasis or 'balance' of chemistry inside it.

Ten years of intensive research into a field of brain science is a very short time. For example, it isn't fully understood exactly what current antipsychotics, that affect the dopamine pathway, actually do to make people well. This is despite widespread use over the last 40 years!

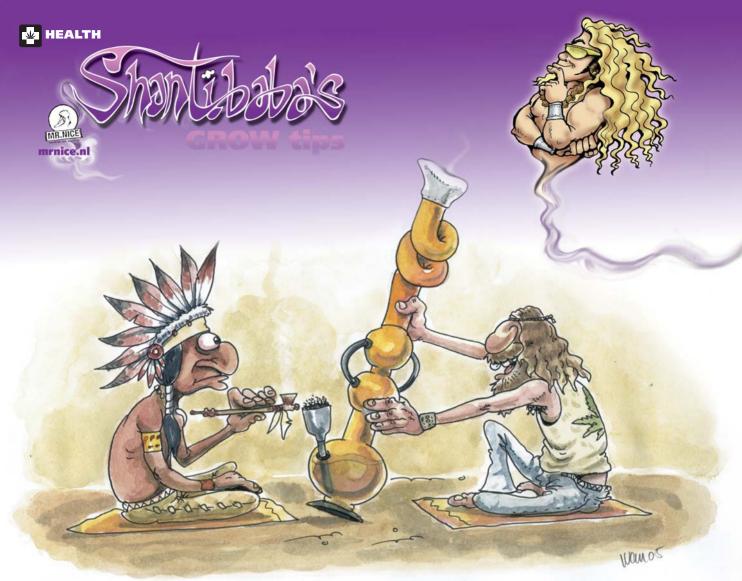
The idea that the ECB system can be used for therapeutic benefit is beyond doubt, but a fuller understanding of the system is a fair way off. Pharmacological research asks two questions – does it work consistently? Is it safe? Many of the molecules being tested seem to answer both questions effectively. Cannabis for instance definitely does not cause schizophrenia, though THC has unwanted psychoactive effects, so other ways of utilizing ECBs are being researched.











### If there was such a thing as

# Sensible Smoking

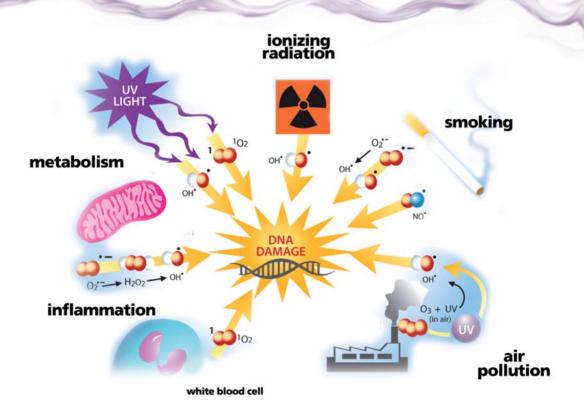
annabis is best consumed pure however many people mix it with tobacco. Both pure or mixed, burning a substance and inhaling it causes negative effects on the body. While pure Cannabis may contain up to 20 times more ammonia than tobacco when smoked, tobacco has the full spectrum of unhealthy elements and molecules possible. So it makes sense to be aware of things if you choose to smoke. You may be able to do some things in your daily life to counteract some of the negative aspects of smoking.

Of course using organic or non additive tobacco, foam filters to catch tar, unbleached rolling papers, and lighters filled with butane gas will always be smarter but these are small gestures in the scheme of things in reality.

Smoking produces free radicals which are unstable molecules having an odd number of electrons. These free radicals need to recover electrons from other molecules to stabilize, creating new radicals within the body organs.

Free radicals damage cells in our body and can change DNA resulting in cellular aging. There are some natural mechanisms designed to repair the damage but they are also encoded in the DNA and can therefore also be damaged which can lead to the onset of degenerative diseases such as cancer.

#### **Formation of Free Radicals**



Our liver naturally produces potent antioxidants to combat free radicals but it is not enough for smokers.

The solution for smokers is to be aware of their daily use and to compensate it with supplements that counteract free radicals. Antioxidants are molecules that are able to donate electrons to free radicals without losing their own molecular integrity. Antioxidants are found in food and dietary supplements such a

**Vitamin C**; a water soluble antioxidant. 90% of all other mammals produce their own source of Vitamin C but we lost this capacity or never had it so we rely on food and drink to provide our daily requirement. This vitamin is needed to make collagen: a protein responsible for grow-



ing and repairing cells in our body from skin to muscle. It also reduces blood sugar levels and increases ones resistance in the immune system. A suggested dose of slow release vitamin C would be 1000 mg daily, but the body will reject surplus vitamins and minerals if the body does not need it, hence a slow release system is best for the body.





**Vitamin E**; is a fat soluble antioxidant. Vitamin C and E work together to recycle one another. Vitamin E is one of the first lines of defense against free radical damage to the lungs when we breathe in pollution or smoke. Food sources containing Vitamin E are hazelnuts, almonds, peanuts, vegetable oils like grape seed oil, seeds, green leafy vegetables and breakfast cereals fortified with Vitamin E. A suggested dose of 200 mg per day would serve a smoker well. Higher doses can work adversely on the heart over periods of time.

**N Acetyl Cysteine (NAC)**; is a very important amino acid and a precursor of Glutathione, one of the most important natural antioxidant in our body. Mucus is mainly composed of NAC and most cough syrups are based on NAC. A suggested dose of 500-600 mg per day.





**CoQ-10**; is found in every single cell of the body and is a very important nutrient in boosting your cells energy levels and supports heart health. Your body naturally produces CoQ-10 but at around 25 years old the levels decrease dramatically attributing to mental and physical fatigue with age Smoking reduces the body's ability to produce this nutrient. A suggested dose of 30-50 mg per day is advisable.



**Carotenoids**; is a family of fat soluble antioxidants essential for the body. While Vitamin E protects the subcutaneous fat (upper levels), Carotenoids protects all layers. With over 600 different Carotenoids known to date it is best to take this as a single supplement.



**Zinc**; excellent for the immune system and helps with poor appetite as well as speeds up healing of wounds. A suggested dose of 7-15mg per day is advised.

**Magnesium**; is great for insomnia, stress and menstrual pain. It also helps absorb calcium in your body. A suggested daily dose of 150 mg is advised.



**Selenium**; is an antioxidant that is used for arthritis, cancer and HIV symptoms. A dose of 100 to 200 ug is suggested dail

**The B vitamins** help individuals suffering stress or nervous conditions as well as people who use alcohol regularly.

**Food supplements** such as alpha lipoic acid, pycnogenol, rosmarinic acid, and the large family of flavonoids all help counteracting free radical damage.

The foods smokers should be using to maximize their balance to smoking on a daily basis are

**Green Tea**: replacing coffee with green tea will be an excellent initiative for one's health.

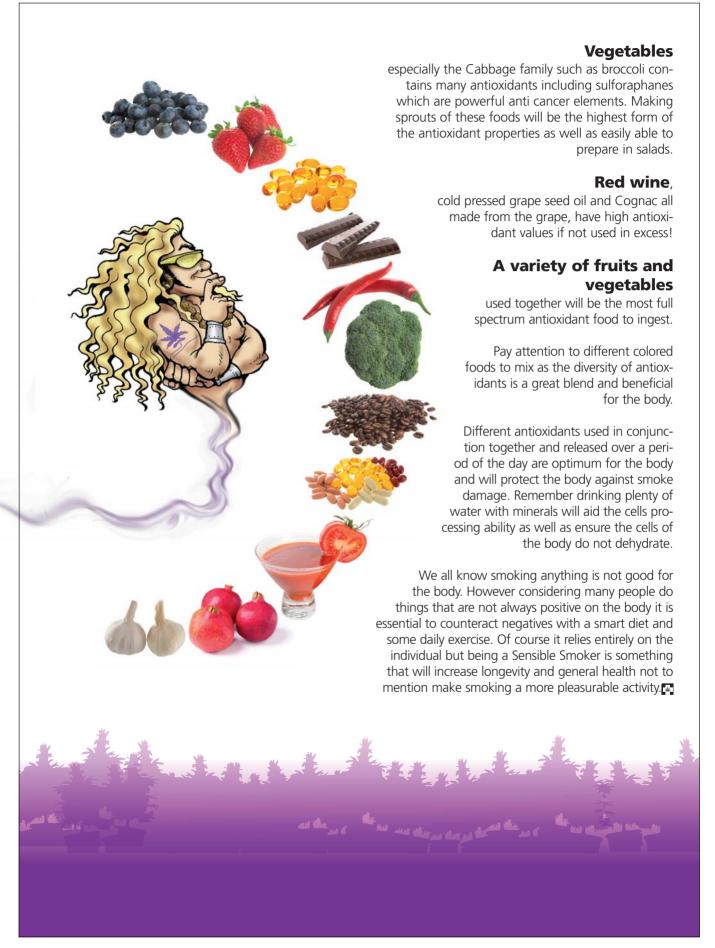
**Juice of pomegranate, cranberry and other red fruits.** In recent tests pomegranate has been found to have the most antioxidant and strong anti cancer properties.

**Turmeric**; a brilliantly yellow spice used in India has anti-inflammatory; anti cancer and antioxidant properties...it can easily be mixed with pepper for daily use on food.

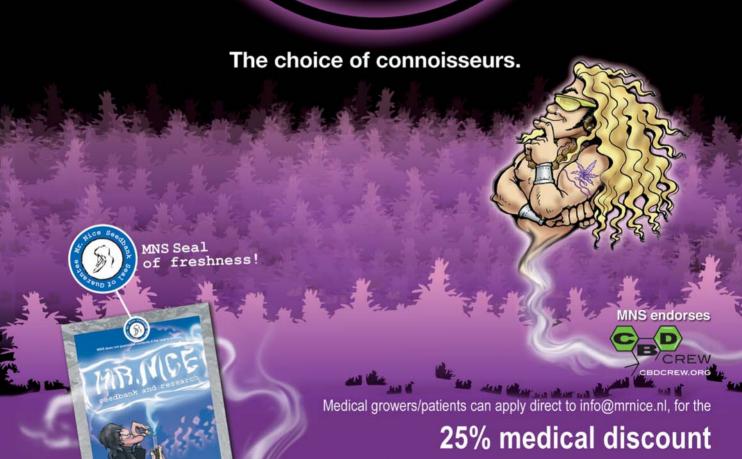
**Cocoa** contains many strong antioxidants but as chocolate at least 70% cocoa is necessary and milk chocolate strongly limits the positive effects of the antioxidants ability to work well.









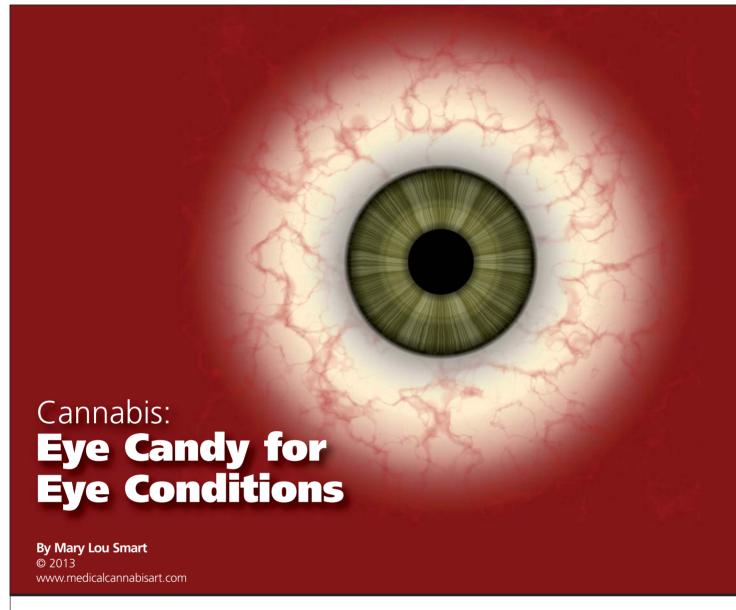


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he National Eye Institute (NEI) studied glaucoma and cannabis in the 1970s and concluded that marijuana, when smoked, lowers intraocular pressure (IOP). They poured a great deal of money into developing a cannabis- or synthetic-cannabis topical ointment for the eye, which never panned out. When that effort failed, the organization abandoned medical cannabis and began promoting its long-standing, three-pronged argument that smoked cannabis can lower blood pressure, which might damage the optic nerve; that marijuana delivers an unacceptable psychoactive side effect; and that the Food and Drug Administration (FDA) has approved lots of "highly effective" medications for glaucoma treatment anyway so there is no need to delve any further into the proven benefits of cannabis.

Thanks to this federal policy, many with eye conditions suffer needlessly.

Becca Hollandsworth, operations director of the R.C.

Randall Memorial Wellness Center and Cannalytics in Michigan, receives benefit from cannabis for several eye conditions. Diagnosed with glaucoma at age 28, almost four years ago, she finds that if she takes a hit of cannabis every few hours, it relieves her IOP. Her doctor has measured the pressure, and he tells her that her IOP is lower.

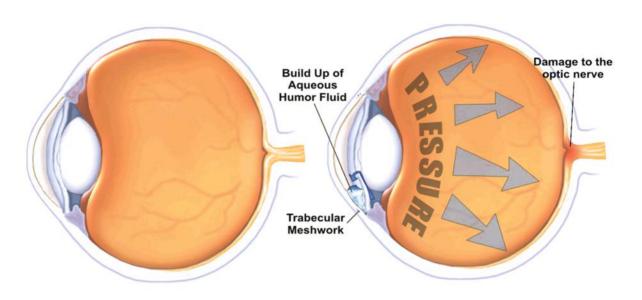
"I can feel in my eyes when the pressure is starting to rebuild," she said. "At that point, I'll excuse myself when appropriate, depending on the situation, and I will go to where I need to go to medicate."

Hollandsworth also has cataracts, macular degeneration, dry eye syndrome and extreme sensitivity to light. Her eyes hurt if she is in rooms with harsh lighting. Extreme changes in light, walking from softer indoor lighting into the sunlight for example, cause pain.

Glaucoma causes damage to the optic nerve and can lead to blindness. Currently, 2.7 million Americans over age 40

### **Normal Eye**

### Eye with Glaucoma



The red eye look that comes with smoking cannabis is actually extra blood flowing into the eye creating extra oxygenation, which they think is helping to slow that deterioration process.



have the condition. The NEI projects that this number will increase by 58 percent to 4.2 million by 2030. According to the World Health Organization, more than 60 million people have this group of diseases that can gradually steal sight away without warning.

Many states with medical cannabis programs list glaucoma as a qualifying condition for a medical cannabis recommendation. Most do not mention macular degeneration as a qualifying condition.

"They have to have another condition to become a patient, but I do have a lot of patients with macular degeneration," she said.

With macular degeneration, the eye breaks down. Everything in the focal viewpoint becomes blurry. As it progresses, objects such as faces cannot be recognized. With medical cannabis therapy, Hollandsworth's macular degeneration has stabilized.



Elvy Musikka, patient in the federal government's Compassionate Investigational New Drug Program, and Becca Hollandsworth, operations director of the R.C. Randall Memorial Wellness Center and Cannalytics, at the National Medical Cannabis Unity Conference in Washington D.C. in February.







### 66

### Cannabis is certainly responsible for maintaining the sight that

"What my doctor is thinking, and I've heard other doctors say the same thing, is that the red eye look that comes with smoking cannabis is actually extra blood flowing into the eye creating extra oxygenation, which they think is helping to slow that deterioration process," she said. "Blood flow to the eyes is one of the things that they're thinking is really helping me to stay stable. We're starting to see those results in other patients too."

Online, patient testimonials regarding conventional medical treatments for glaucoma versus cannabis reveal that some of the conventional eye drops have been known to deliver a sensation not unlike pouring lemon juice onto an open wound. Hollandsworth would like to try a combination of conventional and natural remedies, but has no health insurance.

"One of the things that we're finding is that there are so many patients that do not have insurance to be able to afford the care of eye specialists on a regular basis," she said. "There are people who cannot afford eye drops and so medical marijuana is a cheaper solution to at least help them until they can get the eye drops and other various medications that get recommended to patients by eye specialists. I am not on any conventional medication at this point. I am one of those Americans who do not have insurance. I'm supposed to go every six months and get my eyes checked, but in the last three years I have not been able to because I have not been able to afford it."

Cannabis, known to treat pain as well as inflammatory conditions, helps with the migraines that accompany spikes in IOP, Hollandsworth added.

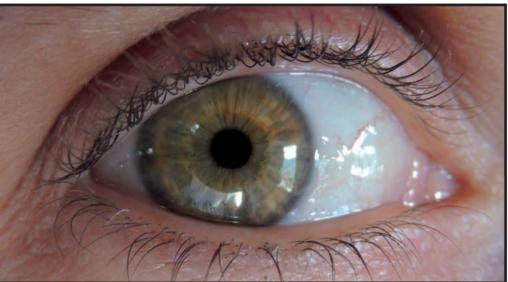
It has been 12 years since the passing of Robert Randall, whose influence on the medical marijuana movement is significant.

Suffering from glaucoma, he realized in the 1970s that the plant he'd been enjoying for recreational use actually helped his condition by reducing ocular pressure. Told in his 20s that he'd be blind in two years, he became a strong advocate for medicinal marijuana and also retained his vision for the rest of his life. His anger over the denial of a simple medical solution, his compassion for those in need, and his strong communication skills made him an ideal advocate. With a master's degree in rhetoric from the University of South Florida and speaking acumen, Randall was well equipped for the battles to come.

He and Alice O'Leary, his wife, were arrested in 1975 for growing his medical marijuana on their balcony in Washington D.C. Within days, Randall was conducting his own investigation. He was shocked to learn that individuals within the National Institute of Drug Abuse (NIDA) and the FDA understood that marijuana could help individuals with glaucoma.

"That just made him madder than hell," said O'Leary. "I don't know of any other way to put it. It irritated him that we were arrested for something that federal agents knew could be helpful. So we decided to fight the charges, which we did, and we won, and it was huge news."

Concurrent with the legal fight, they petitioned the federal government through the FDA for legal access to federal supplies of marijuana for treatment of glaucoma, which he



I have left. 55

received in November 1976. Randall was the first patient in the government's Compassionate

Investigational New Drug (IND) Program. Wanting to help others, Randall created protocols for prospective patients with glaucoma, multiple sclerosis, chronic pain and AIDS. With his help, several patients were accepted into the program. Together, the couple founded the Alliance for Cannabis Therapeutics in 1981 to educate patients.

"Alice O'Leary chose us to carry on the education portion of his work," said Hollandsworth. "Studies done on her husband by Howard University and UCLA showed very clearly right out of the gate that when using medical marijuana throughout the day eye pressures stay lower and they stay stable. Of course, if you lose that access, the eye pressure will jump."

Elvy Musikka was helped by Randall, and she is one of four remaining patients in the federal government's IND program. Each month since 1988 she has received a can of 300 rolled cannabis cigarettes, eight ounces. Born with congenital cataracts, she developed glaucoma in both eyes. Prior to trying cannabis, surgery caused the loss of sight in her right eye.

"The 280 little laser cuts were more than my small eye could handle and so I hemorrhaged shortly thereafter and I lost the right eye completely," she said.

It was not until the surgeries left her blind in one eye that she tried cannabis. Since that time, Musikka has devoted much of her life to letting people know how cannabis has helped her sight where conventional procedures failed.

"Marijuana was able to do it, to lower the pressure, from the very beginning!," she said. "Cannabis is certainly responsible for maintaining the sight that I have left."

Musikka reported early on that she and her doctor found that cannabisinfused edibles helped to lower her IOP. Hollandsworth does not get the same benefit with edibles.

"Everybody's biochemistry is different but the edibles haven't really worked for me," she said. "What I have found though is that coconut oil gel caps come in very, very handy. If I take those regularly throughout the day, I find that I don't have to smoke as much."

Hollandsworth finds Indica strains to be preferable to Sativa strains for her condition. "I have found that the Indica strains relieve my pressure," she said. "Most of the other glaucoma patients I know feel the same way. A good hybrid will also work well as long as it's Indica-dominant. I know for me that on really bad days White Fire OG is a great help."

Jim Greig is an Oregon patient who has an advanced case of Ankylosing Spondylitis (AS), a rheumatic disease that affects the entire body. After being diagnosed with the condition at age 38 in the 1980s, he was in a wheelchair within six months. He is bedridden most of the time, and has found great pain relief and muscle spasm relief with cannabis, which allows him to take fewer opiates.

Greig's eyes were not spared, as a related arthritic condition, iritis or uveitis, dramatically impaired his sight not long after his AS was discovered. Described as a failure of the ocular immune system, iritis is arthritis of the eye that causes his eye pressure to spike, which can lead to blindness.

"When my eye pressure got high, I'd get a shot of cortisone in the eyeball," he said. "That's always fun. And then they'd take a laser beam, and shoot laser holes in there so that the excess fluid would have some place to drain off."

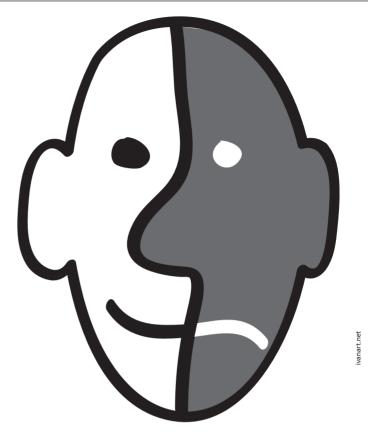
Like Musikka, Greig lost sight in one eye before he found cannabis. Since beginning natural therapy, the pressure in his remaining eye has been under control. These days, he is trying CBD-rich cannabis strains, and feels that they might be extremely beneficial in treating his issues.

"It may be a coincidence, but I recently received a couple of ounces of a high-CBD strain named Sour Tsunami," he said. "I have been using a little every day. I went to an optometrist for new glasses two weeks ago and my eye pressure was lower than it has been in decades."



## Psychosis and Cannabis

**By Richard Shrubb** journalist@richardshrubb.co.uk



here are two extremely polarised schools of thought as to the dangers and safety of cannabis. In writing this article I sought to try to find a middle ground. My position is pro regulation and taxation, but here my journalism attempts impartiality. I started writing about cannabis because I have been told untruths based on observation rather than science, for instance that cannabis caused my schizophrenia. It didn't. As I researched the medical effects of cannabis I was convinced it is of almost no danger at all. Wrong again. The simplest way to put the danger of psychosis induced by cannabis is that with any drug, a significant number of users will experience unwanted side effects.

Cannabis isn't just one chemical. There are around 70 chemicals in the makeup of the plant which are known as cannabinoids. Some could be extremely beneficial as medicine and others in high concentrations are downright dangerous.

The US Drug Enforcement Agency is dogmatically against cannabis use. It published a position paper in January 2011 which lists the understood dangers of cannabis and calls into question its medical efficacy. According to The DEA Position on Marijuana:

"According to a recent Australian study, there is now conclusive evidence that smoking cannabis hastens the appearance of psychotic illnesses by up to three years".

This is trying to say that cannabis causes schizophrenia

but they cannot, because the science just does not support it. The rate of schizophrenia has not changed in a century despite the hippy movement and now, as many as 1 in 10 US university users smoking it (as the same DEA paper claims).

Speaking to a research psychiatrist at Cardiff University in Wales, he cannot dismiss the risk of cannabis induced psychosis. Dr Stanley Zammit says "I would say it is very well established that THC can cause acute, transient psychotic experiences. But doubt is around whether it can cause a psychotic illness (i.e. persisting beyond effects of exogenous cannabinoids)." Exogenous cannabinoids are cannabinoids that come from the plant, and differ from endocannabinoids – cannabinoids which are synthesized by the body, something I will look at in a future article.

Delta 9 Tetrahydrocannabinol (THC) is widely understood as being the psychoactive ingredient in cannabis that makes you high, but also causes psychotic symptoms. In an interview with Zammit I did in 2007, he indicated that some clinical trials use THC to induce psychosis as a reliable and effective means of inducing the symptoms in otherwise healthy individuals.

Zammit cites a small scale 2004 paper by DC D'Souza et al - The psychotomimetic effects of intravenous delta-9-tetrahydrocannabinol in healthy individuals: implications for psychosis. Simply, the paper suggests: "These data indicate that Delta-9-THC produces a broad range of transient symptoms, behaviors, and cognitive deficits in

Cannabis isn't just one chemical. There are around 70 chemicals in the makeup of the plant which are known as cannabinoids. Some could be extremely beneficial as medicine and others in high concentrations are downright dangerous.

healthy individuals that resemble some aspects of endogenous psychoses." In short, cannabis is shown to cause psychosis, but at this stage further research was required. A larger scale trial was done at Yale, and quoted in the DEA paper.

**So, what are the risks of psychosis from smoking weed?** No one really knows. The DEA would have you believe: "Doctors at Yale University documented marijuana's damaging effect on the brain after nearly half of 150 healthy volunteers experienced psychotic symptoms, including hallucinations and paranoid delusions, when given THC, the drug's primary active ingredient."

This research was on 100% THC without any of the other cannabinoids found in the drug, to include cannabidiol (CBD) which is being shown to have antipsychotic effects. The same DEA paper screams that cannabis can have as much as 10% THC, with 69 other cannabinoids, as well as the basic molecules that enable the plant to live.

The worst thing about psychosis is you don't know you're suffering from it unless you are certain you suffer psychosis in the first place. As a 16 year long sufferer of schizophrenia, I use around 25% more of my mind trying to figure out the realities of a social situation than you, the non sufferer would. I have a very quick and sharp mind and would gladly give someone

my right arm in return for a mind that would operate right all the time.

In my 2007 book I interviewed a man who spent 10 years in the same secure psychiatric unit as the British mass murderer Ian Brady. Andrew (not his real name) killed someone in the street and then tried to kill someone else. Andrew recounts his experience of psychosis here:

One night I came in and lost the plot – started smashing the decorations up with a hammer. Kaz came down and calmed me down. She went to bed, but I stayed up, sure that someone was going to harm the family. The telly seemed to be talking about me. Hard to explain... It was all of a sudden too. One moment I was fine and the next I was in this parallel universe where people were after me. Completely freaked out. Kaz took the kids out in the morning. I was so paranoid I got tooled up with a load

of kitchen knives. The problems were in the house so I had to get out, just outside – anywhere but there. I ran out the garden, jumped over the wall and started walking the streets... Someone jumped up really quickly behind me on a bus so I slashed out, injuring but not killing him. I ran off and slowed down a bit. I was walking the streets again and someone ran up behind me so I stabbed him – this time I pierced his heart.

As well as smoking cannabis Andrew was also drinking very heavily. Alcohol can cause psychosis – as a result I cannot state that he was purely suffering cannabis psychosis. What points to his symptoms being a transient, chemical induced psychosis was that he was let out of Rampton after 10 years. They don't let people out of there unless there is no risk at all to the public. He says that he ceased suffering psychosis after a few months of enforced cleanliness from all drugs. Would you want to spend the best part of a decade proving your sanity and then have no chance of employment, as well as being watched closely by the authorities for the rest of your life?

CBD is known as an antipsychotic chemical which may be so effective that one day it may be used as a medicine.

One of the difficulties of not regulating the strength of cannabis is that criminals breed the drug to maximise the high. Harry Shapiro is the editor of the UK drug information magazine Druglink. He says that "the THC content of skunk cannabis in the UK is around 2.5 times the strength of imported hash".

Arizona psychiatrist Sue Sisley suggests that due to the overpowering legislation on cannabis in the US, "hospitals can't test the makeup of a given bud so we can't tell whether someone in the ER presenting with psychosis has smoked an unusually strong strain".

In the UK, anecdote suggests that factory farmed skunk is harvested before CBD can develop in the bud. As discussed in a previous article in TY Magazine, CBD is known as an antipsychotic chemical which may be so effective that one day it may be used as a medicine. CBD develops in the bud in the final few weeks of ripening, but in the agribusiness of illegal cannabis production the aim is to get people stoned and no one gives a hoot about the risks of psychosis!

A paper published by Prof Val Curran in 2008 in the







**THC & CANNABINOID** 

**Pure THC** 

#### **Injecting Cannabis**

Nick Taylor gets injections of both pure THC and pure THC & cannabinoid in order to experience the differences between these two compunds. These are frames taken from a BBC documentary: "Should I Smoke Dope" filmed in 2008 <a href="http://www.youtube.com/watch?v=ZGr0ne9FHOM">http://www.youtube.com/watch?v=ZGr0ne9FHOM</a>

### The uncontrolled breeding of ever higher THC content cannabis is likely to lead to an increase in people experiencing psychosis from smoking street weed.

British Journal of Psychiatry suggested that CBD acts as a counterbalance to THC. The abstract suggested that "The THC only group showed higher levels of positive schizophrenia-like symptoms compared with the no cannabinoid and THC+CBD groups, and higher levels of delusions compared with the no cannabinoid group."

Science is seen to be "good" if you can repeat the results by repeating the method exactly. Zammit points out that "they could not replicate the CBD trial. The second study worked only on people who used it recreationally, and not on non cannabis users. This requires more study".

CBD has been tested on its own. It is has been shown to have good therapeutic benefits and may well be a potent antipsychotic. People have asked though, why it took several years for a comparative study between CBD and an antipsychotic licensed for schizophrenia took so long to be published? Science is about investigation and unless a paper produced has no holes in it, people will always pick!

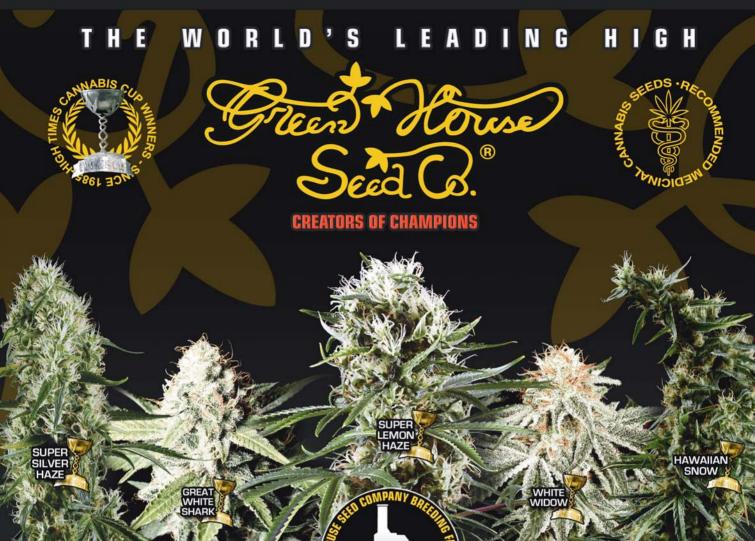
Shapiro suggests that "there is so much research on cannabis you could fill Wembley Stadium with it". People feel free to cherry pick the science that suits their stance. Others practice what they preach. I spoke to my psychiatrist and asked whether I could use CBD as an antipsychotic instead of the drugs they prescribe, which are causing me serious health problems? Their response was that they would withdraw all support immediately if I did.

Dr Sisley however, observes that "many of my schizophrenic patients use cannabis to alleviate their symptoms. They consume just enough so they are not demotivated but their symptoms are allayed". Sisley is pro cannabis, and works with the Multidisciplinary Association of Psychedelic Studies.

Cannabis can cause psychosis. It is unknown as to the rates at which it causes such symptoms because there are so many varieties. Hospitals in the US are barred by law from testing street varieties. Legally bred and harvested strains tend to have less THC and higher levels of other cannabinoids which may well allay psychosis.

In writing this fairly negative piece on cannabis I still think that regulation is the safer outcome. Shapiro again "many people find smoking skunk like consuming half a bottle of gin, where in times past the potency was lower so it used to be like having a pint of beer". The uncontrolled breeding of ever higher THC content cannabis is likely to lead to an increase in people experiencing psychosis from smoking street weed.

Those blind to the thought that regulation may reduce rates of toxic psychosis among the pot smoking population will scream ever louder for tighter laws against the recreational use of cannabis as incidences of skunk induced psychosis rise. But a sensible approach may well be to legalise it and regulate the content of THC in it. In the European Union, coffee can only have a certain caffeine content. The coffee I drink in the US makes me so wired I don't know whether it is breakfast or Christmas time! Regulate the THC content in cannabis? Reduce psychosis levels?









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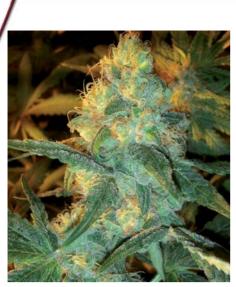
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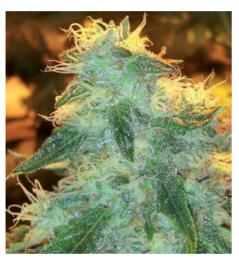








Chocolope Kush



Chocolope Kush



Chocolope Kush



#### Physical Test

Strain: Chocolope Kush

Breeder: DNA Genetics
Grower: Skunk-mad

Judge: Skunk-mad, Miss Knapper and Shovelhead

Date: February 1, 2013

**1. Visual Appeal: 9** *Visual appeal of the buds from* 1-10 *unappealing-excellent.* 

**2. Visible Trichomes:** 9 *Visible trichome content from* 1-10 *none-totally covered.* 

3. Colors that are present in the trichome heads under magnification:

Clear 25% Cloudy 35% Amber 25% Dark 15%

**4. Colors present in the buds** *and/or on a scale 1-9 light-dark:* Brown **4, Green 3, Rust 6, Orange 3** 

**5. Bud density: 7** *Bud density from* 1-10 *airy-dense.* 

**6. Aroma descriptors:** scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.

Berry 3, Pepper 2, Fruit 7, Menthol 7, Chocolate 8, Skunk 4, Citrus 2, Spice 2

7. Aroma: 9 Aroma from 1-10 repulsive-delightful.

**8. Seed content: 0** *Seed content from* 0-10 *none-fully seeded.* 

**9. Weeks cured:** 16 *If know the number of weeks your sample has been cured.* 

**Comment** - Very crystaly bud that look's like it has been dipped into a bowl of sugar. Even the mason jar's that it has been curing in are coated with lovely sticky trichomes. Under the 100x scope the trichomes are nicely formed long stemmed with fat glistening heads, 10/10 for bag appeal super looking medicine.





#### Smoke Test

- 1. Utensils: Persei bubbler with TY ROOR bowl, Ver-Glow 3 howl bowl pipe, Pure hemp Headquater papers
- **2. Taste descriptors:** Use numbers 1-9 that apply to the taste where 1 indicates a subtle presence and 9 indicates a very pronounced presence Berry 4, Floral 4, Menthol 4, Mint 4, Chocolate 8, Skunk 6, Citrus 4, Musk 7, Spice 2, Orange 6
- **3. Taste:** 9+ *Impression of the taste from* 1-10 *unpleasant-delicious.*
- **4. State of dryness: 5** 1-10 wet-dry where 5 is ideal.
- **5. Smoke ability:** 9 *smoke ability of the sample from* 1-10 *harsh-smooth.*
- **6. Smoke expansion:** 2 *smoke expantion in the lungs from* 1-10 *stable-explodes.*

Smoke Test Comments: -When you smoke this strain it leaves you with a very nice body buzz with a soaring heady high that last's for a good 2-3 hour's. The bud's burn very clean giving of nice thick smoke producing a nice stable hit! so very throat friendly. Depending on what phenotype you smoke of the Chocolope Kush you will not be disappointed! You either have a divine chocolate aftertaste, a lush kush lip tingler or a orangey/minty mouthwatering surprise which ever pheno you get you'll love it.

#### **FOLLOW UP QUESTIONS**

- **1. Dosage:** 2 bowls or 1 fat joint to reach desired effects.
- **2. Effect onset:** 7 Rate of how quickly the effect hit from 1-10 immediate-major creeper.
- **3. Sativa influence:** 80% Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- 4. Indica influence: 20% indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
- **5. Potency:** 8 Rate the potency of the sample from 0-10 none-devastating.
- 6. Duration of effect: 2+ hours
- **7. Tolerance build up:** 6 Rate of how quickly tolerance builds from 0-10 none-rapid.
- 8. Usability: from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
  - Morning/wake up 6 Day/work 7 Evening/relax 5 Night/sleep 8
- **9. Overall satisfaction:** 8+ Rate your overall satisfaction from 1-10 poor-Holy Grail.
- **10. Ability and conditions: 9+** *Rate your overall ability to judge from* 1-10 *low-high.*
- 11. Do you personally consider this strain a keeper for long term use? Yes
- **12. Effect:** What effect did the strain have write P if the you got a POSITIVE effect and  $\mathbb{N}$  if you had a NEGATIVE effect

Ability to rest or sit still Paranoia relief Anxiety relief Sex drive Appetite Р Sleep Audio perception Speech process Humor perception Taste perception Imagination/creativity Р Thought process Pain relief Visual perception

#### **Extended Medical Survey:**

Crohn's/IBS

ADD/ADHD Depression Muscular movement disorders Alleraic rhinitis Diarrhea Nausea **Amphetamine Dependence Epilepsy** P Panic Attack Anorexia Glaucoma Peripheral nerve pain Arthritis/Musculoskeletar pain Hepatitis Post traumatic Stress Disorder Asthma/Cough High blood pressure/Racingpulse **PreMenstrual Syndrome** P Bipolar disorder Insomnia Sedative/Opiate Dependence Cancer/Chemotherapy Itchina Schizophrenia Chronic fatique Migraine/vascular headache **Spasticity in Multiple Sclerosis** 

**Muscle Spasm** 

FINAL COMMENTS: - When I heard that DNA had brought this new strain to market I could not wait to see what they had come up with and let me tell you this strain does not disapoint! From 4 plant's grown I got 4 very distinctive phenotypes! the mainly chocolope dominate pheno, the full on Kosher kush pheno, a blend of the 2 and a very surprising orange/minty phenotype. All 4 phenotypes were great but, our favorite was the orangey/minty pheno and the mainly chocolope dominant pheno! This is not the most powerful strain out there which was a slight disappointment! On the whole a great strain for daily use, for us there are more powerful strains that we need but the chocolope kush definitely has a place in the skunk-mad medicine cabinet. Thank you DNA for this great strain and for making this a killer birthday.









From the bridge take the

# Stairway to heaven!

By Ed Delta9Labs

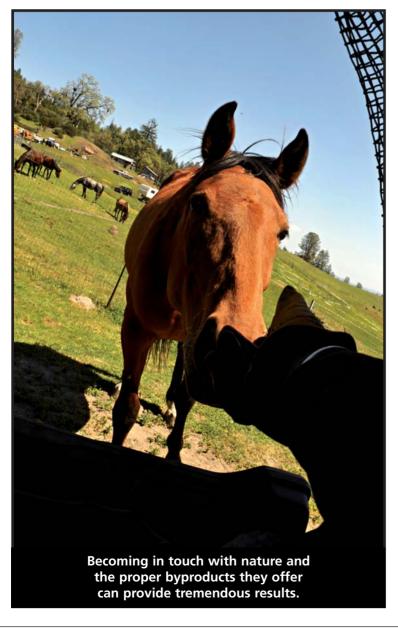


Master growers come in all sizes, shapes, and forms. From the indoor horticulturist who tend to their gardens in a laboratory style approach, to the fine artist who cultivate their talents under the blazing sun while dodging from helicopters. I have decided last minute to shift gears as this years article series will be going from indoor to out. With the Summer season right in front of us and already an unseasonably hot weather for California I decided to document the outdoor season thoroughly, and in the same order as mentioned in my last seasons synopsis. Many old-school farmers still prefer to grow from regular seeds and have turned to Delta-9 Labs for support. Although Delta-9 Labs also offers feminised seeds, we prefer to strengthen rather than weaken the gene pool and stick to our organic farming roots that utilizes no chemicals whatsoever.



A worker inspects a Brainstorm Haze plant for gender since many farmers still prefer the stronger genetics of selecting from seed stock.





Organic compost tea and the benefits it brings are second to none and has become our most preferred method of horticultural methods since the yields, terpenes, and terpenoids stand out in a crowd of chemically grown consumable products. We have recently become acquainted with the OG Tea Company and will be using their tea this season throughout our regimen. Our thanks goes out to the OG Tea Company.

The organic cannabis farmers of Northern California have more than their game on thankfully to the great sunshine, coastal breeze, high altitudes and environmentally friendly farming practices they possess. The fertile land doesn't hurt either and nurturing it properly to bring out it's best. After all, more people are concerned with the sunlight they receive rather than the benefits they are unaware of in the soil that plays a key factor in producing the finest fruits. I'm typically a humble guy especially when it comes to documenting master farmers who have been growing in the mountains of Northern California for over 40 years. Medical quality outdoor cannabis gardens require a great deal of attention and patience just to combat the pests and elements. While growing up, and long before we had perfected indoor growing, which has somewhat more stealth effects we had a saying, for every one plant you wanted to grow, you had to grow four. One for the animals, one for the thieves, one for the police and one for yourself. Thankfully times are changing as cannabis prohibition comes to an end. At the latest polls over 70% of Americans favor legalization.

Other than determining whether to grow organically or chemically, issues such as location, irrigation, and taking on partners or a work crew are substantial considerations we will discuss. Some may consider horse manure and organic natural animal waste byproducts to be unsustainable, however many connoisseurs will swear that fruit bat guano for example brings out tremendous attributes in the overall cannabis species end results.

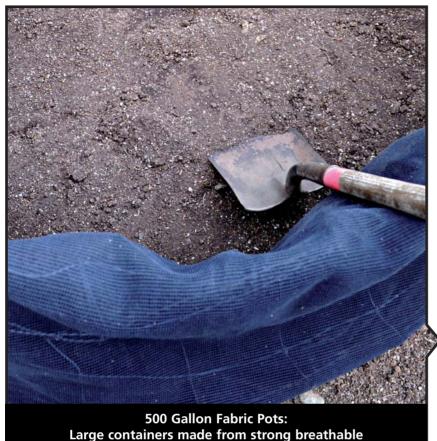
I have seen so many outdoor growers bite off more than they can chew and forget the most important fact that the space you use to grow outdoor, you must have sufficient indoor space at harvest time to properly dry







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In order to supply your garden with adequate water and high pressure, maintaining proper water management is essential.



your crop. Seeing dollar signs in foresight instead of passion is certainly an indication for a recipe in disaster and it will certainly show in the quality of the harvest.

In the hot Summer months plants can drink plenty of water and having a proper water management system in place is going to be pinnacle to a large healthy harvest. Size matters and the proven results and ease of the 500 gallon breathable fabric containers allows for plants to grow large and produce yields up to 16 pounds per plant. Using excavators to facilitate with drainage while keeping plumbing cooler below ground level and out of sight is quite helpful with added peace of mind. To allow for a more controlled environment poly tunnels as they are also referred to are helpful especially when unpredictable rainstorms pass through. In the event of working on rough terrain mobility with a 4x4 is necessary as it's a matter of being stressed or stress free.

The last road on the long journey to the cultivator's plantation is known as the rally road. It will take you past 2 miles on some of the roughest unpaved slippery winding terrain a vehicle could possibly tackle. If you make it to the mountains peak to enjoy the green plots and sweet scents than you will know that you have climbed the stairway to heaven.

I will keep you updated and informed with the season's progress report and results.



wrapped around the outside to provide

branch support and trellising.

material are light weight and easy to transport.

They also provide great air circulation to the roots.

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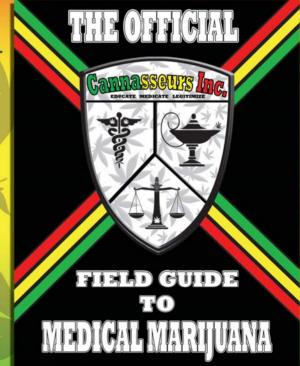


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Yield

Parents Neville 's Haze Original Skunk

Flowering 11-12 weeks

medium - big

Statue tall and airy

#### **ROOR ASH**

Parents: AfghanHaze

AfghanSkunk

Flowering: 8-9 weeks

Yield: big

Statue: short and stocky

#### **ROOR Bubba OG**

Parents: OG Kush

Bubba Kush

Flowering: 8-9 weeks

Yield: medium - big

Statue: short and stocky

#### **ROOR Citrus Smoothie**

Parents: Grapefruit OG Kush

Flowering: 8-9 weeks

Yield: medium

Statue: medium stocky

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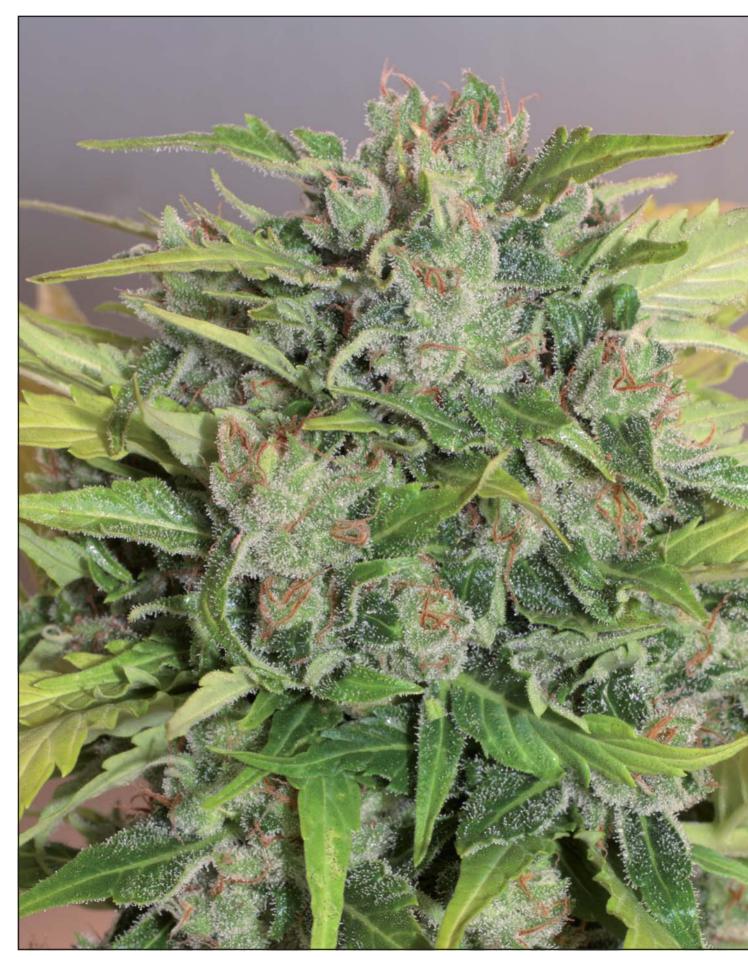


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# Autoflowering White Russian #1

photos and text by Green Borne Identity

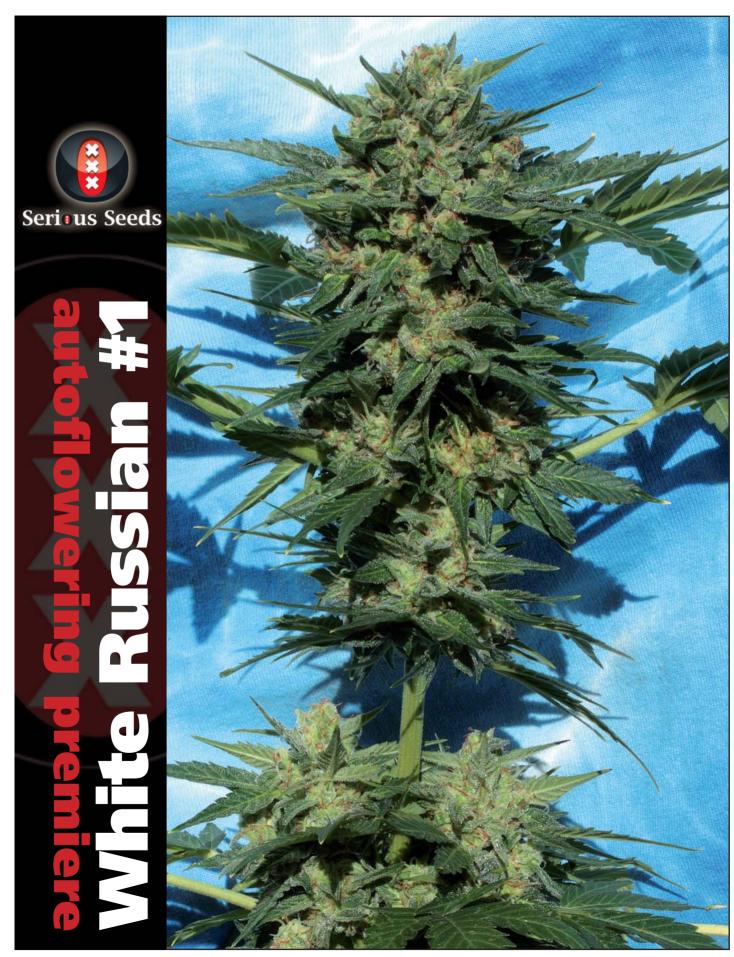
t took a while until Serious Seeds jumped onto the autoflowering wagon with a first own auto strain, such things always take a bit longer there, but of course the laudable reason for this is to be found in the high quality demand that Serious Seeds is committed to for the sake of the customer - They never get into a rush, don't hastily throw poor or mediocre strains onto the market just to follow a current hype as fast as possible.

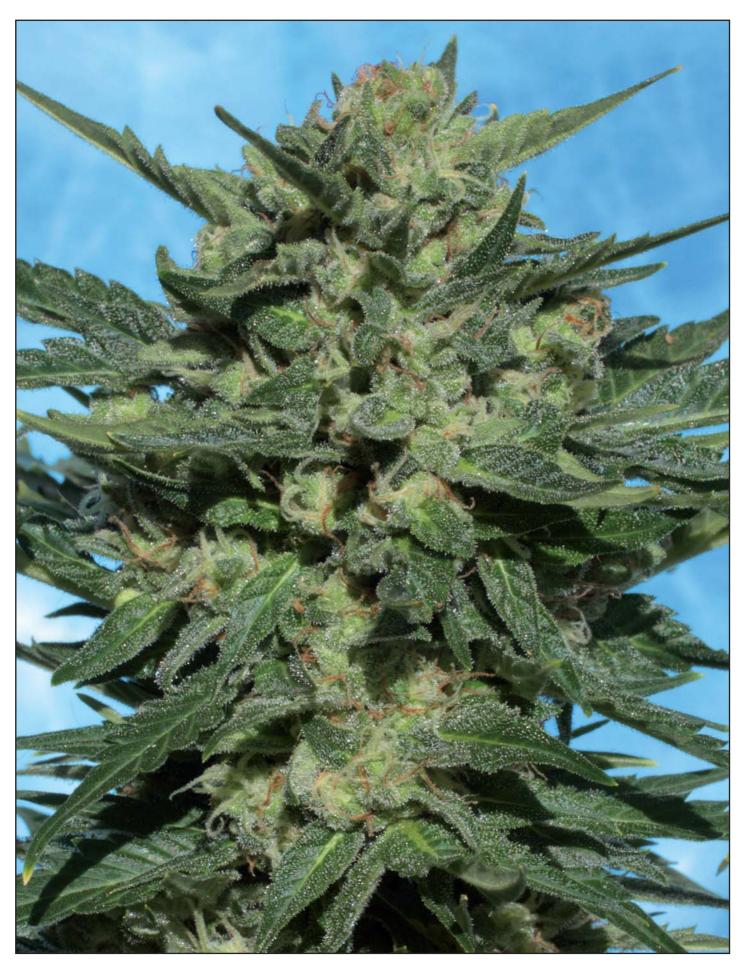
For a longer time already, autoflowering breeding experiments had been going on in the test gardens of Serious Seeds, and it took Simon, the owner and breeder of Serious Seeds, more than two years to develop his very first auto strain which is Autoflowering White Russian #1.

Needless to say much here about the legendary White Russian strain, with 22% THC, this superb evergreen ranks amongst the most potent strains there are, being a mostly indica cross of Serious Seeds' own AK-47 and the famous White Widow.

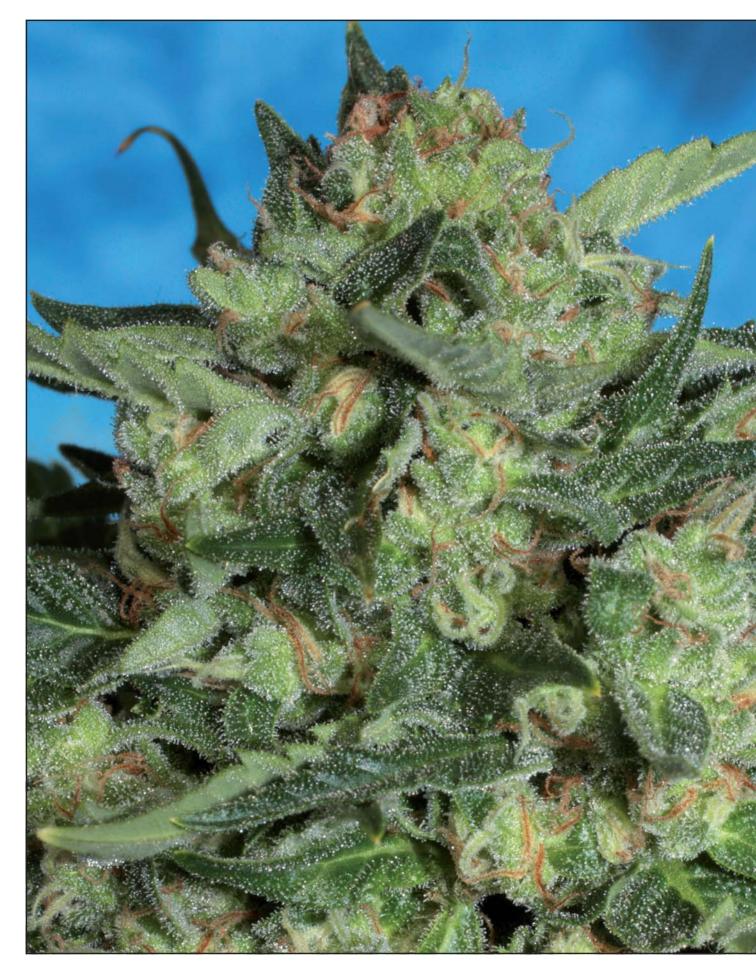
Simon chose Joint Doctor's Lowryder #2 as a breeding partner for White Russian to create Autoflowering White Russian #1 (Lowryder #2 x White Russian). The addition "#1" indicates that Serious Seeds aims at advancing this strain in the future, so Autoflowering White Russian #2 will follow one day. And Simon honestly admits that AWR #1 isn't perfect yet. While its flavour and potency are already excellent, it still produces two different phenotypes, one with a more airy flower cluster formation, yielding less than the second one which has denser buds and is predominant, luckily. So yields can vary between 10-20 grams according to Serious Seeds which may sound quite little compared to the auto strain harvest figures other seed banks are promising. But according to my experience, quite a lot of other auto strains do fall into the 10-20 grams category as well in truth... while Serious Seeds doesn't promise any misleading figures.











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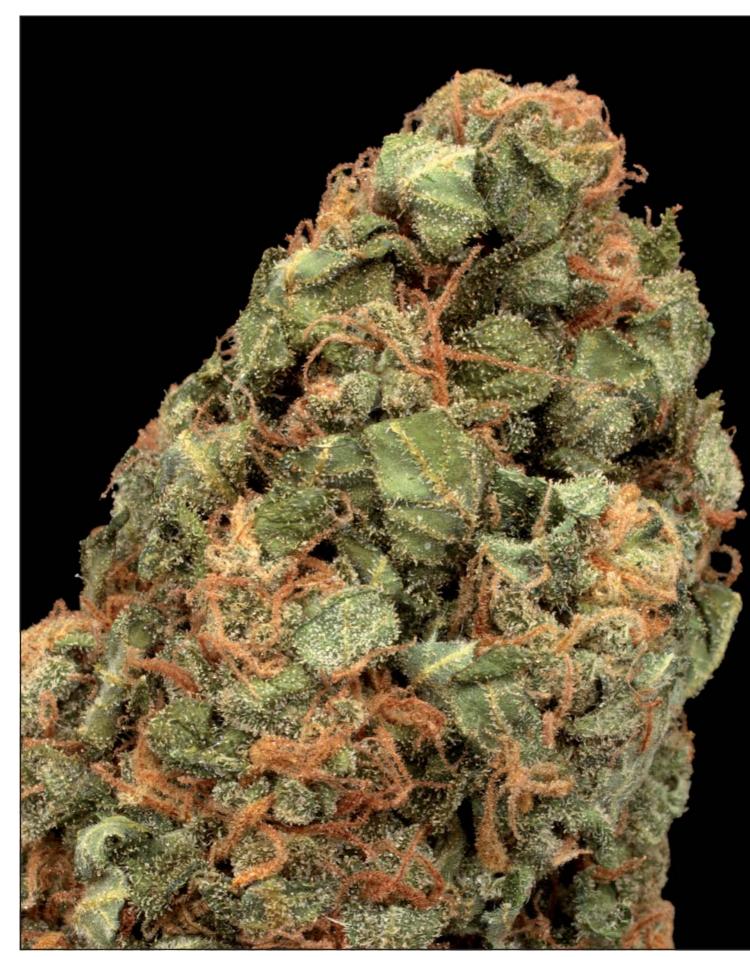


AWR #1 has a life cycle of 70-80 days from seed (after germination) to end and arrives at heights of between 70-100 cm. However, Serious Seeds puts much emphasis on the fact that using large pots right from the beginning is of utmost importance for tapping the full potential of AWR #1. While of course also other factors such as light and temperature have an influence on this, he has found out in two big pot comparison cultivation experiments that for bigger heights and yields, it is crucial to use big pots, e.g. 9 litres, and also to directly plant germinated seeds into a big pot and not into a small pot first: "In one grow we used small pots with soil first, when the plants had a few true leaves, they were transplanted into bigger pots, 9 liters. Final plant heights were around 40 cm mainly, some about 60 cm. But a second test of 80 seeds, which we put into the same 9 litre pots right after germination, yielded plants of generally 80-100 cm with some of 110-120 cm. This lead me to the believe that the response given from the taproot when it hits a impenetrable wall (the bottom of a small pot) apparently directly influences the end height of the plant. Also, if the plants are root-bound in a small pot at an early stage already, flowering seems to set in earlier. But I still have to run a direct 50% small pots / 50% big pots head to head comparison to ultimately prove all this." The results of a German outdoor grower reconfirmed though what Simon had found out, so using pots of at least 9 litres and direct seed planting is a rewarding thing obviously and can be considered an essential factor already.

The more light Autoflowering White Russian #1 gets, the better the growth and bloom performance will be, so lights on all around the clock is to be recommended. As for outdoor cultivation, Simon underlines that AWR #1 may be susceptible to mildew in periods of continuously rainy whether, recommending to control the plants every day and possibly harvest a bit earlier if there's mildew and the plants are close to maturation.

Two other German growers, Mr. Power Planter and Ellis D., put Autoflowering White Russian #1 to the test this summer, both under natural light, in the garden and on the balcony respectively. However, Ellis D. started his cultivation cycle three weeks earlier than Mr. Power-Planter, on June 2th. At that time he didn't know about the rule to use big pots and not to transplant from smaller to bigger pots, nor did Mr. Power Planter. So Ellis D. started three seeds in Jiffy pots and after germination, he planted the Jiffies into one litre pots first, filled with seedling soil. As the weather was bad, cold and rainy, he decided to put the seedlings under two fluorescent lights when the wheather was cloudy or rainy, and only put them onto the balcony when there was sunshine. Also, he extended the photoperiod to about 22 hours by using the lights. He kept it like this for five weeks. In the meantime, after 12 days, Ellis D. had transplanted them into 6.5 litre pots filled with Plagron Standard Mix soil. After three weeks, the three AWR #1 plants had grown very compact, meas-





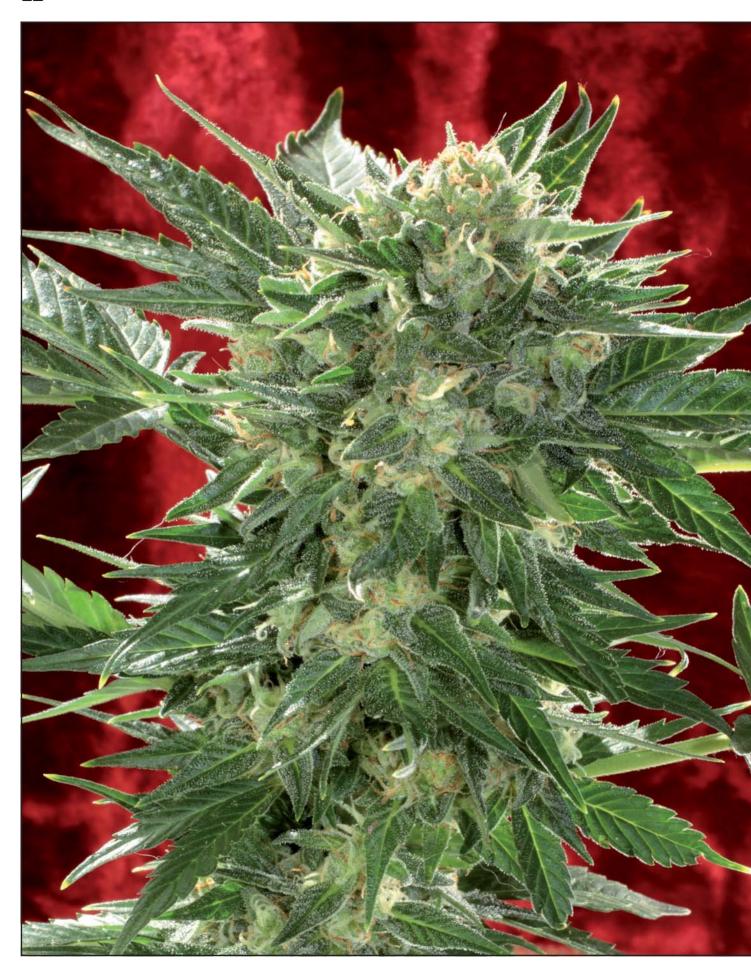


uring 18, 21 and 23 cm in height. At that point of time, all of them had produced first female preflowers, so they were about preparing to enter into the flowering stage. After five weeks, the wheather got much better with lots of sunshine and there was a good stable forecast for the following weeks as well, so the plants were solely grown on the balcony now. Both the flowering effect and sunshine encouraged the plants to keep on stretching a bit in the first three weeks of flowering, but at the age of six weeks, height growth seemed to have stopped, at heights of only 24, 30 and 33 cm, with short side branches. Which, as we know, was a result of the small pots Ellis D. used in the beginning, and the white blue spectrum of the fluorescent lights used in the first five weeks probably added to this.

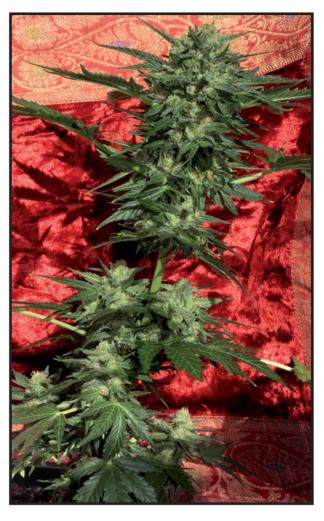
But while the three AWR #1 plants were small in height, they were quite big in bud production luckily! After eight weeks, i.e. five weeks of flowering, flower formation was already very dense and handsome, with the buds looking very much like indica, however, with a very appealing ratio of calyxes to leaves. And there also was a good amount of resin on the buds, spreading a fruity sweet scent. The medium plant though corresponded to the phenotype with a not so dense flower production, while equaling the others in terms of resin production. About two weeks later, when the plants had reached full maturity after life cycles of 71, 74 and 79 days, the three plants had built beautiful top colas of very respectable sizes, the two fatter ones even were chunky and rock-hard, reminding of the original White Russian strain. Ellis D. was very well pleased with the resin amounts produced by the three plants, and their odour was fantastic, totally sweet and a bit fruity as well. Harvest work naturally was quickly done, and after Ellis D. had dried the AWR #1 buds, he was not too surprised that the two better plants, in spite of their small height, with yields of 15 and 17 grams were ranging in the upper region of the harvest amount potential stated by Serious Seeds, thanks to an excellent bud structure. The third plant yielded 12 grams. Smoking the AWR #1 buds proved that this first Serious auto strain is amazingly potent, delivering a strong indica head and body turn that lasted for over an hour, not totally paralysing Ellis D., but deeply relaxing him and in the end, when the effect was gone, also leaving him feeling kind of refreshed. Thumbs up also for the pleasantly sweet and mild taste.

Mr. Power Planter also grew three Autoflowering White Russian #1 plants, but in contrast to Ellis D. directly planted the germinated seeds into 9 litre pots, and he started three weeks later than his test colleague. Which proved to be a good decision, as then the wheather would get much better only two weeks later, warmer and brighter. Mr. Power Planter placed the AWR #1 plants into his south-facing garden one week after germination. Where they did very well, soon growing larger and taller







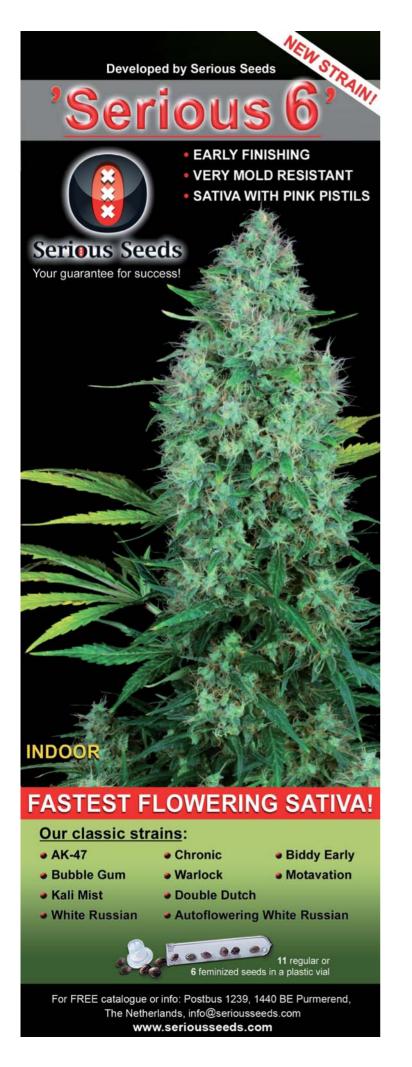


than Ellis D.'s plants, also with longer side branches. One plant was a bit smaller though than the other two. The autoflowering effect set in after 3-3.5 weeks and in the following weeks yielded surprisingly fat roundish top buds that also were pretty resinous, just like Ellis D's plants, in fact, even a bit more, leading to an accordingly even stronger odour that otherwise was very much the same, fruity sweet. Mr. Power Planter's AWR #1 plants were ripe after 72, 74 and 79 days. In the end they had arrived at heights of 37, 49 and 55 cm, yielding accordingly more than Ellis D's ones: 18, 21 and 23 grams, so the yield figures stated by Serious Seeds were even slightly exceeded by two plants, and the rule to use big pots and plant seeds directly into the end pot was once again confirmed.

Mr. Power-Planter also was impressed very much by the indica strength of Autoflowering White Russian #1, considering it the most potent auto strain smoke experience he has had so far. Now both Ellis D. and Mr. Power Planter are looking forward to Auto Kali Mist (the next Serious auto strain to be released in the future, already under construction), Auto AK-47, Auto Bubble Gum and Auto Chronic...

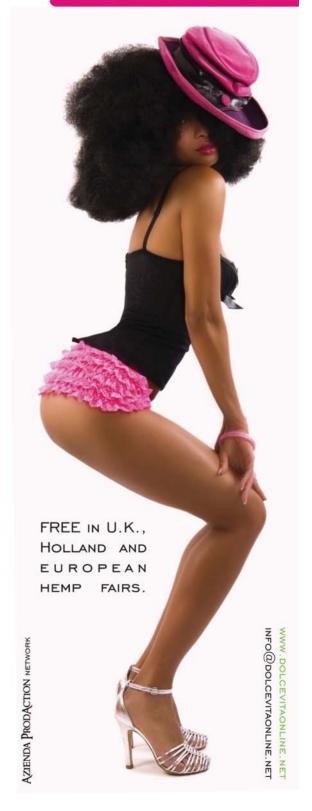








THE NEW ALTERNATIVE LIFESTYLE MAGAZINE





The Rig Revolution

By Michael Visconti



This revolutionary substance we call BHO, dabs or wax has affected much more than our highs, it is affecting that which goes hand and hand with our culture; glass.

n the past few years extracted hash oils have revolutionized the way that many individuals consume their THC. Due to prohibition this revolution has not been sweeping the nation or continent but rather slowly seeping into our culture from the more forward thinking states and provinces that have lifted this ban on nature. This revolutionary substance we call BHO, dabs or wax has affected much more than our highs, it is affecting that which goes hand and hand with our culture; glass. This article will delve into the ways that oil has changed the entire game in regards to glass when it comes to percolation, size and even the fully worked headpiece.

It feels like only yesterday that a great glass blowing friend, was sneaking a New Yorker like myself into the secret cup Denver, April 20th 2012. Within minutes I was dabbed for my second time ever and thrown into a whirlwind of experience, too much to take in all at once. I was soon saying "Can you smoke weed out of that?" and "Where's the carb? It was glaringly obvious that the glass scene had grown quite exponentially; very quickly and my general knowledge of roor making a glass on glass joint was now ancient. A year later and an oil only smoker, let me share what I have learned with you.



### TY Product Review



#### **Fully Worked**

Reminiscing on smoking flowers through glass, my favorite part was perhaps milking the hit, pulling slowly on the roasting flowers and checking the milk of my smoke until it was at a thick yellow density I approved of and then clear! This scenario always made me feel a need for a partially clear glass flower piece or at very least a window within the worked glass, where I could observe the milk of my smoke. BHO has changed this scenario quite a bit, the size of the hit I am going to consume is predetermined, I scrape out my dab, and that is just how big my hit is going to be. This opens up the door for completely opaque or fully worked pieces with no negative effects of over-hitting or under-hitting. The desire and demand for a fully worked headpiece therefore increases due to its usefulness. Something like a fully worked mini tube by Arik Krunk was a beauty before, perhaps nice to rip a snap out of, but now it is the epitome of functionality as well as art.





#### **Bigger Aint Better**

An interesting curve ball that wax presents pipe makers is that typically when ripping a dab, dry hollow tubing that is not being used to recycler water is typically a magnet for claim conversion. Thus this presents pipe makers and collectors with looking at restricted surface area of dry hollow tubing as a good thing. Long story short, smaller pieces are starting to become much more attractive. The consumption of BHO is done through vaporizing at a very high temperature, therefore re-condensing is something that can happen in a hurry and steal half of your dab from you. I am not presenting the argument that everything needs to be as small as a Toro Macro either, however if you have ripped a dab through a two foot bong, you will know what the point is I am making here. A small piece does not necessarily need to mean it is worth any less nowadays either, loads of work can still be heaped on a piece by an artist and still be oil friendly in size.





TY Product Review





#### **On Percolation**

This brings us to the last change we will discuss; percolation. When consuming flowers through glass, more percolation goes hand in hand with a better hit. After a few weeks of flower roasting on a tube with quite a bit of percolation you will see quite a bit of resin, plant matter and general grime; all the things you are glad to have filtered away from your lungs. When gazing on this tar and plant matter I do not think of the wasted opportunity cost of the THC. On the other hand, a tube converting most of your extract to claim is looked at as a wasted opportunity, if consuming high quality extracts (as we should be health wise, and otherwise), plant matter and other impurities should be filtered out by the extractor, not the glass. In some ways this shifts the tides towards 'heady' or painterly glass artists that no longer need to worry about anymore percolation than a simple three-hole downstem. At the same time, this does not leave scientific blowers out in the cold, the journey the dab takes through your clear glass can be the art itself. Unique recycling clear glass is art in itself; just over the top percolation is less desirable when dealing with oils.

Finally, it seems as though what was once a functional tool is now more than ever becoming art. Of course our glass contraptions will always have the use of smoking and therefore they are a tool but this tool is truly undergoing a change and receiving more love and attention than ever. As you read in this magazine, members of our culture are becoming more interested in non-functional art in the form of marbles and there is more desire for art-infused glass than ever before.  $\square$ 





TY Product Review







#### By Mike Bifari

mikebifari@hotmail.com

After traveling from the north of Argentina with Pablo Ascolani (local cannabinoide expert) to make an important conference, we arrived to Buenos Aires to be part of the Expo Grow in the week of Easter.

When I arrived around march 27th, I picked up my good friend Don Wirthshafter at the airport, he was part of many friends we met at the Expo from everywhere, including Europe ,also from our neighbor countries in South America; like Chile, Uruguay, Brazil, and Colombia who were attending this expo.

The next day I was there we started to hear from our colleagues that the first day, Friday, was suspended. The day was supposed to be a welcome day, with a fabulous lunch held by the organizers and also with samples of a welcome cannabis cup organized by the local to treat the coming visitors.

After acknowledging that the event was not permitted by the federal police and later the local municipality also refused to issue the permits. Something incredible happened.

On the one hand, the organizers were totally overwhelmed and gave no response for an alternative plan; for example moving the expo to somewhere else. The controversy over the suspension was in the air everywhere we went, there was no decision at the right time and everything became confused. No alternative plan was thought at this point and it was a disaster that had happened with the suspension. Many homes of local activists and bars as well as cannabis friendly restaurants were opened for all the cannabis public who were navigating along the city and didn't know where to go. Meetings were also held by local cannabis magazines including THC, and Haze magazine.

At this stage of the event, these different gathering points were like water in the middle of the desert. For many came from far away and wanted to meet with each other. We were taken with Don Wirthshafter to one of the houses were we gave a whole day work shop, on different subjects concerning cannabis and the cannabis industry. We were thrilled to have such a wonderful audience and many of these meetings were samples of solidarity within the local cannabis family.

The controversy over the suspension still was standing everywhere we went, there was no decision at the right time and everything became confused. For many of the celebrities that showed up from the international cannabis industry it was like a journey into the past like a time machine when prohibition had more support. The suspension of the expo has been a big blow to the whole Argentine Cannabis Movement, this bad experience should be absorbed and we all should learn the from

On the other hand the enormous solidarity and commitment of the activists show that never before, we are more active and expanding. We will not stop, until we have a complete safe access to cannabis and see our cannabis users respected as full first class citizens.

mistakes.

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# **TEAM** CANNABIS TOILR **Madrid to Valencia** 2013



#### By Che Capri

wo things Holland is famous for around the world – top quality cannabis and bicycles. One thing it's not famous for however, is its mountains.

So, when Luc Krol from Paradise Seeds joined forces with Matej Munih from Slovenia's Snail Rolling papers to launch a Medical Cannabis Bike Tour from Madrid to the GrowMed Expo in Valencia, it was inevitable that an adventure lay ahead.

A good cause was at the root of this tour – to raise money to fund independent research into the use of cannabis in the treatment and cure of cancer patients.

Our intrepid band of cycling adventurers made their rendezvous in the mountains north of Madrid; a European force gathered from Holland, Slovenia, Spain, Austria, and England. The riders ranging in age from 1917-1969,

and amongst the group are smokers and non-smokers, the fit... and the not so fit.

As well as the Paradise Seeds and Snail crews, there are representatives from the Happy Smile and Dizzy Duck coffee shops and The Slovenian Cannabis Social Club, Cultiva Expo organiser, Harry the Bush Doctor, and an English academic studying the use of cannabis to enhance the pleasure of sport.

In other words, not your usual bicycle tour...

With the good vibes flowing there was much talk of fitness concerns (blamed on the effects of bad winter weather on training. Ahem!). Enjoying an after dinner smoke on the terrace there was a reminder that we ain't in Amsterdam no more as the Guardia Civil cruise by... and drive away again. 'Amigos,' says the landlord. 'No hay problema!'

#### Welcome to Spain!





#### Day 1

Budia – Villalba de la Sierra

#### Metres above sea level: 984-1084m Kilometres cycled: 122 km

Blue skies and that lesser spotted bright object in the sky (for the northern Europeans!) greet the start of the first day.

Behind the scenes, there were three support vehicles – The Paradise Wagon up front, The Happy Smile taxi running the line, and the Broom Van driving up the rear. Their essential duties included dispensing water, bananas, nuts and the occasional nugget of Madrid White Widow cannabis.

The Austrians and Slovenians know what's coming – hailing from mountainous lands – but for the Dutch, this is an all new experience. Paradise Luc confided that most of his training was done in a spinning class at the local gym!

A carb-heavy Day 1 lunch was to come. The catering looked very professional until the riders realised that the support crew was SURPRISE cooking pasta for 20 people on a gas stove made for a family camping trip.

Some time later... back in the saddle and experiencing the local wildlife – a family of wild boar charged across the road, bees took offence to the yellow jerseys and the locals wondered just what the hell these crazy foreigners were doing riding during the hottest part of the day (and what was that fragrant smell following them?).

Day 1 completed, it was time to warm down and get an early night...But did you really think that was going to happen with a van full of Slovenian beer and a slab of Morocco's finest to sample?

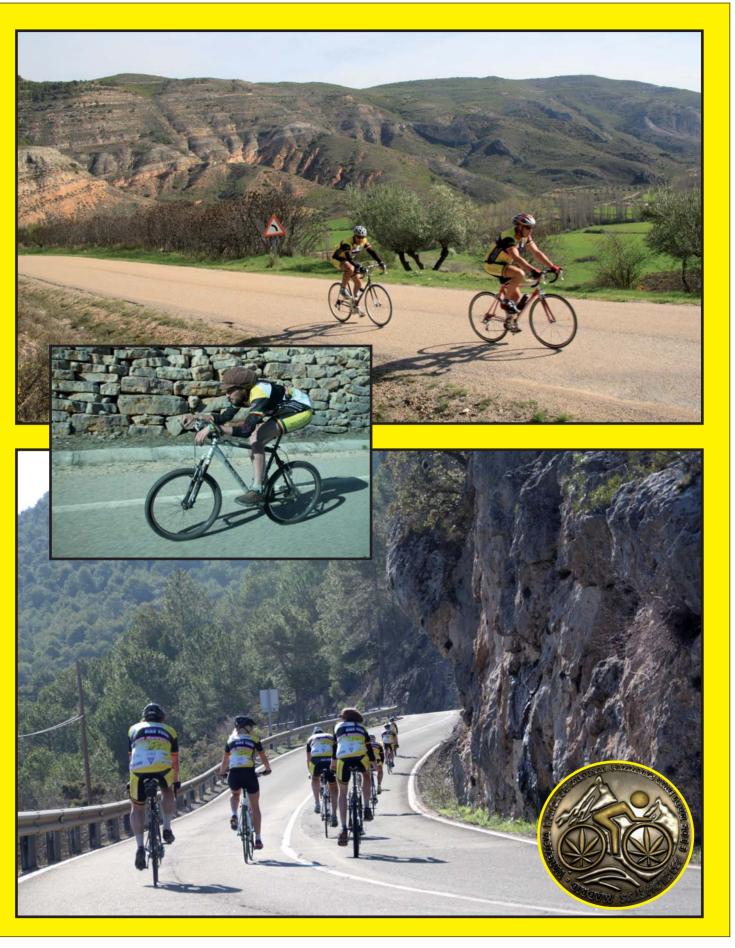




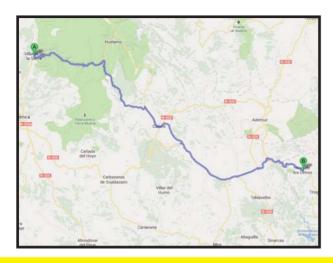












#### Day 2

Villalba de la Sierra - Aras de los Olmos

#### Metres above sea level: 723 – 1615m Kilometres cycled: 136 km

The perfect start to the day gave no hint of the drama to come. It was a long climb up a pine tree covered mountain before a swift descent towards a beautiful lake in the valley below.

This bunch were really starting to look like the real deal, that is, until they hit the dirt road from hell. Here, the bike tour took its first casualties and a handful of punctures. The only person smiling was the Slovenian Rastaman on his mountain bike.

Lunch is just a brief interlude on this second day of hard-core cycling. The afternoon brouht a steep climb through forested mountains, with sheer drops into the gorge below, Luc and Matej, tour organisers, cross the finish line first, with the pack following close behind.

Arriving at Day 2 night's stop, a sleepy one horse town on top of a mountain, it time for a peaceful evening... But no chance! The Paradise Wagon was dispatched to Valencia, to the hospital carrying the esteemed president of the Slovenian Cannabis social club, for a check up.

Meanwhile, back at the hostel, the manager thought he could get away with serving soggy calamari and crappy meatballs to the hungry cyclists. The result was fireworks and the arrival of the local Guardia Civil (these ones were not so friendly).

















#### Day 3

Aras de los Olmos - Valencia

#### Metres above sea level: 38-1086m Kilometres cycled: 127 km

Fearing drug crazed cyclists in yellow jerseys were about to go on the rampage through the village, the Guardia Civil made a breakfast visit as well. Thankfully, they soon got bored (coffee and doughnuts were waiting back at the police station after all).

The Bike Tour was cheered off by a crowd of school kids. Honoured by the crowd, their enthusiasm knew no bounds – to the point where they raced past their turn. Suspecting the effects of sport enhancing drugs, the support team eventually said that we couldn't all have turned into Wiggo overnight. They had lost them.

Deep in the mountains, technology failed. We had no i-pad, no phone signal, and a very confused GPS. Luckily there was a beaten up old road map in the glove compartment and a navigator old enough to remember how to read a map...

Lost, thirsty and in need of herbal refuelling, the pack suddenly spotted a mirage shimmering up a mountain road – it was the Happy Smile taxi coming to show them the way (to lunch).

The final installment of this ride began with an epic descent from the mountains to the plains, with cyclists clocking speeds of 45 mph on the way down. How professional the tour looked as it cruised into Valencia, a swathe of racing yellow cruising through the rush hour traffic.

And so, the finish line at the Feria de Valencia was where a hero's welcome was to be awaiting.... Only we arrived to find the gate locked. It was the wrong entrance (what did you expect? – it is the Medical Cannabis Bike Tour after all).













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It was mission accomplished and already there has been enquiries coming in from those wanting to ride in next year's tour. Hang on to your helmets,

the Medical Cannabis Bike Tour is here to stay!







# The Toronto National Home Show and Canada Blooms

By Al Graham

P.A.C.E.

www.pace-online.ca

here are several ways that cannabis advocates can choose to educate the public on the benefits of the plant. While some like to do the public smoke outs others like to take the information to those who are not within the cannabis community. Treating Yourself Magazine and P.A.C.E. did just that during a ten day stretch from March 15-24 when we attended the National Home Show and Canada Blooms event held at the Direct Energy Building in Toronto ON.

The show featured Home & Garden TV stars such as Bryan Baeumler of Leave it to Bryan and Paul Lafrance of Decked Out while over 700 retailers filled the booths with merchandise for people to purchase. You could also check out a dream home, venture through the hockey cave or catch one of the several stage demonstrations. One thing I do know is that this is one massive show.

Last year the National Home Show teamed up with Canada Blooms and they did it again this year to create the largest North American show of its kind. This included over 50,000 sq. ft of gardens and a marketplace, which you could stroll through to find everything from decorative garden accessories to plants and bulbs. Some of the companies that were present converted their booth into mini demonstration areas where one could learn how to water their plants properly to knowing how to set them up and looking beautiful in a fancy vase.

This is the third year in a row that Treating Yourself has attended this show and every time we do we always run into one particular female security guard. I have no clue who she is but I can tell you she sure enjoys having us attend the show. She always greets us with a smile or has some funny comment as we come in from medicating out-

side. Talking about outside, I'm not sure where mother nature was but last year we basted in 28 Celsius weather while this year we had snow flurries and bone chilling winds.

While the weather outside was frightful the gardens on the inside were not. There were so many gardens that had water archways or furniture in them that most people would like to have on the inside of their house never mind outside. When you made your way over to the Home Show you would get the chance to imagine yourself taking a dip in one of the many hot tubs or find yourself going for a long stroll to check out the all booths that were in attendance.

The Treating Yourself Expo booth was located in the East Annex section of the building which was also known as the Shopping Pavilion. All around us there were vendors that sold everything from home made scarves to special cheese dinners. You could test out the latest organic nutrient bar or get yourself a massage from the team at The Massage Lady; who by the way will be back for the 3rd time to the Treating Yourself Expo. We were also very close to a stage where people could learn gardening, cooking or get refinishing furniture tips. Also close by was a food court that not only served food but also alcohol.

#### Reaction

When people come to the Treating Yourself booth they were usually seeking some kind of information whether it's for them or for a loved one. We had one middle aged couple who came to us looking for help for their nineteen year old son. They informed us that he was attending university to get a job in the medical field but he was being hampered by severe migraines that were making him sick.



They also told us that their son was not a recreational smoker but had tried cannabis once and that he found it worked for him. After much conversation we gave them some information and a place to contact for more information. All of the ten volunteers in the booth during the show were medical users. This was very helpful when a show goer was dealing with a medical condition that was the same as someone that was present. Some people stopped in just to say "thank you for speaking up and for doing such a good job". While saying thank you back to them we also asked these people to speak up wherever they may be located.

The support didn't just come from those who paid to attend for the day but also from the vendors around us. I can't think of one vendor next to us who didn't stop in to see what we were about. There were also many other vendors who came to the booth, some of them telling us "I heard you guys were here", thus showing us that our presence doesn't take long to get around.



When it comes to the age of those who make their way to the booth it hasn't changed in years. While we do get both the young and older generations stopping in, it is the older generation that really seeks out our assistance. While most of the younger people are into the euphoric effect of the plant the older people want to know about its medicinal values. We had one guy come to the booth looking for advice to help with his sixteen year old son but it wasn't for medical information, instead he was looking for advice on how to reduce his son's use. Dad had no problem with his son using cannabis but it was his overuse and the constant smell in the house that he had a concern with. Dad said he would feel like a hypocrite if he told him that he couldn't consume it as his son knew about dad's youthful days. In the end our advice to reduce the smell and the amount the son uses was to get him a vaporizer for indoors. We also mentioned to him that he should talk to his son about the responsible use of cannabis and about respecting moms and dads space.

Not only did we get the expected support from consumers but we also received kudos from those who were not cannabis users. The ones we talked to always mentioned how it was a waste of money and police time to arrest cannabis consumers. Many mentioned that they would rather see the proceeds from cannabis sales go towards society in the form of schools and hospitals instead of guns and criminal organizations as is presently happening under prohibition.

One very interesting visitor and a big supporter of what we were doing was a Dr. J Henry who is with The Canadian Consortium for the Investigation of Cannabinoids. This is the same group that well known Canadian cannabis researcher Dr. Mark Ware of McGill







University is involved in. The organizations website states that "The CCIC is a federally registered Canadian non-profit organization of basic and clinical researchers and health care professionals established to promote evidence-based research and education concerning the endocannabinoid system and therapeutic applications of endocannabinoid and cannabinoid agents." To learn more about CCIC got to http://www.ccic.net

#### The Experience

For many of us breaking the cannabis stigma is a concern while for others it is not. During this show we had four volunteers that were either pretty new to these non cannabis events while one of them hadn't done it in years. This would include people such as Clarence, Pete, Paul, Deb and our long time friend Lynda. For Clarence, Pete and Paul this was their first time that they had participated at the Treating Yourself Booth. When Paul and I were together I found him very educated about cannabis and its many benefits. During our talk he had informed me that he had been helping people for some time but that this was his first time doing anything like the Home Show. When we were done he wrote to tell me that "For the past several years the MMAR and medical cannabis have been part of my life. With all the complications and frustrations of obtaining my PPL, I wanted to do something to help spread the word on cannabis education and do what I can to make a difference." He goes on to say "the only reason I am now volunteering my time is so I can help others see the benefit in medical cannabis, and get the laws changed." Paul had contacted me a few weeks before the Home Show about volunteering at this year's Treating Yourself Expo. With us needing up to ten people to help out at the shows booth I figured I'd give him a call. His letter continued with "we had a telephone conversation that I won't forget. Talking to someone else that was as passionate about medical cannabis as I was. Thank you for taking the time to explain to me what we would be

doing, how it worked, and why we were doing it. I was excited to hear that we would be at the home and garden show. I never would expect a booth such as Treating Yourself to be at the home and garden show."

While Paul has been involved in the movement for a while, the first time publicly educating people about cannabis can make one nervous as Paul's letter mentioned "I was nervous that people wouldn't want us at the show, I was expecting people to yell negative things at us, such as get out of here you dope heads, or something along those lines. I was more surprised to see that NONE of that occurred. All the people who came to the booth were amazing, polite, and happy and wanted to learn about cannabis". If he was nervous and concerned you can just imagine how my friend Pete felt as he has no experience in helping people with cannabis or educating them. The fact he had no experience was no concern to me as I believed he has a story to tell. I figured like all new people to the booth that he'd be nervous and it turns out I was correct as he text me that morning to say he was "excited but nervous". Following the show he sent me a follow up text to say "Thanks for yesterday. I had a good day, talking about cannabis is easier than I thought." He went to say how working in the booth made him feel and how comfortable he felt when he mentions that "I felt like I belonged there as I am a cancer survivor. People listened to me when I told them that."

Another new person to help was a guy by the name of Clarence. We had never met him until about two months before the show when he contacted P.A.C.E. about our cannabis educational movies. After he attended his first movie we spent some time with him and found that he wanted to do whatever he could to help out. When it came time for the show he was there early and eager to help get things going. His concerns before the show were quickly removed because when he talked to people, about his

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medical condition, it was if the world stopped. The noise around the booth went quiet as he shared his experience of surviving a brain aneurism, two experiences of death as well as the strokes he has suffered. Clarence talked about his months of hospitalization that eventually led him home and to a new life. He shared with the people the experience of not feeling a thing as hundreds of volts of electricity were put through parts of his body, to the pain that he suffers from because of surgery that went wrong. It turns out that Clarence's first experience with cannabis was only a few weeks before we met him. After giving it a try and a visit to his doctor, he now knows he has the support of her and looks forward to having cannabis as his legal medication. He also found the show to be a great experience and one that he enjoyed completely as he told me that he "looked forward to helping out again".

Fourtwenty Deb has made more appearances in Treating Yourself Magazine than the non cannabis shows that she has participated in. The women's show that was held in November was her first time helping out at these kinds of events, so going into this one she was still pretty new for her. Besides enjoying interacting with the people and seeing all the things at the show, she also enjoyed the reaction on people's faces. She commented to me several times about the look on the people as they spotted us. There were many times that she would mention about someone who had bumped into others because they were busy being surprised by our appearance. She spotted people whispering to others or saw them move down the aisle looking at our brochure then realizing what we were doing; we which would stop them cold in their tracks. She also found that lots of people would smile or nod their heads in approval. Following the show Deb told me that she felt that people responded and listened to what she

had to say. Deb remembers one particular moment, a moment she will remember for some time. For her this would be when we were approached by an older woman that looked like she would be anyone's next door neighbour. While the two of them were talking Deb saw that this woman was continually rubbing her hands together. Being curious as to why she was doing this Deb asked her about it and if it was from poor circulation or if her hands were arthritic. The lady responded that she was dealing with both of them so Deb talked to her about using non smoking methods of cannabis to help her with her condition. Shortly afterwards the lady moved on to check out the rest of the show only to return hours later to talk to Deb some more. During their second conversation the lady told Deb that she was able to sign the Health Canada applications as she was a family doctor and thanked Deb for her information. I believe Deb was very happy to have helped and educated this doctor. Let's hope that her information was enough to get the doctor to fill out her own medical marijuana application and maybe do it for others.

Deb wasn't the only one with a memorable moment. In Paul's letter to me he said "I will never forget the one lady asking about how cannabis oil can help her mother beat cancer. She was crying, and really wanted help. It was a great feeling to be able to help her with the information she needed. Maybe it will save her mother's life." He also mentioned that he had "spoke to another woman about her endometriosis and how cannabis can help with the inflammation, pain, etc. The hope that she had in her eyes after speaking with us was an amazing sight."

While these are the experiences of just a few of the volunteers they demonstrate what kind of a difference people can make by speaking publicly about the benefits of cannabis.

While these four shared their experiences the helpers such as Jo-Anne, Jen, Scott and Lynda have seen these things time and time again. It's been quite some time since Lynda volunteered at the Treating Yourself Booth but she told me that she was very happy to be involved and that things are much different, in a good way, than in the early years.

Being involved in these shows is something I've always said that people should experience at least once. To seeing how everyone reacts, to the feeling of joy you get in your heart knowing that you're making a difference in people's lives and health. On behalf of all the volunteers I'd like to thank Treating Yourself Publisher and Editor Marco Renda for allowing P.A.C.E. to be involved in educating the public at these non cannabis events.







# That's a Capital 420

#### By Al Graham

P.A.C.E. www.pace-online.ca Photo's courtesy of 420rally.ca

can remember one of the first times I attended a 420 rally. The location was Niagara Falls, Ontario and at that time it was the only rally around. The year was 2005 and it was the first time in a few years since becoming sick with crohns that I had traveled away from home.

It's been 10 years since I became sick and 8 years since I attended that first 420 event. Back then the Niagara Falls 420 event was a walk from Victoria Park and the Highway 420 to the tourist district of Clifton Hill. It's good to see that the event still happens today and is as strong as ever.

The one rally did what it had to do but the cannabis community still needs more of them. Advocates have seen others accomplish their marches trouble free and they have now taken on the cause themselves. Not everyone can travel to Niagara Falls so the more of these rally's there are, the more people will get a chance to get out and let the government know that they believe cannabis prohibition is wrong.

Over the last few years things have grown but it seemed like 2013 was a year of newness and a year that the cannabis community came together to be one voice. The result was that here in Ontario Canada the community hosted not one or two events but ten in total. Small cities across the province such as Oshawa, Guelph, Kitchener, Peterborough and Kingston have jumped up and are being heard. This didn't just happen here in Ontario but also all across the Canada as there were thirty two of these 420 rallies held. While not everyone likes them it is just one part of what is going on to take to make change. Prohibition is like the body of an Octopus and its going to take everyone to fight off the many legs and arms of this beast.



What is fueling this change? A change that seems to help bring out awareness and let everyone know what is happening. Is the cannabis community becoming better marketers? Are they targeting certain people or are they just better prepared with material and resources? From what I am seeing, I would have to say it's all of the above including the monetary resources.

The beginning of this happened when one lucky man within the cannabis community, literally hit the jackpot, a \$25 million dollar jackpot. Robert Erb is a former Marijuana Party candidate that lives in British Columbia, Canada who believes in helping others within his living and cannabis community. Newspaper reports talk about how Bob is helping his family, relatives and those in need in his hometown that could use some help.

When it comes to the cannabis community, Bob has always been a big supporter of the 420 rally held in Vancouver. With this in mind Bob asked five organizations to come meet with him about what can be done to legalize cannabis. At the end of the meeting Bob had decided that he would put \$100,000 into the 420 rally's as well as putting around a million dollars to the side to fight for cannabis legalization over the coming years. The groups also got together to form an organization called Erb4Herb which will be used to help organise such things as a website, clothing, promotional posters and other items

If you would like to see photos and find some information on the 2013 events you can go to http://420rally.ca. To learn more about the Erb4Herb campaign please go to http://420erb.ca/



photo by Kevin Fraser

We estimated the crowd to be 10,000. Yonge and Dundas Square holds approximately 8,000 - 10,000 and you can see by the photos that the square is completely full at 420.

Matt Mernagh on the Toronto 420 event.



#### Ottawa, Canada's Capital City

Back around the year 2005 there was a cannabis event called "Fill the Hill". This event took place on the grounds of Canada's Parliament Hill in the nation's capital of Ottawa. This year, the "Fill the Hill" name returned to its original location with its original meaning fully intact. According to the information I received, the RCMP estimated that the attendance this year was in and around the thirteen thousand mark which would likely be the largest cannabis gathering on the hill.

Bob Erb of Erb4Herb was the events biggest supporter with sponsorship also coming in from High Times and Skunk Magazine along with long time Ottawa cannabis supporters, Crosstown Traffic.

The Master of Ceremonies for the day was Precious Chong, the daughter of Tommy Chong, whom Kelly Coulter says was an "AMAZING MC! " Throughout the day there were many speakers including Mary Anne Kampouris who is the policy chair of the Liberal Party of Canada. She spoke about Resolution 117, the party's policy for the taxation and regulation of cannabis. Also on stage speaking was a member of the Green Party of Canada, Josh Koppel of Colorado/Amendment 64 and Andrea Matrosovs NORML Women's Alliance of Canada.



Prior to the gathering on the hill the organizers met across the street for a policy luncheon with politicians, drug policy experts, and the media; who provided plenty of attention for the rally.

New to this event was the start of the "Green Team", This is a team of volunteers who are dedicated to cleaning up afterwards. Maybe this is something that all the rally's should look into, as the foot print left behind from the mess leaves an impression of not caring and only adds to our problems.

It's not an easy job having to organize a large rally and in doing so Kelly Coulter would like to say "thank you" to all who helped out. She goes on to say that there was a "fantastic team of volunteers who did a brilliant job of organizing and THANKS to the AWESOME people of Canada who came to Ottawa."







from top:
Jen and Holly at the P.A.C.E. table
Kevin and a very cold Jennifer at the NORML table

#### **Peterborough**

If there was an event that Erb4Herb made a difference in it's the Peterborough 420 rally. During the winter months, the event organizer Blazin Wrinklz wasn't sure if he was going to hold the event this year. I also know that at one time he was looking for someone else to look after it as he expected to be living away from the area when 420 hit. Things changed and he stayed in the area but he still wasn't sure if he was going to hold it or not. While money isn't everything, its what's needed to bring awareness to your event in the way of posters and printed material.

Then one day while watching the Mernaghauna Show Live on Pot-TV he saw P.A.C.E doing an interview from the Carpe Diem Cafe in Peterborough. During this time Matt asked if the advocates in the city were going to have an event this year. While I knew Blazin Wrinklz situation I mentioned to him that I believed that the show was going to happen but I wasn't completely sure. During this talk Matt told me that he would make sure that these missing resources of posters and leaflets would get to Peterborough, Canada for the 420 rally. When Blazin heard Matt tell me this he decided that the event was a go.

It didn't take long for things to happen; Matt and Blazin got together and the posters were shortly on their way. With this looked after, Blazin along with his fiancé Mary Jane Ganja Girl, went looking for volunteers to help out with the event. With this call for help they found people such as Jake, Adam, Jennifer and Simone; all advocates in the Peterborough area. He also gathered in the support of NORML Canada, NORML Women's Alliance of Canada, P.A.C.E, Kawartha Mom and Dad's for Marijuana, Pipe Dreamz, Peterborough Emporium and the Peterborough Hydroponics Centre who either supplied prizes or assistance for the event.

While the day was extremely cold, especially compared to the 28c temperature that we had last year, it still didn't stop hundreds of people from making it out to celebrate. Everyone got to enjoy some live music and the conversation throughout the day. If you came with a child then there was even a non consuming play area where mom and dad could take their little ones.

Going into this year's event there has never been a march held before in the city but this year the organizing crew figured that it was about time that there was a march to help bring attention to the cause. With this in mind the route was set and announced to those wanting to know more about it. We left Victoria Park at 3:30pm and headed east one block to and past the Peterborough Police station before heading towards and past city hall. After these locations the groups headed to the downtown where it was greeted with many horns and cheering from the passerby's. When we got to the base of the downtown we





made one last stop at the studios of 101.5 The Wolf, which is central Ontario's number one rock radio station. When they arrived everyone got up close to the studio windows to let them know what was happening. Unfortunately no one in the gathering was listening on their radios to know if the announcers talked about the groups visit.

While the day was marked for one of enjoyment and protesting, where people could not only enjoy the music and share some stories or ideas but also get involved in the many prize draws. The day started with some controversy, when the volunteers arrived to get things set up they found the park covered in posters stating "Don't legalize it" and "I was wrong" with a picture of Bob Marley smoking a

joint. We believe they were put up by some cowardly people. I don't mind calling them cowards because they didn't stick around to even talk to us. While they believe we are breaking the law at least we show our faces unlike these people, who by the way broke laws putting up their posters within the park, didn't bother to stick around. These anti legalization people also went around to the Erb4Herb posters and actually spray painted a red circle around the cannabis leaf with a line through it.

While there were few who didn't want the event to happen, hundreds of others did, thus showing that these people intimidating methods didn't work. The advocates of Peterborough look forward to next year as it will only grow from here.





#### **Toronto**

P.A.C.E also helped out at the Toronto 420 as Fourtwenty Deb and Dianne Bruce headed into the city to assist Treating Yourself Publisher and Editor Marco Renda. TY had a booth at this year's rally so that they could hand out past issues of the magazine and flyers for the upcoming TY Expo. Every year the rally is held at the popular Yonge and Dundas Square but his year the event had a permit that allowed them to have booths within the square. Deb indicated to me that it was non-stop at the TY booth and that she barely had time to rest while giving out free issues of TY and information on the upcoming TY Expo. As the day went along, the three of them were joined by our friend Jo-Anne and a few others that volunteered to help out.

The pictures that Deb sent me (pg.99) showed me that it was a pretty large crowd in the city. In order to find out just how many were there, I contacted Matt Mernagh, one of the event organizers, to see how many they believed were in attendance. He says that "we estimated the crowd to be 10,000. Yonge and Dundas Square holds approximately 8,000 - 10,000 and you can see by the photos that the square is completely full at 420."

As with Peterborough, these events cannot happen without assistance from those within the community. Matt and the Toronto 420 committee would like to thank organizations such as "Moms and Dads for Marijuana, NORML Canada, NORML Woman Alliance, Yongesterdam, Skunk, and TY Expo" as supporters. Matt went on to say that "Weekly newspaper NOW was our media partner. This was a huge opportunity to reach 400,000 people with advertising". Matt also extended a big thank you to all who helped and participated on the day and says a "big

thank you to Chris and Erin Goodwin. They worked so hard on this rally (and) really demonstrated their skills. All members of Toronto Hash Mob, Sam, Kayla, Matt Central, Sean Brady, Dave Unrau, Indica Blue, Casey and Merryn."

When it came to the entertainment and speakers the crowd wasn't disappointed. Included in the speaking were members of the Toronto Hash Mob. Matt wrote me to say that "it was amazing to see how nervous they were but they came through awesomely". Also speaking was Matt's lawyer Paul Lewin who came out for NORML Canada and Sarah Sunday spoke to the people for the NORML Women Alliance of Canada. Joining them to address the huge crowd was Cheri Shaw, who is with Mom's for Marijuana, a person Matt described as "amazing". He explained in his letter that "was the TSN turning point, we saw the Yonge and Dundas Square staff person, who was our assistant for the whole thing, tear up! (She) totally moved this person." Let's hope that this staff person spreads to others what moved her to tears.

When it came to the musical entertainment the crowd wasn't disappointed. Guests such as the Killin Time Band, Taylor Knox Band, Must Stash Hat took to the stage and played for their huge audience. When it came to the 420 count down they were joined by Our Lady Peace drummer Jeremy Taggart who performed a 420 drum roll for the crowd. Matt tells me that a special thank you goes out to Must Stash Hat for providing their bass amp and drum kit for this occasion.

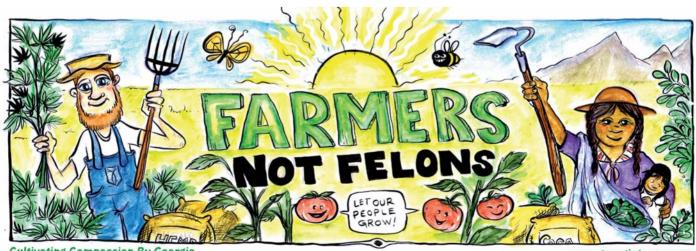
When I asked Matt if there was anything that he wanted to add to my questions he wrote back to say that "it took



Crowd gathers around Blazin Wrinklz shelter for the prize draws

Above: Blazin Wrinklz

them six years to learn how to get to this point and that it just didn't happen overnight". This is something that I'm sure Peterborough and other small groups have found out. In closing, he says "It's incredible to see how something small can grow so large. Like the plant itself. Just take a few seeds and it'll grow. We're seeing it in all the rallies. Next year is only going to get better."



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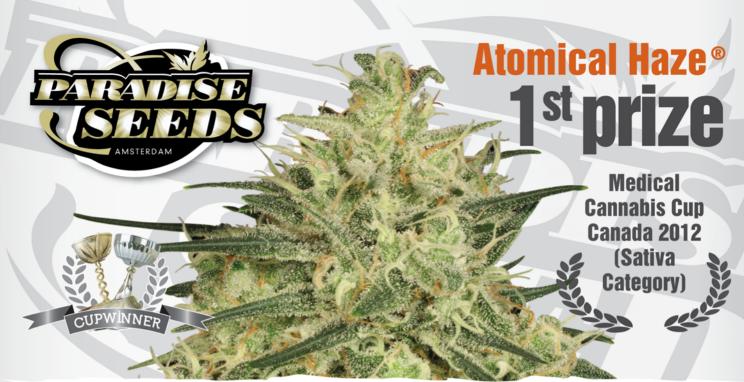
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