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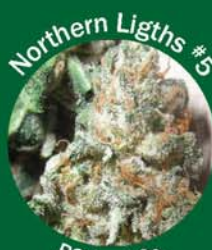
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Treating Yourself

The alternative medicine journal

Treating Yourself magazine and treatingyourself.com were created to provide adults with information to assist them in their responsible use of medical marijuana.



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We are starting off a new year with a

America has a new President who has stated that he will not only stop the persecution of medical marijuana patients, but also make amends with Native Indians. With this, I believe that the first issue at hand should be the immediate release of Leonard Peltier, whose life continues to be in danger while in prison.

Now for those of us in Canada, we are waiting for Prime Minister Harper to be removed from office, and we still have to deal with a government that isn't recognizing court orders.

In the latter part of 2008, I started a seed wholesale business with Kelly from KDK Distributors in Calgary, Alberta. We filed all the necessary paperwork and sent it off to the proper Canadian government agencies. We were given a BIN number to allow us to import and export seeds into Canada. We were given a General Sales Tax number so we can submit 5 per cent of all sales. Now, on my return from Europe, I had over 7,000 packs of seeds with me, and claimed them as required by law. These seeds are now being held by Canada Customs due to the fact that Health Canada won't allow their release. We are going to challenge their decision in the court of law if the seeds are not released. Health Canada is only offering 1 strain in seed form and that strain just isn't helping the 2,000 plus medicinal cannabis patients in this country.

Kelly and I decided to help by making medicinal-quality genetics available to retail outlets so patients across Canada can purchase them. Kelly and I also started our own seed company, putting together a group of breeders who also wanted to get seeds into the hands of med patients. We have put a program in place where legal growers can get two packs of Finest Medicinal Seeds to grow out, with the only cost to the med patient being a requirement to submit a comprehensive grow and smoke report so that we can publish these results in future issues of *Treating Yourself*. Why shouldn't individuals and businesses wanting to help med patients be allowed to do so without having to face the possibility of going to jail? The fact that our company, Medical Marijuana Seeds Wholesaler, has provided the proper paperwork and has paid GST on all sales would make one think that the government would be welcoming us with open arms as we are bringing in tax revenue. We have hired Leora Shemesh from the law firm Neuberger Rose LLP in Toronto to represent us in this matter. I have mentioned our problem with another seed wholesaler and they said that they are willing to donate some funds for the legal battle. I will keep our readers up to date.

I am happy to say that the response from our RooR contest has been outstanding and we will announce the winner from issue #14 in issue # 16. We have another contest in this issue and have included a Digital Volcano as a secondary prize thanks to the folks at Storz & Bickel and KDK Distributors.

Take Care and Peace,

Marco Renda

Issue 15 - Advertisers Index

- 99 Amazing Auto-Flowerer
 113 CannaTrade.ch
 60 Crosstown Traffic
 40 D&M Compassion Center
 92 Delta 9
 58 DNA Genetics
 30 Dolce Vita
 8 Dutch Passion
 30 Ethnogarden
 128 Finest Medicinal Seeds
 IB+BCover Green House
 3 Greenlife Seeds
 20 Grow Doc Seeds
 18 Happy Chief
 48 HID HUT
 24 Hotbox Magazine
 20 H.U.M.A.N.
 52 Hydroponicz
 54 Infinite Artistry
 61 Infinite Conceptz
 112 Int. Home & Garden Show
 130 Jack Herrer
 14 KDK Distributors
 12 Leonard Peltier
 20 MMA of America
 94-98 MM Seeds Wholesaler
 10 Michelle Rainey
 73 Mr.Nice Seedbank
 24 Natural Universe
 44 Next Level
 56 Nirvana
 IFCover Paradise Seeds
 51 Patient ID Center LA
 32 Patient ID Center Oakland
 60 Planetary Pride
 36 Pyramid Seeds
 34 RooR
 50 Sal Messina
 82 Serious Seeds
 60 SHHC
 18 Silver Surfer Vaporizer
 26 SOMA seeds
 52 THC Farmers.com
 4 TY Subscribe
 93 TY Website
 70 WeedWorld
 78 World of Seeds

Cartoons

- 9 Ivan Art
 33, 63, 122 Chief
 120 Yainderidoo

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GALLERY

G13

photo by Doobie Duck
 pg 127

Inside this issue...

- 5 **Marco's Editorial**
 11 **Ask Medicinal Michelle**
 13 **Stop the Presses News Flash**
 Leonard Peltiers safety is in Jeopardy!
Society
 15 The Cannabis tribunal
 17 Year in Review:2008 a Huge year for Marijuana reform
 19 Review on the premiere of Marijuana: Its Time for a Conversation, a documentary by Rick Steves
 21 The Rippers
 22 Creating an awesome pro-legalization wesite
 25 Just don't do it! A blast from the past.
 28 Making a difference, special dispensaries and special people
 35 Money makes the world go round
Health
 38 Cannabinoids for Trigeminal Neuralgia: Relief from the Fire Ants in a Feather's Touch
 49 Fatigue & exhaustion
 50 **GIVE AWAY:** Herbal Aire Vaporizers!!
Health Testimonials
 53 Cancer scare leads beauty to discovery
 55 Marijuana and adult ADHD. An unlikely panacea?
 55 Glycerine Tincture
 59 From pot to not and back again. A patients' story
Spotlight - interview with:
 62 An audience with Dr. Bob

Submission info

Ads

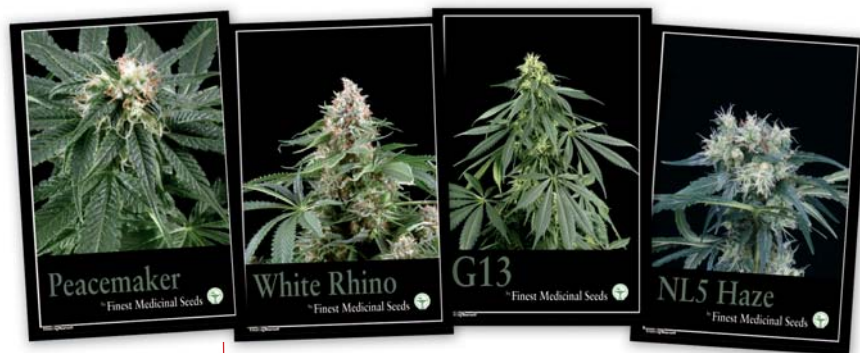
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 Photo format: JPG, 300dpi at actual print size. The more pixels the better!

Note

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



- Centerfold**
- 64 Strain info by FMS: Peacemaker, White Rhino, G13, NL5 Haze



- Spotlight** - interview with cont..
- 66 Medical Cannabis Consultants
- 69 Kottonmouth Kings
- 71 Kind Meds

- Grow**
- 74 Shantibaba's Grow Tips
- 79 Indoor grow room basics
- 86 Feminised plants
- 88 Urban legend G-13



- Smoke Report**
- 100 Grape Juice, Purple Connection 3, Apollo 11, Blue Rhino 1947, Pinapple Chunk

- Product Review**
- 110 Extreme Vaporizer by Arizer.com



- Events**
- 114 Cannabis Cups 2008
- 116 MA's fall tour
- 118 Hempfest- Virgin Journal 2008

- Recipes**
- 121 Chili with a Zardo twist

- Herbal Aire Give-away winners**



- Contest**
- 126 TY RooR package give-away



Disclaimer

Treating Yourself wishes to remind readers to be aware that the sale, possession and transport of viable cannabis seeds is illegal in many countries, particularly in the USA. We do not wish to induce anyone to act in conflict with the law. We do not promote the germination and growth of these seeds where prohibited by law. Treating Yourself assumes no responsibility for any claims or representations contained in this publication or in any advertisement. All material is for entertainment and educational purposes only! Treating Yourself does not encourage the illegal use of any of the products or advertisements within. All opinions are those of the writer and do not necessarily reflect those of Treating Yourself. Nothing in this publication may be reproduced in any manner, either in whole or in part without the expressed written consent of the publisher. All rights reserved. All advertised products and offers void where prohibited. Occasionally we may use material we believe to be placed in the public domain. Sometimes it is not possible to identify or contact the copyright holder. If you claim ownership of something we have published we will be pleased to make a proper acknowledgement. All letters and pictures sent are assumed to be for publication unless stated otherwise. Treating Yourself can not be held responsible for unsolicited contributions. No portion of this publication can be reproduced for profit without the written consent of the publisher.

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When I saw the very first edition of Treating Yourself Magazine a few years ago, I knew it would become the leading (and really, only) publication directed towards medicinal cannabis consumers. Marco Renda honored me with the position of Director of Marketing and Sales in 2007 and we have worked diligently to improve each edition with a very limited budget. Treating Yourself's evolution could not have been done without such a fantastic group of contributors who have elevated us to the position of a respected, responsible and reliable resource for an unlimited amount of individuals like you! Since receiving my Health Canada license in October 2005 to possess and produce my own cannabis, I made a decision to dedicate myself to assist anyone that wanted to treat themselves but needed the guidance to do so. So far, I have facilitated over 70 patients in acquiring legal status and will continue to help more. In May 2008, I compiled a comprehensive Medicinal Cannabis Education Package to assist physicians and anyone needing educating. The contents of my Med-Pack include lists of books and web-sites collaborating cannabis' therapeutic value, all operating Compassion Clubs across Canada and the 33 page Health Canada application form. Over 500 Med-Packs have been distributed and the demand for them has grown greater each day. My hope is that it will be emulated in all countries to provide the necessary education to all who can benefit from the miracle of marijuana! Multiple forms of communication have evolved at such a rapid rate that even my 37 year-old self has a difficult time keeping up with it all. When I first started Michelle's Medicinal Marijuana show via YouTube a few years ago, I had never anticipated the enormous number of people from all over the world who not only supported our opinions, facts and realities about pot politics, but also needed my help. I anchor 33 shows produced by my genius husband and they provide a positive promotional vehicle for my cannabis activism. Not only has he saved my life but Jeff also has also given me the gift of continuous inspiration, which I adore him for. Volunteering our time and energy is what we do as a team, from our heart and soul, which I feel honored to do for all. Being bombarded on a daily basis by requests for help and guidance by phone, in person, e-mail, YouTube, MySpace, Facebook, and on the multitudes of cannabis forums, I found myself answering many of the same questions but also facing the inhumanities so many bear daily. At my husband's suggestion, it was time to do a column for TY to add to my ever-expanding communication vehicles. Ask Medicinal Michelle will now be featured in every edition of TY. Luckily, the publisher is fond of me because he is on my list of heroes! I will do the best I can to answer any questions you have regarding medicinal marijuana. I am not a doctor but I can provide guidance and valuable resources to assist you further with your medicinal marijuana education. No names or addresses will be published in order to protect privacy. I can be contacted via e-mail michelle.rainey@treatingyourself.com, or by written mail to Treating Yourself, Attn: Ask Medicinal Michelle, 250 The East Mall, PO Box 36531, Etobicoke, ON, M9B-3Y8. I look forward to hearing from you!

2 Hello Michelle,

My name is Chad and I too have Crohn's Disease. I don't have to tell you how tough this disease is. It seems like every three months, I have to stop everything and deal with a flare-up. In the past I've self medicated with marijuana but with not being able to keep a steady job I haven't been able to afford it all the time. I have asked every doctor/specialist that I've seen if they would prescribe medical marijuana for me to help with the pain. I know it helps my Crohn's, but when I ask the doctor, he/she looks at me like I'm scum just looking to get some weed. It sucks because all they have to do is a little paper work and it would make my life so much easier. I'm sorry; I hate to complain because in Canada we do have it pretty good.

I am wondering if you know any doctors that are pro-medical marijuana, or if there is anything I could do to help get a prescription. I am currently living in Saskatchewan but I am planning on moving back to British Columbia this summer.

Many Thanks,

Chad

1 Dear Chad,

Having suffered from Crohn's Disease for over half of my life, I completely understand your situation. Sadly, we do not have a list of physicians in Canada that would be willing to sign for a Health Canada license. The Canadian College of Physicians has not been supportive of medicinal cannabis and has advised the doctors of this country to be very cautious due to strict insurance requirements. The best advice I can give you is to educate your doctor and specialist respectfully about the therapeutic value cannabis has on Inflammatory Bowel Disease. Explaining the side effects and consequences of the pharmaceuticals prescribed and comparing them to a benign flower should aid in your discussion. I can provide you with the necessary information and tools to assist you through the entire process. Chad, all you need is the courage and conviction to treat yourself without fear of doctor saying "no," which I believe is against his/her Hippocratic oath. Thank you for your writing and I look forward to assisting!

XO Medicinal Michelle

And justice for all...

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Leonard Peltier Defense Offense Committee

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STOP THE PRESSES NEWS FLASH

Leonard Peltiers safety is in jeopardy!

Dear LP Supporters,

I am so OUTRAGED! My brother Leonard was severely beaten upon his arrival at the Canaan Federal Penitentiary. When he went into population after his transfer, some inmates assaulted him. The severity of his injuries is that he suffered numerous blows to his head and body, receiving a large bump on his head, possibly a concussion, and numerous bruises. Also, one of his fingers is swollen and discolored and he has pain in his chest and ribcage. There was blood everywhere from his injuries.

We feel that prison authorities at the prompting of the FBI orchestrated this attack and thus, we are greatly concerned about his safety. It may be that the attackers, whom Leonard did not even know, were offered reduced sentences for carrying out this heinous assault. Since Leonard is up for parole soon, this could be a conspiracy to discredit a model prisoner.

He was placed in solitary confinement and only given one meal, this is generally done when you won't name your attackers; incidentally being only given one meal seriously jeopardizes his health because of his diabetes. Prison officials refuse to release any info to the family, but they need to hear from his supporters to protect his safety, as does Pres-

ident Obama. His attorneys are trying to get calls into him now.

This attack on LP comes on the heels of the FBI's recent letter, prompting this attack by FBI supporters as an attempt to discredit LP as a model prisoner. Anyone who has been in the prison system knows well that if you refuse to name your attackers or file charges against them, then you lose your status as a victim and/or given points against your possible parole and labeled as a perpetrator.

It is not uncommon, in fact is quite common for the government to use Indian against Indian and they still operate under the old adage "it takes an Indian to catch an Indian". In 1978, they made an attempt to assassinate him through another Indian man who was also at Marion prison with LP. But Standing Deer chose to reveal the plot to him instead of taking his life in exchange FOR A CHANCE AT FREEDOM. When Standing Deer was released in 2001, he joined the former Leonard Peltier Defense Committee as a board member. He also began to speak on Leonard's behalf until his murder six years ago today. Prior to his murder, Standing Deer confided with close friends and associates that the same man who visited him in Marion to assassinate Peltier, had came to Houston, TX and told him that he had better stay away from Peltier and anything to do

with him.

We are aware that currently, the FBI is actively seeking support for his continued imprisonment of Leonard Peltier and also also seeking support from Native People. So please be aware, and keep Leonard in your prayers. The FBI is apparently afraid of the impact we are having. If they will set him up to blemish his record just before a parole hearing, what will they do when it looks like his freedom will become a reality? We need to make sure that nothing happens to him again!

Please write the President, send it priority or registered mail. Email to Change.gov or email President Obama. Call your congressional representatives and write letters, not email, to them. Do what you can to get the word out to insure that LP is receiving adequate medical attention for his injuries. I am asking you, supporters of Leonard and advocates of justice at this time to help. I don't know what else to do. Please Help!

Thank you,
Betty Peltier-Solano
Executive Coordinator
Leonard Peltier Defense Offense Committee

Also call and request Leonard be treated with dignity and respect.

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The Cannabis Tribunal

By Harry Resin

I recently had the pleasure of attending The Cannabis Tribunal 08 in The Hague. This tribunal was organized by the Cannabis College in Amsterdam and two organizations that are fighting for a better drugs policy in the Netherlands, Encod and the Stichting Drugs-beleid.

Currently in Holland, the Government is made up of a coalition being run by the CDA, the Christian Democratic party, led by Jan Peter Balkenende. This man who bears a striking resemblance to Harry Potter is the Dutch equivalent of George W. The man is a devout Calvinist protestant and also a member of the Bilderberg group. We will come back to this, or as I like to call it, “the group of pup-peteers.”

The tribunal began with a discussion regarding medical cannabis policy in Holland, and the monopoly situation the company Bedrocan BV has established here in the Dutch medical cannabis world. This company irradiates the cannabis in a means of combating mold and what they say are other potentially harmful components. Meanwhile, last I checked, radiation is not the safest thing to be ingesting in the human body. The discussion turned to an MS patient who recently won a case allowing him to grow his own medicine as he found the strains used by Bedrocan were not geared towards his particular ailments.

This case should now set a precedent with regards to other patients growing their own cannabis here in the Netherlands.

The discussion at the tribunal then shifted to the coffee shop situation. It was recently announced that they would be closing 40 shops in Amsterdam and at least two-thirds of the shops in Rotterdam. The reasoning was that coffee shops should not be within 250 meters of a high school. P. Wilhelm, the owner of the Dampkring and N. Maalste, a researcher, presented the pro side of the coffee shop argument, while Leonard Geluk, a city counselor from Rotterdam and a member of the CDA spoke against. The arguments made by the pro side were all grounded in tight logic: having bouncers on the door insures that no one under the age of 18 can get in, the 5 gram limit and the maximum of 500 grams allowed in the shop at one time reduce their potential for harm. And from a societal point of view, the coffee shop scene in big cities like Rotterdam and Amsterdam become centers of integration where Dutch people hang out along side people from Suriname, Morocco and Turkey, to name a few countries. These are all positive factors. As for the con side, Mr. Geluk, which means “lucky” in Dutch, had really not too much to say; guess he’s not actually that lucky.

Then I stepped up to the microphone and presented my arguments. I mentioned that, accord-

ing to figures from The UN’s ODCCP (Office for Drug Control and Drug Crime Prevention), the prices of heroin and cocaine have dropped significant over the past 30 years, going from \$300,000 U.S. dollars a kilogram to about \$4,000 USD in 2004. Hard drugs have also increased in strength over 32 per cent. Cocaine was \$544 USD per gram in 1984 while dropping to \$106 USD per gram in 2003, with the purity rising up to 70 per cent in a twenty-year period from 1981 to 2001. I further explained to him that a study done by the National Institute on Drug Abuse polled high school students on accessibility of certain substances, with 83 to 90 per cent of them with the ability to easily get cannabis. Also of the two legal drugs readily available, alcohol and nicotine, cannabis places the lowest of the three in terms of withdrawal, dependence and other psychological measures. Nicotine was a 6 in terms of withdrawal, while cannabis rated 1.

To me, it is absurd not to be able to see that the War on Drugs does not work. The U.S. spent \$46 billion on it this year alone, while accomplishing nothing. What is their barometer for “success,” and when does the world say we need a more effective drug policy? The biggest problem is they keep calling cannabis a “drug,” but they’ve forgotten it is simply a plant—a plant used in medicine for over 5000 years.

I then picked up my Bible and ▷

read him Genesis chapter 1, verses 11 and 12: “God gave us all of the seed and fruit bearing plants of this land, and it was good.” I said to this man from the Christian Democrats, “How can you call yourself a Christian, and not believe in that fundamental first part of the bible? God gave us this plant; on whose authority do you speak?” At this point, the audience erupted in applause and once again he was speechless. Score one more for the pro side.

In the afternoon, the fight really began, as a representative from the Dutch parliament spoke. Mrs. Cisca Joldersma is an MP from the CDA ruling party. She proceeded to start her talk and had nothing really to say. Her two main arguments were that people who use cannabis were not normal and that it was too hard in an international context to have such different policies than our neighbors. When asked by the owner of the Dampkring what she meant by “normal,” she could not respond; she was pressed several times for an answer. When asked what she thinks will happen when the coffee shops close, she once again had no response. I explained to her that we could look at the model of prohibition in America from the '20s and see that all that happened was increased criminality. Still she had no reply. Simply that they didn't think anything bad would happen, was sort of the ostrich syndrome—if I stick my head in the sand, maybe the scary plant will go away.

We also presented her with several pages of information regarding the beneficial aspects of cannabis, especially when compared to legal drugs like alcohol and nicotine. Still she could not reply. Why close coffee shops

that are near schools and then not close bars or tobacco shops? The logic of this party is nonsensical. Another highlight also came when Hans van Duijn, a former police commissioner and now member of LEAP, accused the CDA of being hypocrites, as they wanted to combat crime, yet their policies were actually causing the criminal underground to flourish, and that criminals thus loved the CDA party.

The bottom line is that, according to the NRC Handelsblad, a Dutch newspaper, Cannabis crops net \$2.7 billion USD. Taxed, this could bring in an additional ?100 to ?150 million a year. This money could be used on health programs and education programs, programs that could help citizens of the Netherlands. It's insane to think that a government would not do something in the best interest of its people.

But, as we know, governments do not rule the world. It is instead a sick cabal of few, the rich and powerful. Call them the Babylonian Brotherhood or the Illuminati. The bottom line is that they fear this plant too much. They fear us growing our own medicine and putting the “criminal” companies like Pfizer and Bayer out of business. They fear us opening up our pathways in the mind; they fear the expanse in consciousness.

As I said, the Dutch Prime Minister is simply a cog in the wheel, a puppet of Brussels and the Bildersbergs. What was proved to me over these two days is that the government of Holland is inept and hugely uninformed. Unfortunately, it seems that they are also so closed-minded that they just don't want to listen to good old



fashion common sense.

I would also like to add that The Dampkring crew and its owner gained even more respect in my eyes as they were the only Amsterdam coffee shop crew to represent. Aside from my affiliation with the Rokerij and the Dampkring crew, there were no other Amsterdam Coffeshop owners present, no King and no Hemperor. In a time when the government wants to shut down all the coffee shops, you would think that Amsterdam cannabis royalty would want to fight for their freedom. The Dampkring are truly standing on the front line of the War on Drugs that is unfolding in Holland.

After the first day of the event on the way home, we all said that even though the government had no clear idea about the truths of cannabis, we had hope that some of what we said did not fall on deaf ears. My only hope is that they will go out and check some of the facts we presented them with and hopefully these facts will open up some of these closed-minds.

We have decided to continue the fight and some of us are planning some future activities here, that hopefully will give the government some more food for thought.

Keep fighting the fight! 🍀



Year in Review: 2008

a Huge Year for Marijuana Reform

WASHINGTON, D.C. -- In this annual season of year-end reviews, marijuana policy reformers are counting 2008 as one of their most successful years ever. 2008 saw major progress on legal reforms plus a raft of new data that validated reformers' critiques of current marijuana laws. Some highlights:

NEW RESEARCH VERIFIES MARIJUANA PAIN RELIEF:

For the third time in less than two years, a published, peer-reviewed clinical trial demonstrated that marijuana safely and effectively relieves neuropathic pain—a notoriously hard to treat type of pain related to nerve damage often seen in illnesses such as multiple sclerosis, HIV/AIDS and diabetes. The new study, from the University of California, was published online by the Journal of Pain in mid-April.

MICHIGAN BECOMES 13TH MEDICAL MARIJUANA STATE:

The 63 per cent majority racked up by Proposal 1 was the largest ever for a medical marijuana initiative and exceeded Barack Obama's vote total in the state by six points.

MARIJUANA DECRIMINALIZED IN MASSACHUSETTS:

A measure to replace criminal penalties for possession of up to an ounce of marijuana with a \$100 fine similar to a traffic ticket passed with a whopping 65 per cent majority in the Bay State.



FEDERAL REPORTS DOCUMENT FAILURE OF CURRENT POLICIES:

The Monitoring the Future survey, released Dec. 11, found that more 10th-graders now smoke marijuana than cigarettes, with teen marijuana use rising while teen use of cigarettes (which are legally regulated for adults) has dropped. The National Drug Threat Assessment, released Dec. 15, reported that despite record seizures, "marijuana availability is high throughout the United States."

A NEW PRESIDENT PLEDGES TO END FEDERAL RAIDS IN MEDICAL MARIJUANA STATES:

During the campaign, president-elect Barack Obama repeatedly promised to end federal attacks on individuals obeying state medical marijuana laws. Strikingly, of the 13 medical marijuana states (including Michigan), Obama carried 11 -- including such traditionally red states as Nevada, Colorado and New Mexico.

With more than 26,000 members and 100,000 e-mail subscribers nationwide, the Marijuana Policy Project is the largest marijuana policy reform organization in the United States. MPP believes that the best way to minimize the harm associated with marijuana is to regulate marijuana in a manner similar to alcohol. For more information, please visit

<http://MarijuanaPolicy.org>



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Review on the premiere of Marijuana:

It's Time for a Conversation

a documentary by Rick Steves

By Dan Taylor aka Slow Twitch

A few days before Thanksgiving this year, I was able to attend the premiere of *Marijuana: It's Time for a Conversation*, a film set to open up the dialog on marijuana law reform in the U.S. by Rick Steves in alliance with the American Civil Liberties Union of Washington state. This particular viewing was shown in the Bing Crosby Theater, a beautiful older theater located here in downtown Spokane, Washington. This was the biggest crowd to date to see the film at any one time, though it's my personal hope that this movie is seen everywhere by everyone.

The main idea behind the film is not to promote drug use in any manner, but to advance the idea of legalizing marijuana for responsible adult use. As such, the film contains the usual arguments for legalization as presented by experts in the fields of medicine and law, mainly doctors and judges. The information is well-documented and presented in a very straight-forward (bland) and non-threatening way. The discussion moves from the government's past and ongoing efforts to demonize the drug and its use to marijuana's health advantages over pharmacological alternatives, to the huge impact

(and cost placed) on our legal system and government. The information is presented in such a way as to make it palatable to all people of all demographics, and this is for a reason.

I'm sure many of you know about Mr. Steves' business as a travel guru and someone who has spent 1/3 of his life in Europe. He also has a show seen mainly on PBS and is a self-proclaimed "pathetic celebrity." How does he make the jump from travel to drug law reform? As he stated in a post-show discussion, in the spirit of travel he sees being high as a place to visit, and he may want to go there. If the government won't allow it, he wants to know why. He also noted that many people who use marijuana, because of the societal stigmas attached to marijuana use, must lie about it. This often results in leading double lives and lying to friends and family to avoid being ostracized, criticized or punished.

The non-verbal communication in this film speaks volumes. It also obviates the use of Mr. Steves as the spokesperson for the film. This film was meant to be, and is, very non-threatening. There is the use of empty square frames in the scenery – like it's an

issue for "squares," too. The colors are plain and soothing. It is a film that is non-confrontational and won't send grandma screaming for the remote control or the theatre exit. In such a setting, Mr. Steves is a great choice as he can be seen as a square himself, complete with a sport coat. You will not see dreadlocks or tie-die in this film. You will be sorely disappointed if you expect to see and hear lots of loud protesting and highly confrontational language. That is not the message of this film.

From Mr. Steves' travels in Europe, he compares and contrasts the way in which other countries around the world have dealt with the issue of marijuana use in particular and drug use in general. He often refers to the examples of Europe's drug laws as creative and honest. He states that we can be soft on drugs, hard on drugs or smart on drugs. One example showing the criminal bias the U.S. places on marijuana is in terminology. The U.S. government refers to success in the War on Drugs in terms of arrests and drug overdoses, and Europe uses the term Harm Reduction. Every country has a choice to make about dealing with drug use. They can compassionately tolerate alternative ▷

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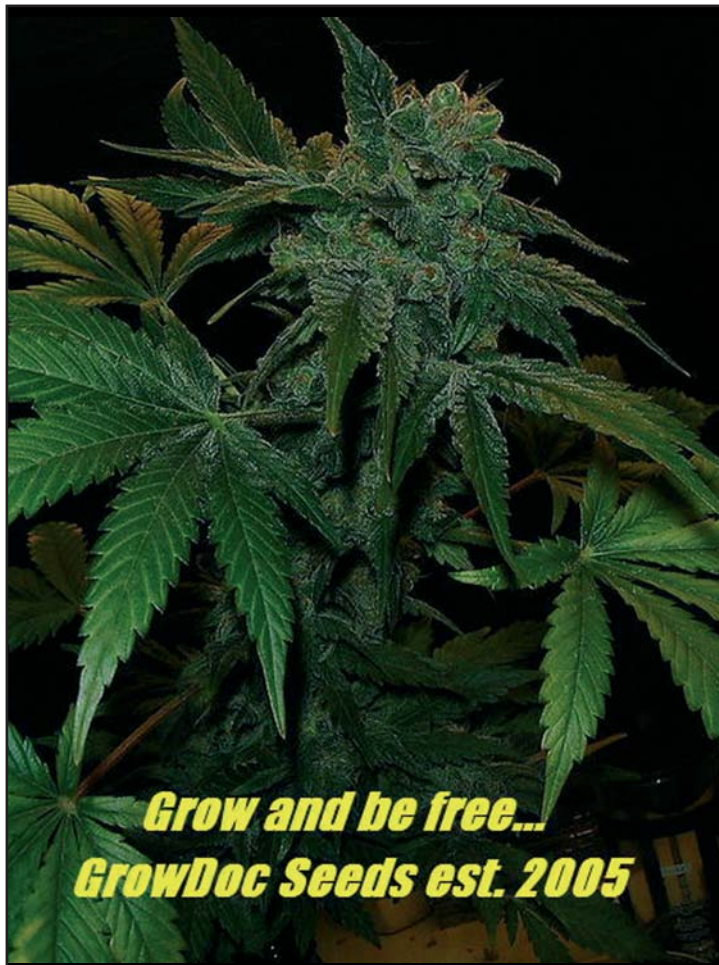
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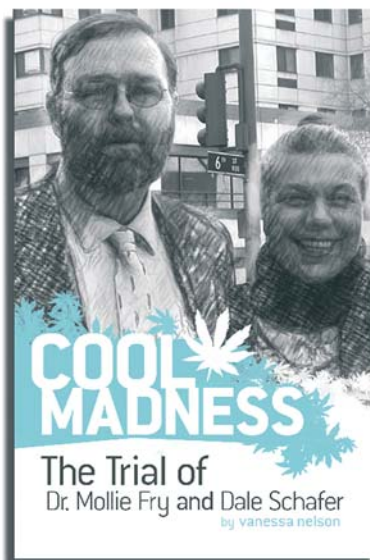
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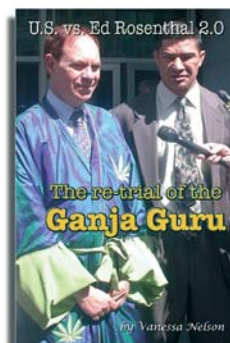


COOL MADNESS, The Trial of Dr. Mollie Fry and Dale Schafer is the riveting true story of a medical marijuana doctor undergoing a federal trial for the first time in history. The main character of Cool Madness is Dr. Marion "Mollie" Fry, a cancer survivor who learned about the benefits of medical marijuana 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

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.






Rick Steves in Salzburg

lifestyles or callously build more prisons. It is my firm belief that we must make a move away from the latter.

It wasn't long before I saw this film that I witnessed the chaos on the news after Barack Obama was elected president. The groups of people with liberal agendas seemed to explode with anticipation. There were gays raising hell over the prop 8 deal. Then there were medical marijuana clinics in California where seemingly less-than-sick people were openly flaunting the use of marijuana, and where patients were reselling their medicine to buy other illegal drugs. All I could think when I saw these things was that Ma and Pa Kettle (the average non-smoking citizenry of our fine country) are really going to be put off by such actions. Man, could we look any more like the addicted monsters and idiots we've been portrayed as? The people that we need to convince to legalize the responsible adult use of marijuana are the very folks who are shocked by these actions—the general conformist public. Seeing such a disregard for law and order (however jus-

tified) will have these folks more pissed-off than understanding.


The folks responsible for this film and this particular movement state the need to let everyone know the real issue, to get the message out there to the general non-using public that thinks all pot smokers are Cheech and Chong look-alikes and wannabes. Remember, this is an effort to try and move the image of marijuana away from our governments' Reefer Madness and D.A.R.E. inspired dogmatic lies, lies which have hugely damaged the image of such a wonderful and wholesome plant.

During a Q and A session after the film, Mr. Steves was asked what he would have the regular Joe Bag-of-donuts do to help further the cause. His reply was to get this information out to the public. He stated that people need to see that marijuana users are regular, everyday people and not the addicted pathetic monsters and idiots that the government has and continues to portray us to be. Let's hope that the general media will allow this to be broadcast or shown to the masses. It is too great a message to not be spread far and wide. 

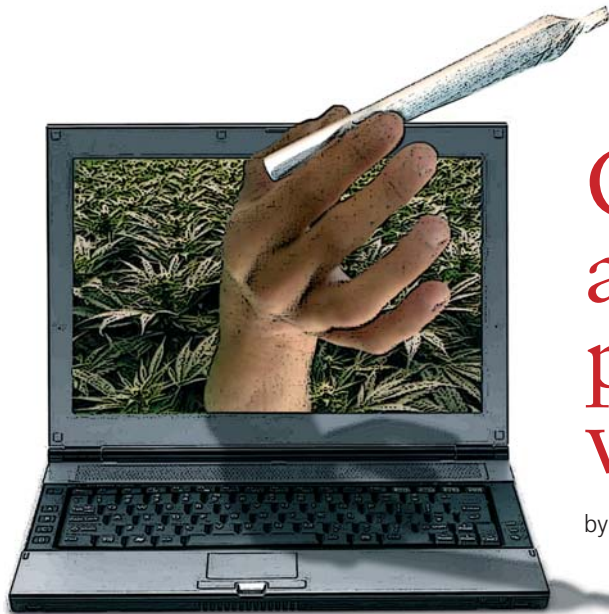
The Rippers

by Vycki Fleming B. A.



Shortly before Hempfest, I was visiting a friend when I noticed she had been badly attacked by that dreaded pest known as the "Rippers." I took some pictures of the damage and the incoming recruits so the story would have a happy ending. For fun, I also took a picture of the medicated cookies she made for the Fest. 





Creating an awesome pro-legalization website

by Aendrew Rininsland

Creating an awesome pro-legalization website, in an afternoon, for free, with no* coding skills necessarily *Well, almost no coding skills.

The potential presented by the Internet for not-for-profit and activist groups is phenomenal. The importance of an effective website for both increasing awareness and finding supporters cannot be stated enough. Furthermore, advanced web technologies like Facebook are creating whole new venues for advertising and promoting causes such as ending cannabis prohibition. Yet, coding websites—and especially the complex, dynamic websites needed for online activist organizing—is not a task for the faint of heart. Gaining a mastery of even HTML, the underlying design language of the web, can take quite a bit of time as well as an aptitude for translating abstract data structures into visually-appealing layouts. What's more, keeping up with web standards and applying best practices requires constant vigilance on behalf of the webmaster, who is often just the poor sod put in charge of making the organizational webpage.

Enter Web 2.0 technologies.

"Web 2.0" is a buzzword thrown around very arbitrarily by technology enthusiasts; in a nutshell, it's the new style of Internet development that is characterized by userfriendliness, expandability and interoperability. Best of all, its open source design philosophy means there are no software acquisition costs—it's available free of charge. Through the use of open source Web 2.0 Content Management Systems (CMS), activist groups and not-for-profits can not only easily develop websites, they can develop good websites that make use of the most effective new technologies.

There are multiple open source Content Management Systems available free of charge. Most require web space that is PHP-enabled and a SQL-capable database of some sort. Some, like Flatpress (flatpress.org) and Pivot (pivotlog.net), don't require a database, however, they tend to be more limited in ability. For instance, WordPress (wordpress.org), the SQL-enabled publishing platform that Flatpress is based off, can do things as diverse as serve photo galleries and forums while still being incredibly efficient and maintainable. Those not wishing to purchase web space can sign up for a free

account at WordPress.com, though you are somewhat limited in design and functionality by the system. WordPress is designed mainly with blogging as a focus, though it's extensible enough to make effective organizational webpages. It is very fast and secure, with one of the oldest and most supportive help communities on the net. Also, the vast number of free, pre-designed themes means that it's quite easy to find a layout that's capable of what you want the site to look like—with absolutely minimal (if any) coding on behalf of the webmaster.

The next generation of Content Management Systems are even more suited for activist applications than the blog-style ones. Joomla! (joomla.org) and Drupal (drupal.org) are extensible modular frameworks that can fulfill any type of functionality imaginable. Both are created with community in mind, with different user roles to allow multiple people to maintain a site. While both have layouts resembling a blog by default, one-click installation of freely-available open source modules means that any functionality under the sun can be added with absolutely minimal effort.

Of all these, Joomla! is most suited to non-profits and activist groups because of its high level of configurability through the web interface. Once easily installed, several clean and well-designed templates are included by default which can be then customized to preference. Adding modules is a breeze, and even installing larger functionality such as a forum requires very little effort. What's more, it looks good out of the box without absolutely minimal coding. This means cannabis activist groups can create websites that have the same level of complexity as government or corporate ones without spending a cent, all in the course of an afternoon.

By "minimal coding," I mean that most of these systems don't require digging around in the underlying HTML and CSS code. However, to customize these systems, a cursory knowledge of both those languages is useful. Most templates work out of the box, however, they usually require uploading a new logo in place of the default CMS one at very minimum. CSS editing usually involves nothing more than changing colour values, fonts or column widths. However, once the customizing has been done, most administrators will never see any of the underlying code, making day-to-day updating and maintenance no more difficult than editing text in an interface similar to a word processor.

To see some of the possibilities that this technology presents, visit calgary420.org and alberta420.org (Full disclosure: the author is helping develop both these sites). Working in conjunction with community activist leaders, the Alberta420 network is a collection of localized

cannabis movements connected via Internet. Using another Web 2.0 technology, RSS, news in one community is "syndicated" to the others, enabling readers to see what's going on in other parts of the province while fostering the notion of a larger collective anti-prohibitionist entity. What's more, the interconnectedness of these sites means that organizers can contact members across the province with information about activist events and other community-related issues. Members can post in forums, register to attend events, vote in polls and much more. Each of these sites also display RSS feeds from larger entities such as the Drug Policy Alliance and MAPS, as well as news aggregators like Smokkr.com, linking readers to other interesting and relevant content with no effort on behalf of the administrators.

Creating a very functional and aesthetically-pleasing website for your local activist group is no longer a difficult and expensive task. Groups who upgrade to the newest CMS technology will find the amount of time spent fiddling with technical elements has been greatly decreased and those responsible for publicizing the group are able to do so without having to go through a webmaster. 🍀

For more information on open source Content Management Systems, please view my white-paper, "Content Management: The Not-For-Profit Panacea?", available at <http://www.hairysquid.net/2008/content-management-the-not-for-profit-panacea/>. A video tutorial for installing Joomla! is also on that page.



Notice the lack of care with which they launched their attack on the plants. Clearly there was little love for the plant or any idea what they were doing. The plants were nowhere near ready and they were twisted off at their bases, leaving all but a few small stalks.

This type of thing happens all over Canada (and one might speculate the world over) and is always devastating to the person that planted and tended to them with love and care. Sadder still when it is a sick person that needs that medicine and this one outdoor crop is all they have to rely on all year long to keep them well.

A friend that cared about the devastation and possible ensuing sickness brought along some new recruits to go straight into the ground to replace them. It was the beginning of the "Happily Ever After" part of the story. If only those Rippers weren't so proliferate. 🍀



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Just Don't do it!

A blast from the past

By Jef Tek

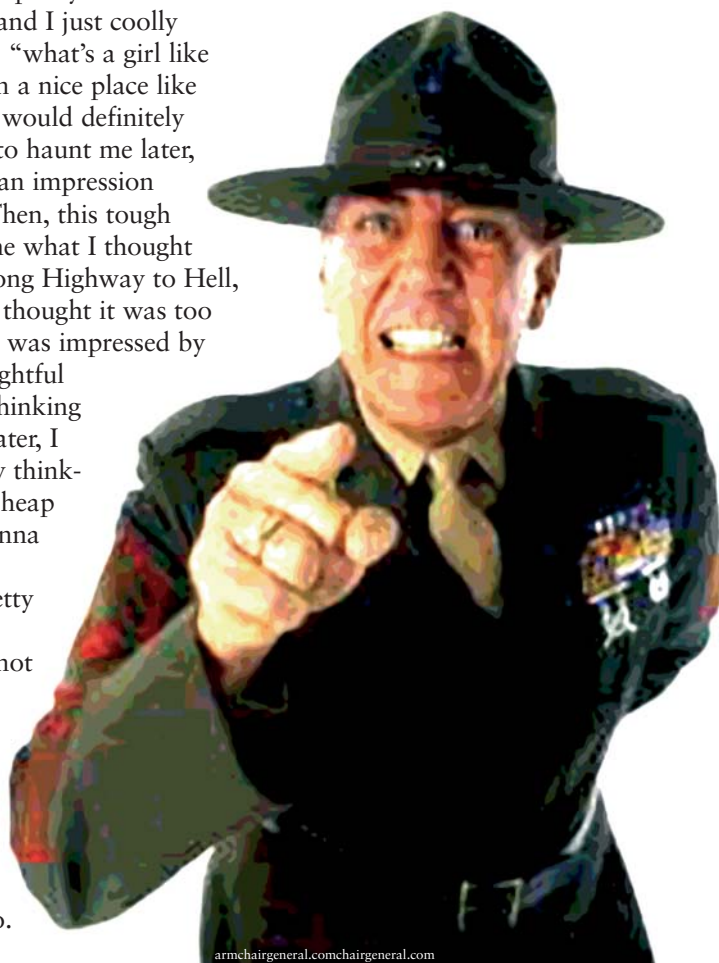


It is 1981. Pot cost 20 dollars an ounce, hippies are real and Ronald Reagan just took his place in history as the 40th President of The United States of America. Back when the Cold War was actually a good thing—keeping two insane superpowers in check, bolstering super-secret technologies and innovation along with keeping everybody on their toes. Back when the “Be all you can be” Army recruitment campaign began. There was an Army-Navy recruitment station in my neighborhood in Chicago; as kids we would bug them for stickers. Kids love stickers, and they would give us boxes of Army and Navy stickers to stick on car bumpers, but we would stick them just about anywhere except a car bumper, unless we were skitching (Chicago word for winter sports with cars). As a kid, I never gave a moment's thought about being in the Armed Forces; in high school, I never understood R.O.T.C. or why they dressed like little soldiers. My step-dad was in the Navy as a cook and my Grandpa was a tank commander in Germany in WW2, but they never talked about it much. The first decade of my life was filled with Walter Cronkite, Indochina, Cambodia, Laos, North and South Vietnam constantly blaring from the television set, unsettling my gentle Pisces soul. I wanted no part in killing or being killed. What

radical transformation could possibly occur to completely change a peace head into an Army head? Be all you can be.

My freshman year of high school went by so fast I wish I took pictures. I've always had a fantastic memory, but hormones were raging and so was my hay fever. The first day of orientation I was completely stoned on the Actifed my mother gave me for this, this new inconvenience in my life. A pretty blonde sat next to me and I just coolly blurted-out, “what's a girl like you doing in a nice place like this?” That would definitely come back to haunt me later, but I made an impression on Sheila. Then, this tough kid asked me what I thought about the song Highway to Hell, I told him I thought it was too long and he was impressed by such a thoughtful response. Thinking about this later, I was actually thinking about Cheap Trick's “Gonna Raise Hell” which is pretty long in the bridge and not AC/DC's “Highway to Hell” which is short and regularly played on the radio.

I had this kid thinking I was a music critic, because I was stoned on synthetic speed. That very day, after orientation, back home and after the speed wore off, I was hanging with some neighborhood friends that went to different schools—we all went to different schools! Anyway, someone sparked a jay and it instantly relieved my hay fever and took away that fuzzy, disconnected feeling I got from sinus meds. I asked where the ▷



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reefer came from and it was my friend's upstairs tenant that was the man, Dominick. We met, I asked how much for how much, but he just laughed and dropped a lid into my lap and said I owed him 20 bucks. In debt, I rolled over 60 jays that night and I still had weed left over. I sold about 55 jays the next day in the 10 minutes before home-room class began; a buck a jay! Later, back in the hood, I paid Mr. Dude and he gave me another. I was so scared to owe the guy that I just paid for the second bag up-front and we were immediately friends after that.

I sold rolled-joints for the first three days of High School and promptly retired. My spidey senses were tingling and I just quit. It seemed like the second day after I quit selling jays, everyone was getting busted, left and right. Bullets were coming through our blackboard from the other side when I heard a friend got pinched for just smoking a joint. To think that the school I was attending, lovingly referred to by alumni as "Burnout City," was now becoming a weed-free zone as well. In retrospect, hindsight is always 20/20; I realize it just took a few weeks for Mr. Regan's Presidential program to kick-in. "JUST say NO to drugs!" Sure; we weed people still found each other. Birds of a feather—fuck together. There were a couple of real cool black guys that got bussed all the way from the South Side just to attend a school that wasn't in my neighborhood either. Andre and Moorhead! We used to have 40-minute baking sessions before and after school, it made the ride home a lot more fun. Being smart can fuck you some-

times if you don't know how to dumb it down, that's what happened to me. Right before school started, I took a placement test and maxxed it, thus binding my ass up in honors classes. At least all of the girls were hot, there weren't many other guys either, most weren't smart enough or they were much-much smarter than me to not wind-up with a full 10-period schedule, kicking-off with a double-period class of Biology, first freaking thing in the morning.

Ah, Biology, where I cleaned the seeds from my fine Mexican weed while my 420 pound teacher alternated between burning baked-beans on a Bunsen burner in the back and flippantly teaching osmosis like it was obvious up front. I didn't like her and the feeling was mutual; I was a smart-ass, I would purposely guess on tests and pass them anyway. The first week I did the second chapter by accident, the second week I forgot and got so far behind I just stopped going to class after the Frisbee incident—thanks Sybil! Because of this slight-discrepancy, I passed all my other classes with A's, B' and C's but, this one requisite fucked me and now I was down a full credit. During the beginning of my second year at a Parents Teacher's meeting, my Principal (who was no pal of mine) convinced my impressionable medicinal mother to have me join the Army. "The challenge would do him good," my Principal explained.

Blindsided, like getting whacked with an aluminum softball-bat upside the head, my good-intending mom came home with a pile of propaganda. Supposing I wasn't able to make up the

credit after sophomore or junior years then—oh no, then I'd have to go to summer school the summer after graduation to actually graduate. This would not do, because my step-dad, who was also a cynical Chicago Police Sergeant, had other plans. You ever get the feeling you are not wanted? Yeah, I don't need for a two-ton heavy thing to fall on my head to get a hint! He gave me "the look" and that look said "you gotta go." I was only 15 but I got the hint; on the day of my 16th birthday, I was enrolled in the US ARMY. While signing-out of high school, my friends were speechless. Nobody could believe that me, a good-natured, funny and well-intentioned person, would actually join the Army. They got me with the "money for college" strategy, where four years in the Army would pay for college, but bla bla bla... That's another story.

Just don't do it,
Jef Tek 



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Making a Difference

Special Dispensaries and Special People



By John Rolling Thunder

What we do with our lives is a choice left up to us. In our day to day lives, it is rare to bear witness to the missing heroes, who walk quietly while moving in and out of our lives. They are the ones who realize a purpose; their purpose, a desire to help people and a desire to give. I don't think these people even recognize the size of their hearts for they do not gloat nor wallow in their accomplishments, for they are too busy making a difference in our lives and our world around us. As a journalist I involve myself with many people, environments, movements etc. As a contributing writer for TY I have come across many people.

Here are several individuals and their dispensaries, whose ideas and dreams coupled with their golden hearts are making a difference with those they touch. Their path is that of compassion, bringing light to the human condition and bringing relief to the ill and suffering. They are brave, uniquely beautiful and incredibly strong-willed individuals. These people are not glory seekers. What they do is from the heart. These people whose selfless acts go unheard have not their mantels coated with trophies, glorified as winners. It is time we thank all those, even yourselves for giving, even when you thought you had nothing more

to give. Share your light. Now shine your light threw the darkness of the world. Walk with devotional life for all. Be an example for others to learn from. We can work through this alone, highly unlikely but together we may have a chance.

HG Can Can

I want you to meet Harold. I met Harold on a fine autumn, a Saturday afternoon. I was up in the foothills of Mt. Lassen visiting a quiet mountain town in Butte County, just outside of Chico California. I made a call to Harold, originally to ask him for a telephone number to a large co-op in Chico with whom I have been trying to connect with for some time. Once on the phone with Harold, I began to introduce myself and asked if I could stop by. His voice sounded frail and weak. There was something about his voice beyond the obvious that I could tell he was an angel. He replied, "Why sure, come on over." I answered, "Thanks Harold. I will be there within the hour." Saying goodbye as I hung up the phone, I turned to a friend that was with me at the time and said, "Let's go." Wondering to myself as we were driving, why aren't the trees all changing colors at this time of year? It usually looks like Vermont out here, plush with

golden rod to amber to sunburst the colors of fall come to life. So far I wasn't impressed, blaming it on global warming that's confusing the trees. We circled around Harold's home and found a place to park. Still admiring the beauty of the forest, I closed the door of the truck.

Harold lives with his wife in a small modest mobile home nestled in the pines. Coming to the door we were greeted warmly and gestured to sit down. Harold is an elderly man. A gentle man of slight build and frail just as his voice was. He had been in a great deal of pain which he explained that, while undergoing surgery for a severe spinal condition at a Veteran's hospital, he contracted Hep C from a blood transfusion he needed due to complications from surgery. As we talked and shared our stories, I could see this man was alive; underneath the pain and suffering, his love was keeping him going, along with his commitment to maintaining his collective of close to 50 patients. Inside, I noticed, during the course of my visit with Harold, his extensive collection of pipes, bubblers, and vaporizers. There were smoking pipes of all kinds, some put up on a shelf placed meticulously for all to see and admire. I noticed a beautiful picture of Christ hanging among a



the cities.

Sacramento Holistic Healing Center

few pictures they had a n d shared with him how I was familiar with that particular picture and his eyes lit up. I struck a chord in his heart. So I shared more with him about my faith and belief in the loving powers that be. He told me of his faith in God and how he has suffered so with his illness and how it keeps him going while able to maintain the collective. I commented, "They are your flock and you are the Green Sheppard, I can see you truly feel the commitment to provide medical marijuana to your patients." He smiled and chuckled considering the pain he was in. We connected so much in so many different ways. This gentle kind man probably in his 60's or older before my eyes was suffering and deeply ill. He sat in his chair the whole time and was barely able to stand up or walk. I went there for a purpose but now as I write this I see the real reason I went and I am so glad I did. I think we both got so much from our visit and I hope to be back to see him and his wife soon.

Harold and his wife are true pioneers in the movement of compassion. They operate a 50 member collective by means of delivery. They had no fancy cars with their mobile home, humble and in need of fixing up, but not in disarray. Good down to earth mountain folks, so different than the hype and medi-mart mentality of what I have often found in

Now I would like to introduce you to Mike and Reid of Sacramento Holistic Healing Center in Sacramento California. The center opened its doors on April 20, 2007, averaging 30 to 40 patients a day. Straight or gay, cancer to AIDS, their patients make up a wide range all across the board of people afflicted with one ailment or another. I found out about SHHC from a number of patients who spoke highly of the center. Eventually as time permitted, I placed a call to SHHC. As I introduced myself to the person on the other end of the phone, I could sense I was talking to someone who was polite, considerate, and well-informed. "How nice," I thought to myself, for often when I make calls, I find myself speaking with a person who has no time nor patience and not much willingness to answer questions anyone might ask as a patient wanting to know. I was put in touch with Mike. Ending our conversation on a pleasant note, I arranged to meet a few days later. My photographer Aaron Cox and I arrived promptly. The building was made of brick; clean and very non-descript. Parking is located to the rear of the building, making it a private and safe place to park your car, especially because as we pulled into the driveway one cannot help but notice many surveillance cameras posted about the building. Entering we were kindly greeted. The first thing I noticed was how clean, secure and well maintained the dispensary was. This, I thought

to myself, is what a dispensary should be like. The atmosphere was comfortable with a heightened sense of respectability towards each patient and that of their professional attitude about their business, which impressed me the most. I found this dispensary to have the best prices and quality in a highly secure, safe environment.

Soon Mike came out to the waiting area to greet us. We were ushered through halls and corridors to a room where we sat around a table. Taking a moment to gather my thoughts, I could sense I was in the presence of a special person, for Mike and his business partner Reid are the owners of Sacramento Holistic Healing Center, a very special place. Mike, a youthful, tall, good looking man of 27 years with a healthful demeanor, knew we were both on a tight schedule, so my questions were limited as well as our time. I found Mike and Reid to be bright, intelligent and compassionate young men. Mike at the age of 15 years young started college majoring in history among other subjects of interest. Eventually he found himself working in finance and banking institutions. Mike is not a patient but appears to genuinely understand the plight of the chronically ill for he and his business partner Reid contribute much to the community of Sacramento. For example, this past summer they raised over \$5,000 for the Sacramento AIDS Run/Walk. It was their first large event they ever worked on, but are looking into sponsoring three to four events a year. Organizing events relating to MS to Cancer, as well as AIDS, while finding causes worthwhile and therefore continuing their charitable acts of kindness and involvement. ▶

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I asked Mike how he got involved in the business of dispensing medical marijuana. Mike grinning replied in a calm, serious tone, “A friend I grew up with started a collective based in West Hollywood in Los Angeles, California. I worked there for about 1 and a half years. That was where I learned a significant amount of what I know about the business of medical marijuana. I am not a patient mind you, I was very enthusiastic about learning, I still am. The most important thing I learned was how not to operate a dispensary and or collective by the mistakes made by others.” I had asked Mike about the recent rise in armed robberies with dispensaries in the Sacramento area and how the employees dealt with that kind of pressure. He replied, “We have a strong security culture. Not only do we secure the building to the maximum, we also train all our personnel extremely well, our security guard served as a guard for a government building for the past couple of decades. It is of utmost importance to us all that security here is tight, therefore providing an ultra-secure and safe place for our patients to come. We provide wonderful service to our clients. No wait. No stress. If you have a question, let us be of service.”

I asked Mike, “Some dispensaries have compassion programs or free medicine for patients with low income. Do you offer one?” He replied, “Yes, we offer compassion in many different ways. However, I do not align myself with the idea of how some dispensaries and collectives are dispensing low grade, low quality, and insufficient amounts that realistically do not meet the needs of the

chronically ill as well as those with minimal income.” Turning to Mike, I asked him, “Could show us around the rest of the facility? But first, may I ask you one more question? What do you think the duty is of a dispensary?” He answered, “For us, our duty is to address the patients first on behalf of their needs.” As we stood up he gestured for Aaron and me to follow him to the main counter area in the dispensary and introducing us to the people on staff at the time. Again I was most impressed with the cleanliness and how everything was done to a minute detail and highly organized. There was no pressure, no insult. Here they truly respect the patient, their privacy and needs. I found the staff to be extremely knowledgeable, sincere, proper and most kind. We said our goodbyes, shook hands and left.

As time has lapsed, it's been several months since I first came upon the well-touted Sacramento Holistic Healing Center and what I have found is consistency and the best of quality, along with phenomenally good prices in an atmosphere suitable for dispensing medicine. Their program of compassion is something that all dispensaries should aspire too, as well as being an excellent example of what a medicinal marijuana dispensary should be. Being there is neither like being at a circus nor like some underworld closet in the shadows of the city.

Thank you Mike and Reid and all the good folks at the Sacramento Holistic Healing Center, for you are truly compassionate and true to your purpose. Yes, you are in the business like all others to be profitable yet you

have also spirit to bless the community and all those you touch. You are angels and heroes walking a path true to your undertaking and brave to your word. For myself, I know these people to be truly compassionate and giving souls, void of greed and the desire for a fast buck made off the pain of the sick and suffering.

HUGS

It was over a year ago August 15th when the doors of HUGS Alternative Care opened up to the patients they serve in Sacramento California. HUGS Alternative Care is unique in the sense that it is a family owned and operated establishment, and the feeling of that carries over to the patients that come to visit HUGS. Clyde, Cathy and Billy are some of the most down-to-earth simple and beautiful people, who are there to greet you with their genuine smiles and, of course, their infamous Hugs.

One afternoon, I visited HUGS to meet with the owner, Clyde, and his daughter Cathy and her brother Billy. I was greeted as I have come to know now with the traditional HUGS warm welcome, handshakes, hugs and smiles—not necessarily in any particular order. Once inside the dispensary, I noticed it was clean with a simple set-up, nothing outrageous or over the top. What I found was a warm vibe characterized by a sense of family and togetherness. As I stood in the counter area for a few moments, I noticed the interaction between the employees and patients—togetherness with a strong touch of family love. The smiles say welcome before the words come out. All that stopped in were greeted with ▷

equal amounts of care, consideration and that special touch of family that I have not quite found in other dispensaries.

Walking with Clyde and Cathy, we sat inside a room. Cozy and comfortable furniture filled the it, reminiscent of home. There is nothing fancy about HUGS, which is why I like this dispensary. Their prices are as simple as the surroundings and compassionate as well. The quality is consistent with their price range and they have the widest selection of edibles I have ever seen (I recommend the chocolate in the cups)! All are tasty, fresh, generosity proportioned and very strong. Buyer beware.

Sitting down, I looked up to Clyde into his deep, beaming eyes. His eyes truly sparkle with a quality I don't often see in people these days. His smile is just as

contagious as his naturally pleasant vibe. I asked, "Clyde why did you get involved with the dispensary system?"

His answer, so simple, he responded, **"To give people the opportunity to have safe access to medical marijuana in a positive environment. Understanding of an individuals needs and compassionate about them suffering is important for us here. We are down on prescription drugs and chemicals of all kinds".**

We all have choices and I have mine!" I added, "Alternative holistic medicine is the way to go

for me with, of course, for my particular illness, AIDS. I choose to take the medicines I do because they have kept me alive so far. Clyde, are you a patient, may I ask?"

He replied, "Oh yes!" His eyes were beaming bright. "I have several problems with my health, the one that bothers me the most is my back. I am often in a great deal of pain."

"I am so sorry Clyde," I told him. Turning to Cathy I asked, "Are you a patient?"

She replied, "Yes! I am. I often use it daily for my health problems." We all agreed we were grateful for medical marijuana and for the wisdom of the people of the state of California had when voting for medical marijuana and the dispensaries and their role. As our conversation continued, I found Clyde to be



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intelligent and a man with a heart of gold who he obviously passed down to his children, Cathy and Billy. They are activists for change and positive role models. They are simple people with simple ways but open up their hearts continually for their patients. It was on the television news that I first heard of the robbery at HUGS Alternative Healing. I did not know much about it first hand so I asked Cathy about what had happened. As tears welled up in her eyes, I thought maybe it was a question I should not have asked. She talked about how it was around summer. They came in with sawed off shotguns, making them lie head down to the floor, with a gun stuck in their sides.

She said, "What made me stress the most was my father's well-being and mainly that the gunmen was shaking as much as we were. You know when the adrenaline is flowing and pumping hard, anything can happen."

She still has fears that often play out from not only one robbery, but two. I am thinking to myself, "Why these people? How can anyone be so cold as to rob these people! They are family people you want to know, love and respect for they are so kind to all equally."

I asked Clyde, "What are your fears, the feds or robberies?"

The answer was instant. "God's love has no fear. Our love for God and God's love for us means no need to fear." Clyde ended with this, "John, we are blessed with everything. Give love and love will give back, just like you say John, but I also say, give back and it will come back!"

At the time of writing this article, I have learned that Clyde is being challenged with some serious health matters. Please keep him in your thoughts and prayers.

One more thing I would like to write, and that is for LOVE to bless all the farmers of true compassion out there in the world

keeping the medicine FLOWING, GROWING and GREEN. Thank you very, very much. May you all grow in PEACE.



Cartoon by Chief





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Money makes the World go 'round

By Nathan Chamberland

Money makes the world go 'round. That's what they say. Well, who's "they," and is it true? I would have to speculate that money does make the world go 'round—for the rich. So what about the rest of us? Every single day we fight. We fight for survival. We suffer. We wake up each day (if we've even slept), and we do what we can for our families and for ourselves.

The rich get richer.

Well, who are the "rich"? I can think of one massive group that seems to make a substantial living off of the poor and the sick: **the pharmaceutical companies.** These companies steal billions from us. They do this under the guise of helping the world. Are they? Perhaps. Or perhaps they are killing us slowly, while taking us for every last penny with the promise of relief that never comes.

Cure? What cure? There is no cure. They will never find a cure for anything because there is **no money in cures.** There is only money in temporary relief that causes horrible side effects that force us to take more pills that come bearing their own side

effects. Medicine is not cheap, but who the hell would not take what is prescribed if the "professionals" tell you it's your best shot?

I'm going to tell you something. I have, all of my life, been a peaceful man. I have enjoyed the longest fuse in the world. I would never get angry. I would never "lose it." I was always in complete control. But, sadly, I was born with an inquisitive mind. Little by little, I became more aware of what was really going on. I first learned about religions, then governments; now I have learned a great deal about these sons of bitches that the world thinks are saints. Their propaganda knows no bounds. I've got to tell you that I am so pissed off, I can't even think. How could this happen? How could millions—if not billions—of people be totally snowed by pharmaceutical companies?

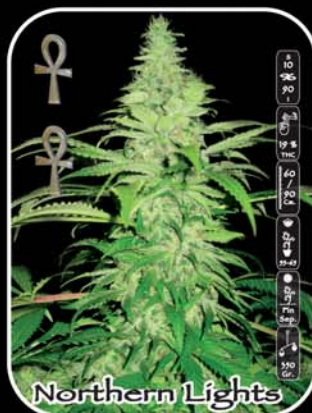
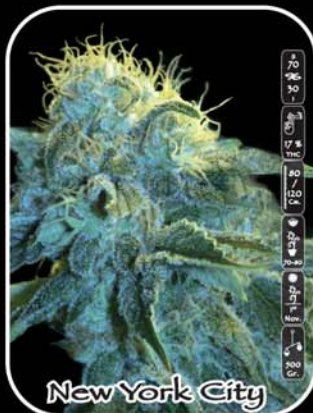
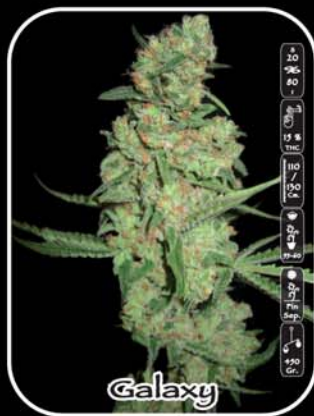
How? We've got the power. We are millions. These companies are merely thousands. If we ever stood together for the truth, they would cease to exist. We, then would have the power to cure and truly help each other.

Marijuana, in its extract form, seems to be curing cancer. It does this by attacking the dying or mutated cells—the same cells that turn into, or are cancer cells. Who wants to listen? No one. The reason, I think, is that the propaganda that you have been hearing for so many years stays with you, drilled into your mind. Generation after generation, we are taught that marijuana is a very dangerous drug. Beginning at childhood we are brainwashed. We grow up and teach it to our children. We keep demonizing the very thing that could save us. Why? Because, listen closely: you can't patent a

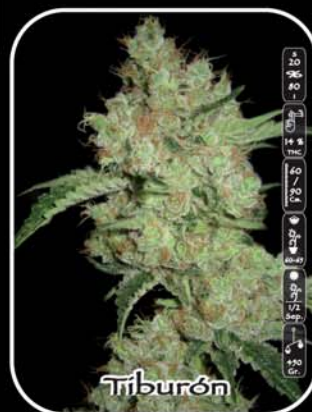
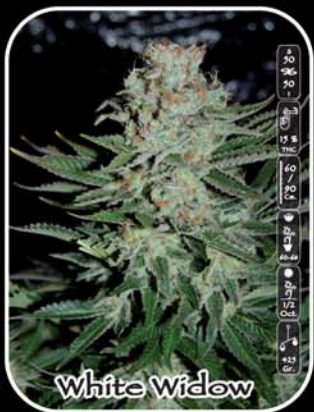


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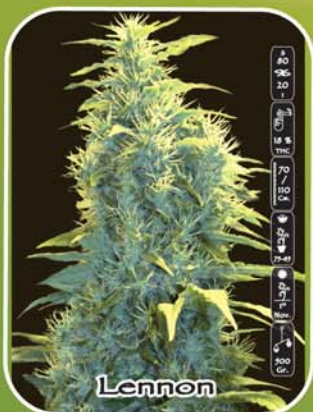
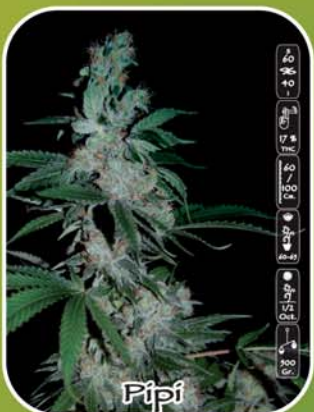
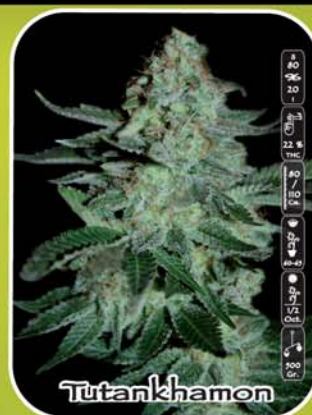
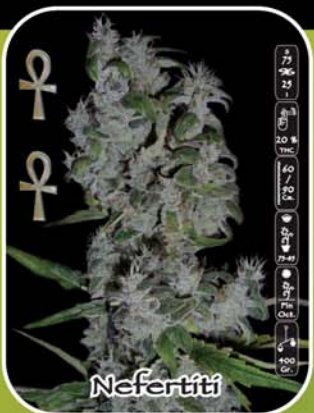
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natural occurring plant. You can only patent a chemical. If you can't patent a plant, you can't make any money by being the only one who has it. Further, even if you could patent it, you wouldn't make any money by curing people. Think about it. Just think.

What about even legalizing cannabis? Will it happen? A lot of people that are pro-legalizing it argue that the governments can tax it and use the money for further health care or bailouts or something, like tobacco. But honestly, when was the last time you saw a tobacco plant on someone's balcony? There is just no way for the governments to truly control this.

How about this: where does the money you give to the Cancer Society go? Do you think anyone has told them about the possible cure for cancer? Yes, many have. Will they look into it, even with the mountains of proof that is currently present? Nope. They are content on paying all of their executives exuberant amounts of money and staying perpetually in their "searching for the cure" mode.

The problem is that most people are good people. They wouldn't dream of personally withholding the cure for cancer. So why would anyone else? I tell people about marijuana and cancer. They automatically shut it out. They can't get past their own brainwashing. They think that there is no way, in the real world, that people would purposely withhold a cure. That only happens in movies, not real life. That can't actually happen. There are rules, governments, societies... People! No way. And so, as fast

as they heard the truth, it leaves their mind. The same goes for government and religion, but I digress.


There are such great things that come out of this plant. So much relief, and so many cures. And the side effects? Hunger and contentment. Crap! There's no way that it's this easy! I need to puke my guts out and suffer tremors and weight loss and other horrible feelings and side effects before I've earned my relief!

This magazine you are reading right now is full of wonderful stories and truths. These are unabridged truths. No pharmaceutical company or government-paid editor working on staff. Just truth.

I would like you to do me a favor. I wonder if you could open your mind. Start questioning everything instead of just knowing things to be the way they are. Take a closer look into things. Things like why it takes three

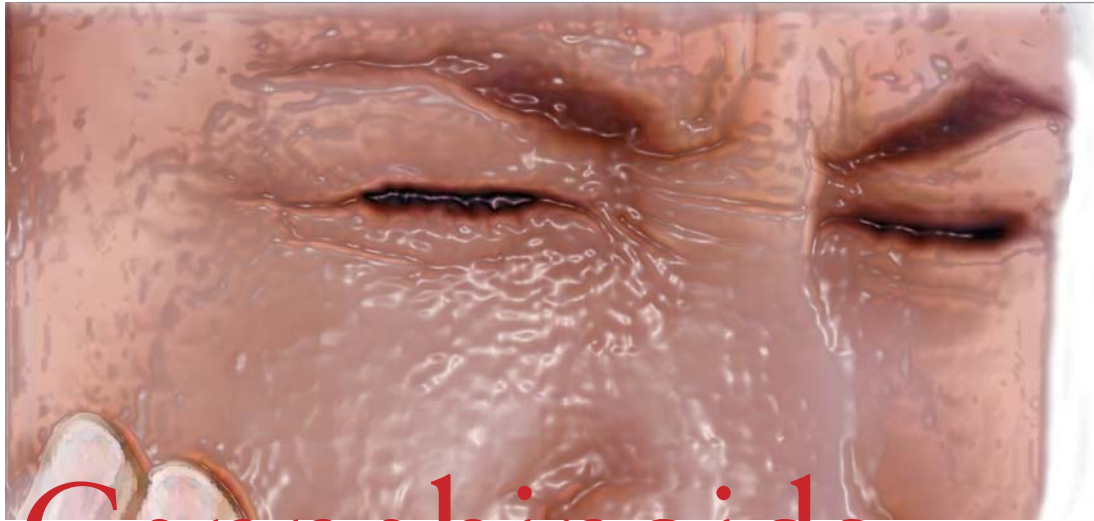
days for your money to get to your bills when you pay online and yet you can instantly email money to anyone. Where has the money gone for three days? Why can't they make it faster? They won't. I'll let you decide why...

If only we stood together. If only we all said No. If only people could realize what is really happening right now. Turn off your TV, start researching the truth. Try it out. If something as crazy as this is at least possible, doesn't it deserve your attention, even just a little?

All I can do as a fellow human being is tell as many people as I can. I hope that one day; grand-scale researching is done—without being sponsored by pharmaceutical companies or governments—so we can conclusively know what this unbelievable plant can do. But you know, even if there were conclusive findings (and there are many to date), do you think the world would ever hear about it? Again, I leave that for you to ponder... 



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Cannabinoids for Trigeminal Neuralgia:

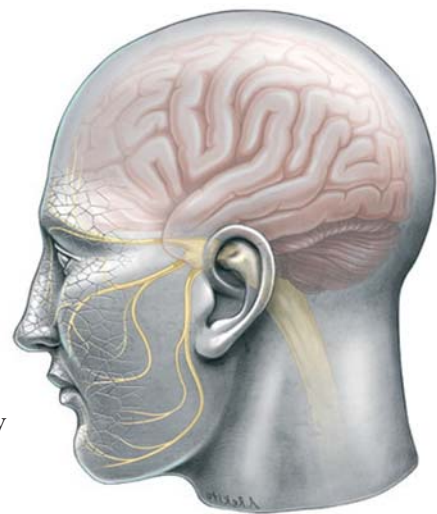
Relief from the Fire Ants in a Feather's Touch

By Ally (aka pflover)
"Preserve Neural Plasticity!"

Trigeminal neuralgia (TN) is one of the most painful disorders known and may be second only to cluster headaches in degree of pain it produces. Like cluster headaches, trigeminal neuralgia is also known by many as the suicide disease. When describing someone suffering a TN attack, the chairman of Oregon Health & Science University School of Medicine's department of neurological surgery, Kim Burchiel, M.D., said: "They are begging to be killed." The trigeminal nerve is responsible for the transmission of all sensory information from the face and head. This includes temperature, pain, and tactile/pressure sensation. Most of us are familiar with the luxury of a functional trigeminal nerve, being pinched on the cheek hurts but the pain is bearable and fades quickly, soft touches are sensuous, and wind on one's face can be quite the invigorating experience. If this nerve bundle becomes irritated or damaged it

can begin to malfunction in the most extreme way. The invigorating wind and sensuous touch can become the trigger for severe sensations of searing, slicing, stabbing, lacerating pain in the mouth, teeth, eye, cheek and ear lasting from a few minutes to several hours. Usually only one side of the face is afflicted though rarely TN can occur bilaterally (1).

There are several ways in which the trigeminal nerve can become irritated and/or damaged through direct assault or more passive demyelination. The most common cause is believed to be vascular compression of the nerve bundle close to where it enervates with the brain stem. This pressure irritates the nerve interfering with its ability to function properly. Eventually the irritation results in demyelination and severe neural dysfunction. The dysfunctional nerve now fires erratically, becomes hypersensitive, and may no longer be



Trigeminal nerve

able to terminate a sensation once the corresponding stimulus has been removed. As a result, someone suffering from this condition will experience paroxysmal allodynia, the sudden onset of extreme pain initiated by non-painful stimuli such as a feather brushing the cheek. Other suspected causes include pressure from tumor, cystic spider bite in the right location, damage from multiple sclerosis, car accident, facial surgery or even body piercing (1).



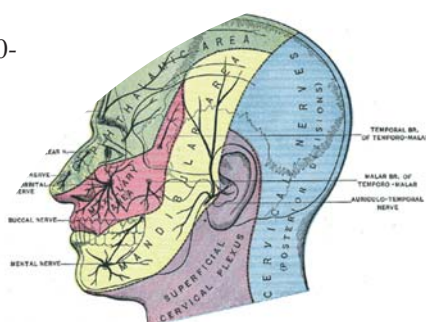
Blood vessel (green arrows)
irritating trigeminal nerve (white arrow).

With no cure and few “successful” treatments for this disorder, it presents the medical community with a difficult therapeutic challenge. Even with the available drugs, surgery to remove the source of irritation or to damage the nerve's ability to transmit pain and use of gamma radiation to damage the nerve and prevent pain transmission, some estimates say nearly 50 per cent of those affected are unable to obtain substantial relief in the long term(2). Some skilled surgeons and radiologists report 80-90 per cent “success rate” for the latter two treatments. Even so, after surgery and gamma knife treatments the pain can return for some within a few years. Such physiological interventions also come with their own risks such as paralysis of the face and not all patients are willing to face such risks without assurance of success (1).

In general, neuropathic pain conditions such as TN have proven resistant to conventional pain management methods such as treatment with opiates. One class of drug, however, stands out in the research as rel-

atively effective in the management of pain related neuropathy, those which interact with the endocannabinoid system (3). This trend in the research lead Liang, Huang and Hsu, 2004, to propose the endocannabinoid system as a target for methods aimed at treating TN. Next they developed an animal model of TN using rats. In the animal model, neuronal injury is produced by artificial constriction chronically applied to part of the rat's trigeminal nerve. Rats which underwent a sham surgery but received no constriction of the nerve behaved normally. Rats which received the full experimental procedure expressed signs of hyperresponsiveness, **hyperalgesia** (extreme reaction to painful stimuli), and **allodynia** (reaction of severe pain to non-painful stimuli) as do patients with TN. Liang, Huang and Hsu then tested how synthetic cannabinoids WIN 55,212-2 and HU 210 effected the expression of the TN-like behavior in the experimental rats. The doses of

these cannabinoids used in this study did not significantly effect the ability of the rats to perform in a test of motor skills (degree of motor skill impairment is believed to be indicative of degree of intoxication). In 2007, Liang, Huang, Hsu published their results. Rats treated with either WIN (WIN 55,212-2) or HU 210 demonstrated significant dose-dependant reductions in hypersensitive behavior, and significant dose-dependant increases in tolerance to thermal or painful stimuli. Blocking the CB1 receptor antagonized the effect of the cannabinoid treatment. However, the effect was not altered by blockade of either the CB2 receptors or the vanilloid 1 receptors. Furthermore, the chronically constricted rat nerves were found to increase production the CB1 receptors over time following surgery. This lead Liang, Huang and Hsu to suggest therapies targeting CB1 receptor activation may prove to be a valuable tool in the treatment of TN (4). ▷



Trigeminal nerve sensory
terminal endings
(Gray's Anatomy).



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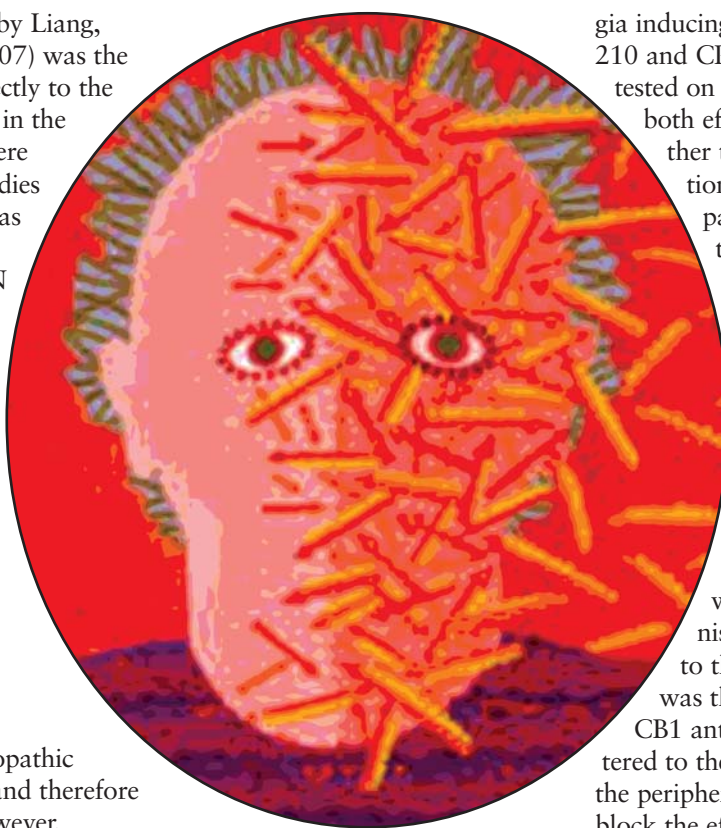
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Although the study by Liang, Huang and Hsu (2007) was the first to speak so directly to the use of cannabinoids in the treatment of TN, there are several other studies of neuralgia as well as anecdotal evidence from sufferers of TN indicating they are on to something.

Neuropathic Pain and WIN 55,212-2

Neuralgia and neuropathic pain are synonyms and therefore interchangeable, however, trigeminal neuralgia is not necessarily synonymous with all neuropathic pain. That said, I have tried to present here some of the studies which are most relevant to the topic of trigeminal neuralgia. To start with, one might wonder how effective are cannabinoids at treating neuropathic allodynia, like that seen in TN, when compared to opiates? This question was addressed by Rahn, Makriyannis and Hohmann in 2007. They found in a rat model of vaccine-induced allodynia that not only was the synthetic cannabinoid WIN able to attenuate the expression of allodynia in vaccine-treated rats but that it was also able to do so at doses which were 75 to 80 per cent smaller than that required for morphine to produce the same level of attenuation. This suggests that WIN is 4 or 5 times more potent than morphine at treating this kind of pain (5). TN also pro-



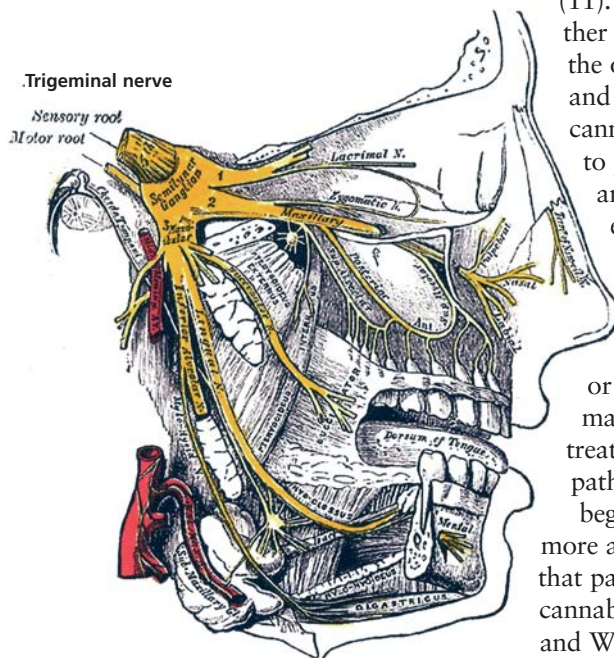
duces hyperalgesia and another study found that WIN administered directly to the site of neural injury at a non-systemically active dose, dose-dependently suppressed hyperalgesia as evidenced by reduced hypersensitivity. This effect was found to be CB1 and CB2 dependant only for acute administration of WIN whereas chronic administration of WIN appeared to be antihyperalgesic via the CB1 receptor only (6).

Although the last study indicated that only local activation of the CB1 receptors in the periphery was required for WIN to decrease some neuropathic pain, another study suggests that the ability of WIN to reduce the sensation of neuralgia may have roots in the central nervous system (CNS) as well. In this case, WIN was found to effectively ameliorate both allodynia and hyperalgesia in rats with neural-

gia inducing spinal injury. HU 210 and CP 55,940 were only tested on hyperalgesia but were both effective. WIN was further tested by administration either locally in the paw that was used for tests of hyperalgesia or to the CNS both with co-administration for a CB1 receptor antagonist and without. When administered alone WIN reduced hyperalgesia in both cases. The effect of WIN was blocked when the CB1 antagonist was administered to the same location as was the WIN. When the CB1 antagonist was administered to the CNS and WIN to the periphery, it was not able to block the effect of WIN to reduce hyperalgesia. This suggests that systemic administration of WIN produces antineuralgia via both CNS and peripheral mechanisms (7).

The next study may be of little use to most of those suffering from TN, however, it has application to surgeries which pose a risk of TN or other neuropathic pain disorders. In 2007, Guindon, Desroches, Dani and Beaulieu at the Université de Montréal-CHUM reported that the suppression of neuropathic allodynia and hyperalgesia by WIN described previously was significantly enhanced by a one week pretreatment with WIN prior to the neural injury. This suggests that preemptively treating patients with cannabinoids prior to surgery with a high risk of inducing future neuralgia could significantly improve their chances of living a relatively pain-free life in the future (8). ▷

CB1 vs CB2 vs CB1 & CB2



The studies discussed so far have all come to a conclusion that either the CB1 receptor alone (4,6,7) or a combination of both the CB1 and the CB2 receptors (5,8) are responsible for the antineuralgia effects of cannabinoids like WIN. There is however a growing body of evidence to suggest that CB2 receptor activation alone might be enough to produce cannabinoid mediated antineuralgia effects. A new CB2 receptor agonist was found to effectively reduce pain in rat models of neuropathic pain and three other types of pain without significantly affecting motor skills (9). Interestingly, unlike with the CB1 receptor, there is evidence from a mouse model of allodynia that only activation of CB2 receptors in the CNS, but not the periphery, is involved in the anti-allodynia produced by CB2 agonists (10). Yet another study has shown that neither CB1 nor CB2 receptors need be involved in cannabinoid mediated antihyperalgesia, but that cannabinoid mediated activation of vanilloid receptors

(TRPV1) was enough (11). This study further suggested that the other terpenes and flavonoids in cannabis may work to potentiate the antinociceptive effect of the primary cannabinoids.

Although targeting just CB2 or TRPV1 receptors may be a viable treatment for neuropathic pain, it is beginning to look more and more likely that pan-receptor cannabinoids like THC and WIN will provide

the most benefit to the widest number of sufferers of neuropathic pain (12). This leads us to our next question: what role does the endocannabinoid system appear to play in the expression of—or reaction to—neuralgia?

Evidence from the Endocannabinoid System Itself

In 2006, Mitirattanakul, et al., used the same rat model of neuropathic pain utilized in the majority of studies discussed above to help answer this question. They found that 76 to 83 per cent of the nociceptive neurons near the site of nerve damage expressed CB1 and TRPV1 receptors. After nerve damage, the density of nociceptive neurons expressing CB1 and TRPV1 receptors appeared unchanged whereas both the expression of RNA encoding for the CB1 protein in these cells and the protein

itself were elevated, when compared to pre-damage levels. In some of these cells, TRPV1 expression and levels of endocannabinoids anandamide and 2-AG were also elevated (13). Increases in CB1 and CB2 receptor densities have also been observed in both the affected peripheral site and the CNS in a mouse model of neuralgia bearing greater resemblance to TN than the nerve damaged model of neuralgia used in most studies on rats. This study also verified that WIN was able to inhibit neuropathic allodynia and hyperalgesia (14). These findings suggest that the endocannabinoid system is upregulated in effected parts of the nervous system after neuropathic assault. This intern suggests that further manipulating the function of the endocannabinoid system may present a valuable target for future treatments for neuralgia.

Transporter Inhibition vs FAAH Inhibition

There are two primary ways in which manipulation of the endocannabinoid system is currently achieved. One method is to inhibit the enzymes responsible for enzymatic break down of the endocannabinoids such as fatty acid amide hydrolase (FAAH), the enzyme which deactivates anandamide. FAAH inhibitors or (FAAHI's) may be the next big thing in cannabinoid pharmacology. We have been utilizing the other method to treat all types of pain for a long time but have only recently come to understand this to be the case. This method is to inhibit the endocannabinoid transporters responsible for

removing the endocannabinoids from the intercellular space after they have been released. As it turns out, **AM404**, one of the main active metabolites of acetaminophen, is an inhibitor of anandamide's transporter, an agonist at the TRPV1 receptor and a weak agonist at CB1 receptor.

[NOTE: Other metabolites of acetaminophen are very toxic to the liver in high doses. DO NOT attempt to take acetaminophen in excess to get high. It will only poison you without producing noticeable psychoactive effects (i.e., you will just get sick and damage your liver).]

So which, if either, of these two methods are useful tools in the fight against neuralgia? So far, it appears that the anandamide transporter inhibitor AM404 is potentially more effective and definitely more reliable at inhibiting the allodynia and hyperalgesia associated with neuralgia. Using rat models of neuropathic pain and inflammation, Mitchell, Greenwood, Jayamanne and Vaughan, 2007, found that one time systemic injections of AM404 reduced evidence of neuralgia associated allodynia but not that produced by neural inflammation. Co-administration of a selective CB1 antagonist completely reversed the affect of AM404 suggesting that CB1 receptor activation was completely responsible for this effect (15). Interestingly, another study published at the same time by Dani, Guindon, Lambert, and Beaulieu, 2007, on local injection of acetaminophen to the site of neuropathic pain (the paw) in a rat model found that acetaminophen inhibited both neuropathic allodynia and hyperalgesia. These antineuralgia effects of local administration of acetamin-

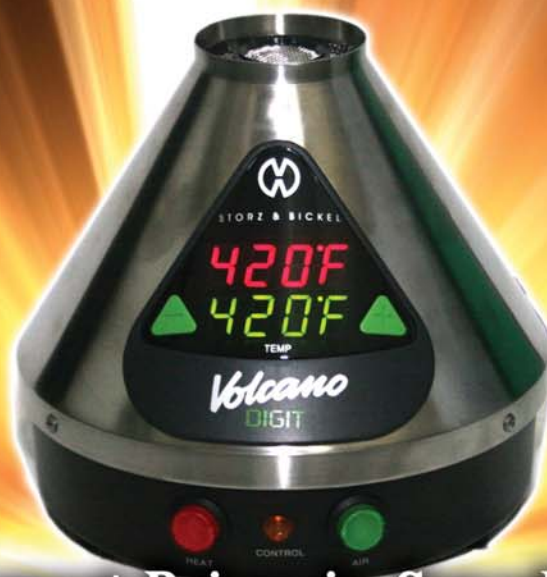
ophen were inhibited by both selective CB1 and CB2 inhibitors. It was unclear from the study if AM404, acetaminophen itself, or one of its other metabolites were responsible for the apparent CB2 receptor activation (16). This question was answered the year before by Costa and colleagues, 2006. They found a dose- and time-dependant inhibition of allodynia and hyperalgesia following daily administration of AM404 in a rat model of neuralgia. Although this effect was partially inhibited by co-administering a selective CB1 antagonist, a selective CB2 antagonist, or a TRPV1 receptor antagonist, it was only with co-administration of all three together that complete reversal of the effect was observed. This lead Costa, et al., to conclude that the antineuralgia properties of AM404 resulted from activation of multiple endocannabinoid related pathways through the CB1, CB2 and TRPV1 receptors (12). Clearly anandamide transporter inhibition, at least with AM404, is a viable route to helping control neuropathic pain. In light of this, it would be worthwhile to further investigate the use of AM404 to specifically treat TN.

Currently, the picture is a little less straight forward with FAAHIs, especially the most well-studied of them so far, URB597. In 2006, Jayamanne, et al., observed that although systemically administered URB597 was effective in a rat model against inflammation-induced allodynia and hyperalgesia, it was not effective when the two types of pain where neuralgia-induced (17). Interpretation of these results is limited, however, by the fact only one dosage was tested. Later that year, a bit more

light was shed on the situation by Jhaveri and colleagues. They found that whether or not local administration URB597 was able to inhibit activation of spinal pain neurons in rats with nerve damage was dependent on if the drug was administered to the site of pain or to the spinal neurons themselves. Only administration to the spine inhibited spinal pain neuron activation in a test of hind leg allodynia. Administration of URB597 to the hind leg also did not increase anandamide levels in the hind leg. In rats without nerve damage, URB597 administered to the hind leg increased anandamide levels in the hind leg while decreasing spinal pain nerve activation. Only when a dose large enough to be potentially systemically active was administered to the hind leg of rats with nerve damage was the activation of the spinal nerves by allodynia in these rats inhibited. In further support that this was not a localized action, anandamide levels in the hind leg were not elevated by the larger dose of URB597 (18). The next year in 2007, Russo, et al., tested how URB597 performed in a mouse model of neuropathic allodynia and hyperalgesia bearing greater resemblance to TN than the rat model in the earlier two studies. Using a wide range of oral doses, they found that systemic URB597 dose-dependently inhibited both allodynia and hyperalgesia induced by chronic nerve constriction. The antinociception produced by this FAAHI was blocked by a cannabinoid receptor antagonist with a moderate affinity for the CB1 receptor suggesting the antineuralgia potential of URB597 is primarily CB1 mediated (19). Recently an endogenous chemical related to anandamide but lacking activity ▷

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at the CB receptors (palmitoylethanolamide a.k.a., **PEA**) has been identified as being an endogenous FAAHI. A chemical derivative of PEA known as palmitoylethanolamide (**PAA**) was tested in three rat models of neuropathic pain including the one common to many of the other studies covered in this article. It was found to be effective at reducing expression of allodynia and/or hyperalgesia in all three models without effecting motor skills. In the most

commonly used rat model of neuralgia discussed so far, anti-neuralgia effect of PAA was found to be partially inhibited by either CB1 or CB2 antagonism (20).

It appears that anandamide transporter inhibitors like AM404 may prove to be particularly useful in the management of TN. In high enough doses or when applied more directly to the damaged nerve, URB597 may also prove useful. On the plus side, URB597 appears to

have a very wide therapeutic margin when administered orally so larger doses would not likely be an issue. New endogenously derived FAAHI's may prove more effect against TN and especially well tolerated. One question that has yet to be addressed is how well the two types of endocannabinoid manipulation might perform when administered together as a single combined treatment. This combination may just prove to be the most effective yet.



Patient Experience

Although there do not yet appear to be any human studies of cannabinoids used in the treatment of TN, there are however many anecdotal reports available concerning TN patient experience with preparations of cannabis to alleviate a degree of their pain.

Sherrie Toland, 40, having especially rare bilateral TN since childhood, has been diagnosed suicidal over it in the past:

“And I've tried everything. Now I'm told none of the surgeries or even the latest and greatest Gamma Knife is likely to work. And since I've had this since childhood, I can understand why it wouldn't. Too little, too late. But I can't understand why I can get prescriptions for opiates on top of opiates and then more and more sedatives and anti-depressants. It's enough to drive one crazy.

And the bottom line: marijuana works better than opiates and using it I would not need as many opiates. At the worst in my case, wouldn't marijuana be the lesser of two evils? I truly worry about all the opiates, and I don't want to be an addict (21).”

Multiple Sclerosis patients develop TN at a higher rate than the rest of the population due to MS related demyelination of the trigeminal

nerve. MS is also one of the more widely accepted uses of cannabis therapy. Therefore more TN patients with MS than without report on the efficacy of cannabis preparations to treat TN. **“Wolfalohalani” of Portland, OR**, is one such MS/TN patient. He says:

“If I can catch an attack when it's first starting out, I can hold some glycerine tincture at the hinge of my jaw on the effected side and it will numb the area and back the pain off. If I really don't want to feel any alteration of consciousness, I can wait five or ten minutes, and then spit the remaining extract out. What has already absorbed will last half an hour or so - enough time for the attack to be over (22).”

Interestingly, Wolfalohalani's statement that if “I really don't want to feel any alteration of consciousness, I can wait five or ten minutes, and then spit the remaining extract out” fits very well with the observation by Fox, et al., 2001, that non-systemically active doses applied locally in the periphery were able to alleviate neuralgia-induced hyperalgesia. This suggests that transdermal patches of cannabinoids or endocannabinoid modulators applied to the effected side of the face may prove useful at alleviating TN associated pain for some. Lozenges may also be a highly viable option. ▷

"teslagirlIM" has MS and TN. Left: During a TN attack. Right: A good day. Cannabis is the only thing that helps fight her TN-induced pain (24.)



Alison Myrden, a member of TreatingYourself.com, has MS and TN as well. She's about 40 and is a member of the Canadian branch of LEAP (Law Enforcement Against Prohibition). She describes the state of pain produced by TN as being epitomized by *The Scream*, painted by Edvard Munch, saying that the pain is like a "bolt of lightning shooting through my face." When it occurs, the pain is almost nonstop, completely intense suffering. When she was taking large quantities of opiates to deal with this pain, she would get them for \$2 a pop but could

sell them on the street if she so chose for \$20-\$30 per pill. (She never gave into this temptation but nonetheless it was always there). As a result, she says, "I had people offer me to sell my medication to make me rich." Furthermore, it took heroic doses of opiates to even touch her pain. Many TN patients find themselves here. For her, smoking high quality therapeutic cannabis is the only thing that will help reliably alleviate the pain of an episode of TN to any significant degree. She says, "nothing else will help, this is the only thing that gives me relief (23)."



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Conclusion

Few may know the true horrors of living with TN, but for those who do, escaping that hell at any cost, even death, becomes a strong motivator. The scientific/medical and legal communities should be equally motivating to find and authorize any non-fatal means of helping these patients achieve this end. The currently approved treatments that show the most efficacy and promise so far are also the most risky and involve irreversibly cutting or killing the nerves responsible. Furthermore, current pharmacological options appear to be effective in the long term for only about half those effected. Many will have a positive initial reaction only later to develop tolerance or insensitivity



to the drugs. In both animal tests and anecdotally in humans cannabinoids have proven effective treatments in the management of TN. Modulators of the endocannabinoid system have also shown much promise. The mechanism of action appears to be both mediated by the peripheral and the central nervous system, indicating that, for some cases, peripheral administration may be enough. It is time their efficacy was properly studied in humans. For those unable to last that long, glycerine-based tincture appears to be a good starting place. For those for whom peripheral administration is not enough, vaporized cannabis may

be required to get the full combined peripherally and centrally mediated antinociceptive effect. Either way, it is time we address the needs of the other 50 per cent not able to get long term relief from their trigeminal neuralgia from currently approved medications. Allowing the condition to beat them down into the final submission should not be an option.

Special Thanks

I would like to offer special thanks to my sister-in-law, Jenny, her sister Meg, and Meg's husband Sam who suffers from TN for bringing this condition to my attention and inspiring me to write about it. I would also like to thank all those who have reported on their own experience here. 🍀

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Fatigue & Exhaustion

By Salvatore Messina HD.
Homeopathic Doctor and Certified Iridologist.



T Fatigue is a very common complaint that effects so many of us at one point or other during our daily routine, and this is why so many of us use coffee, teas and other stimulants just to give us a little boost of energy. However, this only lasts for a short time and, often enough, causes withdrawal symptoms.

Fatigue by itself can be short lasting, depending on workload and rest period, but, for some people, this can worsen and become chronic with symptoms of total exhaustion. This is not part of normal living. Fatigue is really the result of many biological and psychological factors that accumulate to the point of overwhelming the coping mechanism.

Serious diseases and pathological causes should be ruled out first, which includes anemia, hypothyroidism, diabetes or chronic infection. Prescription drugs and alcohol can be a contributing factor to fatigue as metabolic and nutritional factors that include deficiencies in protein and the "B" vitamins. Hypoglycemia, weakness in the adrenal glands, toxicity in the intestinal tract, poor liver function, chronic yeast or viral infections, intestinal parasites and systemic candida can be the cause of fatigue, chronic fatigue and/or exhaustion.

Homeopathic remedies can help with symptoms of fatigue; first we need to address the cause before then selecting the remedy.

These remedies are listed for people who are in a state of fatigue due to long work, emotional stress and tension, worry or similar situation. The chosen remedy should be taken in a 30 CH potency once daily for one to two weeks. If the condition is exhaustion or a person with low vitality, a lower potency will be more suitable.

The short list provided is for your convenience, but should not rule out medical attention. If the symptoms are mild and the symptoms fit the homeopathic remedy, there is no danger in trying this form of treatment. The remedies are gentle and non-toxic, but can work deeply when properly administered by a qualified homeopathic practitioner.

Remedy

Arsenicum

Weakness, restlessness, anxiety, problems recur on a regular basis. Sudden episodes of exhaustion, with the least amount of physical exertion. Chilly, weight loss with foul breath and possible burning pains. Fear of disease, of death, insecurity and fastidious.

Symptoms

worse- Suppressed skin eruptions, cold temperature and alcohol.
better- Heat.

Carbo. Veg.-

Low vitality, listless, sluggish, sleepy, indifferent.
Exhaustion brought on after surgery, loss of blood or fluids. Cold clammy skin, cold breath, craves fresh air, sluggish circulation. Gas, bloating, a bluish complexion, desires coffee.

Symptoms

worse- Humidity, tight clothes, fats, milk, excessive heat.
better- Belching.

Gelsemium

Mental, emotional and physical weakness, Paralysis of will, gives up. Fear; anticipation of ordeals or performance. Dull, drowsy, dizzy, trembling, heavy limbs, muscular weakness. Poor co-ordination, heavy eyelids, dim vision, dull headaches, sore eyes.

Symptoms

worse - Hot, humid, if disturbed.
better- Quiet, profuse urination. ▷

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Kali phos.

Nervous exhaustion, sensitive, weak, easy fatigue from the slightest effort.

Causes: over-work, worry, over-excitement, exhausting illness.

Muscular weakness, low-grade fever, Sweats easily with excitement, chilly. Putrid yellow discharges, desires solitude, averse to talk. Irritability, cruelty towards family members. Sudden outburst.

Phosphoricum ac.

Mild, sensitive person, overwhelmed by events, illness, grief or loss, over-study, over-work, blood or fluid loss, anesthetics. Indifferent to everything, apathy, listless, quiet, answers using single

words. Weak, difficult thinking, poor memory. Chilly, sweats easily, Craves fruits and refreshing foods.

Picricum acidum

Nervous exhaustion, indifference, aversion to talking, thinking or doing anything.


Cause: mental strain, anxiety before exams, grief, depression, anemia. Insomnia, weakness or heaviness or burning along the spine and a sal-low complexion, headaches with dilated pupils even from the slightest motion or mental exertion.

Symptoms

worse-Physical or mental exertion, excessive heat and or cold.

Better- Taking cold water.



Your comments are always appreciated. Sal can be reached at:
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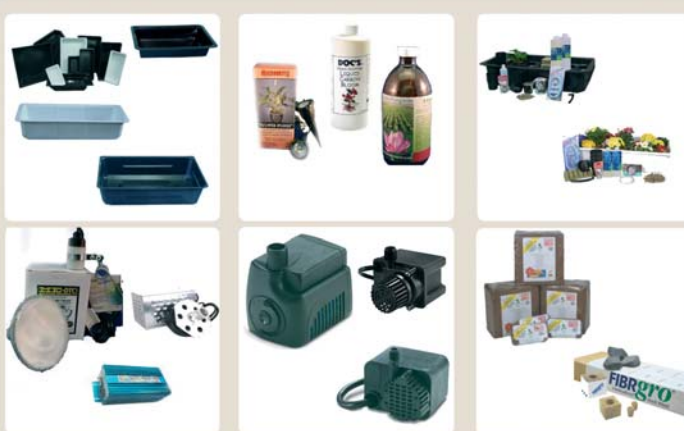
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Cancer Scare Leads Beauty to Discovery

By Blaire Kessler



There was a time when I didn't think my story would have such a beautiful ending.

My name is Blaire Kessler and I was just 31 years old and my child was 6 months old when I was diagnosed with breast cancer. I don't carry the gene linked to breast cancer and no one in my family had it before me. I was at a loss as to how I could have gotten breast cancer so young.

After the cancerous lump was removed in 2005, I opted to have a bilateral mastectomy, which I hope will save me a lifetime of worrying about the cancer's return. I started medication and began the process of healing and putting my life back together. Only my long, blond hair was breaking off from the medication. My scars were vicious, red and raw.

As a former Miss Winston Cup and a model that spent her adult life being judged on looks, I figured I could fix my woes with beauty products. But was I to go back to the stuff I relied on before? There was no way I'd do that. I wor-

ried the chemicals in some of the products might have caused my illness.

I was profoundly discouraged when I was given products for my recovery that were meant for the cancer survivor but were laden with chemicals. I wasn't about to use these products where the cancer once lied, yet when I went looking for all-natural products, I found few that were truly 100 per cent natural.

So I started dabbling on my own; mixing oils (coconut, sesame, almond and jojoba, among them) that I bought from Whole Foods. I ended up with an all-natural, mostly organic serum that softened my frizzy, dry hair. Within months, my hair grew fuller and stronger.

Then I focused on my scars. Again, I mixed various natural ingredients, including aloe and cocoa butter, to create a cream without chemicals. Today, I use it not just to heal scars, but on my dry face at night (replacing my once beloved *Creme de la Mer*).

Next: A deodorant. It's the only one of my three products with a preservative (since it's created to go under the arm, it needed to have a natural preserving ingredient to keep it fresh). The deodorant is called *Take A Whiff!*™. And you should. It smells like a ▷

creamsicle, thanks to the vanilla extract and tangerine oil. It has no aluminum, parabens, phthalates or propylene glycol.

At first I didn't think to sell the products. I just wanted my hair and soft, pretty skin back. Friends who also tried the products encouraged me to consider selling them to others; specifically to cancer survivors, who like me, were wary of drugstore products.

Four months ago, after spending the winter and spring manufacturing, I received the first shipment of my products, which are marketed with a girlie, Old Hollywood approach rather than a medicinal theme. When you've had cancer, you want silly and fun. No one wants something that screams medicinal.

An important message I would like to convey is that these products are not meant just for the cancer survivor. They are 100 per cent natural personal care products for anyone in search of an effective way to have prettier and healthier hair and skin.

The hair serum, called *No More Scary Hairy™*, costs \$42. The *Brallywood Butta™* costs \$48. And *Take a Whiff!™* is priced at \$20—however, it's twice the size

of a traditional stick of deodorant.

Pristine Recovery, Inc. will be donating a portion of the proceeds of each product to the Young Survival Coalition. I chose the YSC because at no time is a cancer diagnosis welcome but when you are young and feeling invincible, you're blindsided. My company will also be donating to the Cancer Prevention Coalition founded by Dr. Samuel S. Epstein. The CPC's main goal is to make people more aware of carcinogens in cosmetics and personal care products. Our goal is to give to these worthwhile charities while producing products we believe are a safer choice.

All products are cruelty-free and vegan-friendly. Look for them at www.pristinerecovery.com, and select spas and boutiques around the country. If you

are a retailer and would like to carry Pristine Recovery products, please contact us. We believe that anyone who carries our products will reap the benefits of giving and receiving.

Stay tuned....I am already working on more products, such as a Sugar Scrub, Shampoo and Conditioner and Tanning Lotion. Every product from Pristine Recovery is all-natural and truly helps you feel beautiful—both inside and out!

I want my company to discover 100 per cent natural, toxin-free solutions for people like me who are looking in a new and healthy direction. My hope is the Pristine Recovery's products promote a positive mind, a joyful spirit and a healthy lifestyle.

There is finally a fun, not depressing, spin on a bad situation that has a touch of **Old Hollywood Glamour!!!** 🍷





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Marijuana and Adult ADHD: An Unlikely Panacea?

By FastForward

Attentional Deficit Hyperactivity Disorder (ADHD) is a condition that affects millions of adults globally. It is characterised by a number of symptoms including lack of concentration, an inability to attend to repetitive tasks, impulsive behaviour and hyperactivity. It is, and has been, a fairly contentious issue with regards to the diagnosis and medication of children with stimulant medication. Like so many treatments, it is not my place to judge how others choose to treat themselves and their children, and that is not what this article is about. This article is about how ADHD affects adults, and how marijuana can provide incredibly effective relief from the symptoms of ADHD and allow an adult ADHD person to function well and achieve potential.

Some ADHD adults (“adders”) were diagnosed as children and are now adults living with

ADHD while others have never been diagnosed and stumble through life unaware of the additional challenges they face. Some might be taking stimulant medication to help manage the symptoms, to provide some calm and focus to the “fog” that clouds the focus and attention of ADHD people. Others are alcoholics and drug addicts, self-medicating the myriad of personal problems that arise from a lack of focus and support in what can be a frustrating and challenging lifestyle. And all of these adults, from 18 to 80, whether taking Ritalin or cocaine, will cover all levels of society—it affects everyone.

What has this got to do with marijuana? Well, quite a lot, but before I get into the nitty-gritty, I need to give you a brief history of my affliction to put this into context. I was diagnosed with ADHD about 8 years ago, after an extensive battery of tests ▷

Glycerine Tincture

By Vycki Fleming B.A.



The making of a glycerine tincture is fairly simple, unless you are impatient. It can be made faster by placing over a low heat and then straining the hot mixture. While hot, it is thinner and easier to strain, but it stays hot for quite some time and is a risk for burns. If you are at all clumsy (as I am), then I do not recommend this method.

The simple way is to select some bud that has good medicinal value but has perhaps become too dry to roll or you aren't fond of the flavour. Rather than waste this, I place as much as I can fit into a jar. Once the jar is full I pour the glycerine over until the container is as full as possible. Due to the glycerine being so thick, it is often necessary to lightly bang the jar onto the counter to “burp” the air out and allow you to get as much in as possible.

Once you are happy that the jar is full, it becomes a waiting game for the glycerine to absorb as much of the medicine as possible. It takes much longer than an alcohol tincture so I recommend leaving it ▷

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and a second opinion at the age of 30. Differential diagnoses were performed to rule out mania or mood disorders and ADHD was determined. It made perfect sense to me as the diagnostic criteria read like a personality description of me, not only to me but also to my wife, friends and family. Finally something that explained why I felt like such an alien compared to the rest of the planet! At first I was prescribed Ritalin. It didn't really do much. Then they prescribed me Dexedrine. Dexedrine was incredibly effective but had really harsh side effects, most notably "the rebound"—a point at about 8 p.m. when the medication wore off (aka stimulant comedown) and I turned into Mr Angry. Which is maybe okay if you're a tetchy 8 year old before bedtime but not so great if you're 30 and going out with friends for dinner. I thus took myself off the Dexedrine and have been self-medicating with marijuana. All common sense and some professional opinion dictates that marijuana should make the symptoms of ADHD worse, not better. The well-known short-term memory impairments associated with regular marijuana use seems like it is completely contraindicated for ADHD, where attention is one of the core problems. However, marijuana provides a number of immediate benefits to the ADHD person:

Calming: marijuana can provide an immediate calm to the internal noise and the hyperactivity. The need to jiggle a foot or knee goes altogether and I can sit still for extended period of time—without irritating anyone around me either!

Attention: marijuana can provide immediate sharp focus—

instant attention! I find that a strong sativa with a touch of indica is ideal for this because it isn't too speedy and retains the important calming element without being too dopey

Impulsivity: marijuana can provide immediate relief from impulsive behaviour—it just stops it because you think twice, something that doesn't happen without being under the influence.

Of course there are **side effects**, as there is with all medication. The short-term memory impact is noticeable with chronic use, but there are a number of behavioural compensations that can help to lessen the impact. The bottom line for me is that the benefits far outweigh the side effects. The medication can be grown at home, doesn't cost very much and allows me to function as a normal human being. My friends and family are all aware of this, and in truth most prefer a medicated me—I'm a calmer and nicer guy to be around. And now I can actually tune into what other people are saying. Yes, I have listening skills!

Formal research into the benefit of cannabinoid-based medications for ADHD could bring low impact benefit to millions of adults and maybe even children if the levels of each cannabinoid can be perfected to the point of clinical benefit without cognitive impairment.

For other adders reading this article, please share in the forums any strains that you find particularly useful for handling your ADHD. For me, I find mostly sativa hybrids useful for working and mostly indica hybrids for sleep. 🍀



sit for at least two months and as many as three. I find it stays the strongest by being kept in a dark cupboard and agitated each day for about ten minutes to ensure complete mixing and the breaking off inside the tincture of the resin glands.

Once the sitting has completed, the hard part is the straining of the medicine. This time around I chose to use a (brand new) knee high, tying off the toe portion where it is too thick and poured all the tincture into the prepared nylon. I twisted it tightly and squeezed the medicine through the nylon into a bowl (this preparation will also make your hands very soft if you use bare hands). Once all of the medicine had been collected, it was stored in a jar for distribution into smaller bottles. These bottles could have the tincture mixed with water to go through a sprayer or be used straight to sweeten coffee or tea. It has a sugary, honey-type taste that is very pleasant. A good substitute for those that cannot consider using an alcohol-based tincture. Adding water will decrease the shelf life and should then be stored in the fridge. 🍀



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From Pot to Not and Back Again:

A Patients' Story

By Dan Taylor aka Slow Twitch

TIt has really been a long and strange trip, to coin a phrase. When I was a youngster in high school, I smoked pot for the first time. It was an experience I'll never forget, and the guy that turned me on is still a good friend of mine today. As I got to know the herb, I loved it more and more. Yet, as an adolescent, it caused me more trouble than it was worth, so I stopped using it altogether in the early eighties. For more than 20 years I thought that it was in my past.

I worked very physically demanding jobs most of my life. I was from a ranching family and there was always a job at the farm between other gigs such as school and such. We'd move irrigation lines, buck hay, work cattle, et cetera. This is all physically hard menial labor. I went on to spend several years doing masonry, initially as a hoddy (mud mixer and pack mule) and ultimately laying rock for building construction. I was sitting on a tractor one day in Glenns Ferry Idaho when I got the call that would change my life.

I was offered the chance to work on a wild land fire crew in the '80s. This was a chance I'd hoped for, as it was steady and reliable seasonal work for good money. This would allow me the

time and the cash to go to school in the fall and spring. I got into the rhythm of work and school for over ten years, ultimately graduating from Idaho State University with a BA in English literature. I began a graduate course of communications in Conflict Management, and applied for law school. Ultimately, I was accepted into the Gonzaga School of Law program and began working towards completion of this new goal.

In the near-exact middle of law school, my legs began to go numb and I had constant pain in my legs and back. I'd experienced this before for several years, but thought that everyone's back hurts, and especially if they do what I'd done for a living. I'd been into martial arts for several years and was in good shape, working out a lot, as well as going to law school. To make a long story short, I had my first back surgery for spring break of my second year. I didn't take much time off and completed that semester, as well as the rest of my law degree.

However, my physical problems

or

didn't go away – they got lots worse. I gradually got to the point that I had to get into pain management. This led to my not being able to work in the legal profession. I also gained a lot of weight, going from about 215 lbs. before law school to almost 280 lbs. at my heaviest. I finally applied for and was awarded (for lack of a better term) federal disability. My pain was getting worse and the amount of narcotics I was taking got to be pretty high—I was taking over 400 mgs of morphine a day, as well as oxycodone for break-through pain and soma (carisoprodol) for muscle spasms. I also took anti-depressants. Around this time I began to experience seizures.

These seizures went on for quite some time. My wife was getting very concerned, and it was scaring the holy hell out of my two small children. I didn't notice a lot of what was going on, as I blanked out during each episode. I think my wife expected me to die each time I had a seizure. She showed my oldest child how to call her at work in case I didn't "wake up" in the morning. I can now see how upset this condition had made my family. One day, my wife brought home an advertisement from a local paper which dealt with obtaining medical marijuana.

Though I was hesitant to use ▷



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considering my early history with drug use, I eventually gave it a try. I was surprised to find that I went for months without muscle spasms—which previously had been a daily, almost permanent occurrence. I could finally sleep for a change, and my pain levels went way down when I used medical marijuana. And best of all, my seizures stopped totally! I was able to reduce my narcotic consumption by over 50% and got rid of the soma totally. What a difference this made in my life! No longer did my dear sweet wife worry that I wouldn't wake up in the mornings. My kids didn't get that pale scared expression when I'd just finished a seizure anymore. The general feeling in our home got way better and happier, much more positive. This was not the experience I'd had with marijuana in my youth. I could hardly believe that a little plant could make such big difference in my life, let alone in the lives of those closest to me. My physical changes were almost startling.

Many folks who knew me, such as those at church, were amazed at how much better I looked. I began to lose weight to the point that folks were worried. I had folks come up to me and tell them that I was half the man I'd used to be. What was my secret? Was I on some magic diet? All I

could do was to look at them with a sheepish grin, thank them for noticing and mutter something about eating my vegetables. I couldn't tell these folks that I'd started using pot and boy did it work great, for fear of what they'd think of me, and for the fear that they'd ostracize not me, but also my wife and kids. I suppose that lots of these people probably think I have cancer or something to cause me to lose so much weight.

It's not too much of a stretch to say that marijuana has probably saved my life. If not literally, it sure has given my quality of life back to me. Gone are the chemical toxins that caused me so much stress and illness. Gone is the anxiety of seizing or the worry of having a stroke or worse. Now I sleep most nights clear through. I can think more clearly, and I have way more good days than bad days. I look forward to feeling my wife's warmth and softness at night instead of worrying about her movements hurting me or keeping me awake. And let's just say that marijuana does what those sexual enhancement drugs advertised on cable could only claim to do—it brought back the sex drive that was stifled by toxic pharmaceuticals. Talk about a love drug!

It is now that I feel it is time to give back and spread the word about the wonders of such a plant. What other cures may it provide? How many others like me suffered with the traditional medical practices of our society, which mainly slander and malign this God-given wonder plant? I know beyond a shadow of a doubt that this is great medicine, and that the uses for it are innumerable. We all must stand up and support those that are going forward with the effort to bring this medical marvel to the masses. Whether used for chronic life-threatening conditions or simply to relax after a stressful day at the office, it's time that we as a people take back this age-old and marvelously useful plant and use it as we need. Bless you all and please keep on the grass! 



An audience with **Dr Bob**

By CEM

images taken from: Cancer Cure - Cannabis
& Cannabinoids, by Robert Melamede, PhD
http://www.youtube.com/watch?v=n31Nuj_AvTg



Dr. Robert Melamede is an associate professor of biology at the University of Colorado, one of the states allowing the medicinal use of marijuana. He is an expert on the biology of the cannabis plant, how it relates to the functioning of the human body and why the cannabis plant has the potential to affect so many diseases and illnesses.

CE: How did you actually become involved with cannabis?

RM: (laughs) I'm an old hippie, I've consumed it for 44 years now!

CE: So your research into the cannabis plant was more or less a natural progression?

RM: No, I have been researching the repair of DNA caused by free radicals for decades, basically, how cells fix DNA damaged by free radicals. Without going into too much detail, the flow of biochemical electricity produces free radicals, biochemical friction. Endocannabinoids, which the body produces itself, protects us from the damages caused by free radicals. I always say, free radicals are the friction of life, endocannabinoids the oil of life.

CE: You teach a course on marijuana at the University of Colorado. Is there a great interest in it?

RM: I run a course once or twice a year, it's called endocannabinoids and medical marijuana. It's restricted to students who have had cell biology; people have to contact me before they can partake.

CE: The University didn't have a problem with you running a course like that?

RM: (Laughs) I was the chairman of the department! It's only teaching science, besides, everybody has always known me as a cannabis advocate. Before I moved to Colorado, I lived in Vermont and hosted a weekly TV show called Cannabis Cable Network (CCN) about marijuana. I've talked about it on the radio, did television interviews; I've always been open about it.

CE: You've never had any negative responses?

RM: No, only positive. People love it when you come out and speak about it in public. I maybe get one negative response in 100 positive ones.

CE: You have written about cannabis from very novel viewpoints—your article in the harm reduction journal, the Cannabis Paradox. In that article you explain in great detail how cannabinoids regulate all body systems. Does this mean the body actually needs cannabis like it needs food?

RM: The body needs cannabinoids for its biochemical balancing act, called "homeostasis," to function properly. Our bodies produce cannabinoids itself, called endocannabinoids. There are people though whose endocannabinoid system has an

imbalance, resulting in all sorts of illnesses, autoimmune disease, pains. In those cases, people need extra cannabinoids. So it's not the case that the body needs marijuana like it needs food; it is to be used as a supplement, depending on the persons own system.

CE: A lot has been said in the news recently on the new Superstrength Skunk, which, according to news sources, has flooded the market and is proclaimed to be dangerous. What is your opinion about that?

RM: In most cases the stronger the weed, the less people smoke. Unlike cocaine, the effects of smoking cannabis are biphasic. What that means is, one dose smoked can cause very pleasurable effects, whereas higher doses can actually have the opposite effect. Research in animals, for instance, has shown they just don't like too much cannabis. Of course, for some people, strong cannabis hasn't got the right effect. It's not a good idea to use strong marijuana unwisely. There are a small percentage of people who smoke too much marijuana and that can be a problem. If used wisely, though, marijuana can be a wonderful medicine.

CE: Cannabis and pharmaceuticalisation; what effects will it have on the plant?

RM: GW Pharmaceuticals produces a cannabis-derived product called Sativex, for specific purposes. I think it is useful for people who choose not to grow their own, there is a need for medical marijuana and in this way more people can benefit from it. As long as it does not get to the stage that it will interfere with people who do wish to grow their own medicine and are being told the only way they can get their pot is by buying it in tablet or spray form.

CE: But isn't it possible people might not be able to grow their own plants anymore at some point in the future because of the patenting of the plants which pharmaceutical companies are doing currently?

RM: No, I don't see any problem with pharmaceutical companies patenting strains which they

have created themselves. It won't have any effect on the home growing market. Creating different types of strains has always been done. It happened on a large scale when people were forced to move their grows indoors here in the States. The pharmaceuticals can't control the plant. It's just, where people can make money. They will make money, that is the way it is. Patenting or not, people will just continue to grow, and if they would get forced down the path you describe, they will just go underground, pharmaceuticalisation or not. They can't stop them.

CE: You've published research on the cancer growth inhibiting qualities of cannabis and the cancer curing abilities of cannabis. You're also one of the founders of the biotech firm Newellink, exploring novel cancer therapies. Does that mean we might expect a cannabis

derived product against cancer in the future?

RM: Unfortunately, Newellink went bankrupt, due to lack of funding. It's a real shame, because the lady who was running it conducted groundbreaking research; she found out there were two types of cancer, drugs sensitive and non-sensitive. We patented technologies which involve using therapies that are based on the particular metabolic strategies used by cancer cells, specifically, drug-resistant cancer cells. I was conducting research on how exactly cannabis kills cancer cells. There's no one cure for cancer though. But cannabis does kill a variety cancer cells.

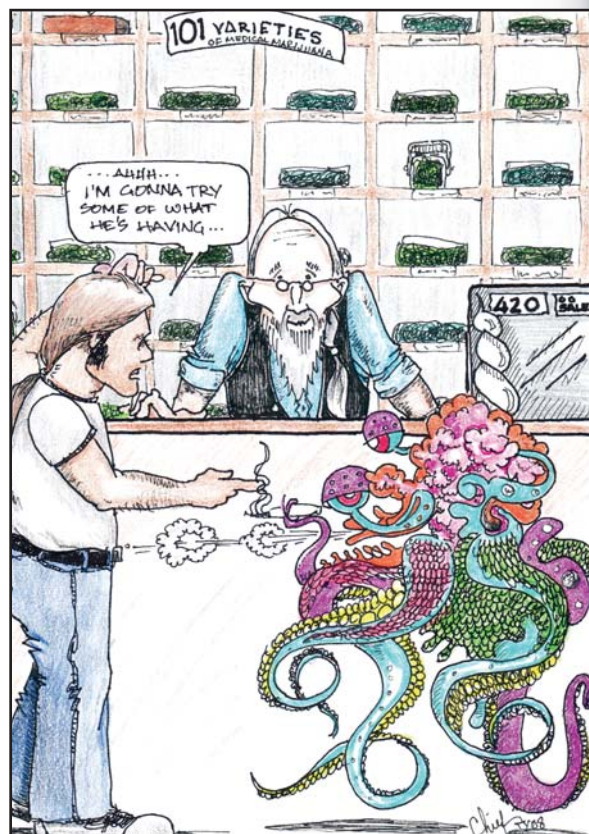
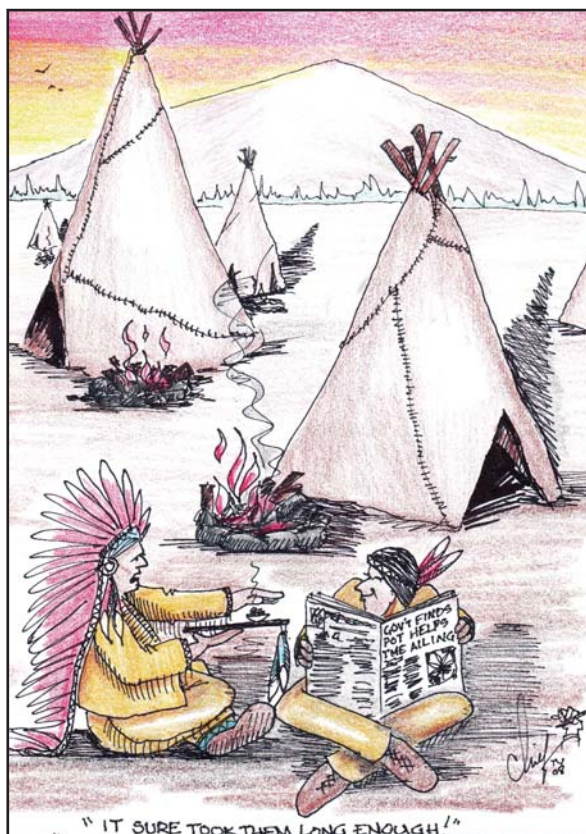
You can read more about Dr. Bob on these websites:

<http://www.uccs.edu/~rmelamed/Evolutionism/evolutionism.html>

http://www.uccs.edu/~rmelamed/Evolutionism/medical_uses_of_cannabinoid_2/

<http://www.cannabuzz.net/> 

Cartoons by Chief





Peacemaker

by Finest Medicinal Seeds

Genetics

India, Skunk #1

Flowering indoor:

8-9 Week

Production indoor:

up to 2 oz per square foot

Flowering outdoor:

Harvest end September

Smell and taste:

Sweet, fruity smell and a peach-apricot flavor, with a chemical note to it.

Effect:

strong body effect, long lasting, very stoned

Medicinal properties:

ms, arthritis, insomnia



White Rhino

by Finest Medicinal Seeds

Genetics

Afghanistan, Brazil, India

Flowering indoor:

8-9 Week

Production indoor:

up to 2.5 oz per square foot

Flowering outdoor:

Harvest end September-begin October

Production outdoor:

up to 1.8 pounds per plant

Smell and taste:

sweet, fruity smell. Taste is very intense, sweet and floral

Effect:

narcotic, very stoned

Medicinal properties:

pain relief, against ms & a sleeping aid





G13

by Finest Medicinal Seeds

Genetics

US government secret labs

Flowering indoor:

11 Week

Production indoor:

up to 2 oz per square foot

Flowering outdoor:

harvest end October-mid November

Production outdoor:

up to 2.5 pounds per plant

Smell and taste:

mint, fresh smell. Strong forest and musk flavor, spicy background

Effect:

very high, creeps up fast & lasts long

Medicinal properties:

depression, appetite stimulation



NL5 Haze

by Finest Medicinal Seeds

Genetics

Northern Lights #5 x Haze

Flowering indoor:

10 Week

Production indoor:

up to 1.6 oz per square foot

Flowering outdoor:

harvest mid-end October

Production outdoor:

up to 1.6 pounds per plant, depending on size

Smell and taste:

chemical and hazy smell, with a softer taste of moss and forest dew

Effect:

high, long lasting, very social

Medicinal properties:

pain relief, appetite stimulation





Here & Everywhere

by Jeremy Norrie

part 1



As a special this issue, we are going to have a triple feature where I first visit with **medical marijuana doctor and recommendation consultants**, before going over the latest in top of the line vaporizers next, followed lastly by a quick dispensary review from the San Fernando Valley in Southern California. It will be one hell of a treat! In the first feature for this issue, we have an exclusive interview with the folks at Medical Cannabis Consultants, also known as MC2. In addition to the interview, I was able to experience the process from the inside because I needed to get my own recommendation for the upcoming year. So I went ahead and went through the process and was pleased. It was quick and easy, yet also very professional. I was able to fill out the paperwork and see the doctor right away. It was good to see the process first-hand so I could understand a little more about what they do. Since we also had the chance to sit down with the staff, why not get right into the interview?

Jeremy Norrie: Thanks for talking with me today, we really appreciate you taking time out of your busy day.

Nathan: No problem, it is our pleasure.

Kelly: Thank you for helping us bring awareness to the public about their choice to use natural medicine.

JN: What does MC2 stand for, what do you do and why did you decide to open?

Nathan: MC2 stands for Medical Cannabis Consultants. We are third-party consultants and a verification source for the doctors we work for that write medical marijuana recommenda-

tions. We consult with patients and prospective patients about the medical marijuana industry, the medical benefits of cannabis, laws pertaining to medical cannabis and how a patient can obtain their medicine in a legal and safe environment. We also are the official custodians of documents for the doctors and patients. We started MC2 as a spin-off from another doctor that we were working with in the past. We have found that many new patients need more information than their normal doctor can provide. Many doctors are pressed for time but since we have started, we find

that we are able to spend much more time with the patients individually and can address each question they may have. Some are legal and some are simply about where to obtain medicine. As you may or may not know, it is illegal for a doctor to help patients obtain medical marijuana. That's where MC2 bridges the gap—between the doctor and the patient.

JN: There are various doctors and recommendation verification services out there, why should patients choose to use MC2?

Nathan: MC2 has a live, 24/7 hotline where patients, employ-

ers, caregivers, law enforcement or others can receive information about medical cannabis or verify that a patient's recommendation is valid and current. We also have a doctor that rents out our back office and we work directly for them, so you would come here to not only fill out the paperwork but to actually see the doctor right after, the same day. Then we provide you with the third-party verification document, which is an original recommendation, and we also provide an ID card that identifies the patient as having a valid recommendation. We also have a legal support network available.

JN: Do you think medical marijuana can be used legitimately to help sick people and can it be used as safely as many over the counter medications or traditional prescription medications?

Nathan: The majority of prescription pills are made with petroleum. Human beings are not supposed to ingest oil-based products, and ingesting them could be very hazardous to one's health. So if a person was to use a plant that grows from the earth versus something that is known to be toxic to our bodies, it seems very obvious which one to use. Herbs "heal" people while pills "cure" you. To "cure" is to cook. The people want to be healed and have been using this herb for thousands of years. There are also plenty of highly-researched contemporary studies supporting cannabis as a treatment for a wide variety of illnesses. We also know thousands of patients that would agree.

Kelly: I just want to add that any medication can be abused, and that includes prescription or over the counter medicines. That is why these medications

are not supposed to be so easy to get, but even now with all the laws in place, we have a huge problem with the abuse of prescription medications and it is seriously affecting many lives. It is the responsibility of the patent to appropriately treat their self with the medication they have been prescribed, and when that right is abused, the consequences can be serious, especially with stronger prescription medications. Medical marijuana has been proven to be much safer with very little side effects and therefore is obviously of far less risk.

JN: What have been some of the experiences you have had working with medical marijuana?

Nathan: It's truly wonderful helping patients get legal for nature's medicine. It's kind of funny that now we are just catching up with ancient times, where marijuana has been used by many cultures and was legal in the United States up until 1937 with the passing of the Marijuana Stamp Act. We also have great experiences working in the field with people. It's great how marijuana really brings people from different backgrounds and social standing together.


JN: Have you had any difficulties in running your company?

Nathan: Most of our difficulty is with law enforcement. Too many law enforcement officials choose not to recognize patient's rights. Many don't even know the law. They also have a different attitude than the citizens have; their attitude is more of superiority and anger. I really am not sure what these officers of the law are so angry about. They are supposed to be public servants; obviously that means they should be serving the pub-

lic, but in actuality it seems like all they serve is the corporate state. Their job is not as a "peace officer," but as a clerk for the state, simply processing you to generate money for the private corporations that own all the private prisons. Look at Tommy Chong. It's a big profit scheme. Most of the LAPD are pretty cool. They're good people; they've just been compartmentalized and follow orders. But in other divisions, counties or states, watch out. We would love to develop a deeper, more meaningful relationship with them, but it seems like it's just all about money. Most police have a quota, and writing a ticket is like closing a deal. And if you refuse to sign the ticket, you know, agreeing that you owe them money, they just arrest you. They violate patient rights every day; it disgusts me to no end.

Kelly: It's true that many of the law enforcement officers do not recognize patient's rights. It seems like they are just not fully aware of the laws pertaining to medical marijuana patients. We encourage all officers to educate themselves about the law and about proposition 215 to better serve our community.

JN: Do you participate in any additional activities or educational programs to help patients, dispensaries, et cetera in the medical marijuana community?

Nathan: Currently we are talking with different police precincts throughout California in an attempt to educate the officers. We are also issuing certain officers an award for outstanding community service in recognizing patient's rights. In addition to that, we are dealing with the public day in and day out, and educating the people about the benefits of medical 

marijuana, and how they can get legal to use marijuana as a medicine.

Kelly: We frequently participate in community events that will provide the public with information about the many holistic alternatives to conventional medicines. We also provide informational support to local caregivers to ensure they have the same up to date information as it becomes available pertaining to the laws and legislation regarding medical marijuana.

JN: How can patients find out more about your company and more information about medical marijuana?

Nathan: The patients can find out much more about us on the Internet. We have a website at medical-

cannabisconsultants.com, or a person can call the office at **+1 (213) 765-9719** or **+1 (888) 623-8330**.

JN: Thanks for your time, and I wish you the best in the future. Anything new you've been working on or coming up that you might want to talk about, or any final words to our readers?

Nathan: I just want to encourage everyone to become friends with their local police officers, chiefs and city councilmen in order to help educate them. In fact, get the message out to everyone you can! Nobody wants poison in their water, in their food or in their medicine.

Kelly: We also want to clear up any myths and misconceptions about marijuana. Once we are all on the same page, we can benefit together.

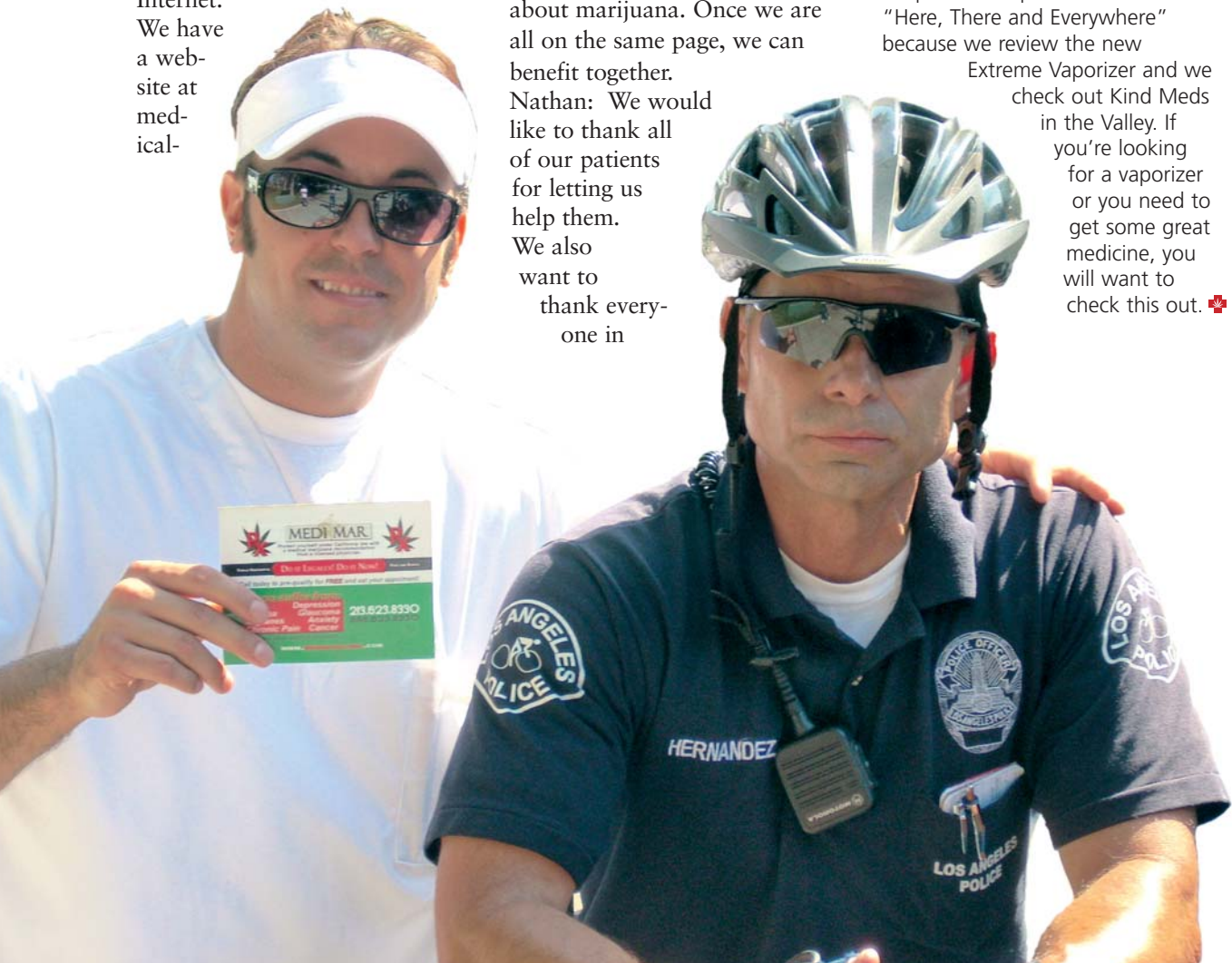
Nathan: We would like to thank all of our patients for letting us help them. We also want to thank everyone in

the medical cannabis industry for helping patients. We are all in this together, flying through outer space on a rock circling around a ball of fire. Let's do this, let's finally be together and be at peace.

In closing, I would like to say I really enjoyed meeting the people at MC2 and seeing how they do their work. It was a real pleasure and very simple as well. I can't say how much I appreciate the 24-hour service as well. That is a serious benefit for the patient. I would highly recommend going to see them if you are in need of medical marijuana advice or if you want to get legal for medical marijuana.

That's all for MC2, thanks again to them for their help, keep reading for part 2 and part 3 of this issue's "Here, There and Everywhere" because we review the new

Extreme Vaporizer and we check out Kind Meds in the Valley. If you're looking for a vaporizer or you need to get some great medicine, you will want to check this out. 🍀





the Kottonmouth Kings

Spotlight

Here, There, & Everywhere

by Jeremy Norrie

They are back again! The infamous cannabis toking kings of the music world have come back yet again with a new album. The guys from the Kottonmouth Kings were gracious enough to have me join them at the Rock Revolution Tour at Hollywood Park. I was also able to get a quick word with Brad X, who was more than happy to talk to us here at Treating Yourself Magazine.

TY: Thanks for talking with me today, we really appreciate you taking time out of your busy schedule, I know you're just about to perform.

Brad X: No problem, it's no problem at all, man.

TY: Lets get right into the interview. It's your 10th album, did you decide to go back to your roots or do anything special to commemorate it?

Brad X: Well, I think there are a lot of different elements on the album. There are hip-hop song, punk songs, party songs and acoustic mellow songs. We really didn't put any limits on ourselves making this record. 20 songs of peace and freedom!

TY: What are some of your favorite tracks from this album?

Brad X: "Pack Your Bowls" and "Superhero." Our first sing is a song called "Where I'm Going," it's kind of a more mellow acoustic guitar hip-hop track. We just shot a video for it, and the video is up on our MySpace and on our website. Seth Angelo is in the video, he's a freestyle motocross rider.

TY: The title of this one is "The Green Album"; does that hold any environmental significance?

Brad X: I think it has Green significance for the environment and for the Earth and for where we're at, I think, as a band. We are also donating 10 per cent of the profits to environmental causes. The Surfer Rider Foundation, Life Rolls on, and Ward 57 are [the groups] we are donating to; it's just a little gesture for us to try and give a little back.

TY: The election is upon us, and by the time this is printed we will have a new president. What are your thoughts on the upcoming election?

Pakelika: I am still running as the write-in candidate! There's no other choice; if I get the country, freedom is still around. The other 2—well, I guess we have to wait to find out, won't we? It's like

Coke or Pepsi with them, no choice.

Brad X: Yeah, it's like Coke or Pepsi, but honestly...

Pakelika: Anybody but the old guy!

Brad X: (laughs) Yeah, I think everyone is ready for a fucking change. They fucked this country up so bad... It's time to get them out of office.

Pakelika: Ron Paul, we like him. If the Republicans would have nominated Ron Paul, it would have been over, hands down, but they didn't want to win or something.

Brad X: Yeah, since there's no Ron Paul, I have to say Obama.

TY: Well that's all we got, thanks for taking the time to talk with us.

Brad X & Pakelika: Thank you bro, thanks for coming down. Enjoy the rest of the show.

In closing, I would like to say I really enjoyed the Rock Revolution Tour and the new songs from the Kings are as good as ever. Their fans swarm the stage and already seem to have the new tracks imprinted in their minds as they sing all the words. The Kottonmouth Kings put on another great show and move forward with another great album, and this time they are giving a little back. It was a real pleasure to talk with them and I hope to see them again for their next album. Thanks again to the Kottonmouth Kings, hopefully this issue will help more people get into their music or, if you're already a fan, it may let you know a bit more about what they have been up to. Stay with us for the next issue, we may feature some new dispensaries or some new interviews. Also, keep your eye out for my DVD @ www.RLDDVD.com and check out my website www.FutureofFighting.com. Take it easy, have fun, don't believe the hype and find what works for you. Good luck.

Written by Jeremy Norrie –
RLDDVD.COM and
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Here, There, & Everywhere

part 3

by Jeremy Norrie Last part of this issue's special triple feature was some of the most fun. Kind Meds is located at 17049 Ventura Blvd. just west of Balboa in the San Fernando Valley here in good old sunny Southern California. It is one of the best medical marijuana dispensaries you could find. They are extraordinarily professional and courteous, not to mention serious about their medicine. They have a very well-lit and well-stocked room in the back where the staff is knowledgeable and happy to help you find the medication you need. Their menu is made up of a variety of qualities and donation is low, even for the high quality. The medicine comes in all forms. From edibles and flowers to drinks and concentrates, they have it all. We were lucky enough to get some time to interview some of the staff and they were very informative. Jeremy Norrie: Thanks for taking the time to talk with me for the magazine today, I really appreciate it and I know you're busy. Let's get right into the first question: why did you decide to open your Medical Dispensary? Kind Meds: Two things really. We like to think that, collectively, we bring a lot of knowledge to the table about medical marijuana, and we really want to help people because we know how much it's helped us in life. It's important to not only provide the best flowers, concentrates, and edibles to our patients, but to provide the best medicine to treat a wide array of symptoms. We feel that we are uniquely qualified to do this. ▷



JN: Does your dispensary's name have a meaning behind it? KM: The word "Kind" describes our meds and our staff. JN: What is it like working in the medical marijuana profession?

KM: They say that when you love your job, you never have to work a day in your life. We love our jobs. All day long we're surrounded by the best stuff on earth and we're able to bring relief to sick people.

JN: Have you had any difficulties in running your dispensary?

KM: Not yet! (knocks on wood)

JN: Is there anything special you offer at your dispensary?

KM: We're the "Home of the Herojuana," a particularly sedative OG Kush strain. We have a policy of not carrying any edible unless it works, and we're known for having the best concentrates.

JN: How can people find out the latest information about you and your dispensary?

KM: The best thing to do is to check out our forum on WeedTracker.com

JN: Thanks for your time, and I wish you the best in the future. Anything new coming up you might want to talk about?

KM: We'll be raffling off some custom, one of a kind

"Kind Meds" ROOR bong in the coming months.

Excellent! I will make sure to stop by and get in on the action! Thanks again for everything. It was great getting to meet with Kind Meds for the interview and to experience this incredible dispensary. They truly are home to some top-notch medicine. I myself have enjoyed a number of varieties from there since my first visit, like some Grape and some flavourful Purple Erkle, as well as some incredible Bubba Kush and Green Crack. I also have enjoyed many of the hash oils, or the "Juice," like Sour D, Master Kush, Blue Dream, OG Kush, and Banana OG. They definitely have some of the best concentrates, and have a wide variety of types also, from full melts and bubbles all the way to my personal favorite, the "Juice." They really do boast a tremendous menu of medicine. I would advise anyone in the area who needs the best meds, or anyone interested in getting some extremely rare and potent concentrates, to check them out sometime. Thanks again to everyone in this issue! First to the people again at MC2, thanks for the time and thanks for the excellent service you provide. Thank you to the people at Arizer.com for offering their new product for review, I think they will be one of the biggest companies in the vaporizer market. Last but

certainly not least, a big thank you to Kind Meds in the San Fernando Valley! They have some of the best medicine around and you can find them on WeedTracker.com for more info. Hopefully this issue will help more people both obtain and use the medicine they need more conservatively or effectively. Maybe you've been interested in medical marijuana and you didn't know how to get more information, or maybe you simply needed to obtain some good medicine at an affordable cost, or maybe still you just simply needed a good vaporizer for your lungs benefit. All of this info will help you make your decisions more easy. Stay with us for the next issue, we may feature some new dispensaries.

Also, keep your eye out for my DVD www.RLDDVD.com and check out my website, www.FutureofFighting.com.

Take it easy, have fun, don't believe the hype and find what works for you. Good luck. 🍀



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Mr Nice recommends Super Silver Haze, Medicine Man and Early Queen for medical patients.



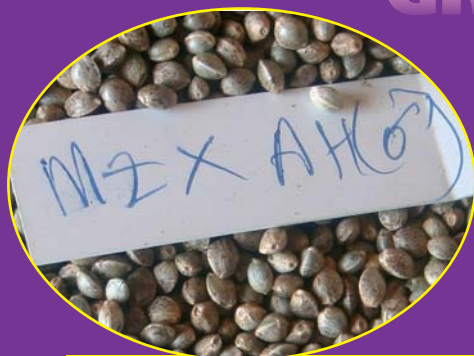
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Shantibabak

GROW tips



Hobby breeding is a fast growing situation...why?

In the passed few years and most probably due to feminized seed sales the situation of growing has changed. Where people use to deal with male and female plants, the situation regressed to only dealing with female plants or at worst hermaphrodites. A lot of those who began with female seeds are now trying regular seeds once again but not for the reasons that originally lured a lot of growers to regular F1 seeds...they are looking for male plants!

At first I thought it was a phase but it seems a lot of online growers are beginning to grow dissatisfied with the mediocrity of their harvest and bought seed. Many growers are now becoming increasingly educated with the source of their seeds and where the origins arise from; they are taking back their rights to do it themselves. So it would seem the companies who maintained their parent plants both male and female (regular seed breeders) such as Serious Seeds, Mr Nice Seedbank and Sensi Seeds are now getting increased sales on lines or

strains that a good breeding male can be found in.

Of course it is difficult to understand why and how this new wave of hobby breeders came to this predicament so I decided to go online and ask directly people why they decided to breed their own seed strains, as well as other questions. The following is what I observed directly and personally from my several online helpdesks as well as my own growers forum at www.mrnice.nl.

I began by splitting up the surveyed population of online growers into 3 distinct groups so it was possible to make some comparisons with the results.

All groups were seed buyers for various reasons from medical users to recreational users; a mixed cross section of plant use in general.

All groups were made up of individuals who lived in at least 3 different continents, so there was really a feel of world wide feedback from various mediums and styles

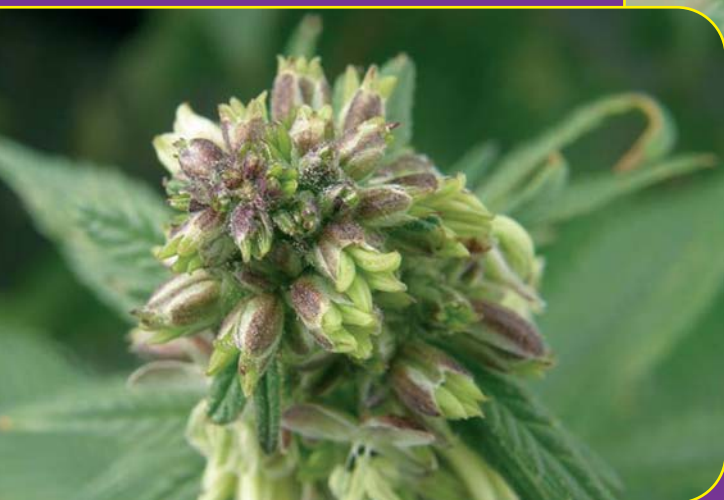
Group A was made up of very experienced growers and regular online contributors who post on a lot of forums with grow reports(daily).

Group B was made up of moderately experienced growers who sometimes use online forums for feedback but not frequently (once a week).

Group C was made up of infrequent users of online or no online experience as well as being first time growers or with less than 3 grows of experience.

and growing techniques.

I know this is not really a controlled experiment nor was it intended to be, it was more to gauge a general feel of what groups and how information between online growers helped to increase awareness about general issues to do with buyers of seed. This survey was taken over the passed year, 2007-2008 and used over 150 different individuals in the sample size.



(Above)

A small flower cluster of Mango Haze impregnated with developing seed

(left) MNS Devil male flower in bloom

Without revealing names or avatars the general opinion from **Group A** seemed to be based on personal experiences they had with female seed and interaction between world wide established growers. Most had tried feminized seed and most said they went into the grows expecting what the various seed companies had used in their advertising campaigns...100% female plants, no hermaphrodites, and better expressions of the strain with the self pollinated seed. However what they actually found was not exactly the case. All said they found some form of hermaphroditism expressing itself and some even got seeded crops vowing they would never entertain the idea of female seed again. No one said that they found a very special plant so far, while most agreed amongst themselves that they found acceptable smoking plants. Of course without referring to any particular female seed seller, they did have better results with some companies than others.

Group B seemed to feel they made mistakes or questioned their own growing ability when they got hermaphrodite plants or seeded crops, and were a little embarrassed to talk online until they saw someone else talk about the very same problem they faced. Generally this group said they found something reasonable at the end, but many said they thought they could have done a better job with the growing side as they still felt they made mistakes or something went wrong with the room or the machinery or they got pests...

Group C had a very extreme set of responses on all issues asked. In general they did get a finished product but not what they thought it would be. Most were happy to see a plant grow and enjoyed that experience alone as it was something they had not really done in their lives before. Nearly all said they would try again rather than rely on buying from other sources or on the street, even though they still bought from other

sources or on the street as they did not make enough to satisfy their requirements. Some said it was a waste of time, but agreed it may be because they thought it would be easier to find a great plant first time. Nearly all said they had a lot to learn and would begin to use online forums to do reading so they could benefit from fellow growers experience. It seemed a general consensus from this group that they most probably did not look after the plant as well as they could on their next grow...so they all seemed to benefit from the growing experience even if they did not get the plants in the photos they originally bought the seed from, and most said they would try another company's seed to see if there was different results.

So after digesting most of the information I gathered or read, I was able to see there was definitely a correlation between the amount of online interaction and education gained from others experience. ▶

rience and a rich amount of great help available online between world wide growers, irrespective of what seed companies said to advertise their products. Proof seemed to be in the genetics of the seed they sort after, and most bought seed after talking to others online or based on advice they gained from online interactions.

Another interesting element was that most individuals had learnt specific strains that helped certain ailments or sicknesses like learning a higher CBD ratio to THC aided muscle tension or helped with pain, while others with sensitive states of mind preferred indica dominant plant over sativa dominant plants. In fact it became evident to me that people in general began to narrow down a wide range of facets that exist on each different plant and through trial and error found something that better suited their personal needs especially the medical inspired growers.

So why then are certain groups of growers beginning to revert back to regular seeds to find males? It would seem that the general public who grow female seed do it to produce a dried flower. Most regular seed growers wish to control what goes into their medicine, especially organic growers or people who do not want to use dried flowers from other sources as they feel they want to control what makes up their final product. The more inexperienced growers or first timers are the bigger proportion of female seed buyers while the more experienced growers seem to choose strains that



(white) MNS Devil male flower in bloom

(below) Mr Nice SSH growing seed

are originating from true breeding land races. Inexperienced growers see female seed as an easier alternative since they lack growing experience. The experienced growers believe they can produce better and more consistent seeds and dried flower products if they breed with their selected females or tried and tested genetic lines by finding a true breed regular seed that has been on the market for many years with a lot of track records and specific online grow reports with photos. Not to mention the help from other growers who give independent opinions based on real life grows of specific strains.

It is easy to gain the information on how to make female seed or regular seed and since this plus genetic material have demystified basic Mendelian genetic breeding a lot of people who began growing for one reason got trapped and lured into becoming self taught plant breeders as a consequence of getting involved in growing their own medical plants, or simply their hobby became their passion. When I see this occur it usually means that



these people are in it for the real reasons and their experiences plus a lot of chat amongst the growing community leads them to an answer, no matter what advertising campaigns or enticements they receive from seed companies to buy certain brands of seed. Genetics do not lie!

It is easy for seed companies to pull the wool over certain



(Above)
True Female protected by resin glands

(left)
Mr Nice SSH with developing seed pods
protected by resin glands

growers' eyes for a while since it takes several months from purchasing a seed before it is known if the plant is what it is meant to be! However, if the seed bought does not match up to what it was sold as or what it was sold to do then online growers tear it apart. So the internet in the growers' world has actually become a pretty honest way to keep it all real. Of course if you do not use the internet then you will take a lot longer to achieve certain information or will need to do a lot more trial and error on yourself to get to a state you may be able to achieve with a short question to experienced growers. Not to mention the fact that once you get to a stable and efficient level of growing, well the emperor wears no clothes! You do not need feedback to tell if the seed you got or the

service you received when buying a seed was worth it or not. So for the Group A people they become more specialized and probably better growers in all ways than most of the seed vendors will ever achieve! In fact I now have one person working for me who impressed me so much online I offered him a job. I might add I get 30 to 60 people a week asking for a job, and have never been able to offer a job to anyone of them.

So in actual fact the answer to why people are now buying regular seeds from established and proven true seed breeders is that they worked out that these companies have got something worth while genetically speaking and not only with an economic value but the real deal. While other seed companies are just copying F1 selected

female clones with some chemical stimulus to sell what a good grower could do himself, maybe he could even do it better since a lot more time and effort goes into one strain than trying to make many strains. In fact if you look around at the various female seed sellers they offer seeds from plants that have gained respect and a good reputation most of which have come about due to these small fanatic hobby breeders and not from seed companies work. Rather than trust a lot of seed companies who pop up with huge lists of well recognized names to their seeds as well as enticing descriptions the better growers trust themselves way beyond the frills and advertising. People as they gain knowledge are unstoppable in the advancement for great plants and the truth. 🌿

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AFGAN KUSH x BLACK DOMINA	32 €	67 €	103 €
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AFGAN KUSH x YUMBOLT	27 €	57 €	87 €
AFGAN KUSH x SKUNK	19,50 €	40 €	63 €
MAZAR x GREAT WHITE SARK	25 €	52,50 €	81 €
MAZAR x WHITE RHINO	27 €	57 €	87 €
NORTHERN LIGHT x SKUNK	19,50 €	40 €	63 €
NORTHERN LIGHT x BIG BUD	27 €	57 €	87 €
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AFGAN KUSH
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BLACK DOMINA



AFGAN KUSH
x
WHITE WIDOW



AFGAN KUSH
x
YUMBOLT



AFGAN KUSH
x
SKUNK



MAZAR
x
GREAT WHITE SARK



MAZAR
x
WHITE RHINO



NORTHERN LIGHT
x
SKUNK



NORTHERN LIGHT
x
BIG BUD

THE LEGEND COLLECTION



AFGAN KUSH
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3 seeds 28,50 €
7 seeds 63,00 €
12 seeds 108,00 €



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HAZE
3 seeds 17,60 €
7 seeds 38,85 €
12 seeds 66,60 €



DOMINA
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12 seeds 70,20 €



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KUSH
3 seeds 16,95 €
7 seeds 37,60 €
12 seeds 64,45 €



NEW YORK
47
3 seeds 18,95 €
7 seeds 41,80 €
12 seeds 71,65 €



NEW YORK
SPECIAL
3 seeds 28,50 €
7 seeds 63,00 €
12 seeds 108,00 €



STAR
47
3 seeds 18,95 €
7 seeds 41,80 €
12 seeds 71,65 €



SKUNK
47
3 seeds 18,95 €
7 seeds 41,80 €
12 seeds 71,65 €



STRAWBERRY
BLUE
3 seeds 16,65 €
7 seeds 36,75 €
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3 seeds 18,95 €
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Indoor Grow Room Basics

Volume 2

Grow Beds = Indoor Farming

By: Jef Tek



Most indoor marijuana cultivators are familiar with plastic buckets. They come in all sizes: smaller than 1 gallon all the way up to 5 gallon and even larger. Plastic buckets are readily available and get the job done, but here are some of my personal observations after dozens of indoor medical marijuana crops.

1 Roots travel directly from the base of the stem of your favorite marijuana plant down and outward, never to return. When the roots hit the wall of the container they are in they are then forced to turn 90 degrees and then spiral around and around never touching the soil inside this outer circle they have made, effectively wasting all that soil in between.

2 Plants that have fully filled their container are always healthier and more productive than plants that have this unused or 'extra' soil. The unused soil equals unfulfilled root mass, root mass equals bud weight, so underdeveloped roots equal harvest loss. Harvest loss equals fewer trips to Tijuana—I mean The Strip Club—umm, what I meant to say was, less waste!

3 Waste not, want not; you could carefully shake off the unused soil and reuse it indefinitely. In fact, I have successfully reused soil many many times this way. It is because of recycling soil this way for so long that I noticed patterns begin to emerge. Full containers equal full formed plants, with big healthy buds coated in resin and trichomes—even the water leaves get covered with crystal. Less dense roots make less dense plants, period.

4 In an effort to fully fill the containers with roots by harvest time, I would first root clones in rockwool cubes and then, when they were busting roots, I would put them into 16 ounce plas-

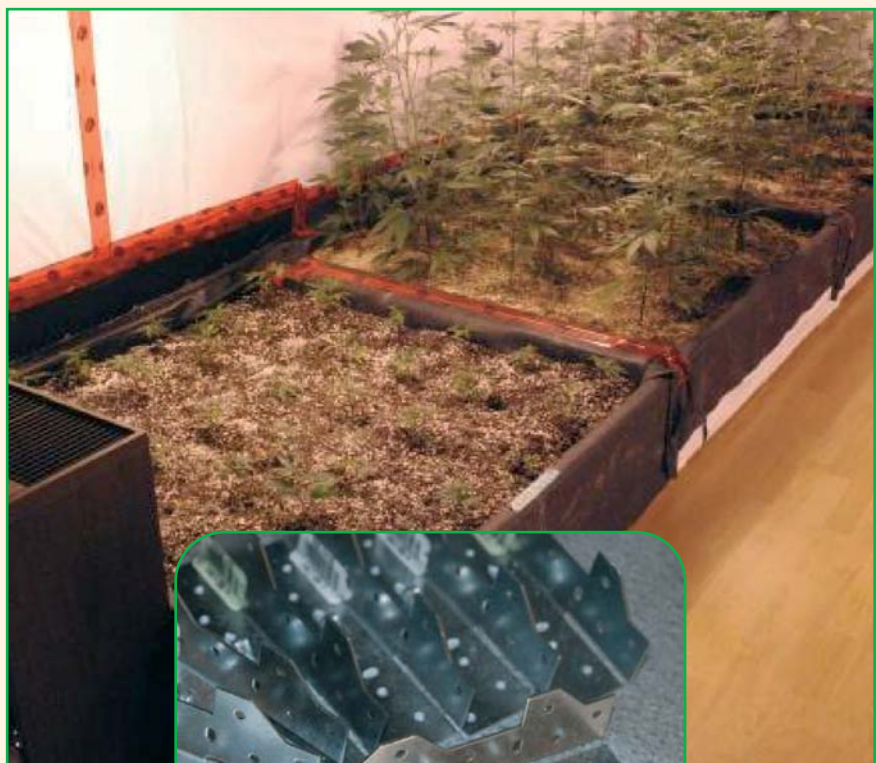
tic cups filled with soilless mix like Sunshine #4 or ProMix. When these cups needed to be watered more than once a day, they were then transplanted into 1-gallon buckets. By this time they were also ready for budding. This is where it would get tricky. If they were transplanted too soon and there was no root binding to hold the whole root mass together, shock and root damage can occur. If they become root bound too soon, they could literally dry up and die before you even notice. Now factor in 8, 16, 32 or more budding plants that you have to manually lift each and every day for the entire budding cycle so that you can gauge if they are light enough to need water but not so light that they die. Over water even one plant out of 32 and it will drown from lack of oxygen in the soggy soil. I've considered putting load sensors under each plant but the program would have to compensate constantly for the actual weight of the plant, not just the weight of the soil. Moisture meters would work but you would still need to individually adjust each plant daily. To automate this system would be a logistics nightmare.

Case point:

buckets work and they are a lot of work to maintain. Did I mention how many hours I've spent scrubbing buckets and rinsing buckets and filling buckets and lifting buckets? Is there a better way? Look out the window; do you see any trees or wheat or corn growing in buckets? I didn't think so. Ready for the secret to simplified success indoor? Simply shrink the "back 40 (acres)" into the back 4(feet) or 5 feet or whatever fits your indoor grow space requirements.* ►

To keep it simple, let's build a 4 by 4 foot square grow box using treated 2" x 12" lumber 16 feet long. Don't get scared, just go to the lumber yard and purchase a 16 foot 2"x12" and ask them to cut it into 4, 4 foot pieces. This service is free, all it costs is patience. Use a 4' x 8' sheet of 3/4" plywood for the bottom and have them cut this into two 4' x 4' pieces. Purchase enough PVC pond liner to cover your projects' inside and outside so the staples are on the outside. I get a 6 foot square piece to easily cover my 4 foot square grow bed. Pick up a staple gun and staples, I broke down and finally bought an electric stapler after I got Pop-eye forearms from manually stapling panda (Black/white) fabric in my vegetative room. Purchase good quality 1-1/2" wood deck screws and 8, FA100 framing angles for the corners or use 4, 10 inch perforated angle iron brackets. The framing angle FA100s are pictured here.*

Hopefully you'll have a hammer and a screw gun, but if not, buy them now. This is all you'll really need for a basic box. The PVC pond liner is by far the most expensive part of this project, but it will last a lifetime. You could use heavy duty plastic if dripping isn't a problem like in a basement setup. You can also opt to put wheels on it for mobility or build a stand to bring it up to waist level for easy tending of your crops. I always used the floor for my buckets so I still use the floor for these boxes. Ever seen a farm on wheels?



Start with a clean work space with enough light. Jam some good music to make it fun. Roll up a couple of fat-ties and spark one up, survey your domain while you toke. Have your camera ready for a story of your own, roll the camcorder for a YouTube video. Remember, if you want to make anything MORE difficult, just try and film it! As you smoke your jay check to make sure that you have everything:

check list

- ✓ Screwing device (cordless drill/driver preferred)..... \$100
- ✓ Screws (get a box of 100 1-1/2" deck screws).....\$10
- ✓ Staple gun and box of 1/2" staples..... \$40-\$50
- ✓ 4- 4 foot 2"x12" treated outdoor grade lumber..... \$30-\$40
- ✓ 8- FA100 brackets (or perforated angle iron for corners)..... \$8
- ✓ 2- 3.8 cu. Ft. bales of ProMix or Sunshine Mix #4..... \$50
- ✓ 1- Sheet of 3/4" plywood for bottom cut into two 4'x4' pieces.....\$16
- ✓ 2-16 inch by 10 feet long pieces of panda cloth, (optional)



Minus the screw gun, were talkin' less than \$180 bucks including the dirt! A 4' x8' plastic hydroponics' tray costs \$200 alone, so these are quite economical as well as functional. The screw gun will make life easier for your next projects as will the staple gun.

Simply lay the wood on top of each other and stagger them as shown in this nice picture I took for you.*

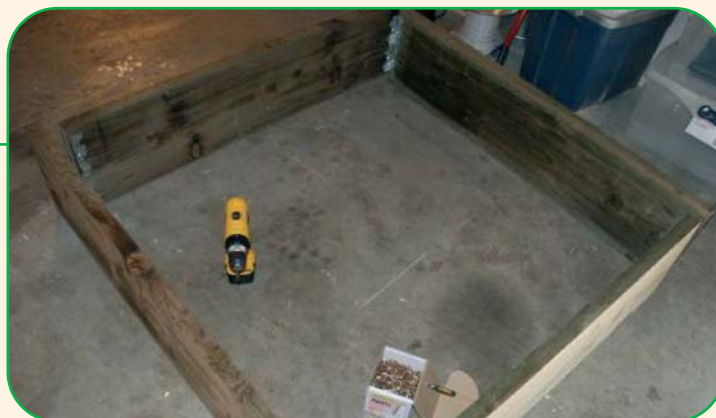
Line-up the framing angles as shown here.* Make sure they are even with the edge of the wood and centered, the ends should be clear.



Use at least 2 screws per bracket.



After the brackets are all attached, set the sides up in an over-lapping pattern and begin screwing the box together.*

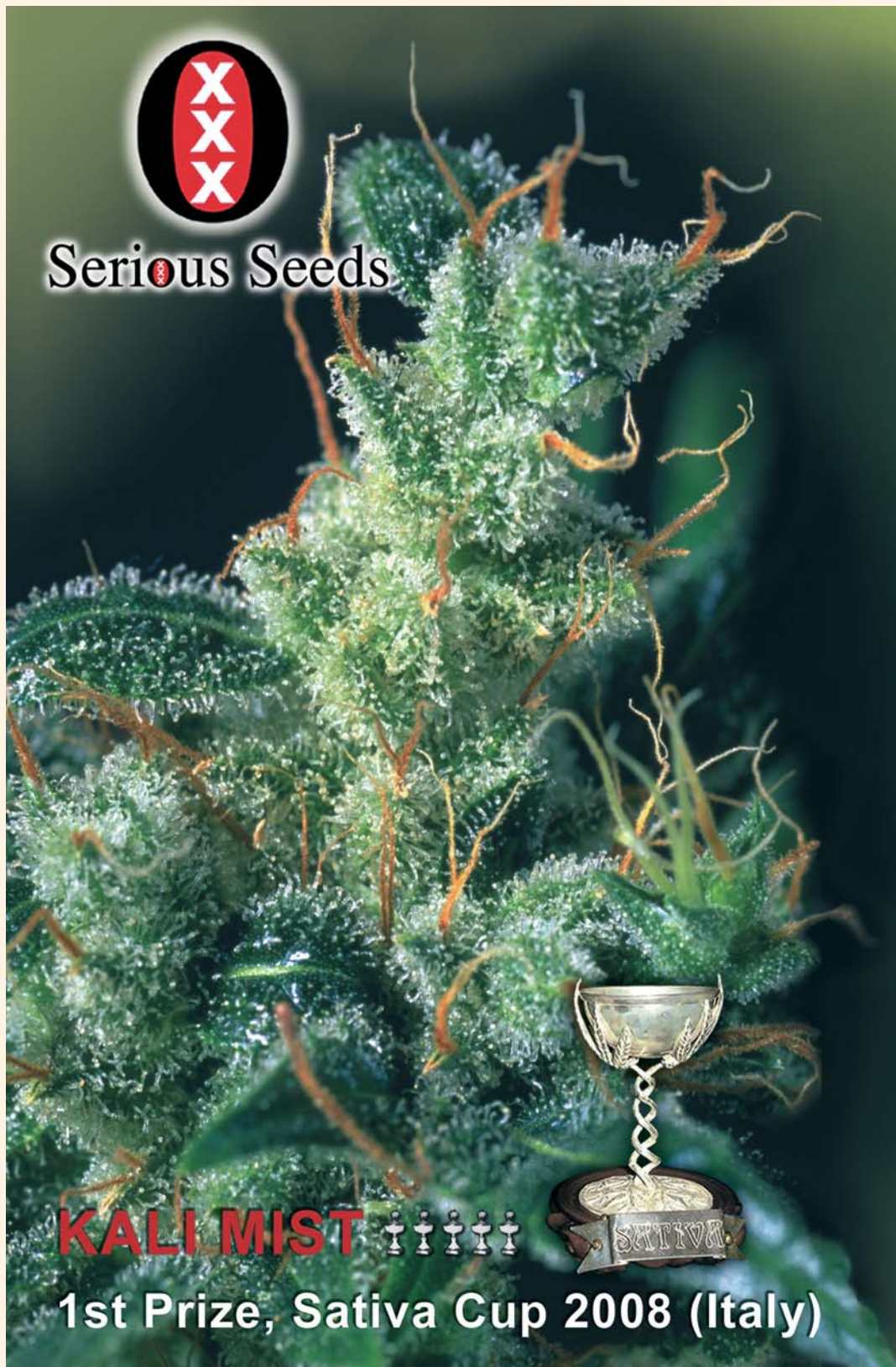


When you have all 4 sides screwed to each other, set the plywood on top. There will be a 1/2" gap all around your plywood because the outside diameter of the box will actually be over 49 inches due to the thickness of the wood; please take this into consideration if you need your box to be an exact size, this is the simplest way. Square the plywood to the box and begin setting screws every 6 inches all along the perimeter of the plywood, making sure not to go inside the box but making sure to get each screw securely into the wood. I use a hammer to 'tack' the screws in place to make driving them in one-by-one much easier.* ▷





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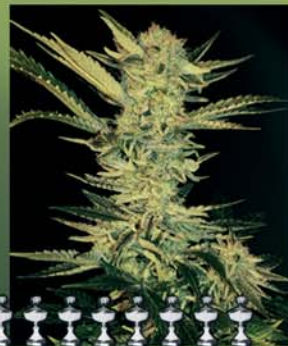
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Now I turn the whole thing on its side and cover the outside with black/white fabric with the white side showing to give it a clean finished look and to keep wood splinters contained. I staple fabric to the bottom and the inside leaving an almost upholstered look. I'll bet there are some upholsterers out there that could do a custom leopard-print tuck-and-roll job that would make mine look juvenile by comparison. Get as freaky as you like here folks, now's a perfect time to spark up that second doobie, maybe even break out the air-brush for some real graphics. Me, I'll just thump my Bass! *

Once my outside is covered and I've cut and installed small scraps of plywood to act as feet, *

I flip the box right-side up and check for any screws or splinters of wood poking up where they don't belong. *

Once my quality control department okays it, I fold the pond liner into thirds then center it in the middle of the box.

I pull it up the inside and staple it to the outside, then repeat on the opposite side. * Then I staple the other two sides. * The corners are tricky and I wish I were an upholsterer, but this isn't going to Sack's 5th Avenue or the Louvre Museum in France—although it would be nice to see it in the Smithsonian some day, ha ha. Back to the doobie—I mean, the story.

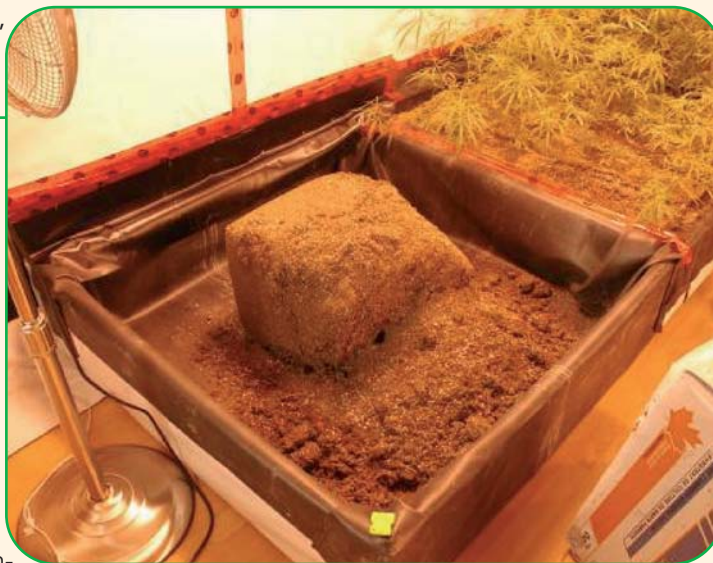
Another reason to make these boxes no more than 4 feet square is because they are darn heavy, even without dirt! I put mine on a hand cart and carefully wheel it into my apartment building on the 5th floor like I'm just movin' furniture, cause that's what it is, right? Cover it with a sheet or a tarp and treat it like a valuable piece of artwork and people couldn't care less. They literally won't even notice because people hate moving and so they don't want to get stuck helping you; you are invisible in plain sight, I love it! ➤



Now with your new grow bed in its home, simply fill it with 2 bales of your favorite potting mix and your favorite plants or clones.

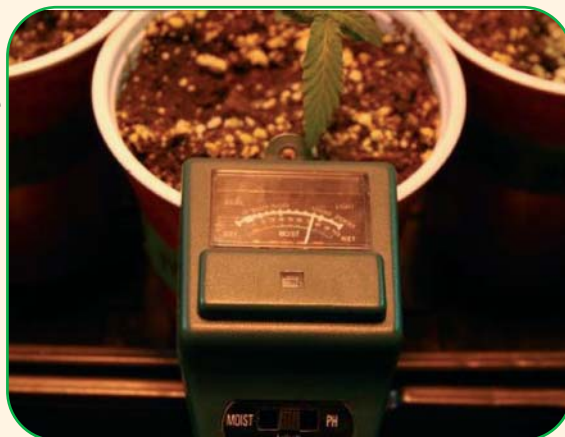
Nothing is quite as satisfying as planting 5 rows of 5 columns of little green soldiers in minutes compared with hours filling buckets, but that isn't the best part. Your plants will be healthier than they have ever been because they all share the same resources, so having one wet plant and 14 dry plants and one over watered plant will never happen again. The roots grow straight and true in every direction giving each plant all the resources they need. I only use organic nutrients by Botanicare and I never need more than 1/4 the recommended dosage. This eliminates over fertilization and also eliminates the necessity to leach. Have you ever heard of a farmer leaching his field with 3 times the volume of the soil with water; yeah, that is called a flood and they are frowned upon in farming (Can you say soil erosion?). I have grown dozens of crops this way and have had no adverse effects. The same soil can be reused indefinitely, just like real soil. Take care of it and it will take care of your plants for you. I'm actually feeding the soil and the microbes in the soil feed my plants just like outside in nature.

I use pure water for the last 4 weeks of budding; week 4 is the last dose of nutrients the girls get before harvest. Special batches will also get a small dose of Sweet* organic carbohydrates from Botanicare in the 4th or 5th week of budding. By harvest time the nutrients are pretty much used up, so in goes the tender new crop and they get their regular 1/4 strength dosage of Pure Blend Pro Bloom food for the next 4 weeks, and then nothing but water for the last 4 weeks of their life. Just like a real farm, only I don't have to plant a diversionary crop or let my field "rest" for a season like cotton farmers. That is because crops like corn and cotton ravage the soil of nutrients where hemp and marijuana are nurturing to the earth. Not to mention the petroleum-based chemicals and pesticides that these agricultural crops rely on for sustenance. Marijuana roots bind the soil and remove impurities as proven in Chernobyl, with hemp actually sucking the radiation from



the ground and helping to clean up a catastrophe the world will never forget. Good stuff in, good stuff out. There is really no need for 50 million different additives and concoctions when all you need is good organic fertilizer in small doses and good clean water in healthy doses. Too much anything is a bad thing, remember moderation. I use Superthrive, Liquid Karma and Pure Blend Pro (Grow, Bloom formulas and Compost solution) and that is it, except that I pH everything down to 5.5 to 5.6. Why, you may ask, when all the experts say 6.2-6.3 for soil?

Here is my logic. Marijuana likes nutrients to be in the 5.5 to 6.5 pH zone. With rockwool, I use the recommended pH of 5.5 and my plants love it. As soon as the plants go into dirt, there would be adverse reactions like yellowing leaves and slower growth of both root and stem mass, so I purchased one of those cheap \$10 dollar soil pH meters and quickly learned that all my soil was 7.5 to 8 pH across the board. Even a new unopened bag of Pro Mix reads 7 pH, so I decided to run everything at 5.5 to 6.0 and check it out. So, here I am telling you to water and fertilize your plants adjusted 5.5 to 6.0 pH and let them rip. The nutes start climbing in pH as soon as they hit the soil, so starting them at the low end of the spectrum will allow your plants to absorb more nutrients for a longer time before the pH inevitably climbs above 6.5 and starts to lockout these very nutrients and preventing the plants from receiving the nourishment that they need to bud for you. This is the simplest and most cost-effective approach to modern high-quality medicinal-grade marijuana. Keep It Simple, Stupid (KISS)!

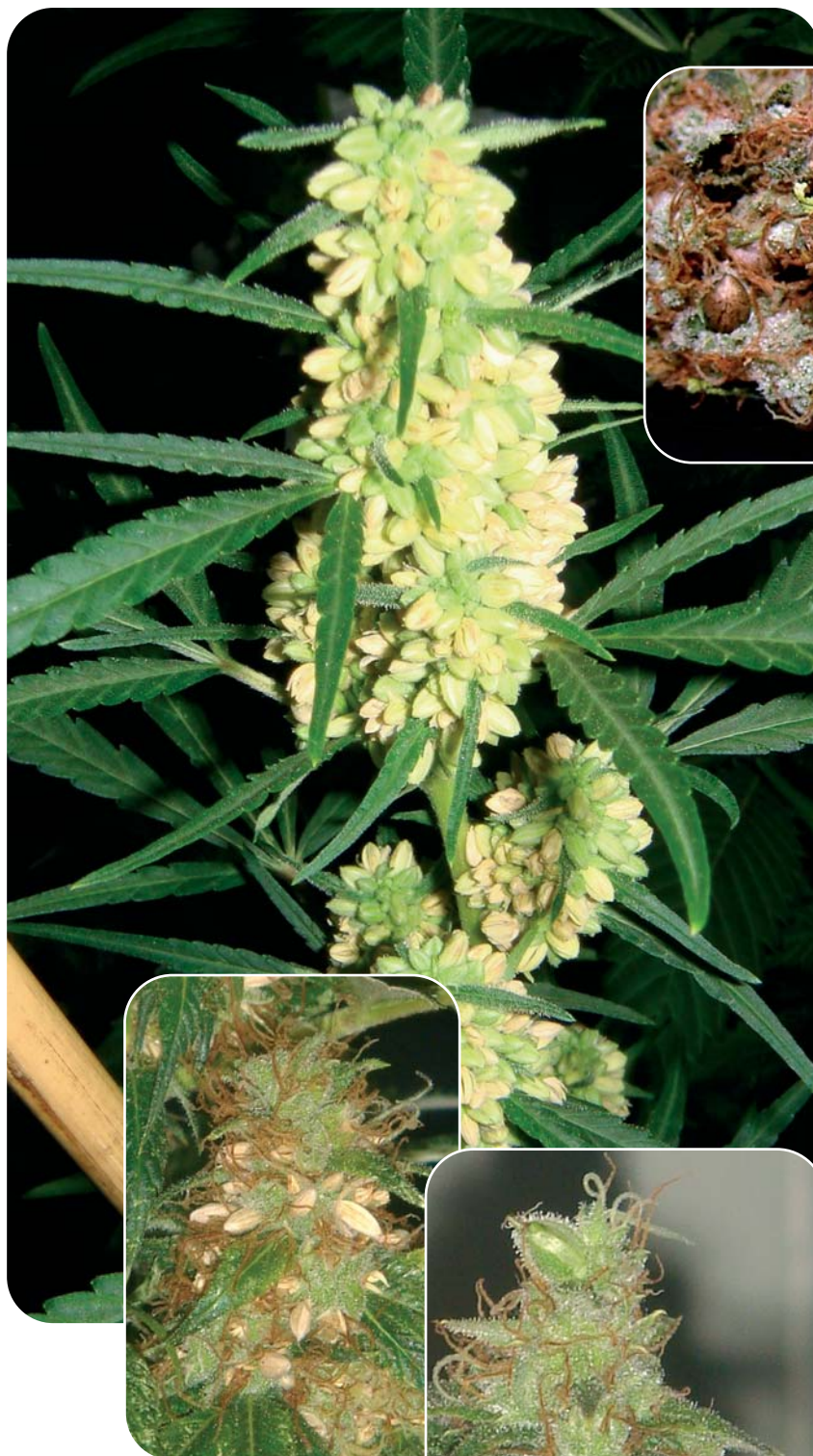


As I mentioned earlier, pots need to be checked daily. Grow beds don't need to be watered every day, 5 gallons of water is perfect for a single 4'x4' bed. Plant your new crop right on top and water it in, the roots will start growing down and your plants will be well nourished. A good watering can last 4 to 7 days, freeing you valuable time to build more grow beds and cut more clones and plant more seeds for next year's breeding program and experiments. Now you'll have time to write cool stories or just enjoy life, plus your plants will be healthier, heavier and cleaner, too.

Now that you got the idea, just do own your thing and don't be afraid to experiment. Indoor pot farming is still in its infancy and we have not even scratched the surface of pragmatic technology and breeding genetics. We are on the forefront of a revolution to empower ourselves to treat ourselves with our own medicine grown with our own two hands under our own roofs. Nothing is quite as fulfilling as getting your hands in the soil and sowing your own crop of naturally healthy plants—except harvest time! It won't be long now, thanks for reading my first installment of the Jef Tek Evolution.

Next month: How NASA gave me the idea to seal my bud-room, and why it is safer and simpler than a conventional setup. Thanks for reading, keep it green. 🍀





Clockwise from top left:
Femmed Buddha's Sister,
Female seeds,
Female NYCD with female seed forming,
Even seeds form on the sprayed plant

Adjacent page:
Femmed NYCD



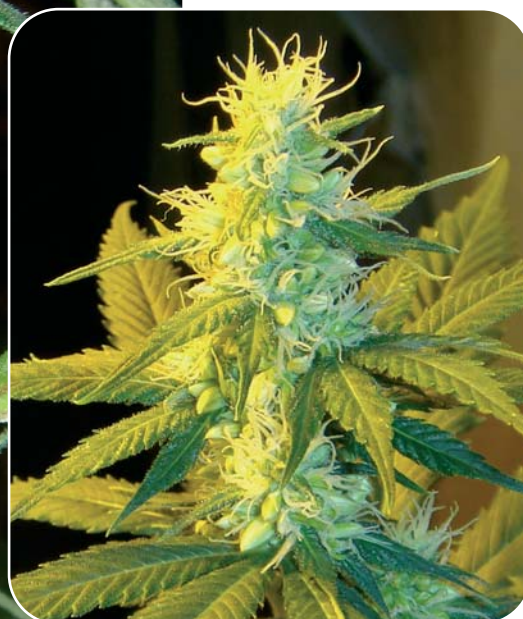
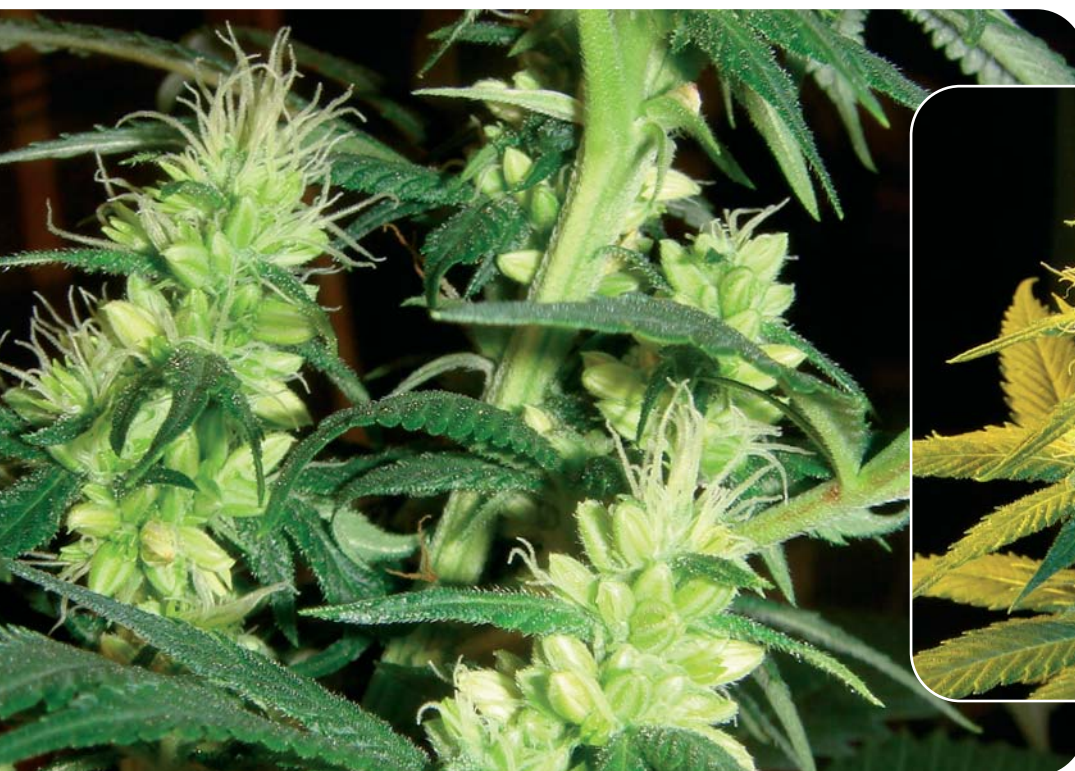
Feminized Plants

By Soma

When you start working with plants as a hobby, there is no end to the wisdom that can be gathered. I started working with the sacred cannabis plant in 1971. I now know so much more than when I first started that I can teach it to others.

My main activity these days with the Holy plant is breeding seeds. I am constantly cross-breeding in search of the finest of medicines. There is such a huge diversity in the genetics of cannabis, everything from industrial strength to medicinal strength. Whenever two new strains are bred together for the first time, you get the hybrid vigor effect. This gives you a very potent, fast growing mother plant. When creating seeds from males crossed to females, you can't help but get several phenotypes. When making seeds from females turned male, you can keep it down to one phenotype.

Through the years I have made female seeds many different ways: light stress, heat stress, cold stress, fertilizer stress, and gibberillic acid stress. Although they all worked



and gave me female seeds, I still kept searching for something better.

Then came STS—Silver Thiosulphate Solution. It is an equal mixture of silver nitrate mixed with sodium thiosulphate. What happens when you spray this mixture on a female cannabis plant is hormonal stress.

All cannabis plants have the capability to change from female to male. The reason they can do this is survival of the species. The inherent drive within life forms to preserve the species is all-powerful and will supercede all impulses. As an example, say a cannabis plant gets subjected to very low temperatures when it should be warm. The plant says to itself, as an individual, I feel severely threatened, I might even die from the cold, therefore, I must make my species survive. The stressed female plant then manifests a male branch and with it makes seeds to make its species survive even if, as an individual, it perishes.

When you spray a plant with STS

solution, this is what happens. Within the first 24 hours, all the tips of the branches wither and turn color, almost looking dead. The large fan leaves stay green, just the tips cringe from the stress. They stay that way for several days, and it will make you wonder whether you have killed your plant. Don't worry you have not killed it. The plant starts to recover by the 5th day. You can then see the tips of the branches start to regenerate.

Making female seeds is done in this way. First you select females that you want female seeds from. You vegetate them until you have reached the desired size and height under 24 hour light. Right at the time you are going to turn the lights down to 12 hours is when you select your one female of the group to become the male sex partner. You spray the plant away from the others, carefully saturating the plant both under the leaves and on top of them. It is good to wear rubber gloves so as not to get the STS spray on your skin. You let the plant fully dry and then place it back with the others. You carefully

mark down the date that the plant has been sprayed, and turn the lights down to 12 hours, or flowering light. It takes 28 to 35 days for the sprayed plant to turn to a male depending, on the species. One female turned male plant can get many females pregnant as the pollen is microscopic and is in plentiful supply. You can also help spread the male pollen by shaking the plant gently over the tops of the other females. It takes the plants six weeks to finish making healthy seeds that are hard and dark. These finished seeds are 100 per cent female; they have no male chromosomes. They will also carry only the phenotype that was used, making every single plant uniform. This is the state of the art in making female seeds, and within the next 6 months I will have the whole top of my Soma's Sacred Seeds line in female form as well as standard.

Wishing you much fun with your plants.

In Love and Light
Soma

www.somaseeds.nl 

What could Bigfoot and Marijuana possibly have in common? Every year, there are hundreds of reports of sightings of the infamous Bigfoot across North America, from Alaska to Florida, Northern California to Ohio. Much is the same with the elusive and equally legendary G13. A variety reputedly liberated from a government research facility at the University of Mississippi by an unknown assistant, news of the clones' "liberation" from Uncle Sam's garden spread quickly on the underground growing scene. As legend has it, so did the clone before ultimately making its way to the Netherlands', where its fate would ultimately be sealed as one of the most sought after and elusive legendary strains of cannabis of all time. The Seed Bank was the first Dutch Marijuana Seed Company shipping internationally to all corners of the globe, with a charismatic Australian at the helm known as Neville Shoenmaker, who would take the liberated female-only cutting and turn it into a variety whose story would later go on to become nothing short of mythical.

The subject of great debate for many years, and to this day a subject of contention with the few dedicated growers who are concerned with the true origins and facts of the variety, G13 has become one of the few varieties of cannabis to cross over into mainstream folk lure, most notably being featured in Kevin Spacey's classic movie "American Beauty" as a variety of cannabis with going street price at some two thousand dollars, a price which actor Wes Bentley justified by explaining, "This shit is top of the line. It's called G-13. It's genetically engineered by the U.S. Government. It's extremely potent, but a completely mellow high. No paranoia." An absolutely outrageous price for such a small quantity of cannabis, regardless of quality, none the less it exemplifies the kind

of reputation this variety has established for itself since its initial marketing by Neville in the mid 1980s. Indeed, this variety would never have become the success story that it has if it wasn't for the subsequent hybrids of the female clone known as G13, which was offered in his storefront catalogs to growers across the globe.

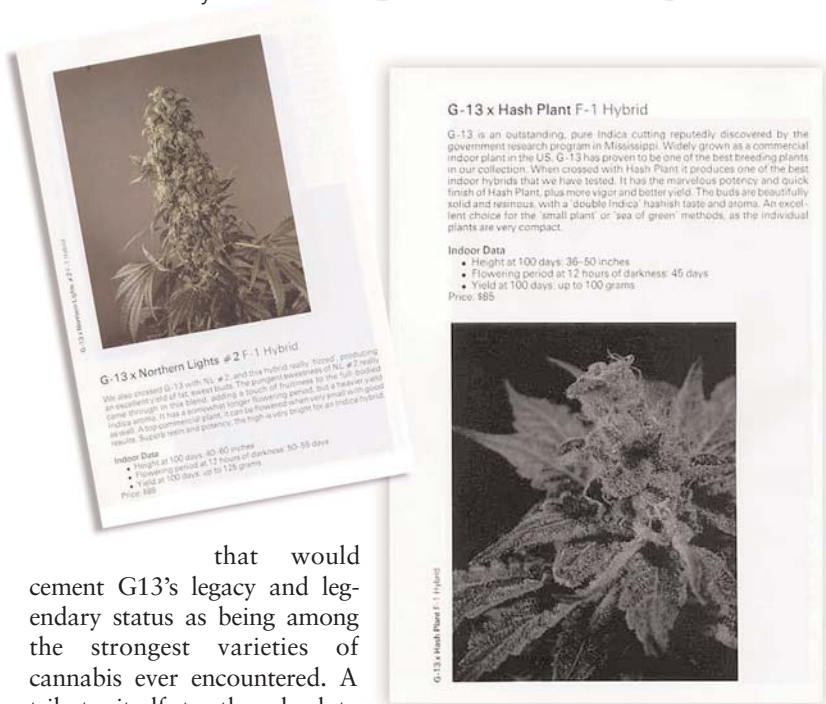
It was these hybrids marketed by Neville and acquired by literally thousands of growers who had access to The Seed Bank's catalogs

Bank's ultimate benefactors, Sensi Seeds. So as it goes with the search for G13, one will quickly realize with any kind of dedicated research the only varieties left out there related to the honest-to-goodness G13 that can be absolutely authenticated are the original hybrids offered by Neville at The Seed Bank in Holland over 20 years ago. Among those hybrids were G13xSkunk#1, G13xNorthern Lights, G13xHaze, G13xHashplant, G13xOrtega, G13 x White Widow and G13 (skunk) x White

Urban Legend

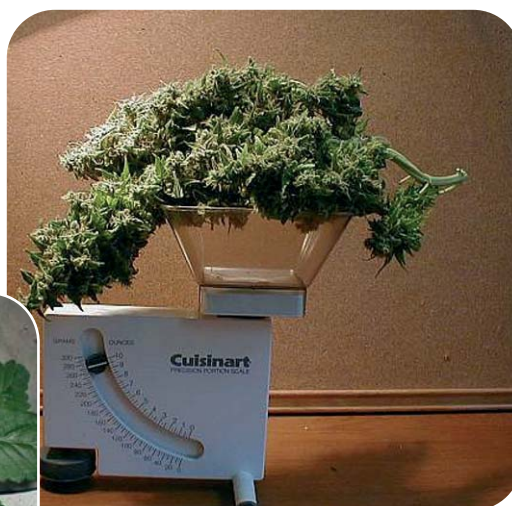
G13

By JessE



that would cement G13's legacy and legendary status as being among the strongest varieties of cannabis ever encountered. A tribute itself to the absolute power of the cutting, since there was only a female clone and no male counter parts to breed a pure G13 with, hybridizations from other varieties had to be used in an effort to pass along the G13's incredible attributes. There no longer exist a G13 in pure form, the mother plant passed away long ago now while in the care of The Seed

Widow as well as a handful of other obscure hybridizations that were never marketed heavily like some of the varieties mentioned above. Those varieties of course are all verified, legitimate hybridizations that can be said without any doubt to be related to the original cutting. This is the



Left:
The Seed Bank Catalogue

Clockwise from top:
G13 Beta seedlings by Hempy
LG13
G13 Widow Redeyes
Close-up LG13

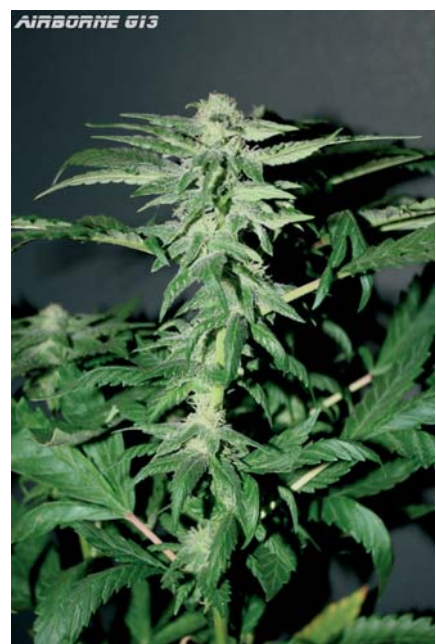
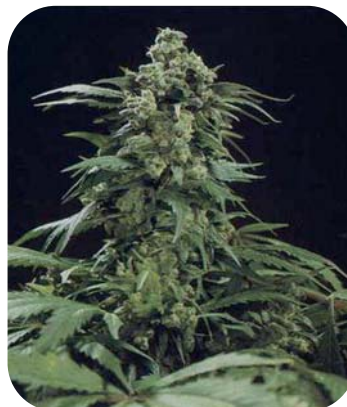


point were things may get confusing and somewhat frustrating for the average consumer because knowing where to obtain these legitimate hybridizations can be a headache all of its own. Most consumers want to get the best buy for their hard earned currency, and, generally speaking, a replica or poorly bred G13 simply will not do. When one looks at the absolute mountain of breeders offering something supposedly related to G13, your train can suddenly come to a jolting halt as you ponder over exactly which variety or varieties to purchase. This would be a wise decision, because not all G13 hybrids are created equal and some of them are outright frauds.

When I initially became interested in the G13 myth, the most natural

starting point in my mind upon the discovery of quite a few sources to obtain the genetics from was to research where the original genetics ultimately went and where they can be obtained today. Along the way I discovered quite a few cuttings in private hands which are said to be G13 itself, but for which no credible proof exists or has been offered in which to authenticate their claims or the ultimate origins of their "G13." Most notably among those private cuttings is the Airborne G13 cut which looks very similar to the known G13 x Northern Lights photographs, though this is not nearly enough evidence

to say with any kind of certainty that it is indeed one of the hybrids originally released by Neville in the '80s. But that is pretty much all we are left with, such as the case with many varieties on the market today, where the only real proof one has is the word of the breeder or what little photographic evidence exists to support their claims. Other private cuttings said to be G13 include the So Cal G13, the LG13 (Louisiana) and the PG13 (Pacific). Interestingly enough, the person known as Pacific had no less than three versions of G13, none of which were related to the true G13 cutting and some of which were actually obtained from government (DEA) confiscated marijuana stock from private growers and medical users. ►



Clockwise from Airborne G13:
Airborne G13
G13 Widow from Red
Awesome Kitty
G13 Widow from Red
Original G
LG 13 Rajun Cajun
G13 Widow x Clone Redeye

So the ultimate pedigree of some of the Pacific G13 varieties could be anything from Durban Poison to Hindu Kush to anything in-between. There are dozens more varieties all touted to be G13 or a derivative of G13, but none of which can offer any kind of validation or support to back up their assertions. And ultimately any G13 variety with any kind of authentication has to be traced back to Neville and the hybridizations initially offered twenty years ago at The Seed Bank, because that's where it all started in the first place.

Where can we as the consumers go to purchase legitimate G13 hybridizations today? There are a handful of legitimate breeders all offering something that can be legitimately traced back to the original cutting known as G13. Most notably is Mr. Nice Seed bank, which is fronted by infamous international Hash smuggler Howard Marks and operated by legendary breeders Shantibaba and the man himself, Neville Shoenmaker (the former owner of The Seed Bank). So it's pretty much a no-brainer that if you would like to obtain some authentic lines related to the original cutting of G13, you must start with the very place the legend started, Neville himself at Mr. Nice Seed Bank (www.mrnice.nl). Mr. Nice Seeds (MNS) currently offers a three generation interbred variety of G13 x Skunk where the criteria

for each subsequent backcross was for G13 dominant varieties. From there the original skunk male was used to create a G13 (skunk#1) x skunk #1 variety easily available to the public as well as the G13 (skunk) x Black Widow (White Widow) which looks to be an incredibly encouraging variety in its own right. Other companies which offer a variety legitimately related to the authentic cutting include Sensi Seeds, which offers a G13xHashplant hybrid strangely enough named after the aforementioned Howard Marks. Known as Mr. Nice, the G13xHashplant offered by Sensi Seeds is a legitimate G13 hybrid that can be traced back to the original cutting because Ben Dronkers, the owner of Sensi Seeds, ultimately acquired his stock from Neville. Along with Sensi Seeds, Soma Seeds offers a G13xHaze lineup from which one haze dominant male G13 x Haze hybrid was found in a very small handful of seeds said to have been given to Soma by well-known author Ed Rosenthal, who acquired the seeds originally from Neville. Soma has subsequently used that haze dominant male, although technically related too the original G13, to hybridize several other varieties in his library and thus establishing the authenticity of his G13 stock, however remote it may be.

Like with any good marijuana



story of this nature, there exist quite a few versions of the original story. Some of which make for great camp fire stories, but none of which seem to have any kind of real sustenance behind them other than popular lure. Such is the case with one Sandy Wienstien, who is said to be a founding member of Sacred Seeds (a point of contention by Sam the Skunk Man). Sandy is credited for the breeding of Early Girl and is also said to be the one who discovered G13 along with the Bay Area Durban Poison clone. As the story goes, the group responsible for the breeding of Skunk#1 lost some of their Afghan varieties due to grey mold issues and at this point in time during the '70s Afghanica cannabis genetics were not as widely prevalent as they are today. As luck would have it, Mr. Wienstien is said to have had a friend in the Alabama/Mississippi region who was a first year botany student. This friend is said to have lucked into a job with Dr. Carlton Turner at the University of Mississippi and sent a handful of Afghan varieties that showed promise from the University of Mississippi, back to Mr. Wienstien. Among those Afghanica varieties was the famed G13.

In another twist of the story, perhaps even related in some strange way is the story of Michael Hallman, who is a character said to have collected a wide variety of

quality cannabis strains in the 1960s and '70s. As the story goes, the CIA and FBI did hybridization experiments with Mr. Hallman's collection of marijuana genetics and are said to have developed one of the most powerful marijuana strains of all time. With an alleged THC percentage of over 28 per cent, this variety would be more than double the potency of most conventional marijuana strains of the era. It is this clone, said to have been developed by the government that was liberated from Green House 13 all those years ago now, and is today responsible for the urban legend as it stands that became known as G13. This particular part of the story is one of the newer elements to emerge and in my opinion is an example of an urban legend continuing to evolve and expand as the years go by. What we do know, is that in fact the government was growing marijuana at research facilities no later than the 1970s. According to Zimmer and Morgan, The Potency Monitoring Project (PMP) conducted at the University of Mississippi in 1973 found the average sample of cannabis tested to have a potency of 1.62 per cent THC, with many varieties being over 4 per cent, with the highest sample of cannabis tested at the time coming in at 9.5 per cent. Two years later, a study done by PharmChem is said to have tested a variety registered at 14 per cent. The possibility of

strains existing at the University of Mississippi seems to certainly be plausible, although whether or not G13 was among them remains unclear. At the time of the Potency Monitoring project, Dr. Carlton Turner was in charge of the program and today the University of Mississippi still does research in regards to marijuana under the guidance and tutelage of Dr. Mahmoud El Sohly.

Ultimately what should matter to you as the grower and consumer is where to obtain the most legitimate G13 hybrids if you're interested in growing this variety. There is no shortage of companies peddling something called G13, but your best bet is to stick with the companies who have a legitimate claim to the variety's namesake. Of those companies, Mr. Nice Seeds may very well be your best option for obtaining an authentic hybrid related to the original cut. With the original cutting being marketed by Neville at The Seed Bank and of course the fact Neville can be found today working along side Shantibaba at Mr. Nice Seeds, it's a sure bet that what you're receiving is a legitimate hybrid of this mythical and legendary variety. The G13 (skunk) x Skunk #1 and the G13 x Widow at Mr. Nice Seeds have both earned the respect of many growers around the globe, and who knows? Maybe you're next. 🍀

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~Reddier TY Member

TY quickly became a second home for me. The care and compassion that goes on here has really changed the way I look at the world these days. I care for my fellow TY members and find myself sharing their joys and sorrows. I have learned a lot, about a lot from my fellow members, and hope to learn much more. I am extremely happy to have found this site (and the people in it) a couple of years ago, and I can't see myself ever walking away from TY and it's members! TY is family!

~Nardwarz TY Member

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MEDICAL MARIJUANA SEEDS WHOLESALER



STRAIN CATALOGUE

All seeds come in original breeder packaging



Delta 9 Labs

	5 pack / 10 pack
White Widow	\$45/\$65
Mekong Haze	\$40/\$60
Aiea	\$75/\$130
Super Star	\$75/\$130
Canna Sutra	\$75/\$130
Stargazer	\$75/\$130
Southern Lights	\$80/\$140
Brainstorm Haze	\$80/\$140
Brainstorm Haze x G13	\$80/\$140
F.O.G	\$80/\$140
(Fruit of the Gods)	
Double Kush	\$80/\$140



Dutch Passion Seed Company

Feminised packs of 10

Skunk #11 100%	\$100
Brainstorm 100%	\$100
Passion #1 R 100%	\$130
Orange Bud R 100%	\$140
Durban Poison 100%	\$150
Frisian Dew R 100%	\$150
Euforia R 100%	\$170
Power Plant R 100%	\$170
Jorge's Diamonds #1 100%	\$180
Mazar R 100%	\$180
White Widow 100%	\$210
Blueberry 100%	\$230



DNA Genetics Amsterdam

Regular packs of 10, Feminised packs of 6

Purple Wreck	\$110
Sour Cream	\$150
Kushberry	\$150
Lemon Skunk	\$150
Cannalope Haze	\$170
Connie Chung	\$170
ReCon	\$170
Chocolope, Feminized	\$180
LA Confidential	\$190



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List of Feminized Indica Strains

Feminised packs of 5

White Widow	\$75
White Rhino	\$75
Skunk NL	\$75
MediFem SS	\$75
Medi Kush	\$75
Citrus Skunk	\$75
Peace Maker	\$75

List of Feminized Sativa Strains

Feminised packs of 5

G13	\$95
Amnesia Haze	\$95
Northern Lights 5 Haze	\$95





Photos on this page courtesy of Gregorio Fernandez "GOYO"

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Greenhouse

Feminised packs of 5

The Doctor	\$55
Big Bang	\$55
The Church	\$60
A.M.S.	\$60
lemon skunk	\$70
cheese	\$75
trainwreck	\$80
n15h	\$80
alaskan ice	\$80
kings kush	\$80
chemdog	\$80
jack herer	\$80
sat/ind mix A	\$80
sat/ind mix B	\$80
sat/ind mix C	\$80
sat/ind mix D	\$80
indica mix E	\$80
indica mix F	\$80
indica mix G	\$80
indica mix H	\$80
indica mix I	\$80
black & white J	\$80
Rasta K	\$80
Himalayan Gold	\$80
k-train	\$85
bubba kush	\$85
kaia kush	\$85
sativa mix	\$85
El Nino	\$90
White Widow	\$90
White Rhino	\$90
Great White Shark	\$90
Arjan's Haze #3	\$92
Arjan's haze #1	\$95
Arjan's Haze #2	\$95
Arjan's Ultra haze #1	\$97
Arjan's Ultra Haze #2	\$97
Arjan's Strawberry haze	\$97
Super Silver Haze	\$100
Nevill's haze	\$105
Hawaiian Snow	\$105



Mr Nice

Regular packs of 10,

Walkabout	\$55
Shit	\$75
Dreamtime	\$75
Early Queen	\$95
Spice	\$120
Devil	\$120
Shark Shock	\$120
Black Widow	\$140
Critical Mass	\$140
Medicine Man	\$165
La Nina	\$165
Super Silver Haze	\$230



Next Generation

Regular packs of 10

Avalon	\$80
Blue Dynamite	\$80
Bonkers	\$80
Brain Warp	\$80
Dynamite	\$80
Grape God	\$80
Grapefruit Haze	\$80
Grapefruit Kush	\$80
Jamaican Grape	\$80
Northern Flame	\$80
Romulan Hash Plant	\$80
Romulan Island Sweet Skunk	\$80
Romulan Time Warp	\$80





MEDICAL MARIJUANA SEEDS WHOLESALER



STRAIN CATALOGUE

All seeds come in original breeder packaging



Nirvana Growth Solutions

Regular packs of 10

Indoor

B-52	\$80
Big Bud	\$80
Blue Mystic	\$80
Bubblelicious	\$80
Chrystal	\$80
Citral	\$80
Haze	\$80
Haze 19 x Skunk	\$80
Hindu Kush	\$80
Ice	\$80
K2	\$80
Maroc x Afgaan	\$80
Misty	\$80
Nirvana Special	\$80
Papaya	\$80
PPP	\$80
Snow White	\$80

Outdoor

Durban Poison	\$80
Early Bud	\$80
Early Girl	\$80
Early Misty	\$80
Hawaii Maui Waui	\$80
Hawaii x Skunk 1	\$80
Hollands Hope	\$80
Kc33 x Master Kush	\$80

Feminised

Kaya	\$140
Medusa	\$140
Northern Bright	\$140
Super Girl	\$140



Paradise Seeds

Feminised packs of 5

Magic Bud	\$75
Bella Donna	\$75
Delahaze Feminised	\$100
Dutch Dragon Feminised	\$100
Ice Cream Feminised	\$100
Jacky White Feminised	\$100
Spoetnik #1 Feminised	\$100
Nebula	\$120
Nebula Feminised	\$120
Opium Feminised	\$120
Sensi Star	\$140



Pyramid

Feminised packs of 6

Galaxy	\$90
Tutankhamon	\$95
Pipi	\$120
Tiburón (Shark)	\$120
Wembley	\$120
Northern Light	\$130
White Widow	\$130
Nefertiti	\$140
New York City	\$140
Lennon	\$140

Feminised packs of 12

Galaxy	\$160
Tutankhamon	\$165
Tiburón (Shark)	\$215
Pipi	\$215
Wembley	\$215
White Widow	\$230
Northern Light	\$230
Nefertiti	\$245
New York City	\$245
Lennon	\$245





Photo courtesy of Sonic



Photo courtesy of Jay Generation



Sativa Seed Bank

Indoor

Indigo	\$80
Mixed Sativa	\$80
Paia Hawaiiana	\$80

Outdoor

MSRP	
Cannabis Sativa Slang	\$80
Pakalolo	\$80

Feminised

Daydream	\$140
Eldorado	\$140



Serious Seeds

Serious Seeds

Regular packs of 10,

Bubblegum	\$140
Chronic	\$140
White Russian	\$140
AK-47	\$160
Kali Mist	\$160



Soma Seeds

Regular packs of 10

Lavender	\$180
Buddha's Sister	\$180
Kushadellic	\$220
Sogouda	\$220
NYC Diesel	\$285
Amnesia Haze	\$285
Hash Heaven	\$285



TGA Seeds

Regular packs of 10

3D (Third Dimension)	\$105
Agent Orange	\$105
Jack The Ripper	\$105
JC2 (Jack Cleaner)	\$105
Jilly Bean	\$105
Pandora's Box	\$105
Querkle	\$105
Space Queen	\$105
The Flav	\$105
(Romulan X Space Queen)	



World of Seeds

Landrace Collection

Seed packs of 7

Regular/ Feminised

Afghan Kush	\$50 / \$115
Ketama	\$50 / \$115
Colombian Gold	\$50 / \$115
Wild Thailand	\$50 / \$115
South African Kwaazulu	\$50 / \$115

Diamond Collection Feminised

Seed packs of 7

Stoned INmaculate	\$135
AMnesia	\$135

Legend Collection Feminised

Seed packs of 7

Mazar Kush	\$80
Strawberry Blue	\$80
Cronic Haze	\$85
Domina Star	\$90
Star 47	\$95
Yumbolt 47	\$95
New York Special	\$135
Afgan Kush Special	\$135



MEDICAL MARIJUANA SEEDS WHOLESALER



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Solar Charging Unit

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carbon filter for odor prevention



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fan for ultra-quiet ventilation



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The sides are translucent — blocking eyesight while allowing optimal use of sunlight, and the top is a high-grade transparent film — enabling desired UV rays for maximum resin production.

A 6" **Vortex** power fan allows for optimum greenhouse ventilation and an Odor-Sok carbon filter removes all undesired odors.



Gardening catalogues available



Grape Juice



Grape Juice



Grape Juice

Physical Examination

Strain: Grape Juice (GJ)
Breeder: N/A
Grower: N/A
Judge: Diskrete
Date: November 5, 2008

1. Visual Appeal: 8 *Visual appeal of the buds from 1-10 unappealing-excellent.*

2. Visible Trichomes: 7 *Visible trichome content from 1-10 none-totally covered.*

3. Colors that are present in the trichome heads under magnification:
Clear-30% Cloudy-10% Amber- 45% Dark 15%

4. Colors present in the buds or on a scale 1-9 light-dark:
Green 35, red 10, Orange 30, Purple 25

5. Bud density: 8 *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.

Earthy 3, Fruit 6, Grape 4, Mold 7

7. Aroma: 8 *Aroma from 1-10 repulsive-delightful.*

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



Smoke Test

1. Utensils: medium glass pipe

2. Taste descriptors: Use numbers 1-9 that apply to the taste where a one indicates a subtle presence and a nine indicates a very pronounced presence
Earthy, Berry 4, Grape 5, Spice 3, Coconut

3. Taste: 8 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: 10 smoke ability of the sample from 1-10 harsh-smooth.

6. Smoke expansion: 8 smoke expansion in the lungs from 1-10 stable-explodes.

Smoke Test Comments: The sampling is an organic grown 60/40 Sativa/Indica, this one makes you focus on the lasting taste of the smoke about 10 minutes. This has a hint of Chocolate and Raspberry, This is grown from the same person who brings Chocolate Raspberry and Fruity Bam Bam, which I plan on testing for the next issue. Great taste, easy smoke and pops once it hits the lungs. I love to chew up my stems after I smoke, for some reason, it helps get a better feel for how it was grown and cured. For instance This GJ has the taste of spice, probably grown outdoor, a nice taste of sweet pine and gets tangy as it dissipates throughout the mouth, increasing saliva production. The person who grew this should take pride in the end result.

FOLLOW UP QUESTIONS

1. Dosage: 3 hits to reach desired effects.

2. Effect onset: 6 about 6-10 minutes Rate of how quickly the effect hit from 1-10 immediate-major creeper.

3. Sativa influence: 8 Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.

4. Indica influence: 3 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: 2.5 hours

7. Tolerance build up: 5 Rate of how quickly tolerance builds from 0-10 none-rapid.

8. Usability: 10 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 4 Day/work 9 Evening/relax 6 Night/sleep 6

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 check + off if the you got a POSITIVE effect and check - if you had a NEGATIVE effect

P Ability to rest or sit still

P Anxiety relief

P Appetite

P Audio perception

P Humor perception

P Imagination/creativity

P Pain relief

P Paranoia relief

P Sleep

P Speech process

P Taste perception

P Thought process

P Visual perception

Extended Medical Survey:

P ADD/ADHD

P Allergic rhinitis

P Amphetamine Dependence

P Anorexia

P Arthritis/Musculoskeletal pain

P Asthma/Cough

P Bipolar disorder

P Cancer/Chemotherapy

P Chronic fatigue

P Crohn's/IBS

P Depression

P Diarrhea

P Epilepsy

P Glaucoma

P Hepatitis

P High blood pressure/Racing pulse

N Insomnia

N Itching

P Migraine/vascular headache

P Muscle Spasm

P Muscular movement disorders

P Nausea

P Panic Attack

P Peripheral nerve pain

P Post traumatic Stress Disorder

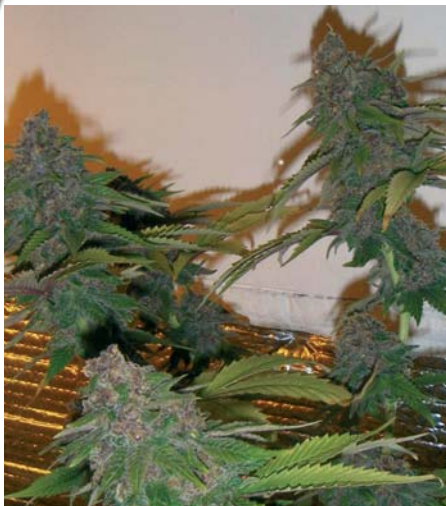
P Sedative/Opiate Dependence

P Schizophrenia

P Spasticity in Multiple Sclerosis

FINAL COMMENTS:

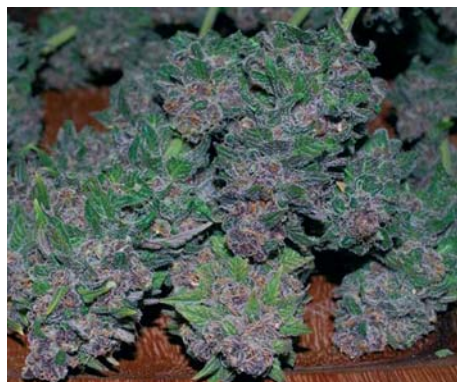
This strain has a spot in helping a lot of people.



Purple connection 3



Purple connection 3



Purple connection 3

Physical Examination

Strain: Purple connection 3
Breeder: Core
Grower: Dr. Dog
Judge: Dr. Dog
Date: January 4, 2009

- 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-0% Cloudy-70% Amber- 20% Dark 0% Purple 10%
- 4. Colors present in the buds or on a scale 1-9 light-dark:**
Green, Gold, Grey, Red, Purple
- 5. Bud density:** 9 *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.*
Peach, Blueberry, Petroleum, Bubblegum
- 7. Aroma:** 9 *Aroma from 1-10 repulsive-delightful.*
Good fresh smell to it, there is a strong spicy musky component, and a slight diesel feul smell.
- 8. Seed content:** 0 *Seed content from 0-10 none-fully seeded.*
- 9. Weeks cured:** 1 *If known enter the number of weeks your samle has been cured.*



Smoke Test

- 1. Utensils:** Large and medium, large and medium joints with Raw, Elements, Irie
- 2. Taste descriptors:** Use numbers 1-9 that apply to the taste where a one indicates a subtle presence and a nine indicates a very pronounced presence
Petroleum, Bubblegum
- 3. Taste:** 8 Impression of the taste from 1-10 unpleasant-delicious.
- 4. State of dryness:** 6 1-10 wet-dry where 5 is ideal.
- 5. Smoke ability:** 7 smoke ability of the sample from 1-10 harsh-smooth.
- 6. Smoke expansion:** 7 smoke expansion in the lungs from 1-10 stable-explodes.

FOLLOW UP QUESTIONS

- 1. Dosage:** 1 hit to reach desired effects.
- 2. Effect onset:** 7 Rate of how quickly the effect hit from 1-10 immediate-major creeper.
- 3. Sativa influence:** 3 Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- 4. Indica influence:** 7 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:** 3 hours
- 7. Tolerance build up:** 0 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 1 Day/work - Evening/relax 8 Night/sleep 8
- 9. Overall satisfaction:** 8 Rate your overall satisfaction from 1-10 poor-Holy Grail
- 10. Ability and conditions:** 8 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 check + off if the you got a POSITIVE effect and check - if you had a NEGATIVE effect

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

FINAL COMMENTS:

This is a great strain. From the density of the buds, to the smell, and completely covered in sticky resin heads!. The smoke first starts as a creeper as you enjoy the sweet bubblegum flavour.



MM
MEDICAL MARIJUANA



STRAIN EVALUATION

Physical Examination

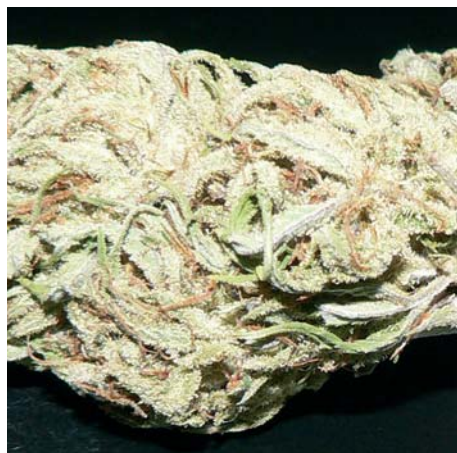
Strain: Apollo 11
Lineage: Cinderella 99 x Genius
Breeder: Bros Grimm.....Mogggggys



Apollo 11



Apollo 11



Apollo 11

1. Visual Appeal: 7 *Visual appeal of the buds from 1-10 unappealing-excellent.*
Nice Crystal Covered Semi Dense Light Green Nugs, Great looking outdoor

2. Visible Trichomes: 6 *Visible trichome content from 1-10 none-totally covered.*
Lots of crystal when broken open, trim had average yield for bubble.

3. Colors that are present in the trichome heads under magnification:
Clear-0% Cloudy-60% Amber- 40% Dark 0%

4. Colors present in the buds or on a scale 1-9 light-dark:
Orange 30%, Green 60%, Purple 10%

5. Bud density: 6 *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.*
Citrus 4, Sweetness 3

7. Aroma: 8 *Aroma from 1-10 repulsive-delightful.*

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



Smoke Test

- 1. Utensils:** Volcano Classic on 6.5 setting 18" OEM Volcano Bag
- 2. Taste descriptors:** Use numbers 1-9 that apply to the taste where a one indicates a subtle presence and a nine indicates a very pronounced presence
Citrus Candy 9
- 3. Taste:** 8 Impression of the taste from 1-10 unpleasant-delicious.
- 4. State of dryness:** 8 1-10 wet-dry where 5 is ideal. Coffee grinder to a fine grind
- 5. Smoke ability:** 8 smoke ability of the sample from 1-10 harsh-smooth. Easy smoke
- 6. Smoke expansion:** 2 smoke expansion in the lungs from 1-10 stable-explodes. Barely know its there
- Comments:** The taste is like a mild citrus flavour, similar to the what a flavour paper may give.

FOLLOW UP QUESTIONS

- 1. Dosage:** to reach desired effects. 1g divided into 2 bowls. Each bowl was used to fill 2 bags. 4 bags total. consumed over a total of 10 mins
- 2. Effect onset:** 2 Rate of how quickly the effect hit from 1-10 immediate-major creeper.
- 3. Sativa influence:** 7 Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
This is a good daytime smoke, very sat influenced, with the quickness of a indy strain.
- 4. Indica influence:** 3 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:** 1+ hours
- 7. Tolerance build up:** 3 Rate of how quickly tolerance builds from 0-10 none-rapid.
- 8. Usability:** 10 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 8 Afternoon 10 Evening 0
- 9. Overall satisfaction:** 9 Rate your overall satisfaction from 1-10 poor-Holy Grail
- 10. Ability and conditions:** - 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, I plan to keep this for an extended period of time, it finished well outdoors in mid-ontario. Final yield on single clone in 8gallons of sunshine #4 was 10.5oz. Pheno went purple when temperature got lower, but purple faded during the drying/curing process.
- 12. Effect:** What effect did the strain have check + off if the you got a POSITIVE effect and check - if you had a NEGATIVE effect

- P Appetite
- P Energy
- P Motivation
- P Multitasking
- P Sleep

FINAL COMMENTS:

Great daytime smoke, uplifting and helps get the day started, or even keep you going mid afternoon. not a good nighttime smoke if your looking shut down.

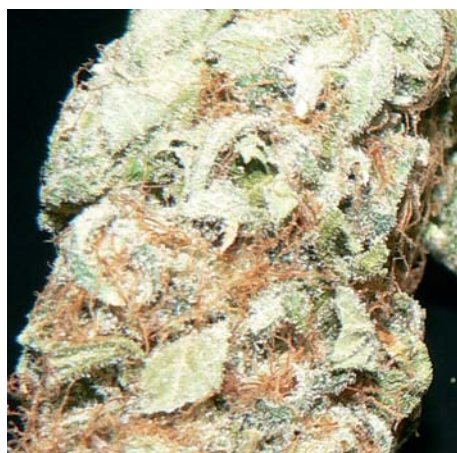
Sample was grown Outdoors in Mid-Ontario, in 8 gallons of sunshine mix #4. clone went out Mid-June, Finished approx first week of October. Nutrients were Advanced Nutrients Mother Earth Bloom Super Tea, Bud Blood or Big Bud or OverDrive depending on week, and Bontanicare Sweet Citrus throughout. Indoor Grow of Same Pheno to follow in coming weeks.



Blue Rhino 1947



Blue Rhino 1947



Blue Rhino 1947

Physical Examination

Strain: Blue Rhino 1947
Lineage: (Blueberry x White Rhino) x (Peak19 x AK47)
Breeder: N/A
Grower: N/A
Judge: Diskrete

1. Visual Appeal: 7 *Visual appeal of the buds from 1-10 unappealing-excellent.*
 Nice Crystal Covered Dense Nugs.

2. Visible Trichomes: 7 *Visible trichome content from 1-10 none-totally covered.*
 Both inside and out is covered with big trichomes, even large leaves had trichomes on the lower areas closest to the buds.

3. Colors that are present in the trichome heads under magnification:
 Clear-10% Cloudy-50% Amber-40% Dark-0%

4. Colors present in the buds or on a scale 1-9 light-dark:
 Orange 25%, Green 75%

5. Bud density: 8 *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.*
 Fruity funk 5, Skunk/Berry 3

7. Aroma: 8 *Aroma from 1-10 repulsive-delightful.*

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



Smoke Test

- 1. Utensils:** Volcano Classic on 6.5 Setting 18" OEM Volcano Bag.
- 2. Taste descriptors:** Use numbers 1-9 that apply to the taste where a one indicates a subtle presence and a nine indicates a very pronounced presence
Fruity Funk 4, Berry 2, Skunk 3
- 3. Taste:** 7 Impression of the taste from 1-10 unpleasant-delicious.
- 4. State of dryness:** 8 1-10 wet-dry where 5 is ideal. Coffee grinder to a fine grind
- 5. Smoke ability:** 7 smoke ability of the sample from 1-10 harsh-smooth. Smooth but expand the lungs a bit.
- 6. Smoke expansion:** 7 hits the spot smoke expansion in the lungs from 1-10 stable-explodes.

Comment: Has a very similar volcano taste to the Smell.

FOLLOW UP QUESTIONS

- 1. Dosage:** to reach desired effects. 1g divided into 2 bowls. Each bowl was used to fill 2 bags. 4 bags total, consumed over a total of 10 mins.
- 2. Effect onset:** 2 Rate of how quickly the effect hit from 1-10 immediate-major creeper.
By the end of the last bag the first one was working its magic.
- 3. Sativa influence:** 3 Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- 4. Indica influence:** 7 indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
The first onset is one of energy, but is creeps into a heavier indica stone.
- 5. Potency:** 8 Rate the potency of the sample from 0-10 none-devastating.
- 6. Duration of effect:** 1-1.5 hours
- 7. Tolerance build up:** 5 Rate of how quickly tolerance builds from 0-10 none-rapid.
- 8. Usability:** 8 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 3 Evening/relax 7 Night/sleep -
- 9. Overall satisfaction:** 7 Rate your overall satisfaction from 1-10 poor-Holy Grail
- 10. Ability and conditions:** - 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, depending on all your genetics.
- 12. Effect:** What effect did the strain have check + off if the you got a POSITIVE effect and check - if you had a NEGATIVE effect

P Appetite
N Motorskills
P Sleep

FINAL COMMENTS:

Sample was grown indoors under 830w hps, in 5 gallons of sunshine mix #4. Nutrients were Advanced Nutrients Mother Earth Bloom Super Tea, Bud Blood or Big Bud or OverDrive depending on week, and Bontanicare Sweet Citrus throughout. A Full 10 day Flush and sample was cut on day 56.



Pineapple Chunk



Pineapple Chunk



Pineapple Chunk



MM
MEDICAL MARIJUANA



STRAIN EVALUATION

Physical Examination

Strain: Pineapple Chunk
Lineage: Cinderella 99 x Deep Chunk
Breeder: N/A
Grower: N/A
Judge: N/A

- 1. Visual Appeal:** 8 *Visual appeal of the buds from 1-10 unappealing-excellent. Nice Crystal Covered Nugs. Dense but not rock hard.*
- 2. Visible Trichomes:** 7 *Visible trichome content from 1-10 none-totally covered. Both inside and out is covered with big trichomes, trim also had large amount of crystal.*
- 3. Colors that are present in the trichome heads under magnification:**
 Clear-0% Cloudy-45% Amber- 55% Dark 0%
- 4. Colors present in the buds** or on a scale 1-9 light-dark:
 Orange 40, Green 60
- 5. Bud density:** 6 *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.*
 Fruity Funk 8, Earthy 2
- 7. Aroma:** 9 *Aroma from 1-10 repulsive-delightful.*
- 8. Seed content:** 0 *Seed content from 0-10 none-fully seeded.*



Smoke Test

- 1. Utensils:** Volcano Classic on 6.5 Setting 18" OEM Volcano Bag.
 - 2. Taste descriptors:** Use numbers 1-9 that apply to the taste where a one indicates a subtle presence and a nine indicates a very pronounced presence
Earthy 3, Fruity Funk 5
 - 3. Taste:** 8 Impression of the taste from 1-10 unpleasant-delicious.
 - 4. State of dryness:** 8 coffee grinder to a fine grind 1-10 wet-dry where 5 is ideal.
 - 5. Smoke ability:** 8 smoke ability of the sample from 1-10 harsh-smooth. Easy smoker
 - 6. Smoke expansion:** 3 smoke expansion in the lungs from 1-10 stable-explodes. doesnt expand just hits the spot.
- Smoke Test Comments:** One of the easiest inhale exhale combos in recent months...

FOLLOW UP QUESTIONS

- 1. Dosage:** to reach desired effects. 7g divided into 2 bowls. Each bowl was used to fill 2 bags. 4 bags total. consumed over a total of 10 mins.
- 2. Effect onset:** 4 not a creeper...but not a pounder either Rate of how quickly the effect hit from 1-10 immediate-major creeper.
- 3. Sativa influence:** 5 Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- 4. Indica influence:** 5 indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
I found this particular strain to be a very balanced high. it maybe that i left it go a little longer to bring out more indica properties in a sat dom strain.
- 5. Potency:** 7 Rate the potency of the sample from 0-10 none-devastating.
- 6. Duration of effect:** 45min- 1 hour
- 7. Tolerance build up:** 3 Rate of how quickly tolerance builds from 0-10 none-rapid.
- 8. Usability:** 10 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 7 Day/work - Evening/relax 7 Night/sleep -
- 9. Overall satisfaction:** 8 Rate your overall satisfaction from 1-10 poor-Holy Grail
- 10. Ability and conditions:** - 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 This is a great all round day night smoke.. smoke a little and its not a pounder, smoke a lot and sleeping is a breeze.
- 12. Effect:** What effect did the strain have check + off if the you got a POSITIVE effect and check - if you had a NEGATIVE effect

- P Ability to concentrate
- P Pain
- N Motorskills
- N Multitasking
- P Pain relief

FINAL COMMENTS:

This is a great daily smoke, tolerance buildup seems to be minimal. Its not a couchlock, and is an easy smoke in both volcano and joints The flavour is great, and the high is very balanced. This cross is a winner, searching for a perfect keeper pheno is a must.

Here, There, & Everywhere

part 2

by Jeremy Norrie

Product Review

Extreme Vaporizer by Arizer.com



Like I had mentioned before, in addition to our special interviews, this issue I am doing a special review of the new **Extreme Vaporizer by Arizer.com**, and let me say it was a pleasure. This is a vaporizer that seems to have finally got all the small details accounted for and it really impressed me. I already own a number of other vaporizers but the fact is, this vaporizer has them all beat one way or another. I suppose I should explain what I mean before we get any further. There have been a number of vaporizers available to the public in the last few years that, mainly because the Volcano and a few others really made vaporizing a popular way to consume their medicine with good effect while maintaining optimal health. As time has gone on, these vaporizers have been tested and used by many people, and as such, small improvements became evident. Other companies made their

attempts to fit in and solve those small problems, while the originators came out with their new design. Sad to say, none of them really addressed everything, until I saw the Extreme. The Extreme has both a whip attachment as well as a bag attachment, so you can blow up bags of vapor or you can simply use the whip like many other vaporizers feature and get a direct hit. Also, unlike most other designs, you can turn the fan on and blow vapor out of the whip, which is quite a nice feature. In addition to having the multiple attachments, they use all glass pieces instead of plastic and metal like many others. This greatly improves the taste, as hard as that is to believe for those of us who have enjoyed the wonderful improvement of vapor over smoke for such a long time now. The unit has a ceramic core that is also optimal for health and taste. It's basically everything you could want in a vaporizer. Well, there is one last thing—

portability—but don't worry, because there is an optional battery pack that gives the unit the ability to go anywhere. It seems to be everything you could want in a vaporizer. The one small drawback the unit does have is that the temperatures are not measured in the bowl where the herbs are being vaporized; rather, the temps are read just below and as such tend to read a little high than one would be used to with the other designs previously on the market. Not to worry, however, because The Extreme offers an enormously wide range of temperature settings. The digital readouts can be used for adjusting the units settings to any temperature you could desire. It is actually very efficient because the user can set the temperature far below the minimal vaporizing setting or above the ideal maximum setting or anywhere in between. That means you can get any kind of heat you want, if you prefer your vapor near the lowest



or near the highest. For anyone who vaporizes regularly, this is a tremendously important feature. The unit has many other details that can be found on their website. They have really done a great job making this unit a strong and effective vaporizer that can compete with the best. If you are interested, check it out for yourself and give it a try. I am sure you will be happy with it, I was very impressed and really enjoy mine. I want to offer a huge thank you to the people at Arizer.com and I also want to say that they have some of the best customer service in the business. If you have any trouble or any problem, I can guarantee you that they will take care of it and treat you more than fairly. They are an awesome company and I would love to see them continue to make more new Extreme products! That's all for the review, now lastly part 3 where we check out the home of Kind Meds in the SFV. 🍀



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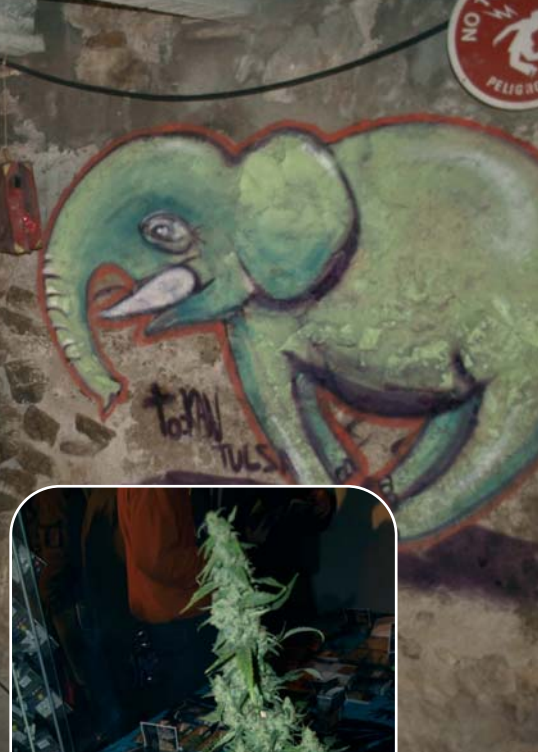
Cannabis Cups 2008

by Jay Generation

The month of November is one of the best times of year for growers in the northern hemisphere. Most outdoor harvests are finished drying by now after being harvested in September or October. It's a great time to get together with other growers to sample the summer harvests—cannabis judging season has begun!

This year's **High Times Cannabis Cup** had a lot to arrange as usual. But before I could slip away to Amsterdam for a week of work (party), a Spanish friend invited me to a more private cup held by growers and breeders in the Catalan region of Spain. I was exhausted and only had a day of preparation time, but I couldn't refuse this offer. I thus found myself off to judge at the **Barba Cup** in a hidden country location somewhere in the mountains near Gerona, Spain.

I really had no idea what to expect on this trip, but I was going with some very experienced locals and the expert breeders from Elite Seeds. In my time in Spain, I've met a lot of growers and wannabe breeders, with quality of buds and seeds ranging from very bad to amazing. The breeders with Elite Seeds have been some of the best I have seen. Their strains are very, very flavourful and impressive to watch grow. On the drive to the Barba Cup, we made a detour to stop and see another test garden



of their feminized “Critical Plus.” The “Critical Plus” is a hybrid between Critical Mass and AK-47 and the seedling garden was very homogenous with no hermaphrodite flowers. The buds are very sweet to smell and to smoke. It’s a strain that tastes good right down to the roach. These guys grow it outdoors too, in all kinds of weather—and the quality is astounding.

We arrived in the middle of the night as I was dosing off from the long journey. We were lead through a muddy field and up a dark path for a night of smoking and drinking before the big day when we were required to test over 20 indoor and outdoor strains as well as about 10 different local hash varieties. The location was very unique, in an old farmhouse that overlooked the hills and fields, with a grow room in back filled with seedlings of many different strains.

The judging was done in groups of four to five people who discussed, sampled, and smelled until reaching a consensus. After the votes were tabulated at the end of the day, we stumbled out of the event with a couple prizes for my friends at Elite Seeds.

Their Critical Plus, Mota Khan Afghani, and Roca strains picked up more awards before hitting the road in anticipation of the Amsterdam Cannabis Cup.

The High Times Cannabis Cup was held at the Powerzone night-club again this year, a short trip from the centre of Amsterdam. It made for festive atmosphere and the music was great, with members of the Marley and Tosh families making musical appearances throughout the week. My third year at the event, I had a great time in spite of less attendance than previous years.

I worked at the Greenlife seeds and Vancouver Seedbank booth and got to talk with many growers from all over the world. It’s great to hear back how my genetics have done in the last season and where they were grown. We had a couple Bonkers plants and a Grapefruit Haze on display at the booth from a Dutch grower friend who’s been growing out our Canadian seeds.

The Cup was once again dominated by Greenhouse Seed Company as they took first place in the Coffeeshop Cup with the Lemon Skunk Haze. 🍀



clockwise from far left:
Barba Cup in Spain
Barba Cup in Spain

Bonkers on display at Cannabis Cup
Male at the Paradise seeds booth



MA's Fall Tour

By Wendal Grant



This past fall our group, MA (Medicinal Marijuana Awareness) chose to go on a cannabis shopping tour in the City of Toronto. It was early November and some of our group felt it would be a good place to start some Christmas shopping.

As always, it was an early morning when we head anywhere. I picked up Pete as I made my way to Grama D's. As we arrived at her place, John drove up and looked eager to go shopping. Once everyone had said their hellos, we were on the road to the city. We had a plan to see as many cannabis shops as possible in the eight to ten hours we had.

The traffic on the highway was good and the weather was fine. The mid-point of the trip brought us to the highway rest stop, which turned into a mid way feast. Many of the group just couldn't resist the Baconator poster that hung in the front window and they just had to have one.

Once loaded up in the van and back on



the road, I was able to talk to everyone about a cannabis strain book I had downloaded. Everyone took a good look at it and I ended getting requests from Pete and Bill for copies. We also had a copy of some information on some medicinal strains of cannabis that were now available from the Finest Medicinal Seed Company, which can be found at www.finestmedicinalseeds.com. Their information told you not only the standard information, but also gives you information on which illness the strains are good for as well as their origins. The seeds are all feminized and at a cost of 5 for \$75, I don't think they are matched anywhere.

When we arrived in the city, our first stop was Clandestany's. We picked this location to go to first as none of us had ever been there before. Grama D, Bill and Rich had also formed a friendship with Joey while they attended last summer's Hempfest and they took this as an opportunity to see their friend once again. When we arrived, we learned that Clandestany had just opened their new store and we were excited for her. Joey has hemp clothing as well as smoking accessories for those that collect, wear or use these items. We were all having a good conversation when the front door opened. In came a man with a greying goatee, clean cut and carrying a bag. He said "high" to all of us and seemed very pleasant when he joined in on the conversation. He handed Grama D some paperwork, which she accepted. When I got a second to take a look at this document, I noticed the name of its author, Neil Magnusum. At this point I turned to tell everyone just who

this guy was. I told them that Neil was making his way across Canada on roller blades promoting cannabis awareness and that it is something Neil has been doing for the past three years. When he gets to Ottawa, he joins the groups there and lays a wreath for freedom down with the veterans. It is a wreath for our freedom as a nation as well as it being for our cannabis freedom.

An hour or so later, we all decided to make our way. This included our new friend Neil as he was to meet a friend of his at another cannabis shop called the Roacharama & Hotbox cafe. None of us but Neil had ever been to this location so of course we were up for a visit there; besides, we wanted to help our fellow cannabis activist that had gone through so much this year in his journey. When we walked in, we stopped and looked around the store and then made our way to the cafe. When we walked into the cafe, we noticed that there wasn't much seating available for our group, yet out of nowhere, the crowd moved and people readjusted their seats. This allowed us to get a table that was large enough to hold the six of us.

When we all had ordered lunch, our conversation turned to the different versions of "Oh cannabis" that are out there. All of us told him we had never heard the western version, so Neil stood up and announced to everyone in the cafe he was going to sing. Neil handed John his tape recorder and then he started to sing as the place went quiet. When Neil was done he received a very robust round of applause by those in attendance. When we left the Roacharama,


we also left Neil behind to join up with his friend. Next up was Yongesterdam. While here, we got to visit the Toronto Hemp Company, a large 3 floor store where you can buy your grow equipment in the basement, your hemp clothing and marijuana emblazed items can be found on the main floor while pipes, bong and literature can be found on the top floor. Most of us picked up something then made our way south to the Sacred Seed Shop and the Toronto Glass Company. The seed company offered up all kinds of different seeds. They had cactus seeds as well as medicinal seeds, while the glass company offered up some really fine pieces of glass. These glass pipes were some fine pieces of art. These are most certainly worthy of a spot on your coffee table or fire place mantel.

Our next stop was to the Kindred Café, a location that we would say is an upscale establishment. They have locations where we could medicate and eat dinner in private if we chose to. When we got there, we headed right to one of these private rooms for some private time and a well-deserved rest. While in the room, we were able to access a plasma TV, an X-Box or a stereo while relaxing in the soft leather furniture. Since we planned on being there for a while, we fired up the Guitar Hero game that was already in the X-Box machine. John was the only person who had played the game, so he was chosen to give us all an example on how it's done. We watched as

John played along with the artists on the screen but we soon found out that he made it look easy. When he was done working up a sweat, Grama D. and I took turns on this instrument. We discovered that the easy mode was not too bad, but once we moved it to hard mode, well forget it, as there was no way we could keep up to the band. Both of us end up getting boo'd from the stage more than once.

A while later, our dinner arrived from our friendly host. We all sat back and ate our dinner while discussing our day. Everyone was very happy that we had been to some places that we had never seen before while allowing us to get to some that we enjoy every time we come to the city. With three hours of driving ahead of us and darkness coming on fast, we decided that we should head home.

We plan on doing another one of these tours in the future and maybe then we'll get to some of the stores that we couldn't get to this time.

MA can be reached at
ma@treatingyourself.com 



Hempfest Virgin Journal -2008



by Vycki

What a whirlwind! People, cannabis, food, music, glass blowing demonstrations by LaPlaya Glass and green clothing everywhere. The first leg of the trip has been completed but not without its trials and troubles. Making plans with sick people can always be a problem, as no one ever knows until the last minute just how well (or ill) they might be. Some of the best-laid plans were re-tuned, re-worked, re-scheduled and still flopped. One member even made two hours of a twelve-hour drive only to fall ill and spend an evening in the hospital to return home afterward. Valiant efforts were made by all, but still circumstances were in the way.

This writer had made a promise to attend a long time ago and come hell or high water she was going to arrive! Luckily there was neither Brimstone nor flooding while I made my trek. There were lost drivers and waylaid friends—but no matter—I made it all the same. I checked into my hotel for a shower, medication and a meal. I had a bit of rest and a lovely view of Georgian Bay while I waited for my travel mates to get this far.

The site itself was remote and the

drive to arrive was one of the most scenic I have ever been on—and I used to live in beautiful British Columbia. There were lovely rivers and lakes and all cut out of gorgeous natural rocks.

The first was a very long day, with so much educating to be done. Everyone found the Volcano to be a popular part of the Treating Yourself display booth. There were many explanations made—so much so, I wished I had a video running to save me my voice which all but disappeared before the end of the weekend. I heard story after story from good people who were either suffering themselves or had a close family member or friend that was in pain. They would tell me about how they had tried to help them or how afraid they were to try cannabis simply due to its illegality; for fear of becoming a criminal in the process of attempting to ease their suffering. It was so hard to only be able to tell them to "join the website and get educated about how it can help you and how to talk to your doctor." I found my heart so often touched that I wished I had a larger supply and that I was permitted to give it to anyone that was suffering. It is so hard to hear of others going through the very stages that I went through,

or worse, getting stalled at the "it's illegal" stage and never trying it out.

Most of the booths were there with fabulous wares for sale, which made it a bit harder to convince attendees that we were only there to educate and give away our magazine to encourage new readership and attain an increased website presence. Dan and Ashley manned the booth that had information about membership at C.A.L.M. (Cannabis As Living Medicine - a Toronto Compassion Club) as well as books by Ed Pearson titled "Never Plead Guilty"—an imperative resource to any and all cannabis users. I picked up a copy to show to my friends and demonstrate my support for Ed. Then there was Mad Rabbit, who had the collection of StonerWare as well as games, ice and other necessities. The All Wood folks came all the way up from the States to show us their dugouts. They even had one as small as a Bic lighter for those lightweight recreational users. I also saw one in Bird's Eye Maple! They really had every type of wood imaginable and were so nicely crafted. Green Dragon had a display of bongs and pipes and sliders on hand. Joey from Puff Mamma had her



baked goods there and her coffee was a definite hit in the rain that seemed to plague our every morning. Thankfully, it also cleared every day.

Alison Myrden was there with her partner Gary and another TY'er, dee. She had a trailer and set up her LEAP booth so that attendees could sign up to join Law Enforcement Against Prohibition and gave a very moving speech with regard to legalizing and regulating all drugs in order to get them out of the hands of our youth. To stand witness to her passion is absolutely a moving experience and to see it in a crowd of other well wishers and supporters evoked even more emotions to be sure. Though my neck was sore, I was able to capture just a portion of her speech on my digital camera by holding my hands up high enough. Note to self, plan to video her entire speech next time to be re-watched and shared with those that could not be in attendance.

Naomi and Chelsea were seen as well as TY'er Unique Soul helping out Puff Mama and other booth vendors (Thanks Soul and jb for the relief!! and Connie for the crackers). Pothead Pete was seen purchasing a HUGE new blue bong from the CHILLS booth manned by Theresa and

Jason. The bong was almost as large as his body but will certainly match his beloved blue Volcano. CHILLS had also donated many of the giveaways of papers, screens and even bongs!

One dark cloud over the event was the arrest of a member that meant a lot to the medical movement and the people he kept healthy and functioning. There were many tears shed and words of love, respect and deep admiration were spoken while some took pictures beside his cafe shirt to honour him. We lit joints and toasted Buzzworthy on many occasions. We all will now have to wait for a constitutional challenge to bring this man back to us. Sadly, Buzzworthy was taken from his home days before the event and left to languish in the Don Jail while he awaited a bail hearing. Those that knew him were concerned about his medical conditions and his pain sleeping on the concrete floor and being without his usual medicine. We all let out a huge sigh of relief as news of his release on bail trickled down through the event to all that asked.

There were many fabulous bands present and I did get the opportunity to hear at least one of them. They were all so talented and

some so brave to get up on the earlier days with the smaller audiences. Mamahawk had made it her personal goal to ensure that a band would dedicate one of their songs to Tank, a TY member that needed a spiritual boost at the time and was not able to be with us at this event. Many a joint was raised as we spoke of TY member shiva that tried to make it but fell ill the night before we were to leave. Nothing but that hospital stay would have kept him away. A sit-in bass player from the Killing Time Band came over and made friendly with the Volcano and I must say it was nice to get to spread the news to the band members too as I passed him a free copy of Treating Yourself the Alternative Medicine Journal, Issue 12, and recommended that he join our forum.

Robert was kind enough to help me settle that first day by showing me where our booth should be and checking in on me periodically to see that I was all right. Don, one of the security guards kept me company on his breaks and made sure I got safely back to my car each night. Rob Waddell was always running around taking care of business and announcing all the fun to come.



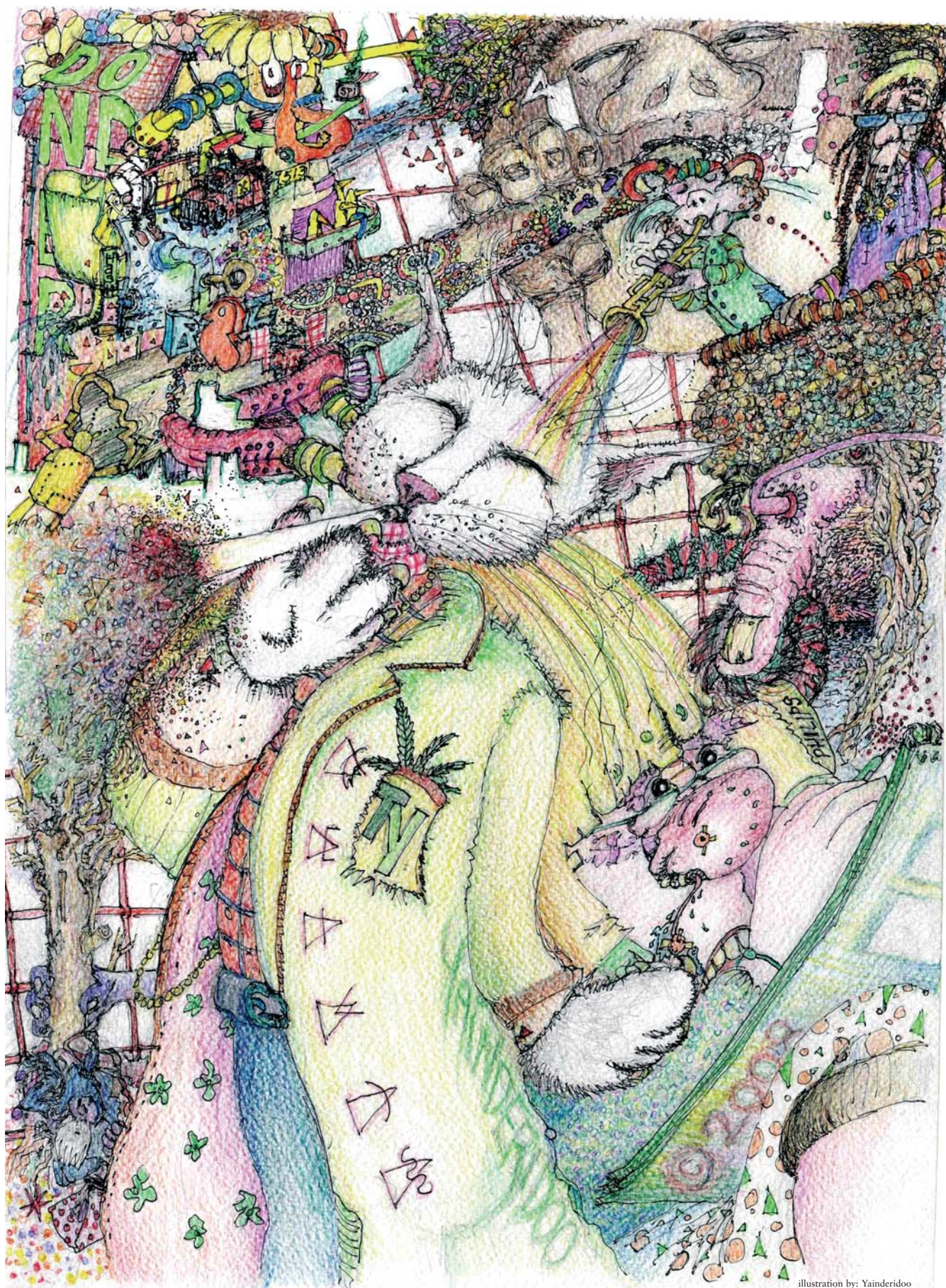


illustration by: Yainderidoo

Chili *with a Zardoz Twist*

Submitted by Chef Uni.

Ingredients

- ✓ 1 pound ground beef
(chicken or pork can be substituted)
- ✓ 1 medium onion
- ✓ 1 tbsp ground chili powder
(or to taste)
- ✓ 1 tsp cayenne pepper (or to taste)
- ✓ 1 large can crushed tomatoes
- ✓ 2 large cans kidney beans
- ✓ 1 medium can baked beans
(optional)
- ✓ salt and pepper to taste



www.pdphoto.org/

Procedure

- In a large pot, fry ground meat and onions till cooked.
- Add tomatoes, kidney beans and other ingredients and stir.
- Let simmer for approx. 1 hour or more.

Zardoz Twist

- Dish chili into a bowl,
- sprinkle the top with grated cheddar cheese and 3 grams of ground cooking hash or substitute ground marijuana.



Leaves you with a warm relaxing feeling.



luciousfood.files.wordpress.com

the never-ending adventures of:



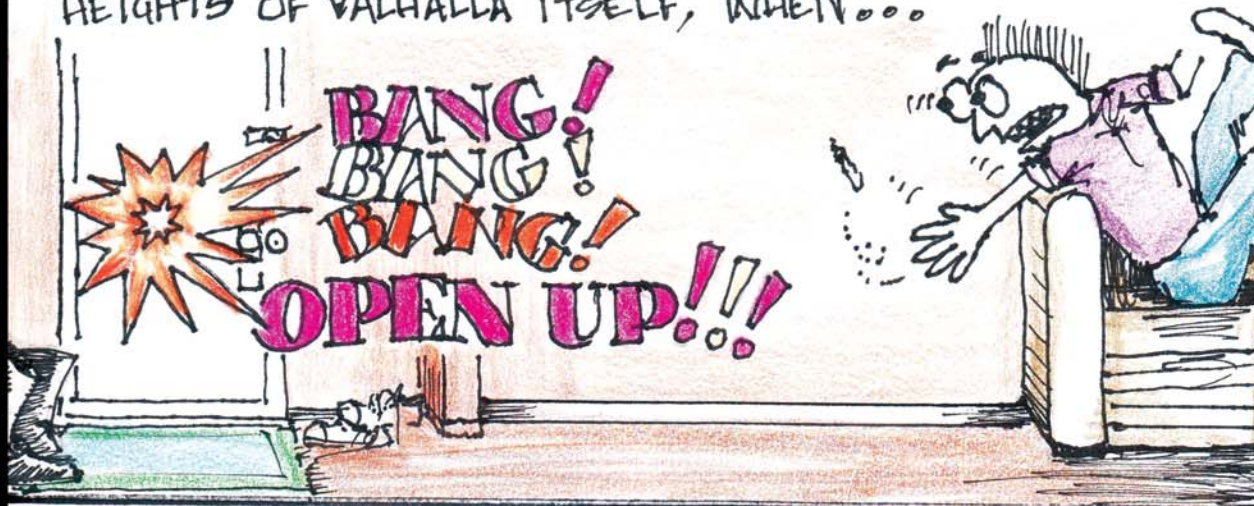
STINKY WAS HAVING A GREAT DAY OUT IN THE GARAGE, WORKING ON HIS BIKE AND PUFFIN' ON A PHATTY, ALL WAS RIGHT IN STINKY'S WORLD... AND THEN PETE SHOWED UP...



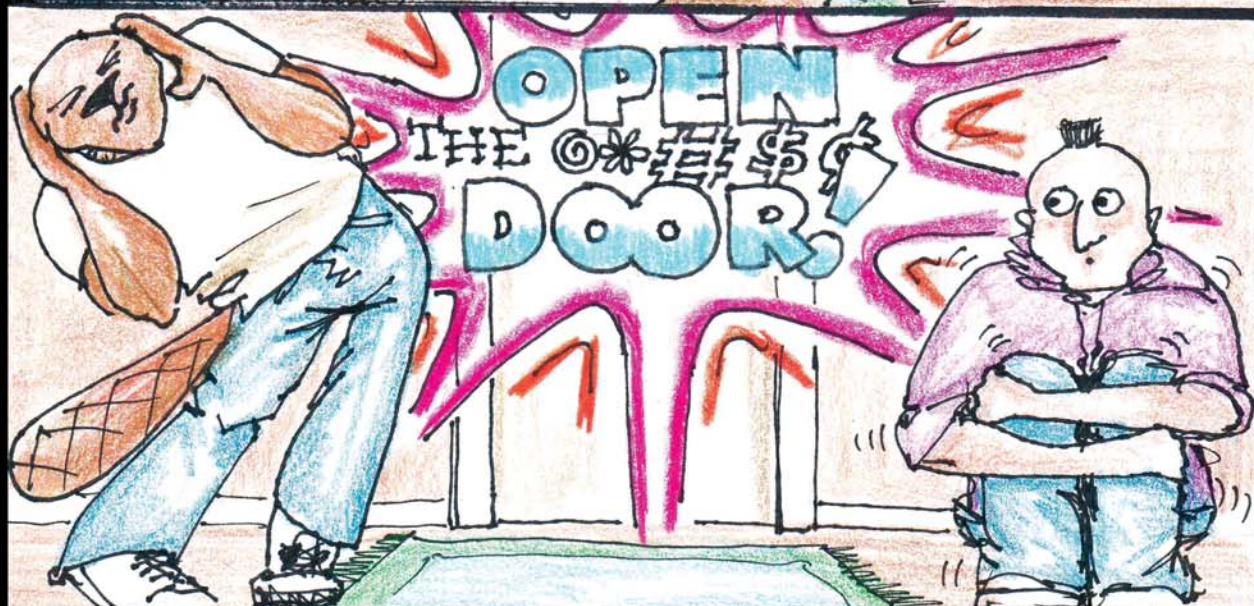
STINKY HAD BEEN THRU THIS BEFORE, MANY TIMES IN FACT, PETE & DIANNE HATED TO LOVE EACH OTHER AND LOVED TO HATE EACH OTHER. STINKY RELUCTANTLY OFFERED A NIGHT'S STAY.



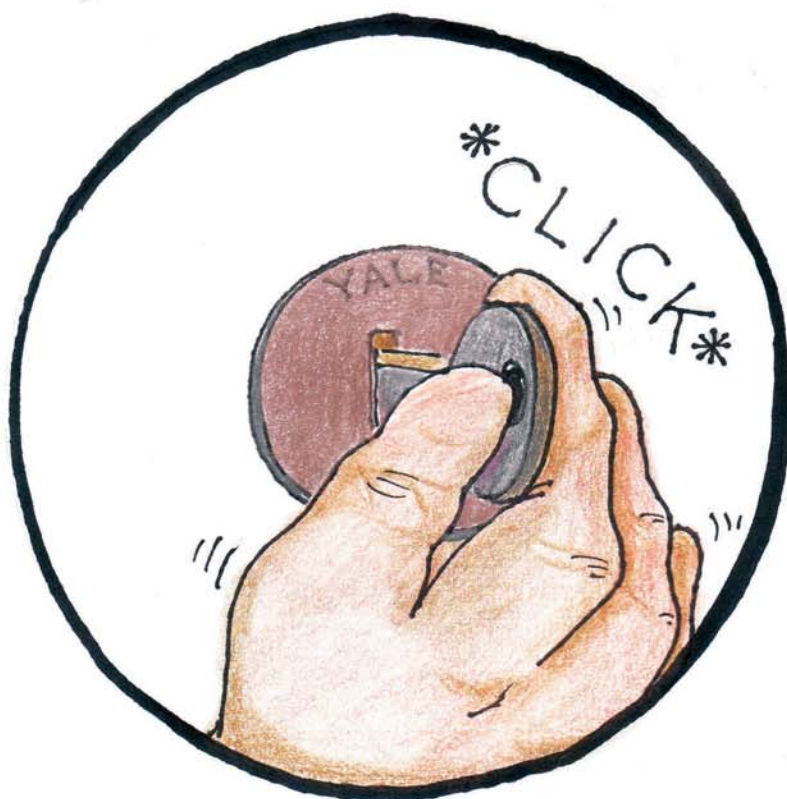
THE LADS WERE CHILLIN', FEET UP, MINDS FLOATING IN THE HEIGHTS OF VALHALLA ITSELF, WHEN...



WHOMEVER OR WHATEVER WAS BANGING ON THE DOOR, APPARENTLY WANTED IN! HAVING NO CLUE WHAT ELSE TO DO, OUR HERO MEEKLY INQUIRES...



THERE WAS ONLY ONE THING TO DO . . . OPEN THE DOOR!





KDK DISTRIBUTORS & HERBAL AIRE GIVEAWAY

The good times keep on coming!

2 HerbalAire Vaporizers were given away again!

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 across North America and abroad.

Judging the entries wasn't an easy task, but we believe we have chosen two winners who are truly deserving of a HerbalAire.

WINNERS!!!!



Dee Hewitt

Ontario, Canada

Gramma Dee works tirelessly to educate and help sick people to become federal exemptees through her involvement with Medical Marijuana Awareness.



Tommy

San Diego, USA

Tommy is a member of the TY community and is a med patient who is active in the medical marijuana movement in San Diego.



Please keep those entries coming. We know there are many more deserving people who are eligible to win.

Rules and regulations on page 50

If your entry wasn't chosen this issue it still remains eligible for future give-aways.



Contest

Win a complete custom TY ROOR® package!

complete with carrying case.

2nd prize Volcano Digital Vaporizer

Just answer the question and complete the following entry form and send it off to TY!
One lucky winner will be chosen for each prize. GOOD LUCK!!!

Deadline for contest entry is April 1/09



Answer the following TY ATTENTION AWARENESS QUESTION :



What's the name of the village where RooR has its factory?

Write answer here:



Deadline for contest entry is April 1/09

Name: _____

Address: _____

City: _____ Province / State : _____

Postal / Zip Code: _____ Country: _____

Home Phone # : _____ Best time to call? _____

Email Address : _____

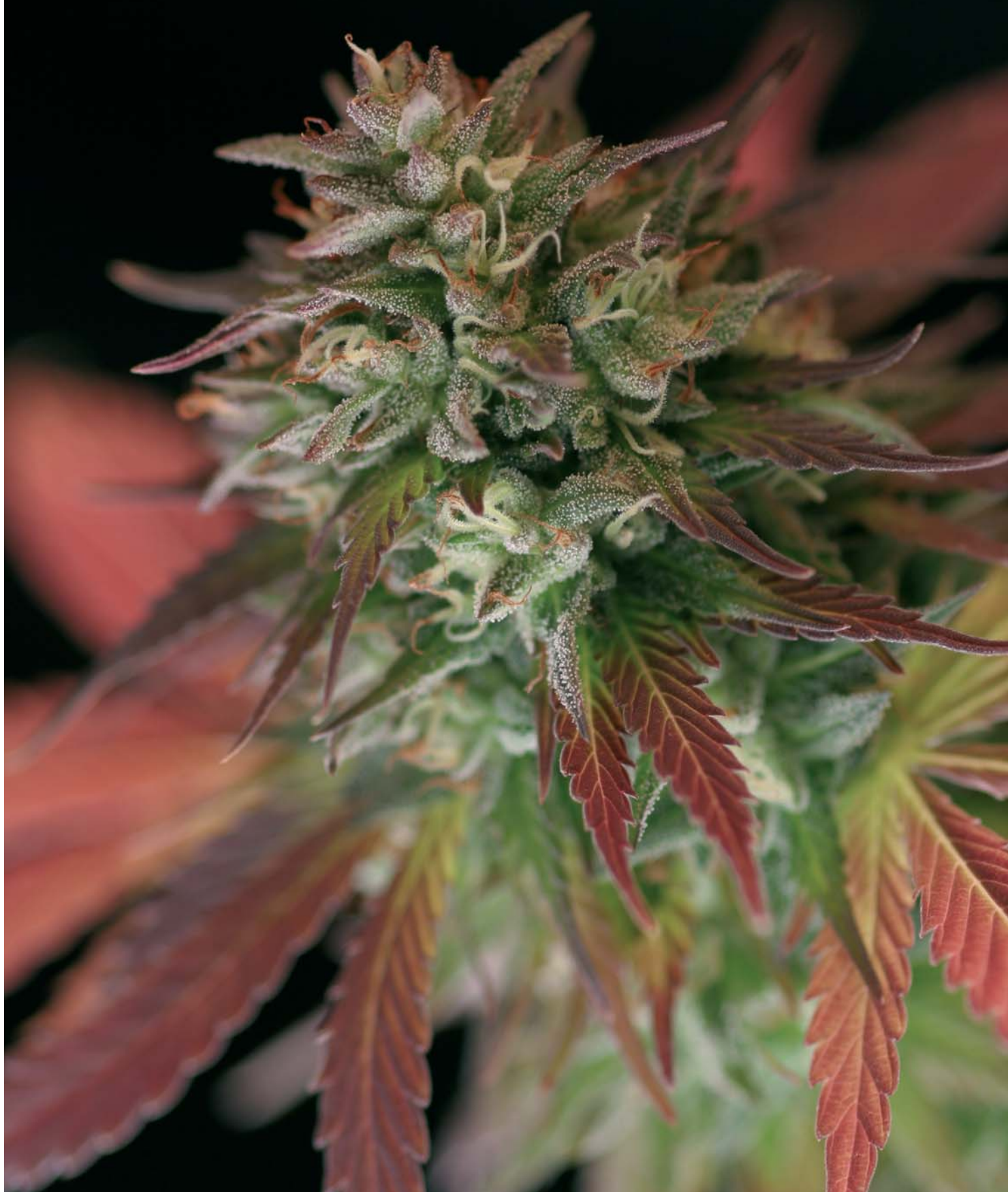
Please mail completed entry form to:

Treating Yourself,
Attn: RooR contest,
250 The East Mall, P.O. Box 36531,
Etobicoke, Ontario.
M9B 3Y8 Canada

Only 1 entry per person. If more than 1 entry is received then you will be disqualified from the contest.
Deadline for contest entry is April 1/09 Winners name will be announced in Treating Yourself issue # 17
Winner will be contacted by phone / mail / email so please be sure to provide your contact information in full .
ALL INFORMATION WILL BE DESTROYED IMMEDIATELY AFTER A WINNER HAS BEEN PICKED AND CONTACTED

G13

Photographed by
Doobie Duck





List of Feminized Indica Strains

\$75 / Euro 50 per pack 5 seeds



Skunk NL

Genetic origin:
Skunk #1 x Northern Lights #5
Flowering time indoors:
8 weeks
Production indoors:
up to 1.5 oz per square foot
Flowering time outdoors:
harvest end September-begin October
Production outdoors:
up to 1.5 pounds per plant, depending on size
Smell and taste:
sweet apple smell, fruity taste
Effect:
mild high, mild stoned
Medicinal properties:
the high CBG content makes it very good against high blood pressure



White Rhino

Genetic origin:
Afghanistan, Brazil, India
Flowering time indoors:
8 weeks
Production indoors:
up to 2.5 oz per square foot
Flowering time outdoors:
harvest end September-begin October
Production outdoors:
up to 1.8 pounds per plant, depending on size
Smell and taste:
sweet, fruity smell. Taste is very intense, sweet and floral
Effect:
narcotic, very stoned
Medicinal properties:
used with great success as pain relief, against ms, and as a sleeping aid



MediFem SS

Genetic origin:
Sour Diesel x Sage
Flowering time indoors:
9 weeks
Production indoors:
up to 2 oz per square foot
Flowering time outdoors:
harvest mid-end October
Production outdoors:
up to 1.5 pounds per plant, depending on size
Smell and taste:
sour and tangy, smells like kitchen herbs, thyme and sage. Pungent flavor
Effect:
fast hitting, long lasting, mild stoned, creepy high
Medicinal properties:
appetite stimulation, arthritis, pain relief

List of Feminized Sativa Strains

\$95 / Euro 70 per pack 5 seeds



G13

Genetic origin:
US government secret labs
Flowering time indoors:
11 weeks
Production indoors:
up to 2 oz per square foot
Flowering time outdoors:
harvest end October-mid November
Production outdoors:
up to 2.5 pounds per plant, depending on size
Smell and taste:
mint, fresh smell. Strong forest and musk flavor, spicy background
Effect:
very high, creeps up fast and lasts long
Medicinal properties:
depression, appetite stimulation



MediKush

Genetic origin:
Kush x Sage
Flowering time indoors:
9 weeks
Production indoors:
up to 2.3 oz per square foot
Flowering time outdoors:
harvest mid-end October
Production outdoors:
up to 2 pounds per plant, depending on size
Smell and taste:
sweet and musky, with a very moss-like background. Intense kushy flavor.
Effect:
stoned, yet creative and social
Medicinal properties:
pain relief, depression, insomnia, ms



Citrus Skunk

Genetic origin:
Citral x Skunk #1
Flowering time indoors:
8 weeks
Production indoors:
up to 1.8 oz per square foot
Flowering time outdoors:
harvest end September-begin October
Production outdoors:
up to 1.8 pounds per plant, depending on size
Smell and taste:
sour, citrus-like skunky smell, pungent tangy lemony taste
Effect:
strong hit, high cannabinoids content
Medicinal properties:
pain relief, depression



Peace Maker

Genetic origin:
India, Brazil, Skunk #1
Flowering time indoors:
7-8 weeks
Production indoors:
up to 2 oz per square foot
Flowering time outdoors:
harvest end September
Production outdoors:
up to 2 pounds per plant, depending on size
Smell and taste:
sweet, fruity smell and a peach-apricot flavor, with a chemical note to it
Effect:
strong body effect, long lasting, very stoned
Medicinal properties: ms, arthritis, insomnia



White Widow

Genetic origin:
Brazil, India
Flowering time indoors:
8 weeks
Production indoors:
1.5 oz per square foot
Flowering time outdoors:
harvest end September-begin October
Production outdoors:
up to 1.5 pounds per plant, depending on size
Smell and taste:
pungent, spicy, peppery indica smell, with a sweet and a spicy side taste
Effect:
very intense, fast flowing, high and stoned
Medicinal properties:
indicated for appetite stimulation, anti-depressant and pain relief



Amnesia Haze

Genetic origin:
Super Silver Haze x Cambodian
Flowering time indoors:
10 weeks
Production indoors:
1.8-2 oz per square foot
Flowering time outdoors:
harvest end October
Production outdoors:
up to 2 pounds per plant, depending on size
Smell and taste:
nutty, spicy, peppery sativa smell. Taste very incense-like and musky.
Effect:
high, very cerebral
Medicinal properties:
depression, appetite stimulation

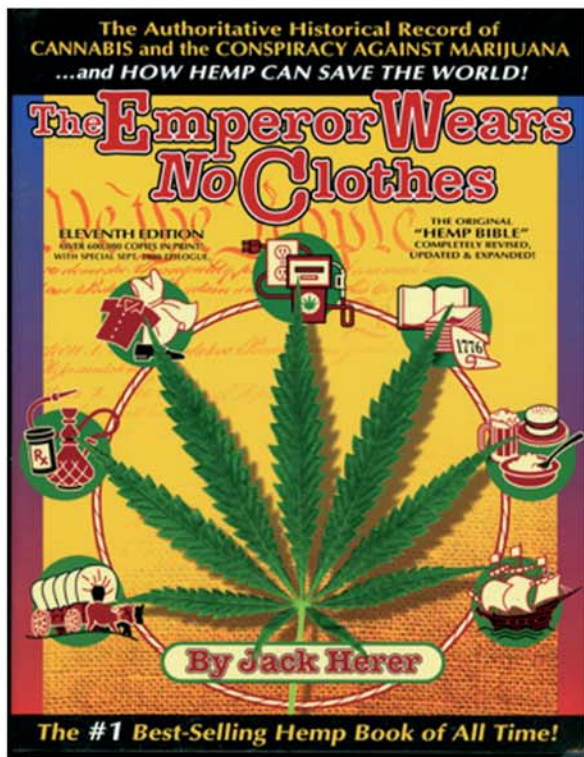


Northern Lights 5 Haze

Genetic origin:
Northern Lights #5 x Haze
Flowering time indoors:
10 weeks
Production indoors:
1.6 oz per square foot
Flowering time outdoors:
harvest mid-end October
Production outdoors:
up to 1.6 pounds per plant, depending on size
Smell and taste:
chemical and hazy smell, with a softer taste of moss and forest dew
Effect:
high, long lasting, very social
Medicinal properties:
pain relief, appetite stimulation



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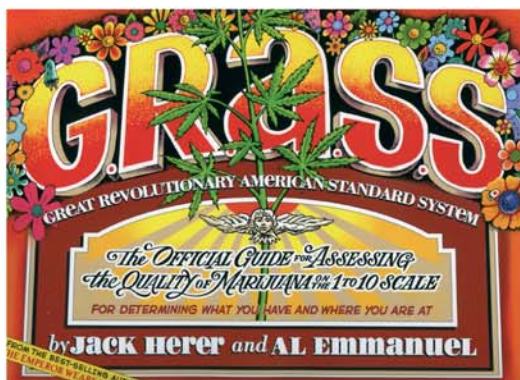
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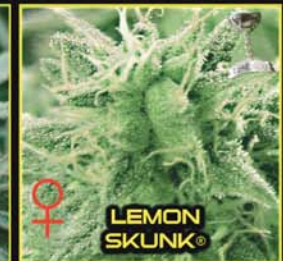
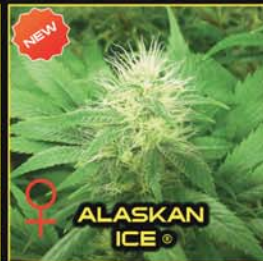
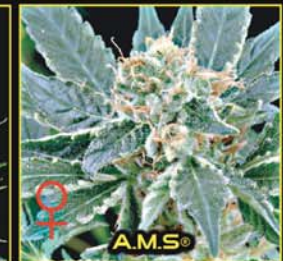
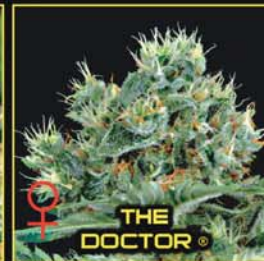
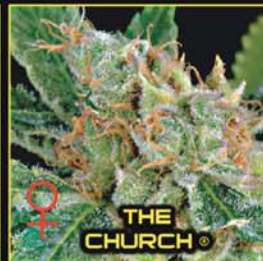
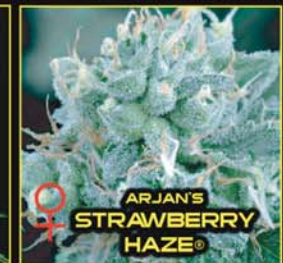
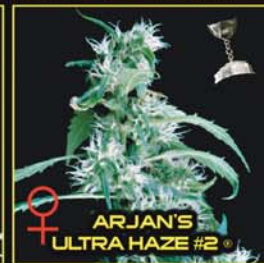
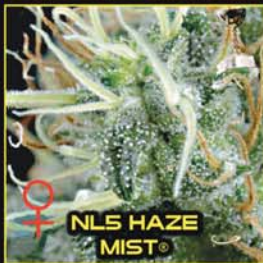
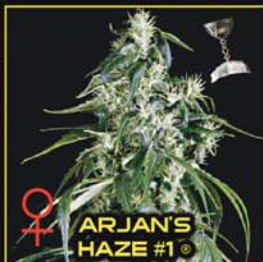
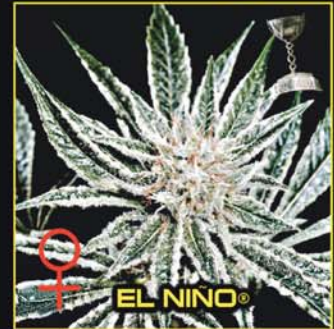
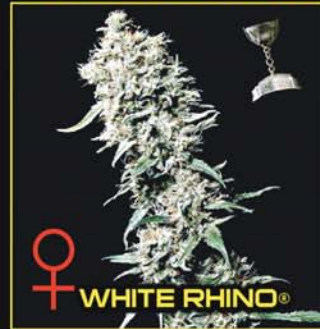
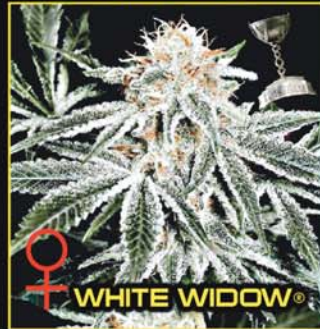
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