

# Treating Yourself

The alternative medicine journal

## The Dope in Cannabis Doping in Sports

It's an Outlaw life:  
Musicians & the Medical  
Marijuana Movement

US Soldiers discover  
**Marijuana**

Knowing when to  
**Harvest**

**Contest:**  
Win a custom  
**ROOR** package  
& Volcano Vaporizer

Posters, Product Reviews,  
Smoke Reports  
And much more...

\$7.99 USD/CAD



Display until November 2009

The healing power of green  A journal for patients by patients

New! and  
All regular seeds  
feminised in 5 and 10  
seeds per pack



paradise  
Seeds  
AMSTERDAM



Durga Mata®



Amsterdam Flame®



Sugar Babe®



Opium®



Belladonna®



Dutch Dragon®



Sheherazade®



Jacky White®



Sweet Purple®



Ice Cream®



Nebula®



Magic Bud®



Wappa®



White Berry®



Swiss Bliss®



Sativa Spirit®



Sensi Star®



Delahaze®

Paradise Seeds - Postbox 377 - 1000 AJ Amsterdam-Holland  
tel +31 20 6795422 fax +31 33 4952104  
info@paradise-seeds.com

[www.paradise-seeds.com](http://www.paradise-seeds.com)

Seed breeder since 1994





**Publisher/ Editor in Chief**  
Marco Renda  
weedmaster@treatingyourself.com

**Assistant to Editor**  
Jef Tek  
jeftek@treatingyourself.com

**Copy Editor**  
Aendrew Rininsland  
submit@treatingyourself.com

**Magazine design & layout**  
Ivan Art  
ivan@treatingyourself.com

**Director of Sales & Marketing**  
Michelle Rainey  
michelle.rainey@treatingyourself.com

**Technical Writer**  
Ally a.k.a Pflöver  
ally@treatingyourself.com

**Q&A Advisor**  
Shantibaba  
shantibaba@treatingyourself.com

**Text & photography Contributors**  
Marco Renda, Aendrew Rininsland,  
Ivan Art, Michelle Rainey, Otto Snow,  
Pflöver, Jef Tek, Shantibaba, Jerry B.,  
Soma, Jay Generation, Harry Resin,  
Dr Dog, Chris Thompson, Jeremy  
Norrie, Keith Fagin, John (Shiva),  
Lara Lesack, Richard Owl Mirror,  
Suggarpaw, British Hempire,  
Jackie Sutton, Salvatore Messina HD.,  
David B. Allen M.D., Hashmasta-Kut,  
Ale Keppel, Gregorio "Goyo" Fernandez

**Cover Pic**  
*'Mr Nice Critical Mass flower  
at 6 weeks'*  
by Gregorio Fernandez "Goyo"  
for Mr. Nice Seedbank

**Submissions**  
submit@treatingyourself.com

**Treating Yourself**  
250 The East Mall,  
P.O. Box 36531  
Etobicoke, Ontario  
M9B 3Y8 Canada  
T: + 416 620 1951  
F: +416 620 0698

Printed in Canada

# 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.



**Subscribe online now:**  
[www.treatingyourself.com](http://www.treatingyourself.com)



**Subscription Prices**  
**1 year subscription  
for North America**  
\$45.00 USD/CAD  
**1 year subscription  
International**  
\$75.00 USD

**Mail your subscriptions to:**  
Treating Yourself  
250 The East Mall  
P.O. Box 36531  
Etobicoke, Ontario  
M9B 3Y8  
Canada



**Contact us:**  
( 416 ) 620 1951 Mon - Fri 8am - 8pm (Eastern)  
( 416 ) 620 0698 Fax





## Marco's Editorial

Well I have to say issue number 17 certainly caused a lot of controversy, especially surrounding the Dr Frankenbeanstien article. Both Sam The Skunkman and Ed Rosenthal contacted me regarding this. I offered them both the chance to rebut what was published, but they declined to do so.

I would also like to take this time to apologize to Dr Steve Blitzer, MD, for not personally contacting him to get his permission to print the article he wrote. He gave a copy of this to one of his patients who submitted it without his prior knowledge. Despite a series of emails that gave the impression that he wanted it published, that was not the case. This taught me that I must not publish anything based on assumption again. I would also like to apologize for using a picture that depicted self-mutilation. The intention was to reflect pain but sadly both my layout designer and I were way off the mark using this picture. Due to what transpired, we had to inform Dr Blitzer's patient that their contributions would no longer be accepted after this.



We at Treating Yourself take great pride in representing the truth and appreciate all the submissions by our readers. One other article that struck a nerve with some folks was the From the Needy to the Greedy piece. Some of the dispensaries that support us in Sacramento were upset that I would publish such an article, even though their dispensary wasn't mentioned.

Folks need to remember that Treating Yourself is written for patients by patients. The patients' views and opinions need to be published so that they too have a voice. Patients are always trying to get people to understand why we choose to use marijuana as our medicine. Patients who are licensed to grow their own medicine in Canada not only have to watch out for rippers, but also having to deal with local police forces and fire marshals. Most of the local police forces and fire departments are not supportive nor do they want to see a marijuana grow op in their area even if it's LEGAL. I believe that we patients need to approach these departments and try to educate them on the medicinal benefits of marijuana. We all need to work together to eliminate the need for the Black Market.

The other issue that patients have to deal with is unscrupulous designated growers; I get many emails from patients who are not happy with their designated grower due to the fact that they rarely get the amount of medicine that they require. Now not all designated growers are like this as I have also received many letters from patients whom I have put in touch with honest growers who are there to HELP the patient in need. We have been successful with providing patients with a designated grower who are willing to provide the much needed medical marijuana for FREE!

Be sure to check out the Treating Yourself Medical Marijuana & Hemp Expo web site at <http://www.medicalmarijuana-hempexpo.com>. We are now accepting applications from patients who are wanting to be VIP Judges for the first ever Medi Cup. To request an application please send an email to [weedmaster@treatingyourself.com](mailto:weedmaster@treatingyourself.com)

On a sad note the Treating Yourself lost a valued member of its online community. She will be sadly missed.  
R.I.P. Paulette

## Issue 18 - Advertisers Index

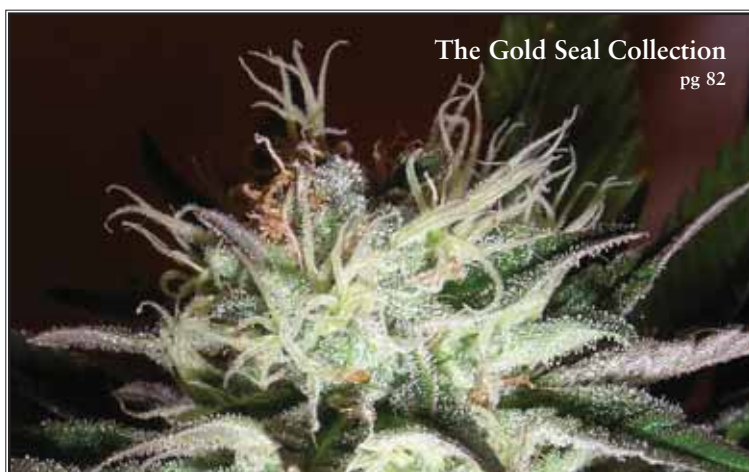
- 35 Canna Shops  
 28 Crosstown Traffic  
 128 Delta 9  
 39 DNA Genetics  
 103 Dolce Vita  
 42 Dr. Dog  
 8 Dutch Passion  
 103 Ethnogarden  
 108 Genetics Collection  
 IB+BCover Green House Seeds  
 123 Greenlife Seeds  
 127 Grobots  
 24 Grow Doc Seeds  
 55 Harborside  
 26 Ha-swesh  
 56 **Herbal Aire Give Away**  
 68 HID HUT  
 18 Hotbox Magazine  
 24 H.U.M.A.N.  
 61 Hydroponicz  
 3 KDK Distributors  
 24 MMA of America  
 96-98 MM Seeds Wholesaler  
 14 Michelle Rainey  
 18 Moe Medibles  
 69 Mr.Nice Seedbank  
 10 Nirvana  
 102 Niagra Seedbank  
 112 Otto Snow  
 IFCover Paradise Seeds  
 63 Patient ID Center LA  
 56 Patient ID Center Oakland  
 127 Planetary Pride  
 129 Pyramid Seeds  
 99 RooR  
 61 Sal Messina  
 28 Seed Boutique  
 126 Serious Seeds  
 28 SHHC  
 26 Silver Surfer Vaporizer  
 95 SOMA seeds  
 31 Trimpro  
 4 TY Subscribe  
 120 UK Hemp Expo  
 27 Vaporizers.ca  
 35 West Coast Cannabis  
 81 WeedWorld

### Cartoons

- 9 Ivan Art  
 30,65,116 Georgiatoons

## Advertising Policy Statement

TreatingYourself is not responsible for the actions, service or quality of the products and businesses advertised in our publication. We will not knowingly support unethical practices of any advertiser. If you choose to purchase a product from one of our advertisers, please let them know that you saw their ad in Treating Yourself Magazine



The Gold Seal Collection  
 pg 82

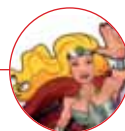
## Inside this issue...

5 **Marco's Editorial**

11 **Press Release**

12 **Letter to the Editor**

15 **Ask Medicinal Michelle** ○



### Hemp Chronicles

16 US Soldiers Discover Marijuana

29 The High cost of Medical Marijuana...

32 "For Patient's by Patients"... ○



### Society

43 It's an Outlaw Life:...

46 Just Thinking

### Health

48 The Dope on Cannabis Doping in Sports ○

62 Allergies

### Health Testimonials

64 My Story: Faith vs. Belief



## Submission info

### Ads

- Format:** JPG, TIFF or EPS in (CMYK) **Resolution:** 300dpi at 1/1 (actual print size)  
**Ad sizes:**
- 1/4 page: 95mm x 132mm (wxh) / 3.74in x 5.2in
  - 1/2 horizontal: 195mm x 132mm (wxh) / 7.7in x 5.2
  - 1/2 vertical: 95mm x 267mm (wxh) / 3.74in x 10.5in
  - Full page: 203 x 276 (wxh) + 3mm bleed on all edges. / 8in x 10.9in + 1/8in bleed

### Articles

Text: submitted in a Word document with photo files attached separately as JPG's, captions to be written in place of name on the photo file  
 Photo format: JPG, 300dpi at actual print size. The more pixels the better!

### Note

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

## Centerfold Posters



66-67

## Centerfold strain details

Lemon Skunk, Train Wreck, G-13, White Rhino

## Grow

- 70 The State of Affairs with Medical Cannabis Today
- 74 The Eleusian Sacrament USA
- 76 To FIM or not to FIM
- 80 Rootless Transport Mechanism
- 82 The Gold Seal Collection
- 86 Making BHO
- 92 Knowing when to Harvest

## 100 Smoke Report

## Travel

- 104 Harry Resin's Visit to Bedrocan BV.

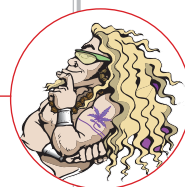
## Reviews

- 110 Aroma and Herbal Therapy Products
- 113 TrimPro Gas
- 114 TrimPro XL
- 115 Jack Puck Press
- 115 Prohibition DVD
- 116 Master Grow Guide
- 117 The Healing Fields DVD
- 118 Vapolution Vaporizer

## Events

- 121 6th Annual Toronto's Cannabis Cup
- 124 The Continuing Adventures of MA

- 130 TY Contest entry form & winner



## 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.*

2009

# DUTCH PASSION PROUDLY PRESENTS:

TWO AUTOFLOWERING VARIETIES: TAIGA® AND TUNDRA®  
TWO HIGH ALTITUDE VARIETIES: SNOWBUD® AND PAMIR GOLD®  
GREAT NEW SATIVA: LA LYBELLA®  
MEDICAL VARIETY: ORTEGA INDICA®  
5 MIXED SEEDBAGS: 6 SEEDS,  
3 STRAINS PER SEEDBAG



**YOUR PASSION,  
OUR PASSION,  
DUTCH PASSION**

Creator of the Revolutionary Feminized Seed Technology  
Amsterdam, Utrechtsestraat 26, telephone 0031 (0)20 6251100  
Maastricht, Grote Gracht 40, telephone 0031 (0)43 3215848

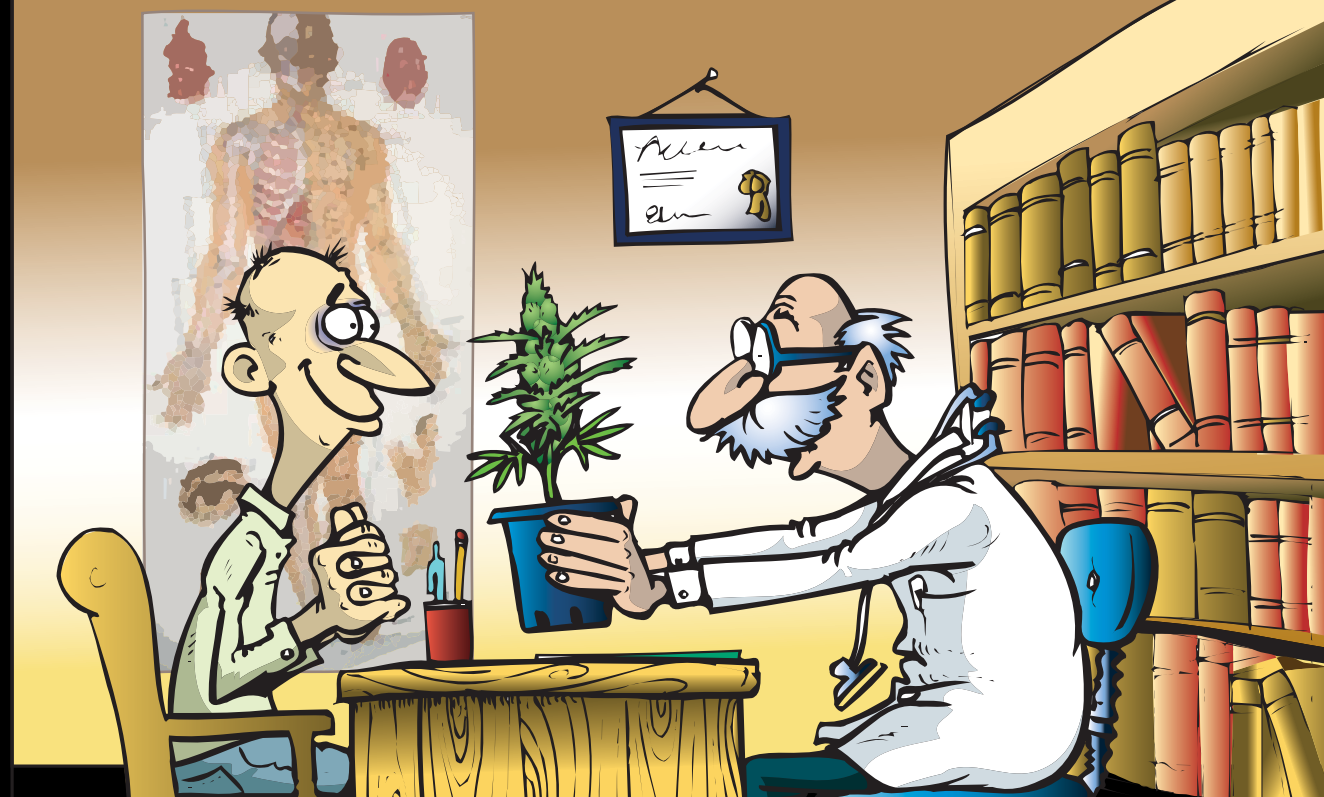
[www.dutchpassion.nl](http://www.dutchpassion.nl)



# Why?



# Why not?



AMSTERDAM

NIRVANA

\*\*\* Guaranteed Quality \*\*\*

## INDOOR STRAINS:

Afgaan  
 AK-48   
 Aurora Indica  
 B-52  
 Big Bud  
 Blue Mystic   
 Bubblelicious   
 Cal. Orange Bud  
 Chrystal   
 Citral  
 Four Way  
 Haze  
 Haze 19 x Skunk  
 Hindu Kush  
 Ice   
 Indoor Mix  
 Jock Horror  
 K2  
 KC33 x MK  
 Master Kush  
 Misty   
 Moroc x Afgaan  
 Nirvana Special   
 NL x Big Bud  
 NL x Haze  
 NL x Shiva  
 Northern Light  
 Papaya   
 PPP   
 Shiva  
 Silver Pearl  
 Skunk #1

Skunk Red Hair  
 Skunk Special  
 Snow White   
 Super Skunk  
 Top 44  
 White Rhino   
 White Widow 

## OUTDOOR STRAINS:

Durban Poison  
 Early Bud  
 Early Girl  
 Early Misty  
 Early Special  
 Four Way  
 Hawaii Maui Wau  
 Hawaii x Skunk #1  
 Hollands Hope  
 KC33 x MK  
 Mixed Sativa  
 New Purple Power  
 Swazi  
 Swiss Miss

## 100% FEMALE STRAINS:

Kaya  
 Medusa   
 Northern Bright  
 PPP   
 Snow White   
 Super Girl  
 Wonder Woman  
 Venus

NOW AVAILABLE  
 IN 5 AND 10  
 SEED PACKS!!

## THE SATIVA SEEDBANK:

## INDOOR:


Indigo  
 White Lady   
 Mixed Sativa  
 Paia Hawaiiana  
 Sativa Mexicana   
 Sweet Sativa Special


## OUTDOOR:

Cannabis Sativa Slang  
 Full Moon  
 Pakalolo  
 Haze

## 100% FEMALE STRAINS:

Eldorado  
 Daydream

 = "Medical Strain"

 = "White Strain"



www.nirvana.nl



# Press Release:

## CANNABIS PHYSICIANS FOUND ORGANIZATION TO ENSURE HIGH QUALITY CARE

**T**he founding of the American Academy of Cannabinoid Medicine (AACM) was announced April 23, 2009 by its Board of Directors.

The AACM is a an association of doctors and researchers active in the field of medical cannabis.

The AACM recognizes that there are doctors making cannabis recommendations to patients using methods best described as minimalist medicine.

The AACM will bring an end to this inappropriate practice, by establishing standards to which all medical marijuana doctors must adhere.

Additionally, the organization will recognize skilled practitioners by conferring board certification.

Toward that end, the American Academy of Cannabinoid Medicine has developed certifying practice standards, and guidelines for physicians who recommend the medicinal use of cannabis.

“Several years ago, the federal government released inaccurate, misleading information about medical cannabis,” remarked Dr. Bearman, AACM’s Credentialing expert.

“We realized then that there was a need to provide people with accurate, timely information about research in this important new field, so our organization will focus on this as well.”

The physicians in governance positions at AACM represent a diversity of experience in clinical practice, clinical research, and policy-making posi-



**AACM**  
American Academy of Cannabinoid Medicine

**GOALS** **PHYSICIAN CERTIFICATION** **MEMBERSHIP**



**MISSION STATEMENT**

Our mission is to foster high standards in the practice of cannabis medicine.

AACM is an important forum for the exchange of clinical information and the endocannabinoid system.

AACM sets the gold standard for the practice of cannabinoid medicine.

AACM provides board certification for qualified practitioners.


AACM sponsors and co-sponsors conferences and meetings related to cannabis medicine.

tions. The board includes specialists in Rehabilitative Medicine, Neurology, Internal Medicine, Psychiatry, Public Health, Family Practice, Addiction Medicine and medical geography.

### Members of the AACM Board of Directors are:

Greg Carter MD,  
*President*  
Sunil Aggarwall Ph.D.,  
*Vice President for Research and Outreach*  
David Bearman MD,  
*Vice President for Credentialing & Quality*  
Jeffrey Hergenrather MD,  
*Vice President/Secretary*  
Christopher Fitchner MD,  
*Vice President for Public Policy*  
Frank Lucido MD,  
*Vice President for Public Information*  
David G. Ostrow, MD, Ph.D.,  
*Vice President for Education*

### To contact AACM for comments on research and/or radio or TV appearances:

Dr. Frank Lucido at 510-848-0958  
Dr. David Bearman at 805-961-9988. 

Disappointment with

# Toronto Cannabis Cup

Editor, Treating Yourself Magazine:

In response to this year's Toronto Cannabis Cup, I am writing to express my concerns with the organization and poor lack of management of what could be an amazing event.

This year was my first attending the event, although previously our store has been a sponsor. I believe that tickets were sold with false pretenses as many promises were made and none followed through. What happened to 10 samples? I only received 7 entries. The boat cruise was great, and the only worthwhile portion of the weekend. However, on the cruise, the handing out of the samples was chaotic and caused pandemonium; I could not believe the complete lack of order. This could have been easily solved with some direction. This seemed to be the theme of the weekend. There was no MC or host, as the guy who was supposed to be in charge ran around all night doing whatever he wanted to do which was mostly promote his own samples. A simple roped-off line could have made handing out the samples a half an hour affair, instead of the chaotic two hours it took. Or how about when we boarded the boat and gave them our tickets; why could the samples not have been passed out then? All of the crowding could have been avoided.

Worse, speaking with other event goers the next day, I found out that many handicapped, elderly and actual medicinal marijuana users did not get their samples because they could not fight the crowd. One elderly lady had me in tears when she told me she came all the way from Alberta. Don't worry, the over 12 people sitting at our table all opened up our bags and shared with her. That is not the point, though; why were these people overlooked and not thought to be given their samples first? Is that not the whole point? To be looking after our fellow human beings? I believe it was because the man supposedly in charge was trying to make himself look good so we would vote for him; he wanted to win the grand prize at his own party! This man has no shame, and I for one believe he is the wrong person to be in charge and is tarnishing the name of the Cannabis Cup. Not only did he have no idea what was going on at any time, he was

also ignorant to me and other attendees, as well as the people handing out the samples. I overheard him on more than one occasion telling someone to Go F\*\*\* themselves. When I told him that I did not receive my t-shirt, his response was "There is no f\*\*\*ing way I am walking up those stairs for you, lady." When I found out where the t-shirts were kept I was shocked, for he was standing three steps away! Not only did he have no right to speak to me like that, he had no idea who I was! My store sponsored the event this year, as well as bought tickets to attend.

I want to know where the money went that was raised. \$150,000 (500 tickets sold at \$300 a pop) is a lot of money that could be used for some good in the marijuana movement. My other main concern with the event was that no one was told how to vote. There were no ballots made, no rating system, and no little cards with a 1 to 5 system. I thought we were here to judge the best smoke? I really wanted to analyze each entry properly and give it the shot it deserved to shine. I thought we could judge on taste, stoniness, appearance, and aftertaste and so on. I also thought that each would be on display at the hall with a ballot box. The way to vote clearly marked, so on. This was not the case, and since I had to leave Saturday night, I did not get to vote. As I was leaving, I spoke with Michelle Rainey and told her that no one had any idea how to vote and it was now 9 p.m. and people were leaving. As I left immediately after that, I have no idea if the voting did take place or not. Some of my other concerns were the fact that people were left behind on the dock on Friday night after the cruise. About 80 people could not fit on the buses provided to shuttle us to the after party. The bus never went back for them. There was no itinerary provided to us, we had no idea where the after party was. Once again, poor organization and poor direction all could have been avoided. The location for the after party was also a let down, as you could not drink outside or smoke marijuana outside. Inside was so hot and uncomfortable as there was not enough room for everyone. A better location, like a campground where we could all fit and smoke

together, would have been a much better choice than downtown Toronto. Why not have shuttles to a campground after the boat cruise? Also, why was there no activities planned for during the day? There could have been lots of fun tours or speeches made. I think it was a real waste to have all those people there for marijuana and no one gave them a speech on what they can be doing for the pot movement. What a wasted opportunity to educate. Especially since the people that went to the event were such a great group of people, all very interested in what they can do for the movement. Many of the promises made on the website did not happen. There were no glassblowing demonstrations; the shake was forgotten for the honey bee extractor systems, as well as the bubble bag (he remembered his own, thank goodness). The last straw for me really was on the Saturday when they were charging for hamburger and hotdogs. I mean are you for real? It clearly stated on the website:

Saturday June 13th, 2009 - Day 2, Dinner, Comedy & Band Night

After filling your plate sit down and enjoy the comedy from our performing comedians After being charged \$300 for a mediocre weekend, I really don't want to pay \$4.00 for a hamburger.

I have come to the conclusion that we need a new host. If such an organizer is in charge of the event next year, I will not be attending or endorsing it. I am sure we can rally together and create a truly awesome Cannabis Cup that we as Canadians can be proud to call our own. If you agree with me, please sign your name below mine, and join our online petition on Facebook. The group is called 'Let's make the Toronto Cannabis Cup the best it can be!!!' and can be found at [facebook.com/group.php?gid=93366209715&ref=mf](https://www.facebook.com/group.php?gid=93366209715&ref=mf) Thank you for hearing my concerns; I, for one, would welcome change.

Sincerely,  
Lara Lesack  
Crazy Bills/Escape Glass  
[escapeglass.ca](http://escapeglass.ca)

## Editor's Reply

Dear Lara,

As one of the participating sponsors I totally agree with you! But don't despair, as Treating Yourself is putting on an organized event run by professionals. Mark July 16 – 18, 2010 on your calendar, as we have already booked the Metro Toronto Convention Centre, as well as a boat cruise for the VIP Judges on July 17, 2010. We are hosting the Marijuana Music Awards, as well as a hemp clothing fashion show put on by Ha Shwesh. On the boat cruise, we will be serving a gourmet dinner and all non-alcoholic drinks are FREE. All VIP Judges will receive a bag full of goodies on Friday July 16, 2010 as they register so they won't have to wait till the boat cruise. We already have confirmation and approval from the MTCC for the world's largest vapor lounge (4,000 sq. ft.), where patients will be able to medicate in comfort. We will have seminars and movies in our 6,500 sq. ft. theatre, not to mention the 150 plus vendors. As you can see, we already have the event coming together in a rapid and professional manner.

Take Care and Peace

Marco Renda

Federal Exemptee

Publisher

Treating Yourself

The Alternative Medicine Journal

*Support Medicinal Marijuana*

Medical Marijuana Exemptee

Patient Advocate



[www.MichelleRainey.com](http://www.MichelleRainey.com)



Shipping Included  
PayPal Accepted

*All proceeds go to Legal Fees*

Order Online or  
Send Money Orders to:

Michelle Rainey

1102 - 525 9th Street

New Westminster, BC

V3M 5T9 Canada

(Indicate size: S, M, L, XL, XXL)

Men's and Women's sizes available.



Hi Michelle,

*My name is Todd and I'm a activist working in Alberta and I've been pointed towards you for advice. I've got a conundrum that I cannot overcome and unfortunately, in my case, isn't taken seriously at all. I have ADHD and have since childhood. I've been prescribed a veritable pharmacy of drugs that have only made me less able to function in working society. I've found that certain strains of marihuana not only help me focus and accomplish tasks laid out before me, but also, ingesting it in food makes me a very efficient worker. My conundrum is that having approached my doctor about, he laughed me off as others have done here in Alberta. I know that it's not provided as a legitimate treatment for ADHD but it truly helps me. I was wondering: a. if there exists a doctor you know of that would take me seriously*

*; b. if there is even any hope of me acquiring a license under these untested circumstances.*

*One for the cause,  
TT*

Dear Todd,

You are a brave young man to take control of your own health. Attention Deficit Hyperactivity Disorder (ADHD) affects 7% of Canada's 7 million children and 66% still being afflicted entering adulthood. Those who suffer from ADHD have problems focusing, organizing, and prioritizing. Many children are improperly diagnosed and immediately prescribed medications not tested in or approved for use by children. Ritalin is the most popular treatment being a junior grade methamphetamine notorious for causing many cardiac deaths and can cause death by doubling or tripling the recommended dose. A child metabolizes pharmaceuticals differently than adults. The harmful side effects have the potential to bring on suicidal thoughts to an innocent undeveloped mind. In 2005 Health Canada removed the prescribed drug Adderall due to 20 reported deaths internationally from ADHD patients using a regular dosage.

Marijuana is becoming a safer alternative treatment for this challenging disorder. Research has been proving many patients who are using marijuana are able to maintain focus and remain emotionally stable as well. There has been no record of anyone dying either.

Todd we do not have a list of cannabis friendly physicians in Canada that is why we as patients have to educate them about the benefits of therapeutic marijuana. Treating Yourself Magazine Issue 17 has a comprehensive article about ADHD and ADD (Attention Deficit Disorder) that you should give to your doctor which I will send you! I am also including a list of web-sites that should be read and printed out for him as well. You have a right to choose the treatment that best suits your body and mind. Being a respectful and responsible activist educating our health care providers can only empower us to treat ourselves!

<http://www.showmethethefacts.org/medical-marijuana-facts/add-adhd/>  
<http://www.nowpublic.com/health/autism-add-adhd-and-marijuana-therapy-can-we-trust-science>

xoxoMedicinal Michelle

# U.S. Soldiers discover Marijuana

By British Hempire

Pershing's "Punitive Expedition" revealed gaping holes in every aspect of military effectiveness. He submitted a scathing report in October 1916, assessing nearly four months of field activities in which he pointed to numerous deficiencies in combat fitness among almost all units under his command. The expedition bogged down due to its lack of success, tension with Mexican officials and citizens, and the attraction of liquor that was provided by cantinas that remained open all night to provide service to the thirsty soldiers. Another salient feature of the campaign was the regulated brothel operated under official auspices as the "Remount Station," with the rate per copulation set at \$2. A prophylactic was issued to each man upon his admission to the precincts, to prevent sexually transmitted diseases among the troops.

When Pershing returned from Mexico, there was some concern that marijuana had infiltrated the American ranks, although an official inquiry failed to turn up any proof to that effect. However, in 1921, the commandant of Fort Sam Houston expressly forbade marijuana anywhere on the grounds of the military post, ostensibly because American soldiers were smoking the drug while on duty. In *World War I and the Federal Presence in New Mexico - The Punitive Expedition and the Education of General John J. Pershing*, author David V. Holtby details the situation regarding the discipline and behaviour of U.S.

troops under Pershing's command and notes a new "menace to discipline" — narcotics, including marijuana.

Camp Cody in Deming served as the National Guard headquarters closest to Columbus. It, too, struggled with lack of troop discipline. The conduct of National Guard units stationed in Columbus and at nearby Camp Cody revealed problems associated with the rapid mobilization of civilians. While the Progressive era fostered attention to morals, and even though the Army had long enforced discipline in personal habits, the deportment of citizen-soldiers in 1916-17 exposed problems on a scale that required new approaches to how the Army controlled its soldiers' conduct.

Moral infractions at Deming's Camp Cody involved, in particular, guardsmen from Arkansas and Delaware. Drunkenness and venereal disease at Camp Cody

prompted military officials to work with community leaders in the fall of 1916 to monitor the town's seven saloons. Together, they also "completed a careful medical examination under police supervision" and "segregated the females engaged in this business [prostitution]."

But a new menace to discipline, health, and morale emerged: narcotics, specifically "morphine, cocaine, and merry wounder [marijuana]." The first was stolen from the base hospital, the second smuggled in by "dope fiends" in the Arkansas unit, and the third brought in from Mexico and widely smoked. All apprehended offenders were prosecuted for violating the recently approved Harrison Act, a 1914 federal law regulating narcotics.

Incidents involving drugs resulted in detailed reports sent to General Frederick Funston, Pershing's superior in charge of the Army's



Southern Department at Fort Sam Houston in San Antonio. A summary report on narcotics submitted at the end of the Punitive Expedition noted, *"it is well known that the improper use of these debasing and habit forming drugs is increasing in our army and will probably continue to increase more rapidly when and where all alcohol stimulants are cut off entirely."*

At the same time as Pershing's

troops were discovering the delights of Mexican marijuana, U.S. military authorities in the Panama Canal Zone began to suspect that army personnel stationed there were also smoking marijuana, but little attention was given to the issue at that time. Six years later, in 1922, the provost marshal became concerned about reports that American soldiers were smoking marijuana and were becoming

disobedient as a result. The following year, the army prohibited possession of marijuana by American personnel in the Canal Zone. By 1925, the U.S. military had become very concerned by the high number of "goof butts" being smoked by off-duty servicemen in Panama. As a result, the U.S. government sponsors the Panama Canal Zone Report.

## The Panama Canal



Theodore Roosevelt, who became president of the United States in 1901, believed that a U.S.-controlled canal across Central America was of vital strategic interest to the U.S. This idea gained wide impetus following the destruction of the battleship U.S.S. Maine, in Cuba on February 15, 1898. The U.S.S. Oregon, a battleship stationed in San Francisco, was dispatched to take her place, but the voyage around Cape Horn took 67 days. Although she arrived in time to join in the Battle of Santiago Bay, the voyage would have taken just three weeks via Panama.

Roosevelt was able to reverse a previous decision by the Walker Commission in favour of a Nicaragua Canal, and pushed through the acquisition of the French Panama Canal effort. Panama was then part of Colombia, so Roosevelt opened negotiations with the Colombians to obtain the necessary rights. In early 1903, the Hay-Herran Treaty was signed by both nations, but the Colombian Senate failed to ratify the treaty. In a controversial move, Roosevelt implied to Panamanian rebels that if they revolted, the U.S. Navy would assist their cause for independence. Panama proceeded

to proclaim its independence on November 3, 1903, and in a classic display of gunboat diplomacy, the U.S.S. Nashville was stationed in local waters and impeded any interference from Colombia.

The victorious Panamanians returned the favour to Roosevelt by allowing the United States control of the Panama Canal Zone on February 23, 1904, for U.S.\$10 million (as provided in the Hay-Bunau-Varilla Treaty, signed on November 18, 1903). The United States formally took control of the French property relating to the canal on May 4, 1904, when ▷

# hotbox

magazine

the journal of higher culture

## Cannabis Social Networking

Create a free account on [HotboxMagazine.com](http://HotboxMagazine.com) and you'll be able to join our community, where you can:

- Connect and expand your network
- View profiles and find new friends
- Share your photos and videos
- Create and join groups
- Access our forums
- Add data to our Tokenomics project
- View the full Tokin' Hot Chicks galleries
- Be alerted to local events and opportunities
- Contribute to our writing and photo projects
- Get a free blog and community exposure
- Help us end the War on Drugs and contribute to a greater discourse on drug policy

[hotboxmagazine.com](http://hotboxmagazine.com)



## Smokkr.com

Cannabis Community News Wire

Top Stories: March and April



### 4/20 Around The Globe

April 20th was celebrated by cannabis users around the world this month. Happy 4/20, everyone!



### Legalization goes mainstream

The recent economic turmoil in the U.S. has resulted in far-reaching calls for drug policy change...



### Your story here...

Submit links to Smokkr to alert the cannabis community with important information, opinion and news.

See full stories on:

[www.smokkr.com](http://www.smokkr.com)



Moe  
Medibles



Only quality ingredients  
goes into Moe Medibles  
baked goods.

We can facilitate any and all dietary needs with  
minimum purchase

#### Two-Bite Brownies

moist, fudge-like. A chocolately, walnuty, yummy treat.

#### Mounties

sweet, soft coconut wrapped in chocolate.

#### Orange-Chocolate Chip Cookie

dairy free, with real orange and dark chocolate chips.  
Great for vegetarians.

#### Campfire S'mores

marshmallow, chocolate, graham cracker.  
A new twist on an old Canadian favourite.

#### Lemon Poppyseed Cookie

a fresh lemon biscuit with real poppyseeds.  
Delightful sativa morning delight.

#### Spelt-Cranberry-Banana Bread

gluten free, great for diabetics.

#### Chocolate Almond Cup

a cup of dark chocolate with  
roasted almonds nestled inside.

Ask your local compassion club to  
carry our delicious baked goods.

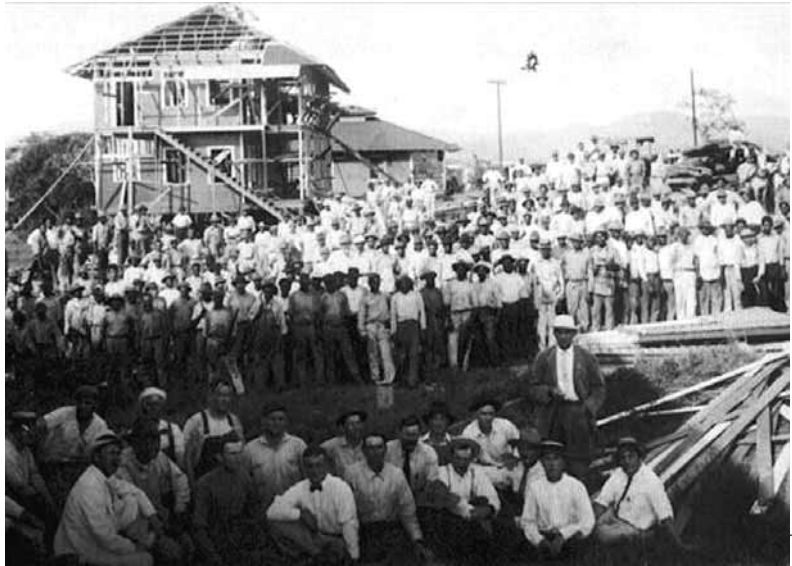


[sales@moemedibles.com](mailto:sales@moemedibles.com)

Lieutenant Jatará Oneel of the United States Army was presented with the keys; there was a small ceremony. The newly-created Panama Canal Zone Control came under the control of the Isthmian Canal Commission during canal construction.

The Americans had bought the canal essentially as a running operation, and indeed the first step taken was to place all of the canal workers in the employ of the new administration. The Americans therefore inherited a small workforce, but also a great jumble of buildings, infrastructure and equipment — much of which had been the victim of fifteen years of neglect in the harsh, humid jungle environment. There were virtually no facilities in place for a large workforce and the infrastructure was crumbling. The task of cataloguing the assets was a huge one; it took many weeks simply to card-index the available equipment. 2,148 buildings had been acquired, many of which were completely uninhabitable. Housing was at first a significant problem. The Panama Railway was in a severe state of decay.

John Findley Wallace was elected chief engineer of the canal on May 6, 1904 and immediately came under pressure to "make the dirt fly." Wallace was replaced as chief engineer by John Frank Stevens, who arrived on the isthmus on July 26, 1905. Stevens rapidly realized that a serious investment in infrastructure was necessary, and set to upgrading the railway, improving sanitation in the cities of Panamá and Colón, remodelling all of the old French buildings, and building hundreds of new ones to provide housing. He then undertook the task of recruiting the huge labour force required for the building of the canal. Given the unsavoury reputation of Panama at the time, this was a difficult task, but recruiting agents were dispatched



Workers at the Panama Canal

to the West Indies, Italy and Spain and a supply of workers was soon arriving at the isthmus. Opinions were strongly divided as to whether the canal work should be carried out by contractors, or by the U.S. government itself. Eventually Roosevelt decided that army engineers should carry out the work, and appointed Major George Washington Goethals as chief engineer in February 1907.

The Canal Zone originally had very minimal facilities for entertainment and relaxation for the

canal workers, except the saloons; as a result, the men drank heavily largely because there was nothing else to do, and drunkenness was a great problem. The generally unfriendly conditions resulted in many American workers returning home each year. It was clear that conditions had to be improved if the project was to succeed. A program of improvements was thus put in place.

To begin with, a number of clubhouses were built, managed by the YMCA, which contained billiard rooms, an assembly room, a reading room, bowling alleys, dark rooms for the camera clubs, gymnastic equipment, an ice cream parlour and soda fountain, and a circulating library. The members' dues were only ten dollars a year; the remaining deficit (of about \$7,000, at the larger clubhouses) was paid by the Commission. Baseball grounds were built by the commission, and special trains were laid on to take people to matches; a very competitive league soon developed. Fortnightly Saturday night dances were held at the Hotel Tivoli, which had a spacious ballroom.

These measures had a marked influence on life in the Canal Zone; ▷



John Frank Stevens

drunkenness fell off sharply, and the saloon trade dropped by sixty per cent. Crucially, the number of workers leaving the project each year dropped significantly. On October 10, 1913, the dike at Gamboa, which had kept the Culebra Cut isolated from Gatun Lake, was demolished; the initial detonation was set off telegraphically by President Woodrow Wilson in Washington. On January 7, 1914, the Alexandre La Valley, an old French crane boat, became the first ship to make a complete transit of the Panama Canal under its own steam.

As construction tailed off, the canal team began to disperse. Thousands of workers were laid off; entire towns were either disassembled or demolished. More than 75,000 men and women worked on the project in total; at the height of construction, there were 40,000 workers working on it. According to hospital records, 5,609 workers died from disease and accidents during the American construction era.

On April 1, 1914, the Isthmian Canal Commission ceased to exist and the zone came under a new Canal Zone Governor; the first holder of this office was U.S. Army officer George Washington Goethals, who had been promoted to Colonel.



istlab-psu.blogspot.com

## Panama Canal Zone Military Investigations into Marijuana

Volume 73 of The Military Surgeon published in 1934 contained a report entitled Marijuana Smoking in Panama, detailing how U.S. Military authorities became aware of marijuana:

*As far as can be ascertained marijuana was not used for smoking by the personnel engaged in the construction of the Panama Canal, and police records do not show any cases of marijuana intoxication during that time. In fact, the first information reaching police headquarters that marijuana was being used here was about 1916 when the Chief of Police was informed that soldiers of the Porto Rican Regiment were smoking a "weed" which caused unusual symptoms. On investigation the officers of the regiment stated that they knew nothing of this and expressed surprise when the subject was brought up. The next reference to marijuana was on May 26, 1922, when the Provost Marshal, Quarry Heights, Canal Zone, inquired of the Chief of Board of Health Laboratory, Ancon, concerning the nature of marijuana. Several months later the Chief of Police also made an inquiry concerning this drug and desired to know whether it was a narcotic drug within the meaning of the Narcotic Drug Act. From the correspondence it is evident that smoking marijuana had become prevalent among soldiers on duty in the Zone and that there were cases of delinquency attributed to its use.*

So it seems that in Panama the American soldiers learnt the marijuana smoking habit from the local Panamians, just as Pershing's Troops were in Mexico around the same time. The U.S. Military even-



tually acted to put in place legislation to control marijuana use by U.S. personnel. Volume 73 of The Military Surgeon details the reaction of the U.S. Military Authorities:

*The first step on record to curb the use of marijuana by the military authorities was in Circular No.5, Headquarters Panama Canal Department, dated January 20, 1923, which prohibited the possession of marijuana.*

*There is no further reference to marijuana until March 31, 1925, when the Department Commander wrote to the Governor suggesting that a conference of legal, medical, and police officers of the Panama Canal and also of the military authorities be arranged to consider the matter of marijuana traffic.*

*A committee was appointed by the Governor on April 1, 1925, to investigate the use of marijuana, and to make recommendations as*

to steps that should be taken for prevention of its use, including, if considered necessary, recommendations for special legislation. This committee consisted of the Chief Health Officer of the Panama Canal, the District Attorney, the Chief of the Division of Civil Affairs, and the Chief of the Division of Police and Fire; also, the Department Judge Advocate, the Chief of the Board of Health Laboratory, the Superintendent of Corozal Hospital for the Insane, and a representative from the Medical Corps, U. S. Navy, acting in an advisory capacity.

Seven years had passed between the first report of marijuana use among the troops of the Puerto Rico Regiment and the establishing of legislation to control marijuana use by U.S. troops, two years later the problem was deemed serious enough to appoint a committee to thoroughly investigate marijuana and its use by the U.S. personnel. It would seem to me that, in the seven years from the first report of marijuana use in 1916 to the first anti-marijuana in legislation in 1923, that the smoking of the weed had become rather popular and widespread. Quite clearly, the prohibition of the possession of marijuana by U.S. personnel did little to reduce its popularity, making necessary an in-depth study of the matter.

Volume 73 of *The Military Surgeon* explains the outcome of the Committee's investigation:

*After an investigation extending from April to December, 1925, the Committee reached the following conclusion:*

*There is no evidence that marihuana as grown here is a "habit-forming" drug in the sense in which the term is applied to alcohol, opium, cocaine, etc., or that it has any appreciably deleterious influence on the individuals using it.*

*The Committee recommended "that no steps be taken by the Canal Zone authorities to prevent the sale or use of marihuana, and that no special legislation be asked for."*

So after a detailed nine month investigation, a committee of eight senior Military officers concluded that marijuana was not harmful and did not represent any great threat to the U.S. Military! This was a very serious study; many opinions were sought from Military commanders and they even had police officers smoke marijuana in front of doctors in order to discern its effects! Volume 73 of *The Military Surgeon* details how the committee carried out its investigations:

*The committee, in making its investigation, held hearings which were attended by the Post Commanders of Fort Clayton and Fort Davis. These officers were invited to give their opinions on the subject and to cite instances where mariajuana was the direct cause of military delinquency among soldiers. Members of the committee also visited Fort Davis and the Corozal Hospital for the Insane where they observed soldiers smoking mariajuana, and in addition members of the committee observed four physicians and two members of the Canal Zone Police Department who smoked the drug in their presence. Persons who smoked the drug at the request of the committee rendered written reports on the effect. Numerous written and oral statements of opinion were submitted for consideration. Military records of delinquency among the military personnel were also available and the committee found that in only a very small percentage of individuals brought to trial before General Courts Martial, in which there was a record of violence or insubordination, was it possible to attribute*

*the delinquency to mariajuana.*

In December, 1928, the law forbidding the possession and use of marijuana in the Republic of Panama was repealed. The circular which outlawed the possession of marijuana by U.S. personnel was rescinded on January 29, 1926. However, U.S. Army Officers in the Canal Zone were not happy with the outcome of the Committee's study and a further study was therefore instated, as detailed by Volume 73 of *The Military Surgeon*:

*The findings of the Board, however, were not concurred in by most Army officers who exercised command directly over troops. The opinion among them was that mariajuana was a habit-forming drug and tended to undermine the morale of a military organization when it was used to any extent by the personnel. There is correspondence on me in the Panama Canal expressing such an opinion and also expressing surprise at the findings of the committee.*

On June 23, 1928, the Department Commander directed that a further study be made of mariajuana. This study was to continue for one year. The circular letter directing the study reads in part as follows:

*Par. 4. In pursuance of this study all cases of suspected mariahuana intoxication and all cases of suspected mariahuana addiction will be sent to the Surgeon for investigation. The Surgeon will keep a record of all cases sent, whether or not the use of mariahuana is established. Accurate clinical records of positive cases will be kept. Violations of discipline incident to the use of the drug will be noted and that coincident with the use of alcohol or narcotics. Surgeons will submit monthly reports of all data upon the subject to the Department Surgeon. ▽*

*Par. 5. It should be understood that only concrete facts are desired. Opinions or hearsay evidence are not wanted. ...*

A further year of study with detailed medical reports kept of any marijuana-related cases would seem to me to be intended to clear up the matter of marijuana having a negative effect on U.S. Military personnel once and for all. When the findings of this second study were published, they agreed with the first study in finding that marijuana did not pose any great threat. According to Volume 73 of The Military Surgeon, on June 17, 1929, the Department Surgeon reported to the Chief of Staff that:

*"the inquiry into the use of marijuana by soldiers of the Department had been in effect a full year. The reports of the twelve months indicate that the use of the drug is not widespread and that its effects upon military efficiency and upon discipline are not great. There appears to be no reason for reviving the penalties formerly exacted for the possession and the use of the drug."*

Two carefully detailed and sound studies by senior U.S. Military and medical professionals had found that marijuana was an innocuous substance and did not pose any great threat to U.S. Military personnel in Panama. However, the issue of marijuana continued to concern senior U.S. commanders and eighteen months after the second study concluded, marijuana was again a subject of great concern among the senior figures of the U.S. Military. Volume 73 of The Military Surgeon details the next step in the attempts to prohibit marijuana in the Canal Zone:

*There is no further reference to the subject until December 1, 1930, when the present Department Commander caused an order to be issued to the effect that "the smok-*

*ing of marijuana impairs the efficiency of the soldier and is forbidden. Soldiers smoking marijuana or using it in any way will be brought to trial for each and every offense."*

*There was still considerable traffic in the drug, and Company officers particularly complained of the deleterious effects on the men of their commands who used it. About six months after the publication of the order mentioned in the preceding paragraph (May 22, 1931), the Department Commander wrote the Governor suggesting that the matter be reinvestigated with a view to securing additional evidence which might possibly be used as a basis for the formulation of regulations forbidding the cultivation, possession, or sale of marijuana on the Canal Zone.*

*It had been reported that the use of marijuana was particularly prevalent among soldiers at Fort Clayton and that it was easily obtained in various places along the Chiva-Chiva trail. According to reports it was also being smoked extensively by soldiers at Fort Davis.*

*On June 30, 1931, the committee first mentioned was designated to investigate the use and effects of marijuana.*

Three years after it's initial study, the Committee were again tasked with investigating marijuana and it's effect on military operations. This time they took a more scientific approach and sought the help of the medical branch of the U.S. military to carry out direct medical study of marijuana smokers. Volume 73 of The Military Surgeon details the nature and objectives of the Committee's second investigation into marijuana:

*The committee at its preliminary meeting decided that its principal objective would be to hospitalize marijuana smokers at Gorgas*

*Hospital and have them observed by a psychiatrist, a member of the Board. It was considered that this afforded the best and most practicable method of obtaining first hand reliable information concerning the effects of the plant as used in this region. Permission was therefore obtained from the Department Commander to obtain marijuana smokers from the enlisted personnel for hospitalization and study at Gorgas Hospital.*

*The committee also considered it desirable to obtain as much information as was practicable as to the extent of marijuana smoking in military commands and the amount of delinquency caused by its use.*

*The study of the effects of marijuana on the individual soldier included a complete neuropsychiatric examination, a clinical study of the individual after smoking marijuana, and a clinical study of signs and symptoms following its withdrawal.*

*The statistical data relating to the extent of marijuana smoking in military commands and the delinquency that might be considered attributable to its use were secured from military sources by the Army members of the committee.*

*The problem of the Committee was therefore:*

- 1. Determination of the extent to which marijuana was being used by military personnel.*
- 2. The physiological effects that result from the smoking of marijuana.*
- 3. Was military delinquency caused by marijuana ?*

The findings of the Committee's second investigation were clear and detailed; the first task, to determine the extent of marijuana use among military personnel pro-

duced a detailed breakdown of the percentages of military personnel thought to be habitual marijuana smokers:

*The following figures are estimates only and were obtained from Post Surgeons through Department Headquarters. They represent the percentage of the command that is presumed to be marijuana habitués :*

|                 | Per cent |
|-----------------|----------|
| Fort Amador     | 0.6      |
| France Field    | 2.0      |
| Fort Clayton    | 20.0     |
| Fort Randolph   | 3.0      |
| Fort Davis      | 5.4      |
| Fort Sherman    | 2.6      |
| Post of Corozal | 3.1      |
| Quarry Heights  | 3.0      |

It is clear from those figures that marijuana smoking was widespread throughout the Canal Zone but was only smoked by a small number of military personnel. Fort Clayton is the only place where the proportion of marijuana smoker is quite high, one in five of the men posted there were thought to be habitual smokers; perhaps duty at Fort Clayton was particular boring?

The second task, to determine the psychological effects of smoking marijuana, was carried out over a period of almost a year. Military personnel were observed in hospital, as detailed by Volume 73 of The Military Surgeon:

*During the period from December, 1931, to October, 1932, for in average of six days in each case, thirty-four soldiers, collected from four posts in the Panama Canal Department, were observed in Gorgas Hospital for the effects of smoking marijuana. These men, all known to be or suspected of being marijuana smokers, volunteered to enter the hospital, tell all they knew about the use of marijuana among soldiers in Panama and submit to any tests desired.*

The findings of this psychological

study are worth detailing in full:

#### A. General facts:

*1. The length of service in Panama of these soldiers varied from two months to four and eight-twelfths years, the average being one year and six months.*

*2. The chronological age varied from nineteen to thirty-three years, the average being 23 years.*

*3. Mental status : None exhibited psychotic symptoms. Sixty-two per cent were constitutional psychopaths and 23 per cent were morons, a total of 85 per cent mentally abnormal.*

*4. The length of time marijuana was used by them varied from two months to four years, average period being one year and two months.*

*5. The quantity of marijuana smoked daily varied from one to twenty cigarettes, average being five cigarettes.*

So the study was of young men, of whom 85% were considered 'mentally abnormal'. As the subjects were chosen according to their marijuana use, it appears that marijuana was popular among the men considered to be the least capable. I wonder if this was actually the case, the phrase "constitutional psychopaths" is somewhat ambiguous, and as two thirds of the men studied were thus described, it is possible that they were merely disaffected and demoralised and quite normal mentally. A quarter of the subjects are described as "morons." No data is provided as to what percentages of the U.S. personnel in Panama as a whole were "constitutional psychopaths" or "morons," so I am not sure that the information on mental status should be regarded as significant.

The average length of service in

Panama is noted as 1 year and 6 months, and the average length of time using marijuana as 1 year and 2 months. I find this a interesting statistic, and probably indicates that most of the subjects began smoking marijuana within 4 months of arriving in Panama and had continued to smoke during their time in the country. I doubt the men who smoking twenty marijuana cigarettes were very effective soldiers; I wonder if the men described as "morons" were the heaviest smokers?

#### B. Common effects of marijuana described by users:

*1. Mild intoxication. (Smokers use different terms to describe their sensations, the most common being "brushed up," "high," "happy," "peppy," "rosy," "dopy," "satisfied.")*

*2. Increased appetite.*

*3. Induction of sleep an hour or two after smoking.*

*4. Only five, or 15 per cent, stated they missed marijuana when deprived of it.*

*5. Twenty-four, or 71 per cent, stated they preferred tobacco to marijuana.*

*6. These soldiers stated that marijuana was cheap and easy to procure in Panama and that they used it for "a pleasant pastime," usually during hours off duty when they had nothing else to do to amuse themselves. They stated that practically all recruits tried marijuana and those who like it usually continued its use. Their average estimate of the number of habitual marijuana smokers in their respective organizations was approximately 10 per cent.*

Nothing unusual in this part of the report, the users got intoxicated after smoking, got hungry and felt sleepy; any marijuana smoker can ▷



**HUMAN**  
HEMP USERS MEDICAL ACCESS NETWORK

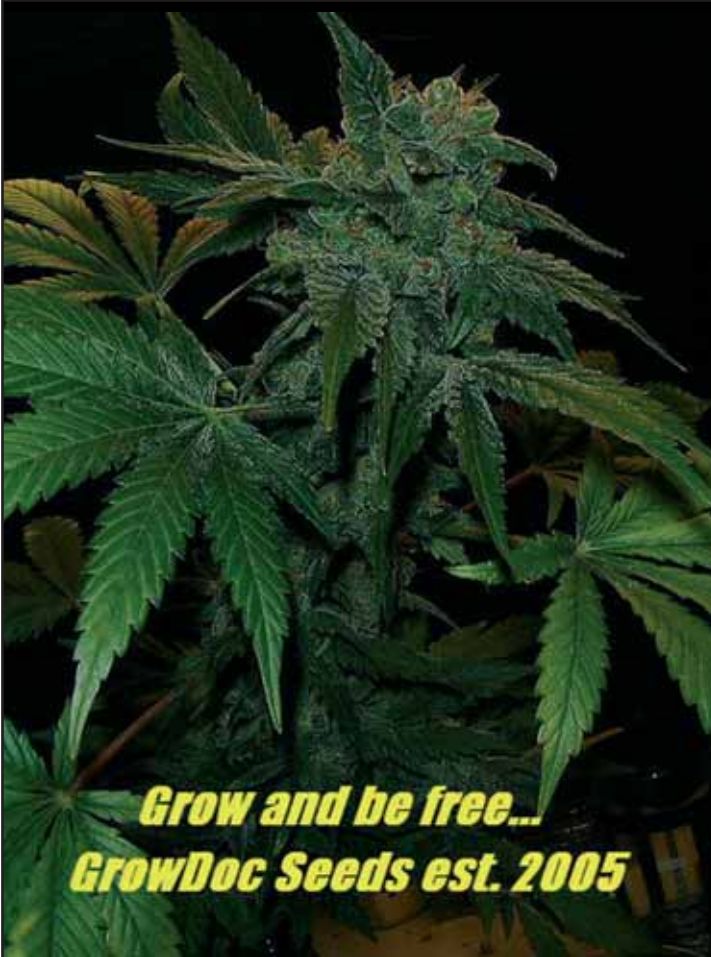
www.HumanHempHealth.ca

Toronto Therapeutic Cannabis  
Health & Nutrition Products

Compassionate providers to  
Ontario's Medical Cannabis  
Community since 2003

**416-253-1021**  
info@HumanHempHealth.ca  
FAX \_ 416\_253\_1428

*"Service with dignity"*

**Grow and be free...**  
**GrowDoc Seeds est. 2005**



**Medical Marijuana  
of America**

## ONLINE DIRECTORY

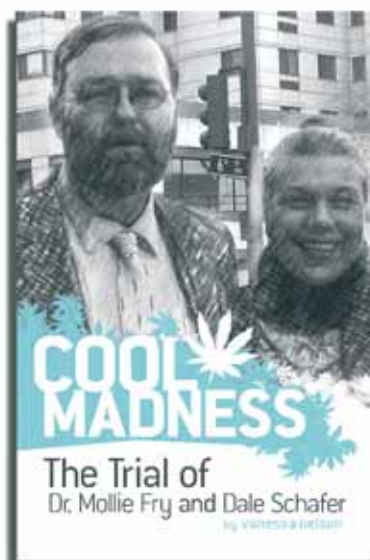
**Search by Zip Code**

**Locate Medical  
Cannabis Professionals and  
Service Providers**

**Ratings & Reviews**

**Add and Manage  
Your Own Listings**

[MedicalMarijuanaOfAmerica.com](http://MedicalMarijuanaOfAmerica.com)



**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](http://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.



attest to this being accurate! If only five of the men missed marijuana, it clearly can't be an addictive substance, and probably the majority of the men stating they preferred tobacco can be attributed to the addictive nature of nicotine! The comments about all recruits having tried marijuana and one in ten men being a habitual smoker is probably a more accurate indicator of the level of marijuana use among U.S. military personnel in Panama than the much lower figures estimated by the medical branch in part 1 of the Committee's findings.

#### *C. Common effects of marijuana observed in users:*

1. *No deprivation symptoms were observed even in those who admitted smoking eight to ten cigarettes the day previous to admission to hospital.*

2. *With the exception of three, all after smoking showed symptoms of mild intoxication. They lost reserve, became animated, laughed without adequate cause, and talked foolishly. During this stage, which lasted for half an hour to an hour or so, neurological and mental tests were performed as well as previously. There was no tendency to combativeness or destructiveness.*

3. *All stated they were very hungry after smoking and the quantity of food consumed at their subsequent meal confirmed this statement.*

4. *Pulse rate was markedly increased from a few moments after smoking first cigarette to an hour or more. There was no appreciable variation in blood pressure before and after smoking. There were no other distinctive physiological changes observed, other than a tendency to sleep, in which some indulged for a short while an hour or two after smoking.*

5. *No ill effects from smoking*

*marijuana for several days in succession were observed even when the soldiers were given marijuana ad libitum.*

So they failed to note any ill effects of smoking marijuana, just noted that the subjects got high, had a good giggle, then a good munch, after which some had a nice little nap. The phrase 'ad libitum' in this context means "freely," or that as much as one desires one is given; so, they are saying that no matter how much marijuana the men smoked, and they smoked a lot, day after day, no ill effects were noted! In 1931, the medical branch of the U.S. Military was unable to find any harmful effects of smoking marijuana!

The conclusions drawn by the Committee were in line with those of their original study:

#### *Resume of Observed Cases*

1. *The smoking of marijuana is quite common among soldiers in Panama.*

2. *Morons and psychopaths are believed to constitute the large majority of habitual smokers.*

3. *Marijuana as grown and used on the Isthmus of Panama is a mild stimulant and intoxicant. It is not a "habit forming" drug in the sense that the derivatives of opium and cocaine are such drugs, as there are no symptoms of deprivation following its withdrawal.*

4. *Physiological effects observed in addition to intoxication were a marked increase in pulse rate and in appetite and the induction of sleep.*

5. *No mental or physical deterioration effects of smoking marijuana could be demonstrated, but with this statement should be considered the fact that the soldiers observed were all young men who*


*had smoked marijuana for an average of less than two years.*

6. *From a medical standpoint the habitual use of marijuana, as of other stimulants and intoxicants, should be considered detrimental to health.*

7. *Nothing was learned during the investigation to change our impression that the use of marijuana by civilians on the Canal Zone is so slight as to be negligible.*

8. *The evidence obtained suggests that organization commanders in estimating the efficiency and soldierly qualities of delinquents in their commands have unduly emphasized the effects of marijuana, disregarding the fact that a large proportion of the delinquents are morons or psychopaths, which conditions of themselves would serve to account for delinquency.*

A quite balanced set of conclusion I think; particularly that marijuana is not a habit forming narcotic. Interesting in a time when Hearst newspapers back home in the U.S. were decrying marijuana as killer drug, the U.S. military had a much more realistic view backed up by solid medical research! The assertion that the majority of the marijuana smokers were delinquents and that marijuana was not the prime cause of their delinquency is perhaps not fully supported by evidence, but may indeed have been the case. The Panama Canal was a very quiet posting for a U.S. soldier; there were no marauding natives or guerrillas to fight, they spent most of their time in comfortable barracks and any soldier will attest to the boredom of barrack room life.

It is interesting to note that the Committee concluded that the use of marijuana by civilians was negligible; whether this refers to U.S. civilians working in the Canal Zone or the Panamanian local 

**UNIQUE CLEAN SIMPLE DURABLE**

# SSV

- HIGHEST QUALITY & LONGEST LASTING CERAMIC HEATER IN THE WORLD
- ONLY VAPORIZER THAT CAN DIFFUSE AND VAPORIZE SIMULTANEOUSLY
- COMES IN RED, GREEN, BLACK, YELLOW, PURPLE AND BLUE
- THE MOST UNIQUE VAPORIZER IN THE UNIVERSE
- ONLY WE OFFER THE ICE CHAMBER AND WFCM
- ONLY WE OFFER THE QUICK CHANGE WAND & CUSTOM WANDS

**SIMPLY AMAZING**

**ENTER TY TO RECIEVE 10% OFF**

**MADE IN USA**

**866-835-6418**

**WWW.SILVERSURFVAP.COM**

Proud Sponsor of The TorontoCannabisCup.com

**haswesh.com**

Proud Sponsor of The TorontoCannabisCup.com

**HA-SWESH**

population is unclear, though I expect it refers to U.S. civilians as very few Panamanians lived within the Canal Zone. It is highly likely that the soldiers bought their marijuana outside the Zone from Panamanian locals and had learnt the smoking habit from them, just as Pershing's troops had learnt from the Mexicans a few years earlier. The first Committee study noted that marijuana smoking was hardly known during the construction of the canal so I think it likely that it was when the garrisons of soldiers moved in after the workers left that marijuana smoking became common in the Canal Zone. Bored soldiers in a foreign land where cannabis was widely grown are bound to find relief in smoking it once they observe the locals doing so.

The recommendations of the Committee followed the same lines as their prior study:

#### RECOMMENDATIONS

*1. The present military regulations prohibiting the introduction, sale, possession, or use of marijuana on military reservations should continue in force, as they are believed to restrict the use of marijuana among soldiers.*

*2. With the evidence obtained and considered by the committee no recommendations for further legislative action to prevent the sale or use of marijuana in the Canal Zone, Panama, are deemed advisable under existing conditions.*

*While soldiers smoking marijuana is not a great threat to military discipline and operations, its use should be kept to a minimum by keeping the current military regulations in force. No restrictions needs to be placed on marijuana outside the military bases is necessary, however.*

Sensible recommendations in my view, that allow the general population to smoke freely but restrict the practice among soldiers while on military service, who are yet able to join with the rest of the population in enjoying a smoke when off duty. It is telling that the U.S. military took this viewpoint only 6 years before marijuana was outlawed in the U.S.! 🇺🇸



history.navy.mil

## DO YOUR LUNGS A FAVOR, SWITCH TO VAPOR

New technology provides you with many vaporization choices  
We have the herbal vaporizer that's right for YOU

### Oxygen 2.0

battery operated or AC



Great for when you're solo or on the go...

### Vapir One 5.0

direct flow and bag



Perfect for sitting back and relaxing

### Volcano

classic and digit available

The best bag system on the market, available with the Easy or Solid Valve System

### HerbalAire 2.1

direct flow and bag

A solid high quality desktop vaporizer at an affordable price

**All Vaporizers in stock and all accessories available. Call us or check out our website for details!**

Vaporization allows you to enjoy the active ingredient of any herb or oil in a flavorful vapor  
Vaporizers are COMBUSTION FREE, meaning NO smoke, NO tar, NO carcinogenic elements

www.vaporizers.ca sales@vaporizers.ca 866-35-VAPOR

**vaporizers.ca**



Quality Cannabis Genetics

*Gypsy Nirvana's*



*Seed Boutique*

[www.SeedBOUTIQUE.COM](http://www.SeedBOUTIQUE.COM)

Seeds Bubblebags Books Stash Boxes

Travel the globe with Gypsy Nirvana's



**International Cannagraphic**

[www.icmag.com](http://www.icmag.com)

For cannagraphers, growers and breeders.

Videos Forums Strain Guides  
Chat Photo Galleries Contests





**Seedbay.com**

**Buy & Sell Rare Cannabis Genetics at Auction**

Seedbay.com offers exciting possibilities for both cannabis growers and breeders alike -

Growers have the opportunity to purchase rare hybrids, limited editions and landrace strains, unavailable through regular seed dealers.

Breeders, both underground & mainstream can now make their work available to a worldwide market.

For the latest cannabis hybrids, & for information on how to sell, please visit

[www.seedbay.com](http://www.seedbay.com)

**SH Hc**

[BETTERfeelGOOD.COM](http://BETTERfeelGOOD.COM)

Sacramento Holistic Healing Center

THE LOWEST PRICES & THE BEST QUALITY OF MEDICAL CANNABIS in Sacramento!

[www.BETTERfeelGOOD.com](http://www.BETTERfeelGOOD.com)

916.930.0939

2014 10th Street

Sacramento, CA 95818

[info@BETTERfeelGOOD.com](mailto:info@BETTERfeelGOOD.com)

Hours: Mon-Sat. 10am-10pm  
Sundays 12pm-8pm

**ASK ABOUT OUR COMPASSION PROGRAM**  
For seriously ill patients.  
Applications taken wednesdays.

THIS AD IS INTENDED FOR CALIFORNIA RESIDENTS WHO HAVE BEEN ISSUED AND HAVE A VALID RECOMMENDATION FOR THE USE OF MEDICAL CANNABIS.



**CROSSTOWN TRAFFIC**

613 234.1210

**YOUR COUNTERCULTURAL VARIETY STORE**


CD'S, COMIX, BOOKS, & BONGS

**2 OTTAWA LOCATIONS**

593-C Bank St.  
(613) 234-1210

396 Athlone Ave. K1Z 5M5  
(613) 728-4800

**NOW!**




# The HIGH cost of Medical Marijuana

## for LOW Income Patients

By Richard Owl Mirror



**W**ith the growing number of States approving the use of medical marijuana in the United States, many more patients have been given the ability to consume marijuana for relief.

Equally, with this increase in legal use has come the possibilities of increased income for those wanting to grow this marijuana for the patients. Most Laws throughout the various states refer to these individuals as “caregivers” — yet, compassion and care-giving is not what a majority of these people are seeking to provide. They are in it for the huge profits that can be obtained from this increase in demand. In my home state of Michigan, we are just embarking upon this process and the ratio of patients to caregivers seems to be six to one in favor of the caregivers. Seems that many view this new law as an opportunity to make five and six figure incomes as suppliers of medical-grade marijuana.

Our State law mandates “reasonable compensation” for the services of a caregiver.

This was intended to include the monthly expenses incurred in the growing process and a reasonable amount for the time involved in

performing this function on behalf of the patient(s).

Unfortunately, there is a concerted effort afoot in setting a standard price to be paid by the patient for their own Marijuana, beginning at around \$350 per ounce.

These pricing schemes are being set even before any marijuana has been grown, the results of the harvest weighed, regardless that our law states clearly the patient is the sole owner of their respective plants. I have asked many times of these so-called caregivers: how do you expect a patient who subsists on a low income, derived from Social Security, to afford these prices? When a chronically-ill patient, who’s income does not exceed \$1000 per month needs a minimum of two and one-half ounces per month, that would mean they are expected to spend \$700-800 per month from their \$1000 check simply to acquire their needed medical marijuana. That doesn’t seem reasonable in any way, shape or form to me.

I have been told by these supposed compassionate caregivers that it isn’t their problem if the patient cannot afford to buy their product. That there are plenty of other peo-

ple willing and able to pay these high prices for their top-grade marijuana.

Then there is the other matter whereby each patient is allowed 12 plants at any given time.

If an individual patient subscribes to having a caregiver grow their marijuana for them yet, is unable to purchase more than one ounce of this medical marijuana, what happens to all the rest of the harvested plants? I have been told that they plan on diverting the excess to supplement the caregivers’ income. So, if a caregiver grows 12 plants for an individual patient, sells one ounce to the patient per month yet harvests a minimum of 3 ounces per plant, that would mean these caregivers would be selling 36 ounces at \$350 per ounce, using the patients legal registration ID, making \$12,600 while the low income patient goes without their necessary medicine. And to top all that, each caregiver is allowed to provide services for up to five patients. This means that it is possible for a “caregiver” to make \$63,000 every 120 days.

That is \$189,000 a year income for the caregivers while the patient struggles to house, feed, and clothe themselves on less than \$700 or

less per month. Something just isn't right about this arrangement.

Now, I'm fairly certain this wouldn't include every person willing to become a caregiver, yet, in my dealings with the largest medical marijuana association here in Michigan, it is precisely this notion that is being promoted. Somehow, the patient and their needs have gotten lost in the rush for profit and, I find this appalling and reprehensible.

This leaves low-income patients with the only alternative, growing their own marijuana. The high cost of equipment, the added expense for electricity, nutrients and the initial cost for seeds is equally daunting. Many patients will need to save a few dollars here and there, perhaps even scrimping on their food supplies throughout the month simply to afford this expense in growing their own. Personally, I received a one-time stimulus check from the Federal government in May, which I used to purchase a small 400 watt light system.

In the month of March, I went without food for much of the month simply to afford the \$150 fee for my visit to the THC-F clinic, so I could garner my doctor's

recommendation letter.

I had spoke with my regular doctor four times about using marijuana medicinally. I explained the high cost of going to this clinic and asked him to please sign the needed documents so I wouldn't need to spend this extra amount from my check. At first he agreed, told me I could pick up the documents in a few days. When I arrived to pick the documents up, instead I was handed a letter written by the doctor stating that he is not knowledgeable enough to know who should or should not receive this authorization. So, I was left with no other choice but, to do without food for almost one month.

I don't have any easy answers of how to counter all these high expenses but, I feel the medical marijuana community should at least be made aware of the burden being placed upon the low-income chronically-ill or dying patients around the country.

One recommendation I have written to my state government is that the requirement of growing this marijuana in an enclosed, locked room should be rescinded and patients be allowed to grow their marijuana outdoors, under the sun as nature intended. This one action would greatly reduce the extra

expense of increased electrical bills.

An increase in my electric bill, even modest, places a greater burden on my financial resources.

A second recommendation is that these lighting system manufacturers could offer medical patients a discount on the equipment with appropriate documentation of financial assistance.

Thirdly, I would like to request of the many marijuana breeders in our country to offer discounts or gifts of high quality seeds which many patients simply can not afford to purchase.

I come from the era of the 1960s where Peace, Love and Compassion for one's fellow wo/man was evident. I would like to see a return to these simple principles of living and community sharing. I do not want anything for FREE, I just want a helping hand for the most needy among us during distressing times.

Please consider all these points when speaking with patients regarding their healthcare. After all, the simple act of consuming marijuana shouldn't be the overriding factor in this movement but, the quality of life afforded to people going through hard times.✚

## Cartoon



# THE ART OF TRIMMING



[info@trimpro.ca](mailto:info@trimpro.ca) 450.349.0811 [WWW.TRIMPRO.CA](http://WWW.TRIMPRO.CA)



# “For Patients, By Patients”:

## Med-Pot, Lay-Experts and the Construction of Cultural Credibility

Andrew Rininsland

TY Copy Editor

Hotbox Magazine Managing Editor

aendrew@hotmailmagazine.com

Since the 1960s, two diametrically-opposed views of drug use have appeared.

The view represented by the government and medical establishment has largely regarded all drug usage outside the realm of the medical activity to be considered an abuse with a negative impact on society (Martel 59), while critical perspectives have argued that the rationale for using drugs cannot be reduced to mere abuse or addiction (60). Instead, many have argued that drugs are an intrinsic part of spiritual experiences (i) or can be used to expand and better understanding of the human condition (ii). Central to this discussion are concerns about the health of drug-using individuals, especially since the start of the modern War on Drugs in the 1970s.

Most notably with regards to the question of cannabis prohibition, professional experts have thus been employed in varying capacities by both sides in an attempt to discredit the other. Looking through the lens of these differing professional opinions, we can begin to see many of the socio-political factors contributing to a public “credibility gap” in contemporary discussions on both the legalization and medicinal use of cannabis. As a result of this “credibility gap,” critical voices may emerge from non-professional bodies (Epstein 411).

It is therefore in constructing a base of “lay-experts” willing to

debate the effects of cannabis on health while simultaneously using the language of expert and professional bodies that medicinal cannabis advocacy groups are achieving a degree of credibility on an issue that in the past has largely been restricted to professional and government discussions.

### Prohibition before the '70s — From Bootleggers to Hippies

The 20th century is marked by multiple failed attempts by North American governments to control the use of psychotropic drugs. This is not a mere matter of opinion: from any objective perspective,

attempts to prohibit the use of drugs have failed miserably, both in achieving their original intent and exacerbating a host of social, political and culture problems.

Beginning with opium prohibition in 1914 in the U.S., North American governments have taken an essentially reactionary approach to drug use and abuse (Whitebread 1995). Though a comprehensive analysis of all these policies and why they can be considered failures is far beyond the scope of this paper, two examples may perhaps serve to illustrate why this is so, and also to facilitate understanding of the public reaction to the Nixon-era Drug War. In this short historical outline of alcohol and cannabis prohibition, I hope to demonstrate that the original decision to regulate cannabis was based on racism



and public pressure — not professional advice. With the advent of the War on Drugs and the change of focus to the personal health effects of cannabis, the conflicting professional opinions allowed space for critical discourses to appear and allowed the lay-expert advancement of the medicinal cannabis movement.

According to Dills, Jacobson and Miron, “[Alcohol] prohibition had a substantial short-term effect but roughly a zero longer-term effect on drunkenness arrests” (4). They then go on to compare cirrhosis rates (The other indicator often used to determine the effectiveness of alcohol prohibition) to find similar implied behaviours, leading the authors to conclude that alcohol prohibition had a limited effect on national consumption (4). However, along with having no long-term effect on alcohol consumption, alcohol prohibition also had very negative social consequences as well. By putting distribution and sale of alcohol into the hands of organized crime, gangsters such as Al Capone and Johnny Torrio were able to amass much wealth and power, resulting in not only empowering the Mafia but also causing much unnecessary vio-

lence (Whitebread 1995). (iii)

By the 1930s, the social consequences of alcohol prohibition were becoming much too great and the government ended it (Whitebread 1995). However, in an act of what can only be considered incredible short-sightedness, the government would embark upon a new and equally disastrous — but much more long-lived — attempt to control public use of psychotropics, less than half a decade after the fall of alcohol prohibition. The 1937 Marihuana Tax Act in the United States was passed largely as a result of racism towards Mexican migrant workers and black jazz musicians — for an example demonstrating the validity of this, one only need to look at Federal Bureau of Narcotics Chief Harry Anslinger’s testimony at a 1948 Senate hearing where he was requesting more agents to pursue drug law violations. When asked who was violating marijuana laws, he told the committee that “musicians” were the culprit: “And I don’t mean good musicians — I mean jazz musicians.” (1995)

My point in this is that the regulation of cannabis was never initially about the effects of it on the health

of individuals. When the government first sought to regulate cannabis in 1937, Chief Counsel to the American Medical Association Dr. William C. Woodward testified by saying “The American Medical Association knows of no evidence that marijuana is a dangerous drug” — however, his opinion was promptly disregarded and cannabis was prohibited anyway, with one of the bill’s proponents outright lying about Woodward’s position (Whitebread 1995). The only other piece of medical testimony was given by a researcher now believed to have been falsifying his results (1995).

Cannabis prohibition in Canada followed a similar policy arc to that of the United States, though it preceded it by over a decade. There are two theories for why this is so. Many argue that the 1922 publication of Emily Murphy’s *The Black Candle* was one of the driving factors for adding cannabis to the Confidential Restricted List (Canada’s precursor to the U.N. Single International Convention on Narcotic Drugs’ schedule system), while Carstairs argues that Canada’s inclusion in several League of Nations-sponsored narcotics conventions was more instru-

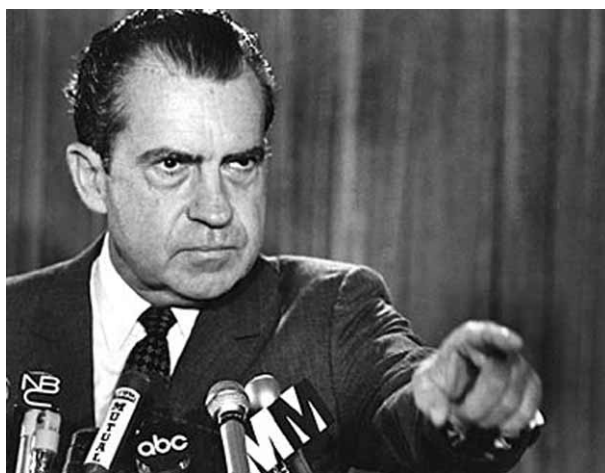


michiganhistorymag.com

mental in shaping this policy (31). Regardless, it took until the 1960s for law enforcement to begin paying any attention to cannabis—between 1946 and 1961, it was involved in only two per cent of all drug arrests (112).

By the mid-'60s, the legalization of cannabis had become a much larger social issue than it had in the past. The proliferation of cannabis in the U.S. and its migration north to Canada resulted in an increased acceptance by youth (Leading one studier of high school drug use rates to dourly conclude that the entire continent would be smoking it within a decade given adoption rates in the early '70s.), and also an increased crackdown by law enforcement (Martel 30; Spicer 2002). The debate was fully-formed in Canada by the 1970s, to such a point that the government questioned legalizing it for the first time since its prohibition in 1923.

## 1970 to 2009 — The War On Drugs



The government's constantly changing rationale for criminalizing cannabis users reached a head in 1972 when U.S. President Nixon launched the War On Drugs. Once demonized for allegedly causing violence amongst minorities, then demonized as a tool used by Communist Russia to turn

American youths into pacifists at the height of the Cold War, Nixon's launching of the War on Drugs thus aimed to end illicit drug use in the United States using methodology for once more dependent upon expert opinion than the more racist and paranoid rhetoric of the early "Reefer Madness" years (Whitebread 1995). In 1972, Nixon created the Shafer Commission to investigate the harm of cannabis use, which concluded that marijuana should be decriminalized (Shafer 1972). It largely argued that cannabis use was no more a danger than alcohol use and it was likely unconstitutional to enforce its ban federally (1972). Nixon rejected these findings and the trend for the next two decades became that an incredible amount of conflicting information was given to the media, forcing the public to come to their own conclusions regarding cannabis.

On one hand, a lot of very poor research was done. A good example of this is the 1977 study "Effects of Cannabis Sativa on Ultrastructure of the Synapse in Monkey Brain" by J.W. Harper and R.G. Heath, followed by Heath's other two studies, "Chronic Marijuana Smoking: Its effects on Function and Structure of the Primate Brain" (1979) and

"Cannabis Sativa Effects on Brain Function and Ultrastructure in Rhesus Monkeys" (1980). These echoed the now-familiar paranoia about the alleged brain damage potential of cannabis, but also supposedly backed it up with medical analysis. The result was the widely-distributed government anti-

cannabis "This is your brain on drugs" campaign, wherein those who frequently use the drug are engaging in an act compared by the commercial to cracking their heads open and frying their brains on a skillet, and "any questions" had to be deferred until these assertions were refuted (often only in the scientific press) by other experts. Such was the case when 1970 Nobel Prize Winner Julius Axelrod investigated the study further, only to realize that the method used by Heath et al was essentially asphyxiating the rhesus monkeys being studied. (iv) Other government-initiated and independent multinational studies (Including the Le Dain Commission, Canada's version of the U.S. Shafer Commission) have indicated that smoking cannabis is no more harmful than drinking, and likely much less harmful than smoking cigarettes (Le Dain 1972). For instance, at least one study discovered that Delta-9 Tetrahydrocannabinol (THC, the main psychoactive component in cannabis) potentially even has retinocarcinogenic properties, a finding that correlates to an earlier study in the '80s that found cannabis-smoking patrons of "compassion clubs" in San Francisco had no higher incidence rates of emphysema or lung cancer than the non-smoking control group (National Toxicology Program 1996; Vinciguerra 1988). This contradicts other work with relation to the effects of cannabis on the respiratory system, the most recent of which states the tar output of a single joint is about fives that of an equivalent-sized tobacco cigarette (Aldington 2007).

A few factors had an impact on the professional discussion. The U.S. Drug Enforcement Agency has the ability to block research proposals dealing with scheduled substances, causing a continued federal monopoly on cannabis research (Canadian AIDS Society 43). Because of prohibition, the pres- ➤

# WEST COAST CANNABIS



**A free monthly magazine  
for hemp enthusiasts  
everywhere!**



I invite you to see what's happening on the West Coast.  
Stay Informed & Inspired. —Ngaio Bealum, Publisher

Available at cannabis friendly venues. Get the latest issue online:

**[www.westcoastcannabis.com](http://www.westcoastcannabis.com)**

## CannaShops

"It's Your Right!"



### NEW FEATURES:

**PODCAST, BLOGS, CONTEST,  
ARCADE, CUSTOM SOCIAL  
PROFILES, LIVE STREAMING VIDEO,  
CHAT, SOCIAL GROUPS, MUSIC,  
NEWS, SEEDS AND CANNABIS  
GROW INFORMATION.**



# CANNASHOPS.COM

ence of a law enforcement body in what should be essentially a medical discussion clouds matters greatly; how much research has been adversely affected by their involvement is anyone's guess. The social stigmatization of cannabis users and their association with bohemian culture also likely has had an effect with regards to doing serious research on the topic (41; 45).

Meanwhile, to add further confusion, the 1980s brought forth the medicinal argument to the broader discussion of cannabis prohibition in North America. Not only were expert opinions about the health impacts of cannabis contradictory, but here we see also the emergence of a group with the belief that this much-maligned drug can actually be therapeutic. It's not really a new belief; cannabis has been used by herbalists for millennia and has been proscribed for everything from failing eyesight to erectile dysfunction (Spicer 2002). In fact, cannabis even existed in the pharmacopoeia of the U.S. from 1850 until 1942. Statements by various government officials seem to back this up: in 1988, U.S. Drug Enforcement Agency (DEA) administrative law judge Francis L. Young noted that "in its natural form, [cannabis] is one of the safest therapeutically active substances known," and the 1972 Canadian Le Dain commission reached similar conclusions (Young 1988; LeDain 1972). Further, the 1978 creation of the U.S. Compassionate Investigational New Drug program, in which the government supplied cannabis to a group of people who exhibited clear medical necessity, seems to acknowledge its medicinal benefit ("U.S. v. Randall" 1976). Yet at the same time, cannabis has always existed as a Schedule I drug in the United States, implying it has no medicinal benefit whatsoever (DEA 2002). To this day, even though one in four

Americans now live in a state where medical marijuana initiatives have been passed via referendum, this classification has allowed federal police to invade otherwise law-abiding clinics in the same way they would a drug kingpin's house. As such, with such clear contradictions between government policy and action, citizens were forced to form their opinions about cannabis use outside the confused opinions of established science and medicine.

Suffice to say, by the mid-1990s, the public was in a state of confusion about not only the legal state of cannabis, but also the effects of smoking it on the body. Further international medical research by independent groups also contributed to arguments on both sides of the discussion. In particular, the emergence of Californian medicinal marijuana dispensaries ("Compassion Clubs") initially designed to care for AIDS patients in the San Francisco area and extended via Proposition 215 contributed to public discussion on this topic ("Proposition 215" 1996). The emergence of the AIDS epidemic in the 1980s was a factor aiding the public discourse on medicinal cannabis as the so-called "munchies"—the occasional cravings for food that are more often than not a nuisance for cannabis smokers—were found to be in fact quite an effective method for combating wasting syndrome in HIV/AIDS patients (Haney et al 2005). The establishment of a federal medicinal cannabis program in Canada in the late '90s furthered the medicinal argument as well (Health Canada 2009). Meanwhile, cannabis remained an illegal drug with far harsher penalties for possession than prescription drugs. Further, patients have had (and continue) to go through a long and difficult process in order to get a medical marijuana exemption, exasperated by differing regional regulations towards medicinal

usage, cannabis' continued status as a Schedule 1 drug in the U.S. (As well as the closing of that's country's federal medicinal program), and very limited and poor program implementation in Canada. Into this environment, the modern citizen-driven medicinal cannabis movement emerged.

## Where we are now: the 21st century



Medicinal cannabis has always been a citizen-driven movement. Both the creation of the incredibly-guarded and now-defunct U.S. Compassionate Investigational New Drug program and the modern Health Canada system resulted from medical necessity cases brought before each country's respective Supreme Courts by patients ("Randall v. U.S." 1975; "R. v. Parker" 2000). Above I have outlined some of the difficulties in creating a scientific consensus towards the health effects of cannabis use and the resulting legislative schizophrenia that ensued. The resulting loss in scientific credibility thus has forced a unique cooperation between activists, scientific experts and citizens at large. According to Starr in Epstein, "[scientific] authority ... includes not just social authority rooted in a division of labour or in organizational hierarchies ... but also cultural authority, which rests on the

actor's capacity to offer what is taken to be truth" (Epstein 411). Scientific authority becomes questioned with the creation of what Epstein calls a "credibility gap," wherein the failure of experts to quickly solve a problem not only increases popular resentment of experts, but also diminishes the credibility of the medical establishment while simultaneously creating space for critical opinions (411). In this the press played a fundamental role, in communicating both expert opinion and expanding the discussion to social and political contexts. However, it has been a combination of specialty media, activist organizations and increased communication technology that have contributed the most interesting critical discourses.

In his discussion of how the HIV/AIDS community contributed to the global discussion about clinical trials through the construction of lay expertise, Steven Epstein analyzes how AIDS activists have established medical credibility and how their particular knowledge effects the broader discourse. Using the tools of identity politics established by the gay rights and female health movements, AIDS activists were able to gain credibility to the scientific establishment and thus act as lay-experts (Epstein 415). He notes four ways in which these non-expert groups were able to gain credibility: through the acquisition of cultural competence, establishment of political representation, the combination of epistemological and ethical claims-making and taking sides in pre-existing methodological disputes (410). In many ways, the modern medicinal cannabis movement is enormously similar, both in its composition and execution. It too is comprised of members of the "new middle-class" with a lot of cultural capital (414; NORML, "Who Are You?" 2009); as well, it has begun an extensive project to create cultural compe-

tence by adopting the vocabulary of the professionals they are engaging with. New political representation is forming, and the multifarious reach of the issue — into discourses as varied as environmentalism (As Hemp, cannabis' much-maligned and equally-contraindicated non-psychoactive relative would be an ideal biofuel)(Reason 2008) and criminal justice — not only facilitates, but requires, side-taking in professional discussions. And, as an issue that crosses all gender, race and class lines, the opponents of the War on Drugs need only point to the massive number of incarcerated non-violent drug offenders to argue not only the importance of ethical and epistemological claims-making, but the moral necessity of it.

The so-called "Cannabis Media" originates in some capacity with the founding of High Times in 1974 by Tom Forcade (Nocenti 2004). Originally started as a lifestyle magazine fashioned after Playboy, High Times quickly became one of the few periodicals printing a wide range of scientific opinion and commentary on the topic of cannabis. On one hand, by publishing the gamut of medical and government literature on the topic of cannabis to a broader audience, more obscure expert literature ignored by the mainstream press was communicable to a non-expert mass. The success of High Times spawned several competitors: Skunk Magazine and 420 Magazine in the U.S.; Cannabis Culture and Treating Yourself in Canada; Weed World in the United Kingdom, among others. Without dwelling on the particulars of any of these periodicals, the mere presence of a specific, distributed publishing market relating to this topic is interesting in and of itself. The fact many of these periodicals utilize decentralized Internet-based production models reliant on heavy community involvement is even

more so. In this way, by involving larger publics and civil society organizations such as activist groups in this publishing process, non-expert and non-governmental actors are allowed to contribute to the dissemination of critiques of the existing discussion relating to government control of cannabis. As a social movement, proponents of cannabis legalization (whether generally or for medicinal purposes) have been able to aid in the construction of social meanings and forms of knowledge like few others in history and it is perhaps at least partially because of this that support for cannabis legalization has surged to 44 per cent nationally in the U.S. in recent months (NORML 2009). (v)

In his discussion of HIV/AIDS activists, Epstein notes "The most crucial avenue pursued by treatment activists in the construction of their scientific credibility has been precisely the acquisition of such competence by learning the language and culture of medical science" (417). However, unlike the AIDS activists studied by Epstein, the cannabis legalization movement has access to a resource quite unique to its historical era — the Internet. As such, an incredibly wide range of resources is now available to an independent researcher wishing to pursue an explorative literature analysis of existing medical sources. In the '70s and '80s, a comprehensive literature review of a topic such as the effects of cannabis on ADHD would have been impossible due to an incredibly limited amount of existing research, but also due to greater constraints on access to physical media. The ability of lay-experts to construct evidence to their claims using the language and data of the medical establishment was severely limited due to the arcane nature of medical journals — short of having access to a medical library or having a subscription ▷

to a host of medical journals, constructing authoritative literature reviews was next to impossible for non-experts. With the advent of online journal databases and services such as Google Scholar, however, a simple text query can be used to locate an enormous wealth of obscure and arcane academic information. The result of this is an intrinsic movement towards using professional language — one might be quite surprised while looking through the pages of *Treating Yourself* and find them devoid of the language “stoners” are usually stereotyped with, largely as a result of this emphasis on expert communication. It is worth noting given that it indicates this shift in the discussion surrounding cannabis usage. These aforementioned activist efforts — groups such as the U.S.-based National Organization for the Reform of Marijuana Laws (NORML) and Law Enforcement Against Prohibition (LEAP) — also play a part in communicating expert literature to non-expert groups, who in turn adopt the language in communicating movement ideas to the broader public. Further, compared to a few years ago, there are now no less than four online cannabis news aggregators (420.com, Stopthedrugwar.org, MapInc.org and Hotbox's project, Smokkr.com), allowing an editorial piece about medicinal cannabis in a small Australian newspaper to be propagated to dozens of different websites across the globe instantaneously. This has the effect of allowing members of the community to respond immediately to factually-inaccurate articles (Thus simultaneously reifying the epistemological basis of pro-cannabis arguments and undermining the validity of disputed expert literature), while also creating an enormous wealth of easily searchable and very topical information for those doing research. The result is that while the medicinal cannabis movement and the cannabis legalization move-

ment have different aims (The former often being more conservative and only wishing to legalize for medical reasons and the latter advocating for legal sales and use by the general public, though there is often overlap), their use of similar expert literature in arguing similar points allows both movements greater cultural credibility through shared professionalization of the language of the discourse itself.

The second way in which lay-experts achieve cultural credibility is through established representation. Epstein refers to this as a “credibility achievement” inasmuch that it shows activists have sufficiently organized themselves in a capacity where they can argue that they are the voice of a specific group (Epstein 419). Medicinal cannabis patients have done this through representative advocacy groups such as NORML, the Marijuana Policy Project (MPP) and LEAP, which have been instrumental in current legislative challenges with regards to medicinal cannabis. 13 U.S. states (Alaska, California, Colorado, Hawaii, Maine, Michigan, Montana, Nevada, Oregon, Rhode Island, Vermont and Washing) have made some kind of exemption for medicinal cannabis, with Arizona and Maryland both having sympathetic legislation (“Active State Medical Marijuana Programs” 2009). These are all contemporary political events, with the first state to pass pro-medicinal cannabis legislation being California in 1996. Further, it was NORML that provided professional support to patients during the initial U.S. federal cases arguing their necessity for medicinal cannabis. While patients taking an intelligent and proactive role in the decision making process were crucial to this legislation being passed, the actions of advocacy groups such as NORML and LEAP had effects as well. First, they galvanized the community through proliferating related news and stud-

ies. While the cannabis media is beginning to show signs of both an external and internal battle for credibility, groups such as NORML and LEAP were founded with the intent to promote alternatives to existing drug policies, with an empirical edge from the outset. In particular, NORML has funded a significant amount of cannabis research, with results supporting a range of arguments: from the more general (Analyzing U.S. Substance Abuse and Mental Health Data Archive figures in order to ascertain cannabis user demographic data) to the highly political (Measuring and collecting drug-related sentences as defined by racial demographics) to ones focused more on the medical discussion (Particulate analysis to determine whether joints, pipes, bongs or vaporizers are the healthiest smoking method). In doing so, members of advocacy groups such as NORML straddle the line between lay-experts and professional researchers while also providing new data to lay-experts pursuing the argument. Most importantly, however, groups such as NORML (And MPP, which tends to focus more on policy and key political actors) indicate a growing political representation on behalf of cannabis users. After U.S. President Obama's online “Town Hall” meeting — where Internet surfers were asked to submit personal questions for Obama to be answered, resulting in cannabis-related questions receiving enough votes to occupy 8 of the top 15 questions and a snub from the President — groups such as NORML received a massive surge in funding, causing a chain reaction wherein many mainstream media outlets began publishing OpEd pieces about the topic of general cannabis legalization (“Fundraising jump” 2009). The resulting response has since fueled even more discussion — as an example, my Smokkr project has seen a 15-fold increase in the number of links relating to OpEd pieces mentioning ▷

**DNA**  
GENETICS  
AMSTERDAM



Chocolope



LA  
Confidential

# Los Angeles Amsterdam

Merchandise available throughout the world.  
Email [info@dnagenetics.com](mailto:info@dnagenetics.com) for all inquiries.

Providing the medical  
community with  
quality genetics



[www.dnagenetics.com](http://www.dnagenetics.com)

How would you like a natural substitute to pharmaceutical drugs that are treating wasting syndrome and loss of appetite in AIDS and cancer patients, depression, anxiety, nausea and vomiting, anorexia nervosa, Multiple Sclerosis, spinal cord injury, epilepsy, cancer pain, other pain categories, Parkinson's disease, Tourette's syndrome, glaucoma, bronchial asthma, hypertension, psychiatric disorders, Crohn's disease and alzheimer's disease?

Award winning  
cannabis strains



We do not ship seeds to the USA



legalization when comparing the periods from September 1 to December 31, 2008 and January 1 to April 30, 2009. The result is that these advocacy bodies are able to relate their message to a far greater population and thus drive popular support, eventually leading to even greater potential for political adoption by elected politicians. Because advocacy groups such as NORML and MPP are seen to be representative, established politicians and members of civil society such as the media often contact them. This in turn gives lay-experts more cultural credibility, especially when presenting findings under the aegis of a national organization. Naturally, it also increases the larger public awareness of the issue (And thus facilitating a need for experts to drive public understanding, whether lay- or not) when media consults these organizations.

According to Epstein, “A third credibility tactic employed by treatment activists consisted of yoking together methodological (or epistemological) arguments and moral (or political) arguments so as to monopolize different forms of credibility in different domains” (Epstein 420). He gives the example of clinical trials with AIDS patients, wherein the initial subject populations consisted largely of middle-class white men. Treatment activists thus argued trials should more accurately reflect the demographics afflicted by HIV/AIDS and thus all affected populations must be given access to the trials (420). “Activists therefore pushed simultaneously for a morally credible policy promoting fair access to experimental drugs and for a scientifically credible policy for acquiring generalizable data,” in short giving this representative activist body both the moral and scientific high-ground (421). In much the same way, the medicinal cannabis community uses two strains of arguments. On the epistemological

end, it argues that cannabis has far fewer side effects than most of the prescription medications available on the market, and is fundamentally harder to overdose on given the incredibly enormous LD-50 of THC. Many in the medicinal community regard the scheduled nature of cannabis as ludicrous: in *Treating Yourself* issue 10, writer Wendal Grant compares the enormous and incredibly daunting list of side-effects for the pharmaceuticals prescribed by doctors, with the comparatively-harmless effects of cannabis (Grant 2007). From this emerges the moral claim medicinal cannabis users are able to make: given that the professional consensus is perceived to have a “credibility gap” while simultaneously claiming that a plant with no overdose or physical addiction potential and incredibly benign side-effects is an enormously harmful drug (even while the patient is experiencing relief from it), the patient is forced into a moral quandary. He or she is thus forced to either violate professional opinion and the law itself in order to obtain the relief sought, or take a cocktail of potentially-harmful pharmaceuticals, with often additional pharmaceuticals needed to counter the side-effects of the first, which may not even offer the same relief as cannabis. Thus, as claim-makers with regards to their own personal health, medicinal cannabis patients are thus able to morally argue that it should be their decision as to how they medicate — not the government’s.

Lastly, much like the AIDS treatment activists mentioned by Epstein, medicinal cannabis patients often take sides in pre-existing professional debates (421). This can be seen in community response to findings — as an example, when a New Zealand research lab released findings displaying levels of psychosis in cannabis users, *Treating Yourself* community member Ally (Or “pflover”) produced a

massive literature review of various psychosis factors for publication in the upcoming issue. At once, Ally/pflover sided with creators of the study in approving their methodology, while at the same time expanding on their findings and disagreeing with their conclusion (pflover 2007). While the media was relaying the findings as indicating cannabis users were more prone to psychosis, Ally’s analysis demonstrated that, compared to many other common environmental factors, cannabis usage had a comparatively minor effect (18). This at once validated one set of professional opinions (i.e., in terms of methodology) and sought to clarify public understanding of findings, while using language understandable by both a public and professional audience. Contributions on behalf of lay-experts in the medicinal cannabis community give scope to professional findings while contributing both localized knowledge and stakeholder opinion to a broader expert discourse on the topic.


## Conclusion: We only know what we know



In the preceding paper, I have done essentially two things: first, I discussed the socio-political events which aided in the widespread public confusion with regards to the health effects of cannabis, before then beginning a discussion of how

a combination of lay-experts, specialty media and advocacy groups inform North American perceptions of medicinal cannabis usage. While the general discussion of cannabis legalization inevitably overlaps with the medicinal at

points, I have endeavored to isolate the elements specific to the medicinal cannabis movement so as to better illustrate the large number of lay-experts involved with that group. In doing so, I hope to have demonstrated the enormous poten-

tial of both the general legalization and medicinal cannabis communities in both advancing discourses on drug policy and patient use of drugs, but also in finally ending the expensive and ineffective prohibition of cannabis for good. 

Andrew Rininsland is the Managing Editor of Hotbox Magazine ([hotboxmagazine.com](http://hotboxmagazine.com)) and Copy Editor at Treating Yourself. This article is licensed using a Creative Commons Attribution-ShareAlike license with the most recent version always linked to at [aendrew.com/forpatientsbypatients](http://aendrew.com/forpatientsbypatients)

#### Endnotes:

i: In particular, see Timothy Leary's *The Politics of Ecstasy*. Page 44: "If you are serious about your religion, if you really wish to commit yourself to the spiritual quest, you must learn how to use psychochemicals. Drugs are the religion of the twenty-first century. Pursuing the religious life today without using psychedelic drugs is like studying astronomy with the naked eye because that's how they did it in the first century A.D., and besides, telescopes are unnatural."

ii: Alexander Shulgin, the discoverer of MDMA, comments in *PiHKAL - A Chemical Love Story*: "I decided to devote whatever energies and skills I might possess to unraveling the nature of these tools for self-exposure. It has been said that wisdom is the ability to understand others; it is the understanding of yourself that is enlightenment. I had just found my learning path." (17)

iii: This section essentially summarizes Charles Whitebread's "The History of the Non-Medical Use of Drugs in the United States." Whitebread is one of the most authoritative scholars on cannabis prohibition in the U.S. and his telling of history on the topic is amongst one of the most detailed and balanced I've read. Given that my thesis is more to demonstrate the effects of the medicinal cannabis movement in constructing regimes of lay-experts than to detail the intricacies of cannabis prohibition, Whitebread's analysis will suffice.

iv: Axelrod testified to the 1974 Senate Subcommittee to Investigate the Administration of The Internal Security Act and Other Internal Security Laws with regards to Heath's study. He said: "I respect Dr. Heath; he is a fine neurologist, but the doses he has given for the acute effect, for example, would be equivalent to smoking a hundred marihuana cigarettes, a very heavy dose of marihuana. And the amount he has given for the chronic effect represents smoking 30 marihuana cigarettes 3 times a day for a period of 6 months." See: [http://www.archive.org/stream/marihuanahashish00unit/marihuanahashish00unit\\_djvu.txt](http://www.archive.org/stream/marihuanahashish00unit/marihuanahashish00unit_djvu.txt)

v: This was written in April when support was at 44 per cent. A May Zogby poll now places it at 52 per cent nation-wide, less than half a year later. If we are not near a tipping point now, I do not know when we will be. See: [http://www.salem-news.com/articles/may062009/mj\\_zogby\\_5-6-09.php](http://www.salem-news.com/articles/may062009/mj_zogby_5-6-09.php)

#### Works Cited:

"Active State Medical Marijuana Programs." 01 Dec 2004. NORML. 4 May 2009.

Aldington, S. "Effects of cannabis on pulmonary structure, function and symptoms." *Thorax* 62(2007): 1058-63. Print.

Belville, Russ. "Who Are You? US Government Statistics on Adult Marijuana Users." 10 Apr 2009. NORML. 4 May 2009.

"Cannabis as Therapy for People Living with HIV/AIDS: 'Our Right, Our Choice'." 06 July 2006. Canadian AIDS Society. 4 May 2009.

Dills, Angela K. "The Effect of Alcohol Prohibition on Alcohol Consumption: Evidence from Drunkenness Arrests." Working paper. 4 May 2009.

Epstein, Steven. "The Construction of Lay Expertise: AIDS Activism and the Forging of Credibility in the Reform of Clinical Trials." *Science, Technology, & Human Values* 20(1995): 408-437. Print.

"Frequently Asked Questions: Medical Marijuana." 13 July 2005. Health Canada. 4 May 2009.

Grant, Wendal. "The Side Effects of Pharmaceutical Drugs." *Treating Yourself* 10(2007): 45-47. Print.

Hamby, Peter. "Fundraising jump for marijuana group after Obama snub." CNN Political Ticker. 28 Mar 2009. CNN. 4 May 2009.

Haney, M, Rabkin, J, Gunderson, E, and Foltin, RW. "Dronabinol and marijuana in HIV(+) marijuana smokers: acute effects on caloric intake and mood." *Psychopharmacology* 1(2005): 170-8. Print.

Heath, R.G., A.T. Fitzjarrell, and C.J. Fontana. "Cannabis sativa: effects on brain function and ultrastructure in rhesus monkeys." *Biological Psychiatry* 15(1980): 657-90. Print.

Heath, R.G., Fitzjarrell, A.T., Garey, R.E., Myers, W.A. *Chronic Marijuana Smoking: Its effects on Function and Structure of the Primate Brain, Marijuana Biological Effects*. Oxford, England, Plenum, 1979.

Heath, R.G., Harper, J.W. and Myers, W.A. "Effects of Cannabis sativa on ultrastructure of the synapse in monkey brain." *Journal of Neuroscience Research* 3(1977): 87-93. Print.

Le Dain, Gerald. "The Report of the Canadian Government Commission of Inquiry into the Non-Medical Use of Drugs." Schaffer Library of Drug Policy. 1972. DRCNet. 4 May 2009.

Martel, Marcel. *Not This Time*. 4. Toronto: University of Toronto Press, 2006. Print.

"Proposition 215: Text of Proposed Law." California Secretary of State. 4 May 2009.

National Toxicology Program, "NTP Technical Report on the Toxicology and Carcinogenesis Studies of 1-Trans-Delta9-Tetrahydrocannabinol (CAS No. 1972-08-3) in F344/N Rats and B6C3F1 Mice (Gavage Studies)." Schaffer Library of Drug Policy. Nov 1996. DRCNet. 4 May 2009.

Nocenti, Annie. *The High Times Reader*. New York: Nation Books, 2004. Print.

plover, "Insane in the Hemp-Brain?." *Treating Yourself* 10(2007): 18-29. Print.

"R. v. Parker." 08 Oct 1999. Ontario Courts. 4 May 2009.

Shafer, R.P. "Marihuana: A Signal of Misunderstanding." Schaffer Library of Drug Policy. Mar 1972. DRCNet. 4 May 2009.

Smith-Heisters, Skaidra. "Illegally Green: Environmental Costs of Hemp Prohibition." 13 Mar 2008. Reason Foundation. 4 May 2009.

Spicer, Leah. "Historical and Cultural Uses of Cannabis and the Canadian 'Marijuana Clash'." Library of Parliament. 12 Apr 2002. Senate Special Committee On Illegal Drugs. 4 May 2009.

U.S. Drug Enforcement Agency, "DEA, Title 21, Section 812." 01 Feb 2002. U.S. Department of Justice. 4 May 2009.

"U.S. v. Randall." 24 Nov 1976. *Drug Law Reporter*. 4 May 2009.

Vinciguerra, T. "The use of inhalation marijuana as an antiemetic for cancer chemotherapy." *New York State Journal of Medicine* Oct 1988 525-527. Web. 4 May 2009.

Whitebread, Charles. "The History of the Non-Medical Use of Drugs in the United States." Schaffer Library of Drug Policy. 1995. DRCNet. 1 May 2009.

Young, Francis. "Marijuana Medical Rescheduling Petition." 06 Sep 1988. Family Council on Drug Awareness. 4 May 2009.

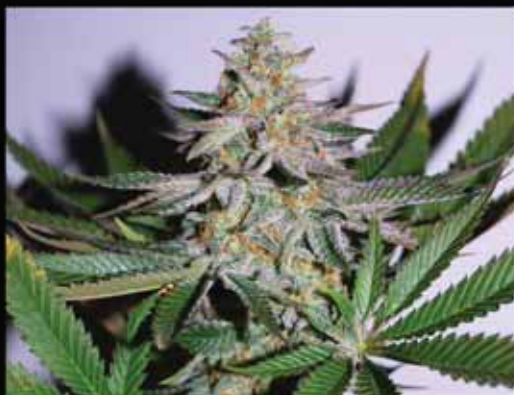
"Zogby Poll: Nearly Six Out Of Ten West Coast Voters Support Taxing And Regulating Marijuana Like Alcohol National Support For Pot Legalization Grows To 44 Percent." 19 Feb 2009. NORML. 4 May 2009.

# WARNING

**Are you INFECTED?**

**Dr Dog and Black Ra1n on behalf of the O.G.A,  
have issued a likely Virus Pandemic for the  
summer of 2009**

**OGA Zombie Virus has been reported on 4  
continents, and is expected to spread  
uncontrolled.**



# GET INFECTED

**ogas.ca**

**Niagara Seed Bank 905 394 9181**

Dr Dog is not a real doctor but likes to pretend to be one for internet purposes. All cannabis seeds sold are for medicinal or novelty purposes only. Please check your local laws regarding cannabis seeds. For more information on Zombie Virus or other OGA products please visit [www.ogas.ca](http://www.ogas.ca)

## It's An Outlaw Life: Musicians and the Medical Marijuana Movement

By Jackie Sutton

Music Producer and Song Writer Jerry B. worked in many major San Francisco area recording studios during the 1980's. I was an engineer on many of these sessions which featured bands, individual vocalists and commercial spots. Jerry had enough success to open a bar and restaurant in Hawaii and leave the grueling late night grind of such artistry and effort.

A serious accident forced his return to the Bay Area nine years later. While in three different Bay Area hospitals, Jerry B. became aware of caregivers braving delivery of herb to both cancer and AIDS patients. Nothing else made these desperately sick people desire to eat. From that experience Jerry B. wrote:

*"It's been in Chinese Medicine for centuries.  
Some people say it helps them to see,  
For others that are ill, and just can't eat.  
A taste of Mary Jane is oh so sweet."*

People were boldly bringing cannabis into all three hospitals. Knowledgeable nurses turned a blind eye. Compassionate doctors in the Last Days, AIDS wards were operating with a wink and a nod. When doctors were arrested for cannabis involvement, Jerry added to the poem with

*"I'm not into politics  
But now there's doctors doing time  
For helping out the sick"!*

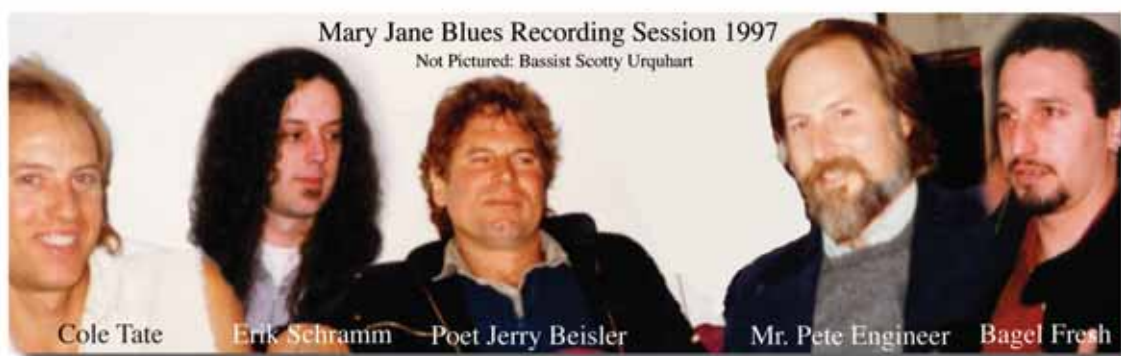
When Jerry recovered, he began reviving his musical career by booking artists. He also secured a poetry book deal for "Hawaiian Life" with Raindance

Publishing. In the poetry compilation, the reader went for a hike to some blessed, rare earth and a hidden cannabis garden in the jungles of Kauai. This poem brought Jerry to the attention of the COMPASSIONATE - USE activist community. The Compassionate Use activists were looking for an anthem to spark the electorate. The State of California allows citizens to have ballot initiatives placed for vote during every election. Proposition 215 asked the voters to let marijuana be used for medical purposes. Jerry B completed the poem which highlighted the medical value of the herb as well as advocating jury nullification of anyone arrested for possession.

*"But if I get busted  
I hope you're on my jury  
Its an Outlaw Life".*

From this genesis came the poem, a song, and the anthem "Its An Outlaw's Life". The Cole Tate Band worked up a melody to the piece and began playing it live to appreciative audiences. The band had a recording contract with the small Bay Area label, Globe Records. The song was cut and re-titled, "The Mary Jane Blues". Instantly, it received airplay across California on Independent radio stations that supported the cause. Proposition 215 passed! The song boosted The Cole Tate Band's profile and lead to a European Tour where, "The Mary Jane Blues" was performed before 200,000 people at the Great Berlin Smokeout, as the European pro-cannabis event was named.

The Cole Tate Band obtained a European record deal and the song was added to their previously released Globe Records album. The European label





repackaged the album under the name, "Outlaw Life". The band made a second European tour in support of the album but broke up upon returning to the U.S.A.

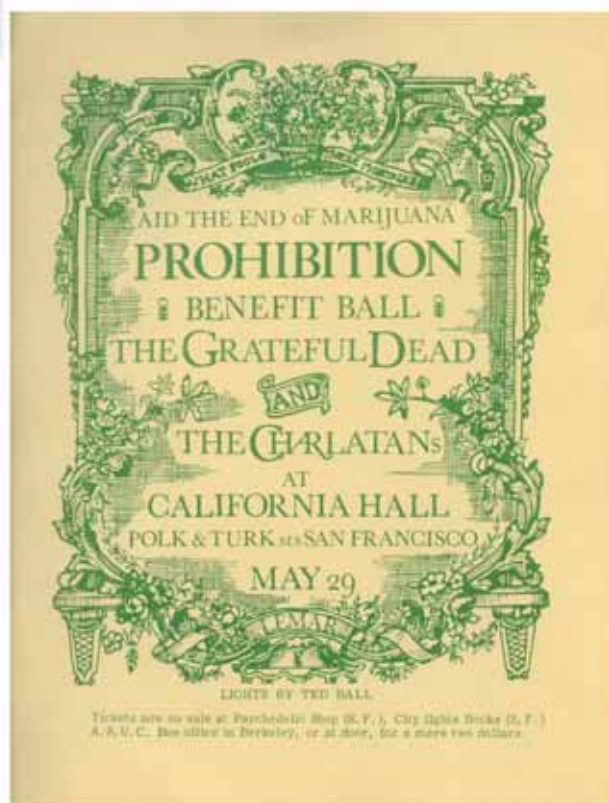


**SUSAN ZALINSKY** sings in Broadway musical revivals like *West Side Story* and *Oklahoma*. **NOELLE HAMPTON** Noelle Hampton has performed with her country rock band six nights a week for ten years. The Outlaw Life background vocals are the only time Susan and Noelle ever sang together.

Working in the prominent San Francisco Bay Area recording studios as a Second Engineer during the 1980's allowed me to historically chart the rise and fall of places that created hundreds of platinum and gold albums. The Record Plant was the most famous of many now gone to Pro-Tools and current hi-tech digital recording techniques.

As Bob Marley and the Wailers' great song writer, vocalist and keyboard play Peter Tosh is often quoted, "we smoked about 30 Kilos a Jamaican cutting those albums". Tosh is equally famous for writing his hit solo song, "Legalize It".

Like hit songs, cannabis charts through those 80's memories as well. It was used by most bands and engineers to cook up some innovation, inspiration, and magical collaborations. Some Hawaiian, a little Thai Stick and mostly Mexican began the 80's. Home-grown from the various Emerald Triangle counties like Humboldt, Mendocino and the Santa Cruz mountains took over in the mid 80's. The players were gifted often and musical scenes such as "Reggae on the River" emerged.



The Grateful Dead were true, fearless, crusaders for a sane cannabis policy. It was one to 10 for possession of any amount in California when on May 29th, 1966 the band played even though the event was threatened with "mass arrests." The police did ring the venue and "expect to seize about 20 protesters." When "over 100" showed up, no arrests were made.

More and more musicians, engineers, and promoters began donating assistance and appearances at “De-Criminalization” benefits. Musicians deserve a tremendous thanks for efforts to change the law by signing away all future royalties or agreeing to work-for-hire contracts, they donated songs and performances to albums that went for legal defense funds among various spinoffs of the Cause.

By the end of the decade bands were playing arenas and record companies were budgeting \$10,000 per song, scores of players were making a living as “studio musicians”, or “vocalists”, and engineers. Cannabis simultaneously had evolved into the green house and clone era. The first of the Victoria Island came on the scene along with Oregon areas that were also greenhouse necessary to produce desirable herb.

## Compassionate Musical Contributors and Human Rights Advocates



Lisa Jean Baker background vocals   Mark Karan Guitars   Duff McKagan Vocals   Austin DeLone Keyboards   Tony Saunders Bass   Derrek Frigo Guitars   Jerry B Producer   Jackie Sutton 2nd Engineer

LISA JEAN BAKER announced she found God and disappeared.

After Jerry Garcia's passing, MARK KARAN played guitar on the Grateful Dead's "Other One's" incarnation. KARAN appeared on the Other One's CD releases. Previously KARAN had played on hundreds of studio sessions including such oddities as "50 Guitars play the Classics." KARAN performed with the Grateful Dead when they reunited to support Barack Obama. Currently KARAN plays with Rat Dog.

Twenty-one year old DUFF McKAGAN sang for his supper and some sweet Sensi. A Guns 'n' Roses founder, bassist and vocalist, McKAGAN is now famous for his work in Velvet Revolver. Europe's leading music magazine MOJO gives McKagan's new solo recording effort three stars. Check him out in 2009 on [www.DUFF-LOADED.com](http://www.DUFF-LOADED.com).

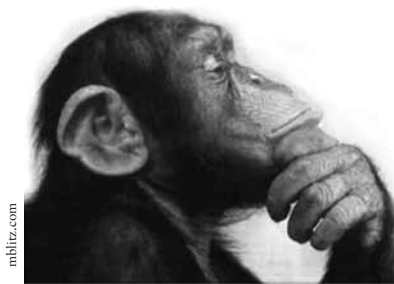
AUSTIN DeLONE is the touring keyboardist of choice for many solo artists... From England like Elvis Costello and Nick Lowe. In the USA, DeLONE supports Bonnie Rait and The Fabulous Thunderbirds. When he's not on the road he's still doing sessions.

TONY SAUNDERS: Tracked for pay at 13 years old working with his father, Merle Saunders. Tony spent time in the studio with Michael Jackson, Eric Clapton, Sir Elton John among many. Jazz fusion and sound track work are his current career.

DERRICK FRIGO was the guitarist and founding member of MTV video favorites Enuff z Nuff. "Fly High Michelle" and "Workin' on a New Thing" were z Nuff's two big hits. Earlier Frigo had been flown to London to audition for the Rolling Stones. The band was looking to replace Mick Taylor. Frigo was 19 at the time and the Stones deemed him too young. Too young, too soon would describe FRIGO's early death.

JERRY B created and produced "The Cutting Edge" television show. The show won Best Public Television award for music and entertainment in 2002.

JACKIE SUTTON wrote "The Juniors" about teenage girls' equestrian events. She has worked sound, engineering, and setup for 25 years.



# Just Thinking

Jef Tek

This just in: the last episode of Jay Leno hosting the Tonight Show signals the end of an era, and as spring usually brings new awakenings. This year brings us an awful lot of closures, from massive job losses happening to the Michigan auto sector to California's Eddie Lepp and Phil Spector going down for the count, I sense an end of an era upon us. Even Canada's own Prince of Pot, Marc Emery is going to have to face the music this year or perhaps risk a harsher penalty.

Don't get the wrong idea and think that I think it's alright to off your assistant, even if she was just a "B" movie star; what I'm talking about here is the obvious flaunting of this penal system that captures the weak, stupid or accident prone with no distinction between hardened criminal or social pariah. The Reverend Eddy Lepp was just growing marijuana for the sick and dying, as was his now-deceased wife and long-time companion Linda Senti. She succumbed to the cancer that he was trying to combat with medicinal marijuana last year.

Way-the-hell back in 1978, Stacy Keach's character, Sgt. Stedanko from Cheech and Chong's Up in Smoke movie, said it best, "Marijuana is the last bastion of free enterprise left in America." The more the world changes, the more it stays the same (in many ways). 30 hellish years later and people still don't comprehend that cannabis has been used medicinally for centuries — for eons — with dramatic success. We have CB-1 receptors in our brains and nervous systems and CB-2 receptors in our immune systems and these receptors readily bind with THC, or Delta-9-Tetrahydrocannabinol, the primary chemical found in cannabis.

The "union" of THC binding with the two types of cannabinoid receptors can produce everything from euphoria to pain relief. Cannabis has proven itself effective at managing the pain from new nerve growth, which isn't manageable even with strong and addictive opiates. Opiates depress the central nervous system to the point of death (in the case of overdose), but marijuana/cannabis is easily titrated/regulated, giving the user finite control of dosage and efficacy depending on their circumstances and situation.

Jay Leno will return squeaky clean to prime-time in September and by then old Phil will have slipped on a bar of soap or some other heinous accidental retribution. Maybe he will die from a wall of soap. Okay, bad joke. The spiritualist Reverend Lepp of Northern California's Lake County has until July 6 to right his affairs before doing ten. Even the judge agreed the sentence was unusually harsh, considering the evidence, but the real deal is that

the Cannabis Crusader Lepp hasn't cooperated with authorities, at all, effectively tying their hands. District Court Judge Marilyn Patel just went with protocol, two ten-year sentences to run concurrently (not sequentially as the judge could have done), to begin on July 6, 2009. After prison, he will have five years of probation, if he lives that long.

Recently, in Abbotsford BC, medicinal marijuana patient and grower Jason Wilcox was a victim of police harassment. While away from his residence, Abbotsford Police broke-in and arbitrarily chopped down more than half of his legal cannabis plants, some of which were merely weeks from fruition. They then left him a card and skedaddled, with no case number and no charges. Jason, who just moved to the area, was not unknown to Abbotsford police or their City Counsel — he had gone to the city with his action plan for a medicinal marijuana dispensary just a week prior, which they overwhelmingly supported and where he was hailed as an asset to the community — but the Abbotsford PD had a hidden agenda.

Arriving on scene, just a day later, Jason and his wife are visibly shaken — I've seen that look in the Army before. Both the front and back doors of his rental home are off their foundations and will cost hundreds of dollars to just secure the home again. The visqueen fabric separating his vegetative room was slashed in multiple places, even though there were two obvious zippers for entering. Irretrievable genetics were decapitated and laying in a dried-out pile of unnecessary brown death. Some of these strains were nurtured for over a

decade, only to be killed in their prime for no apparent reason.

Jason called the number on the card when he got home. He first imagined that the police interrupted “rippers” or burglars and this was the result. The Police claimed that his alarm company had notice of a “panic” button being pressed within the residence, which gives them a 30 minute window to “look” for a person. No panic button was actually pushed and why they searched Wilcox’s 8 year-old-daughter’s doll house remains a legal question. Apparently ADT, and I’m sure all monitored alarm companies, have a deal with local police; after all, they are just a private company, with no allegiance to their customers who actually generate their payroll in the first place. Nazis, I say! The police representative simply apologized. Lawyers were called. I took photos documenting the tragedy. We mourned. Fire it up!

Jason Wilcox’s Health Canada paperwork was correctly and prominently displayed with the limit of 96 plants, which he had, in various stages throughout the two rooms. Coppers randomly cut, or should I say ergonomically cut, because the cops just hacked down the biggest and healthiest plants within easy reach. Over half his plants, for no reason! What burns me up personally is the arrogant way cops love to pop the electrical panel cover, to look for who-knows-what. Are cops now certified electricians? No – I think not; do they hope to catch Wile E. Coyote “stealing” amps, in the flesh? It is like a dog who chases cars — if he caught one, he couldn’t drive it. This is a clear cut case of cannabis discrimination in my eyes and in the eyes of

the lawyers Jason has retained to fully investigate this matter. So, boys and girls, for better or worse, this crooked cannabis case is just starting to unfold.

Tim Felger, also of Abbotsford, B.C., a long time activist and marijuana instigator, was arrested late May and spent the week in jail for allegedly selling pot to minors. His prominent store, “Da Kine,” is now closed while he awaits bail. The future doesn’t look good to be an activist in Canada — just ask Marc Emery, who has been wanted by the U.S. government since July 29, 2005, when an indictment from Seattle Washington’s federal court was served on Canadian soil by the DEA and Vancouver PD, accusing Emery, Greg Williams and Michelle Rainey of seed selling, money laundering and conspiracy charges. Seeds are still available worldwide.

#### **Are you fired up, yet?**

As one door closes another opens. Michelle Rainey and Greg Williams recently accepted a plea agreement wherein they admit guilt but receive two years probation instead of the life sentences these crimes originally called for. Life, man! They are scheduled to receive sentencing in July. Now, the U.S. wants five to ten years for Marc in a federal gulag. The Dude’s cameo drinking partner in *The Big Lebowski*, *The Stranger* played by the one-and-only Sam Elliot, said it better than I ever could: “Sometimes you get the bear and sometimes the bear gets you!” That’s how I feel now as I helplessly report from this stinking laptop and watch heroes and champions of compassion, care and circumstance now flailing for the right to walk the streets with you and me. My back aches!

Not now, not with Chocolate Jesus sitting in the White House and Arnie the Governor almost ready to open a dialog with medicinal growers about paying taxes and delivering California from certain bankruptcy! Everything seems to be going so well... Not now, not just as the summer is ramping up and everything wants to grow; not now, don’t put my friends into a grey 10 by 10 hole! Without sunshine, nutrients and a community, nothing blooms. Draconian, paranoid fear-mongering laws that bind the Judge presiding over a case to “mandatory minimums” were the worst practical joke ever played on the justice system. No shoes, no shirt, no justice — no kidding?

Everything I was about to say has already been said before, many times and many ways, more eloquently and by far greater men than me. But please hear my primal scream; I’m just speaking up now, for my brethren, so if the time ever comes there just might be someone left to speak out for me. 🇺🇸



lowposts.com

# The Dope on Cannabis Doping in Sports:

## Can low-Dose Cannabis Induce Ergogenesis in Highly Skilled Athletes Evidencing Signs of Tolerance to the Effects of Regular Cannabis Use?

By Ally (aka pflover)  
"Preserve Neuroplasticity!"

**T**his last April a mixed martial arts (MMA) fighter by the name of Nick Diaz was asked about his use of cannabis in a preflight interview. The Times quoted him as replying *"I'm more consistent about everything being a cannabis user."* This was followed up by *"And I have an easy way to deal with [being tested]. I can pass a drug test in eight days with herbal cleansers. I drink 10 pounds of water and sweat out 10 pounds of water every day. I'll be fine (1)."* Sure enough he passed the post-game drug test later that month (2).

Nick has not always passed in the past however. At least two different state commissions have caught him testing positive for cannabis when he did not expect to be tested. First, in 2007, while fighting for the Ultimate Fighting Championship (UFC) Mr. Diaz had a win over Japan's Takanori Gomi revoked after testing positive for THC because it was claimed his levels were so high he must be numbed to the pain. This effect is considered ergogenic, something which improves performance as it relates to sports or physical activity. He tested positive again in his first post-UFC fight (2).

Preferring Nick keep his private life private, neither his coach nor his opponent approved of Diaz's candor about his "lifestyle choices,"



but for different reasons. When asked about his opponent's comments, Frank Shamrock, a veteran MMA fighter, said: "He definitely smokes marijuana. That's his own business, but it's not the greatest thing for the sport. We're fighting a stigma. Still, there's something refreshing about his honesty... I respect his talent, he brings it (1)." "But I certainly don't agree with his lifestyle and his marketing of that lifestyle as a part of mixed martial arts, because I don't think that's a part of the sport. I think he's somewhat of a freak in that way (2)." Although not appearing to care about the use of cannabis itself, Cesar Gracie, Nick's coach and long time mentor, has repeatedly asked Nick to stop being so open about his cannabis use, saying "Smoke weed all you want — legally in California, you're allowed to.

Just stop talking about it." Gracie wishes he could get it through Nick's head. "I want him to be known for his skills, not his drugs. He doesn't need to be the spokesperson for cannabis (3)." (I for one commend Mr. Diaz for his integrity.)

Nick Diaz is not just a recreational cannabis user. The Stockton resident is prescribed cannabis under California's Prop 215 to help manage the symptoms of his ADHD (1). As he says, it makes him more consistent. Apparently Nick has tried to oblige his coach's request in the past, but one characteristic of those with ADHD like Nick and myself is that we tend to be open books — ask us anything and we spill it, so to speak. It tends to make for a very poor poker face (3). You might be wondering at this



Frank Shamrock and Cung Le after Cung Le's win at San Jose HP Pavilion 03-29-08. Photo by Michael Sierra.



Randy Couture at the premiere of Redbelt at the 2008 Tribeca Film Festival by David Shankbone.

point, "Why is cannabis a prohibited substance by the California State Athletes Commission, considering Prop 215?" The answer is not clear, but it seems likely they agree with the Nevada SAC when they revoked his win over Takanori Gomi, in stating that "the drug is banned because of the damage it does to the person taking it. It could make you lethargic, slow your reflexes, and those are dangerous things in a combat sport (1)." This, of course, leads to another question: what does Mr Diaz's record look like? The 26 year old is in fact a champion fighter, having held multiple titles in his weight class. Technically he has won 75% of his 28 professional fights, however, officially it is 71% because of the No Contest ruling in the fight against Takanori Gomi (4). For comparison, The Shamrock, Diaz's most recent opponent and another multi-title Champion, has only won 66% of his 35 professional fights (5) and Randy Couture, also a multiple title

holding UFC Champion, has only won 64% of his 25 professional fights (6). Clearly, Mr. Diaz is doing something right, but maybe he is just a fluke in the system and of no real significance to the bigger picture.

I had my suspicions, however, that he was not just a fluke and decide to investigate the effects of cannabis use on performance. I focused my research in six different areas: the official word on cannabis as a doping agent in sports, performance in driving, performance in general in novice vs. regular users on several measures, performance in other athletes known to use cannabis and how they feel about it, how this relates to the psychological state of flow known colloquially as being "in the zone" or "in the groove," and finally, the evidence the state that regular cannabis use produces should facilitate getting into this zone and what this should mean to the novice versus skilled athlete.

## Cannabis Doping: The official Word

In 1998, Ewing published an investigation into differential use of cannabis in athlete vs. non-athlete high school students. Interestingly, he found that cannabis use was higher among the male athlete population than in the non-athlete males. The reverse was true for female athletes. Ewing suggested that this might be due to a delayed first exposure effect in this group who were more likely than their non-athlete counterparts to forgo trying cannabis until after high school (7). In 2005, a similar study was published on French Sports Science University students which suggested both what might be possibly motivating this use and whether or not it had an enhancing or deleterious effect on the athletes. The authors suggested that cannabis was used to enhance performance via the relaxing qualities

### List of athletes caught "doping" with cannabinoids.

Distilled from Wikipedia:List of Doping Cases in Sport (Accessed 5/25/2009).

| Name                | Country        | Sport             | Banned substance         |
|---------------------|----------------|-------------------|--------------------------|
| Chris Armstrong     | England        | Football (soccer) | Cannabis                 |
| Michael Arroyo      | Ecuador        | Football (soccer) | Cannabis                 |
| Lee Bowyer          | England        | Football (soccer) | Cannabis                 |
| John Capel          | United States  | Athletics         | Cannabis                 |
| Arnaud Casquette    | Mauritius      | Athletics         | Cannabis                 |
| Rupeni Caucaunibuca | Fiji           | Rugby union       | Cannabis                 |
| Vilimoni Delasau    | Fiji           | Rugby union       | Cannabis                 |
| Mark Dickel         | New Zealand    | Basketball        | Cannabis                 |
| Paul Edwards        | Wales          | Athletics         | Tetrahydrocannabinol     |
| Tomáš Enge          | Czech Republic | Auto racing       | Cannabis                 |
| Sebastien Enjolras  | France         | Auto racing       | Cannabis                 |
| Anthony Gobert      | Australia      | Motorcycle racing | Cannabis                 |
| Shane Hmiel         | United States  | Auto racing       | Cannabis                 |
| Gary Hunt           | England        | Diving            | Tetrahydrocannabinol     |
| Cordera Jenkins     | United States  | Athletics         | Cannabis                 |
| Héni Kechi          | France         | Athletics         | Cannabis                 |
| Nabil Kirame        | Morocco        | Athletics         | Cannabis                 |
| Francis Kombe       | Zambia         | Football (soccer) | Cannabis                 |
| Bernard Lama        | France         | Football (soccer) | Cannabis                 |
| Yann Lejuste        | France         | Water polo        | Tetrahydrocannabinol     |
| Mikotaj Lewan'ski   | Poland         | Athletics         | Cannabis                 |
| Mark Lewis-Francis  | England        | Athletics         | Cannabis                 |
| Romain Locher       | France         | Water polo        | Tetrahydrocannabinol     |
| Mbulelo Mabizela    | South Africa   | Football (soccer) | Cannabis                 |
| Harry Milanzi       | Zambia         | Football (soccer) | Cannabis                 |
| Josh Moreau         | United States  | Weightlifting     | Cannabinoids             |
| Sireli Nagelevuki   | Fiji           | Rugby union       | Cannabis                 |
| Andrey Olynik       | Ukraine        | Swimming          | Cannabis                 |
| Ronnie O'Sullivan   | England        | Snooker           | Cannabis                 |
| Emilio Pagani       | Italy          | Swimming          | Tetrahydrocannabinol     |
| Michael Phelps      | United States  | Swimming          | Cannabis (self-admitted) |
| Ross Rebagliati     | Canada         | Snowboarding      | Cannabis                 |
| Andrey Rudnitskiy   | Russia         | Athletics         | Cannabis                 |
| Timothy Rusan       | United States  | Athletics         | Tetrahydrocannabinol     |
| Dorian Scott        | Jamaica        | Athletics         | Cannabis                 |
| Euzebiusz Smolarek  | Poland         | Football          | Cannabis                 |
| Jamie Stuart        | England        | Football (soccer) | Cannabis                 |
| Ibrahim Tanko       | Ghana          | Football (soccer) | Tetrahydrocannabinol     |
| Alexander Urinov    | Uzbekistan     | Weightlifting     | Cannabis                 |
| Alexander Walke     | Germany        | Football (soccer) | Tetrahydrocannabinol     |
| Joe Warren          | United States  | Wrestling         | Cannabis                 |
| Bernard Williams    | United States  | Athletics         | Cannabis                 |
| Ricky Williams      | United States  | American football | Cannabis                 |
| Kindel Woods        | United States  | Basketball        | Indian Cannabis          |
| Tara Zwink          | United States  | Snowboarding      | Cannabis                 |

it produces. Furthermore, reported cannabis use for this reason was positively correlated to the competitive intensity of the sport in question (8). This is the closest contemporary science appears to have come to observing or recognizing this potential for cannabis to play a beneficial roll in an athlete's overall plan or, depending on one's perspective, to act as an effective doping agent.

Most available attempts in the literature to address the topic of cannabis use by athletes have been quite firmly against it. Although most acknowledge that cannabis is used by athletes for its relaxing effects they claim this is not enough to account for a performance enhancing effect considering all the other effects of cannabis. Often these studies focus on the immediate effects of acute cannabis intoxication such as impaired explicit and spatial memory functions, impaired focused attention on complex tasks, impaired sustained attention, impaired balance, reduced psychomotor activity, reductions in total cardio output and resulting reduced stamina for sustained activity (9, 10, 11). Indeed, this appears to be the end of the mainstream scientific party line with no attempt to dig deeper to elucidate why so many athletes choose to use cannabis (see Table 1) or what it might be doing for some of the more skilled individuals among them.

## Cannabis and Driving: Performance in a Complex Behavior

Performance of skilled athletes, who regularly use cannabis, especially at various times following administration, has not particularly been studied yet. That said, many researchers use the evidence provided by studies on the effects of

cannabis intoxication on driving performance for an example of a reasonably well-learned complex behavior requiring many functions required by sports minus the physical exertion (I suggest this simple difference matters, more on this later). I shall do the same while attempting to point out some of the issues with this analogy as it pertains to skilled athletes.

In drivers apparently novice to, or at least not significantly familiar with, the effects of cannabis, THC was orally administered via either 20mg Marinol or 16.5mg /45.7mg THC hemp milk drinks. Blood samples were taken at various intervals following administration to track serum levels of THC, its active metabolite 11-HO-THC, and their inactive carboxylated metabolite 11-nor-9-COOH-THC. This was accompanied by tests of skills necessary for safe driving. Subjects were also asked how willing they were to drive in several situations of varying degrees of perceived importance. Peak serum levels of THC were reached within an hour but peak intoxication correlated better with the peak in the ratio of (THC + 11-HO-THC):11-nor-9-COOH-THC. This is also when the strongest impairments on the tests of driving related skills, such as tracking, were observed and when subjects were least willing to drive, reporting the effects of intoxication to be unpleasant at the highest dose. Even so, many subjects were still willing to drive in the situations with the highest perceived importance (12).

The subjects in this study do not appear to be regular users of cannabis or may even be novice to its effects. I think it goes without saying that in this population, THC intoxication can be quite intense and overwhelming. There is also no evidence that these drivers had much — if any — familiarity with performing the skills asked of them while under the influence of

cannabis. Finally, these subjects were average drivers and not highly skilled/trained athletes such as racecar drivers. These issues are important when trying to relate the effects on performance observed here to that which might be seen in trained athletes attempting to use cannabis as an ergogenic agent. Most athletes attempting to use cannabis in this fashion are likely to be regular or at least semi-regular users and as such are already familiar with its effects and, if attempting to use it ergogenically, would quickly become familiar with performing under these effects. Trained athletes, especially Olympic or professional level athletes, are by definition highly skilled and not just the average Jane who knows the rules of the game and plays with her friends. As such, when they compare to the population of drivers, they are the equivalent of a competitive race car driver.

An attempt was made to address at least one of these issues when the study was replicated. This time the researchers used participants who were all at least “occasional cannabis smokers” (13). It could therefore be argued that the subjects were reasonably familiar with the effects of cannabis and may have even driven under its influence in the past. This, however, only helps address some of the issues with the first study and does not resolve even those as signs of tolerance do not usually express in occasional smokers, which more often express signs of sensitization to the effects of cannabis especially in novel environments like the laboratory. Furthermore, both studies use oral and not intrapulmonary administration of THC. Most users of cannabis who have tried both routes of administration would agree that they produce discernibly different effects, one of which is a more prolonged and steady intoxication with the oral route while smoking peaks quickly and begins ►

ning to drop off within two hours. All these factors make it hard to equate such studies to the performance of highly skilled athletes evidencing signs of tolerance to the effects of cannabis, who are used to smoking small quantities before engaging in their chosen specialty. A pilot study has attempted to address the issue of regular vs. novice or irregular use of cannabis but because of a sample size of two, it is of limited value at this time. However, the fact it utilized PET scans as part of the measure of performance both when the participants were sober and under the influence of THC makes the results interesting. When under the influence, the participants appeared to have higher metabolism compared to when sober in areas related to attention and motor coordination, and less activation in the motion traction parts of the visual cortex. These findings suggest that even in regular users, cannabis intoxication may negatively impact tasks that require coordinated movement, such as driving or sports (14). That said, the task was not one the subjects were highly experienced with or had experience with under the influence of cannabis.

Most of the previous issues, except for the high performance sports driver comparison, were reasonably effectively addressed finally by Ronen, et al. 2008. Ronen and colleagues mainly found that soon after smoking, cannabis appeared to impair driving abilities and increase the physical effort and discomfort involved in driving. This was accompanied by a tendency to compensate by slowing down compared to baseline scores. Compare this to a blood level of 0.05% alcohol, which was found to increase sleepiness while increasing speed over baseline scores. The subjects in this study smoked either 13mg or 17mg THC, were familiar with driving and the effects of cannabis, and they still showed signs of impairment (which they correctly

adjusted for) in this complex behavior. That said, no impact on driving was observed 24 hours after the 17mg dose (15). So, based on these findings, our analogy can at least say that it is likely that for average, non-professional athletes who use cannabis on a semi regular to regular basis outside of doing their chosen sport, getting high shortly before participating would probably impair their performance. That said, give even one day since their last use and there should be no impact.

This still however leaves the question of the high performance drivers (no pun intended) experienced with the use of cannabis of which there are several (see Table 1). How would this group perform if they were given time to adjust to the testing environment (i.e. the driving simulator) and to the effects of cannabis in this environment? I would not be satisfied with this analogy for sports until about 15 sports drivers familiar with the effects of cannabis were given at least ten 30 to 60 minute training sessions on the simulator, five tests sober and five after smoking cannabis, followed by two testing days both sober and after smoking. It is suggested that only under these conditions would it be most likely to observe the ability of cannabis to facilitate getting “in the zone” during a measure of driving performance and that only this would make the analogy complete since facilitating psychological flow is the primary reason athletes would use cannabis ergogenically.

Another implication of this analogy is that perhaps Nick Diaz is special in the way he responds to cannabis because of his ADHD. This would definitely appear to be a possibility when one considers the case report of the young German man with ADHD who in the process of reapplying for his driver's license was tested under the influence of rather high serum levels of cannabinoids

and was found to be better than averagely fit to drive on several of the measures of performance taken and at least passing on all the others. It was suggested that cannabinoids were producing a beneficial effect on this individual's ADHD symptoms and may actually be improving his performance over baseline (which was not taken because the subject was clearly in no state to drive) (16). If we apply this to our driving/sports analogy, we see that it is possible the same could be happening for Nick Diaz, even though it has been demonstrated he can win just fine while testing negative for cannabinoids. If this were the case, then he would be outside the norm and not be representative of the impact of cannabis use on athletes.

## Chronic Intoxication in Experimental Animals

Some of the effects of cannabis intoxication believed to be important to performance in sports have been studied in rats, so it would be reasonable to ask for which effects are tolerance observed and for which it is absent. One effect of CB1 agonists, like THC, which repeatedly apparently fails to induce the development of tolerance is the acquisition and retrieval of spatial memory. Even after repeated daily exposure for two weeks, rats and mice both appear to express spatial memory deficits when tested under the influence of the drug (17, 18).

That said, other findings have called these findings into question. One measure of a drug's rewarding properties is whether or not, and to what degree, it can produce preference for a drug-linked environment given a choice when sober. This is called the conditioned place preference paradigm. Most drugs of seri-

ous abuse (nicotine, caffeine, alcohol, cocaine and other stimulants, opiates, benzodiazepines and barbiturates) readily induce place preference in lab animals. The cannabinoids, on the other hand, appear to only do so when very specific conditions are met. Otherwise, THC and synthetic cannabinoids have been repeatedly shown to produce place aversion (19, 20). Furthermore, cannabinoid antagonism appears to induce place preference in these animals (19). This finding has implications for performance of spatial memory tasks in rodents suggesting that “dis-taste” for cannabinoid intoxication could be inhibiting performance as much as or more so than impairment of spatial memory as such (20). Even worse, such effects as place preference or aversion only grow stronger with repeat exposure, which would indeed give the impression of lack of tolerance to the supposed spatial memory impairment. Another study of especially long-term exposure (13 weeks) to high doses in rats, followed by seven weeks abstinence from the drug, found that not only did the THC-treated animals show no impairments compared to their untreated counterparts, but that those who had received the two highest doses exhibited less signs of anxiety and better complex maze performance (21). It appears if anything that long term exposure to THC improved sober spatial functioning in these animals.

Even though spatial memory issues observed in animals following cannabinoid intoxication are used to strengthen the arguments against the use of cannabinoids by athletes, the full picture makes it hard to tell what if any relevance these observations have to human athletes. Furthermore, tolerance is indeed observed to many of the adverse acute effects of cannabinoid intoxication in animals. For example, although acute intoxication inhibits

both acquisition of new tasks and performance on acquired tasks, tolerance to these effects developed after chronic administration. Interestingly, if a low-dose cannabinoid antagonist was substituted for THC following repeat exposure to THC, the ability to acquire a new task was impaired (22). This suggests that the brain learns to compensate for the disruptive effects of cannabinoids on learning, possibly through adjustments in the tone of the endocannabinoid system, and that learning can be impaired by any change significantly deviating from that which this system is currently set to.



**Stoned juggler performing Mel's Mess,**  
from youtube video Stoned Juggling by Isakthor.

Another potentially beneficial effect has been observed in animals following administration of low-dose cannabinoid agonists. Moderate to high doses of cannabinoids were found to inhibit stimulus detection processes. However, low doses appear to facilitate stimulus detection (23). This suggests that not only can athletes develop tolerance to many of the adverse effects of acute cannabinoid intoxication but that a hit or two of cannabis might actually improve some parts of the athlete's game, such as “keeping their eye on the ball.” It might be particularly interesting to study this question in cannabis smoking jugglers, of which there are many.

## Measures of Performance in Regular Users

Although a consensus has not been reached, many studies have presented evidence suggesting intoxication-induced impairment even in long-term regular cannabis users. There is, however, general consensus on the acute effects. During acute intoxication, cannabis disrupts vigilance, ability to perform mental tasks, explicit and working memory, and one's ability to correctly estimate intervals of either time or space. Negative reactions such as panic, random disconnected thoughts, hallucinations, delusions and other disturbing perceptual changes can also occur in some individuals (24). Although occasionally appearing at typical recreational doses, such responses occur more frequently with doses significantly larger than typical for the individual in question (Interestingly, the WHO has suggested that at least synthetic THC be placed on Schedule IV of the United Nations Convention on Psychotropic Drugs, the lowest and least restrictive of this scheduling system (24).). It seems that, with rare exception, acute cannabis intoxication will result in impaired performance in sports.

So how does frequent intoxication compare to the acute intoxication? One of the first studies to really effectively address this question found that while mental processing speed was slower, accuracy in task performance was unaffected by the intoxication produced by smoking THC in regular users of cannabis (average: 24 joints a week) (25). This suggests that while processing speed for explicit tasks requiring executive functions may be somewhat impaired in regular cannabis smokers, they have found ways of compensating for many of the other effects, possibly at the cost of ▷

this reduction in processing speed. Another study found that in regular users smoking 13mg, THC produces no significant cognitive-motor skill or coordination impairment, and only a slight impairment to processing speed. On the other hand, the same users were significantly impaired by 17mg THC on measures taken. This is despite the fact that both doses were rated as pleasurable, with good drug effect and high (26). A year later, another study essentially confirmed this finding. Here it was demonstrated that even at the peak of effect, frequent users showed no significant impairments other than a slight reduction in processing speed as evidenced by a slight increase in reaction time in the stop signal task. In contrast, the same dose significantly impaired performance of occasional users on all measures taken. This suggests that the performance of athletes who frequently use cannabis would not be particularly impaired by low doses of cannabis.

## Where do the Athletes Stand?

There is little question where Nick Diaz stands. Cannabis helps him approach life more consistently, possibly even including his training, though this is not so clear. In the past, smoking the night before a fight has not appeared to affect his performance. However, Nick Diaz is just one of millions of athletes the world over. He is also not the first to come out publicly in support of cannabis. For example, Mark Stepnoski, five-time All-Pro center and member of two winning Dallas Cowboy Super Bowl championship teams, is a long time cannabis smoker who went on from football to take over as president of the Texas chapter of NORML. Although admitting to socially using cannabis periodically from high school through his career, Mark claims to have done his best to have kept his cannabis use and

his athletic life separate. Although not providing much input on the effects of cannabis on performance, Mark is clearly no slouch and his story does not suggest that his cannabis use hurt his career in any discernable fashion (27).

On an administrative level, the UK's Sports Minister, Richard Caborn, stated in 2006 that he felt the ban on cannabis should be lifted for the 2012 London Olympic Games, suggesting the real threat lay in the realm of ever evolving serious doping agents. Let the police focus on policing society and social drugs. He suggests, "[The World Anti-doping Authority is] not in the business of policing society. We are in the business of rooting out cheats in sports. That's what WADA's core function is about (28)." However this is of little consolation for those, like Canadian Olympic Snowboarder Ross Rebagliati, have already had their gold medals revoked due to testing positive for cannabis. Clearly Ross was not impaired by

the significant level of cannabinoids in his bloodstream when he won that good medal. However, you never know, this might be just what multi-record breaking multi-gold medalist, Michael Phelps, was hoping to hear. Perhaps then he might grow some integrity, instead of caving and apologizing for something reasonably benign at the first sign of corporate sponsor pressure. Let your record speak for itself, Michael, it demands no apology.

In most cases, the portion of cannabis users inside any given sport is often significant and may in some cases even be a majority. Those cannabis users inside pro sports have often reported that cannabis use amongst their peers is common if not rampant. During an interview with the New York Post in 2001, basketball player Charles Oakley claimed that about 60% of his fellow NBA players use cannabis, which agrees with the findings of a 1997 poll which found between 60% and 70% of players at the time consumed cannabis. Indeed, NBA and NFL players get busted for cannabis possession or for testing positive for it on a regular basis and many of the highest performing NBA players are rumored to be regular users (29). One NFL player, Ricky Williams, has even retired rather than unnecessarily change his lifestyle for the game (30).

In a truly inspirational piece of work on the subject, semi-retired pro-wrestler and avid cannabis activist Rob Van Dam, not only suggested cannabis was quite common in his sport, telling stories of personal use with other wrestlers and pointing to numerous cannabis-related busts of pro-wrestlers, but suggested that it could provide performance enhancing effects "in athletic and contact sports (such as wrestling, powerlifting, football), co-ordination sports (snowboarding, surfing, basketball), and finesse sports (golf, bowling) (30)." His observations



Michael Phelps poses for a photo with then-US President George W. Bush after Phelps won his first Olympic gold medal at the 2008 Summer Olympics  
by Shealah Crieghead.)

Out of the Shadows, Into the Light....

Best Selection in Bay Area  
Free, Secure On-site Parking  
Full ADA Access  
Knowledgeable, Supportive Staff  
Professional, Friendly Security  
6 minutes from Downtown Oakland  
10 minutes from Berkeley

Free Holistic Care Clinic  
**NEW! All Medicine LAB TESTED**  
Pathogenic Mold Screening  
THC Percentage Quantification  
1st Clean Green Certified Dispensary  
Wide Selection of Healthy Clones



Harborside Health Center  
1840 Embarcadero, Oakland CA 94606  
510-533-0146 [harborsidehealthcenter.com](http://harborsidehealthcenter.com)  
11AM – 8PM 7 days/week

No card required: we will verify your doctor's recommendation.

**PATIENT ID CENTER**

- We issue secure ID cards to cannabis patients and caregivers to assist in the safe access of medical cannabis; previously known as Oakland Cannabis Buyers' Cooperative (OCBC).
- Provider group referral listings for medical cannabis with ID Card.
- 24hr. Online verification for Medical Cannabis Providers and Law Enforcement
- 24hr. Hotline pager/ voicemail for emergency Law Enforcement use.
- Certificate to post in patient's garden with physician's recommendation.
- Hemp Store with Books, Clothing, Growing Supplies, Assistive Devices for use of medicine.
- Education, Advocacy and Referrals to other groups / Cultivation classes for members.

**PATIENT ID CENTER**  
**Northern Branch**  
 1733 Broadway  
 Oakland, CA 94612  
 phone: (510) 832-5346  
 fax: (510) 986-0534  
 Located between 17 St. & 19 St. on Broadway

Office hours are  
 Monday thru Friday 10:00a.m. To 6:00p.m.  
 And Saturday 10:00a.m. To 5:00p.m.

[www.rxcbc.org](http://www.rxcbc.org) [www.legalcannabis.com](http://www.legalcannabis.com)



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

**Each and every issue I will be  
 Giving away 2 Herbal Aire Vaporizer  
 to some needy medical patient!**

**The rules are very simple :**

- 1) You must be a member in good standing with TY or your local compassion club.
- 2) Financially impossible for you to purchase on your own
- 3) You must be 21 years of age or older
- 4) Legitimate Medicinal users only
- 5) Write or email a short 100 word story detailing why you should be a recipient
- 6) Provide a photo and any documentation necessary to support your request
- 7) If chosen you may have your photo and a short reason why you were selected printed

**Please note I expect a lot of inquiries so only the most in need please apply.  
 Through Treating Yourself KDK Distributors and HerbalAire we wish you well !**

**Kelly KDK Distributors**

Free Vaporisor  
 22 Anaheim Bay N.E.  
 Calgary , Alberta  
 Canada, T1Y 7E2  
[kellyk@valleyofgreen.com](mailto:kellyk@valleyofgreen.com)





**Charles Oakley in 2007**  
by shgmom56

appear to be confirmed by Table 1, which lists a diverse variety of athletes caught “doping” with cannabinoids. Rob Van Dam is perhaps the most extreme pro-wrestler to date. Starting out at Extreme Championship Wrestling (ECW) and eventually moving to World Wrestling Entertainment (WWE) when the original ECW went under in 2001, Rob Van Dam has participated in over 1000 events. He is the only wrestler to have held both the ECW and the WWE championships at the same time (31). All together, he held 19 Championship belts, some multiple times, and received numerous other commendations throughout his primary wrestling career.

For those stuck on the fact that pro-wrestling is a semi-scripted sport, to put it bluntly — some of that shit simply can't be faked! He has also received numerous injuries over his career, ranging from concussions to broken limbs and eventually surgery on one of his knees (30). As he said in a 1999 interview with High Times when asked what it's like to land on a concrete floor, “It feels exactly like what it looks like. When I jump over the top rope and land ten feet down on my head on the cement, it feels like I just landed on my head on cement (32).” Not wanting to impede his dream of



**Rob Van Dam performing a 5-Star Frog Splash.**



**RVD performing his signature move, the Rolling Thunder, on Marcus Cor Von, February 4, 2007 Champaign, Illinois.**

pro-wrestling, Rob did not even try cannabis until his 21st birthday, a year after he became a professional wrestler. He was at an event in Jamaica with other pro-wrestlers he had always looked up to and it was these fellow athletes who introduced him to cannabis. He has used cannabis regularly ever since, claiming to have frequently used cannabis at events, even once almost missing his cue while passing a joint with his peers. In other words, he performed his extreme death-defying feats exceptionally well, even when technically high (30). When asked what it was like to perform after smoking a joint



**Rob Van Dam, during his tenure as both WWE Champion and ECW World Champion, poses on the ropes before a title defense against The Big Show. Photographed by FPAI.**

and if he had ever experienced what he felt were negative effects on his performance, Rob had this to share with me:

*"The effects of cannabis block stresses of the mind and body, and also seem to bring out a happy, positive emotion that can be referred to as 'comfortable.' Finding comfort while performing high pressure situations is extremely helpful. The pressures applied by the circumstances as well as by oneself to be at one's very best in front of a live crowd of screaming fans makes most performers visibly nervous, often for hours before the event, gaining momentum as the moment approaches. To be able to walk through the curtains feeling fine and even looking forward to 'doing your thing' can turn an intense experience into a pleasurable one at times, and it shows in the performance.*

*I've found that agility and gracefulness are not affected, only attitude in a positive way. On the other hand, I do believe that a slight measure of respiratory stamina is sacrificed, meaning the performer may breath just a little bit harder when intoxicated — which is offset by being in great condition. If the competition is a breath holding contest or maybe even a long distance run, it is possible that a lot of toking could work against you, but I also believe that the amount of consumption is a huge factor at that point, meaning one or two tokes (prospectively) may benefit that same runner."*

In his article, Rob goes on to discuss how cannabis might facilitate performance in different sports. By far the most insightful of his observations, and one crucial to the development of the central thesis of this article, is that cannabis appears to facilitate the change in mental and physical state required to "get into the zone" (30). This observation is important because in it is the key to unlocking how cannabis can be ergogenic under the right cir-

cumstances. It is also one very familiar to the cannabis using population of jugglers such as myself but one which I had not personally put much thought into before.

## Flow into the Zone

After reading Rob Van Dam's comments on "the zone," or psychological Flow as it is officially called, I was able to build a picture of what is going on in the brain during this process on a variety of measures and related these to how cannabis effects the same measures. In so doing, I came up with a testable theory for the most likely conditions under which ergogenic effects from cannabis might be observed experimentally, thereby proving what many athletes have been saying all along. I propose a theory of low-dose cannabis-induced ergogenesis, in the form of improved access to the state of flow, in highly skilled athletes evidencing signs of tolerance to the effects of regular cannabis use.

Psychologist Mihály Csíkszentmihályi proposed the concept of "Flow," deriving the name from the phrase "going with the flow." Although he admits he is not the first to document this state, he may be the first to describe it in Western psychology. There are several features which commonly occur during the state of flow, not all of which need be present for the state to qualify. Wikipedia lists the nine features as (33):

*"Clear goals (expectations and rules are discernible and goals are attainable and align appropriately with one's skill set and abilities).*

*Concentrating and focusing, a high degree of concentration on a limited field of attention (a person engaged in the activity will have the opportunity to focus and to delve deeply into it).*

*A loss of the feeling of self-consciousness, the merging of action and awareness.*

*Distorted sense of time, one's subjective experience of time is altered. Direct and immediate feedback (successes and failures in the course of the activity are apparent, so that behavior can be adjusted as needed).*

*Balance between ability level and challenge (the activity is neither too easy nor too difficult).*

*A sense of personal control over the situation or activity.*

*The activity is intrinsically rewarding, so there is an effortlessness of action.*

*People become absorbed in their activity, and focus of awareness is narrowed down to the activity itself, action awareness merging (33)."*

There are several situations in which flow is commonly experienced. Musicians often experience it, especially when performing improvisational solos. It may also be experienced during some forms of meditation. Modern video games are often designed around the concept so as to make for a full emersion experience; when playing, you lose awareness of time and to a great extent the rest of your inner and outer environment. It has also been suggested that runners in the depths of a "runner's high" experience this state. The ability to enter and utilize this state is necessary for the mastery of such sports as tennis and golf. Professional racers have even described the experience of flow during particularly good races (33).

*"When challenges and skills are simultaneously above average, a broadly positive experience emerges. Also vital to the flow state is a sense of control, which nevertheless seems simultaneously effortless and masterful. Control and concentration manifest with a transcendence of normal awareness; one aspect of this transcendence is the loss of self-consciousness (33)."*

In some people, cannabis can produce flow-features 3, 4, 9 and pos-

sibly 8. This is the second suggestion that cannabis might facilitate entering the state of flow, the first coming from athletes stating so. Besides these psychological features of flow, there are also brainwaves and neural features which accompany it. Decreases in beta and increases in alpha, theta and sometimes even delta brainwaves are believed to be associated with the same situations as flow is associated with. This includes meditation (34), the runner's high (35), golf (36) and group drumming (37). The use of cannabis also increases theta and alpha waves at the expense of beta waves. Even the relatively non-psychoactive cannabinoid, cannabidiol (CBD), on its own is capable of producing this effect (38). Acute administration of THC produces this effect on the brainwaves transiently (39) whereas heavy use for 15-24 years consecutively produces a constant increase in theta and alpha waves (40). This change in brain activity has been dubbed "transient hypofrontality" because of decreases on frontal lobe activity observed during activities such as endurance running, daydreaming, meditation and many forms of drug intoxication (41).

The neurocognitive basis for the transient hypofrontality observed during the experience of flow has been elucidated by Dietrich in 2004 (42). Cognitive theory has proposed separate but equal forms of memory/processes in the brain called the implicit or procedural memory and explicit or declarative memory. Explicit memory involves deliberate, conscious retrieval of learned information or previous experiences. The definition of implicit is a bit more elusive for some. Implicit memory involves things exemplified by the phrase "you never forget how to ride a bike." The use of the implicitly learned memory "how to ride a bike" gets automatically accessed and utilized with no conscious

effort on your part. An explicit process would be consciously working out how to read a new word whereas an implicit process would be the typical effortless reading you are non-consciously doing now (43). Not only do these two types of memory differ in function but also differ in which brain regions they utilize. Dietrich, 2004, used this framework to analyze flow and develop a very enlightening picture of the phenomenon. First he discussed neural structures associated with the two types of memory. Implicit memory is mostly supported by the basal ganglia whereas the frontal lobe and medial temporal structures underlie explicit memory. Where skill-based implicit memory is more efficient, explicit processes involve the executive functions associated with greater flexibility and gone awry allow us to over-think things. Usually explicit functions dominate conscious awareness and neurocognitive resources, however, during flow, these functions are suppressed and resources are diverted to the more efficient implicit processes that come to the forefront of awareness. This allows the most practiced skills to be put to use without any interference from the "over-thinking" explicit processes (42). The experience of flow thus by definition requires a state of transient hypofrontality very similar to that produced by cannabis. In diverting resources away from the forebrain and its related executive processes to the areas of the brain associated with coordinated movement such as the visual cortex and motor cortex, this transient hypofrontality is produced by exercise and is likely responsible for much of the cognitive and emotional benefits observed after exercise (44). Similar changes in neural activity have also been observed in jazz improvisation using functional magnetic resonance imaging (45, 46, 47). Some athletes have suggested that the easier it is to reach this state and the faster one reaches

it, the more benefit one gains from the exercise and that cannabis provides just such facilitation. As Rob Van Dam might say, if you are not comfortable, you are just not going to get in the zone. Cannabis provides a comfortable state of mind. Considering the historically high frequency of cannabis use among jazz musicians, one must wonder if they feel similarly.

As it turns out, cannabis too produces this state of hypofrontality (48), transiently at first (39) and then pervasively with heavy daily use over a period of decades (40). Cannabis suppresses the explicit memory and related functions while leaving implicit memory and working memory functions untouched. Indicative of the implicit/explicit efficiency/flexibility trade off, THC can produce a speed/accuracy trade off (48).

## Conclusion

These findings help elucidate the effects of cannabis and THC which could prove useful in inducing flow and thereby improve performance. The use of low doses of cannabis in regular users may improve stimulus detection and visual tracking (23), suppress the executive functions in the forebrain, and allow well-learned skills in the implicit memory to readily come to the forefront. This facilitation of flow would be most likely to occur in regular users of cannabis and when the difficulty of the activity at hand was well-matched to the skill level of the person performing it. In the case of low-dose cannabis combined with exercise and sports, there may even be a degree of hypofrontality synergism produced. It is likely that these benefits would be lost after administration of moderate and strong doses and therefore should be avoided in combination with such activities. It is suggested that the less of a skill base an athlete already possessed, the less benefit cannabis could provide. For some activities, cannabis could even be an impediment.



ment until the skill has been mastered.

The theory I have proposed here is based on anecdotal and experimental evidence. The theory itself has not been directly tested to date in the laboratory but is clearly worth investigating. Future research should focus on the highly skilled “artisans” of any field, in particular the regular cannabis users among them, while they are under the influence of small doses of THC or cannabis. It may also be useful to rule out the amplified effects of cannabis intoxication in a novel

environment by providing at least two training sessions in the experimental environment under the influence of cannabinoids. A couple fields which might be particularly worth investigating are high performance drivers, skilled jugglers capable of improvisational juggling (i.e., not following a single pattern or routine), and video game savants.

Would this potentially ergogenic effect from cannabis facilitated flow be considered cheating by the various sports authorities? Or would UK's Sports Minister,

Richard Caborn, withdraw his request that cannabis be removed from the list of substances banned from 2012 Olympics if he suspected it? Perhaps yes, but it is also possible that such an effect would be determined to be inconsequential as hints to its existence have often been scientifically dismissed in the past. In the meantime, it is likely that those athletes in the know like Ron Van Dam and Nick Diaz will simply continue to do what they know works while outperforming their peers, setting records, winning championships and earning gold medals. 🏆



## References

- Pugnire, L. MMA fighter Nick Diaz says smoking marijuana is part of his plan. Los Angeles Times, 2009 Apr 9.
- Vandermere, J. Pot Smoking Athlete's Comments Cause Controversy. Cannabis Culture, 2009 Apr 24. HYPERLINK "http://www.cannabisculture.com/v2/content/pot-smoking-athletes-comments-cause-controversy" (Accessed 5/20/2009).
- Hockensmith, R. MMA Submission: Nick Diaz's Life Choices. Yea. That stuff. But is it a distraction? ESPN: The Magazine, 2009 Apr 10.
- Nick Diaz. Wikipedia. HYPERLINK "http://en.wikipedia.org/wiki/Nick\_Diaz" "http://en.wikipedia.org/wiki/Nick\_Diaz" (Accessed 5/20/2009).
- Frank Shamrock: MMA Record. Wikipedia. HYPERLINK "http://en.wikipedia.org/wiki/Frank\_Shamrock" "http://en.wikipedia.org/wiki/Frank\_Shamrock" (Accessed 5/20/2009).
- Randy Couture: Mixed Martial Arts Record. Wikipedia. HYPERLINK "http://en.wikipedia.org/wiki/Randy\_Couture#Mixed\_Martial\_Arts\_record" (Accessed 5/20/2009).
- Ewing, BT. High school athletes and marijuana use. Journal of Drug Education, 1998; 28 (2): 147-57.
- Lorente, FO, Peretti-Watel, P and Grelot, L. Cannabis use to enhance sportive and non-sportive performances among French sport students. Addict Behaviors, 2005 Aug; 30 (7): 1382-91.
- Bahrke, MS and Yesalis, C. Performance-enhancing substances in sport and exercise. Human Kinetics Publishers; 1 ed, 2002.
- Campos, DR, Yonamine, M and de Moraes Moreau, RL. Marijuana as doping in sports. Sports Medicine, 2003; 33 (6): 395-9.
- Saugy, M, Avois, L, Saudan, C, Robinson, N, Giroud, C, Mangin, P, and Dvorak, J. Cannabis and sport. British Journal Sports Medicine, 2006 Jul; 40 Suppl 1: i13-5.
- Ménétrey, A, Augsburger, M, Favrat, B, Pin, MA, Rothuizen, LE, Appenzeller, M, Buclin, T, Mangin, P, and Giroud, C. Assessment of driving capability through the use of clinical and psychomotor tests in relation to blood cannabinoid levels following oral administration of 20 mg dronabinol or of a cannabis decoction made with 20 or 60 mg Delta9-THC. Journal of Analytical Toxicology, 2005 Jul-Aug; 29 (5): 327-38.
- Giroud, C, Augsburger, M, Favrat, B, Menetrey, A, Pin, MA, Rothuizen, LE, Appenzeller, M, Buclin, T, Mathieu, S, Castella, V, Hazeekamp, A, and Mangin, P. [Effects of oral cannabis and dronabinol on driving capacity]. Annales Pharmaceutiques Françaises, 2006 May; 64 (3): 161-72.
- Weinstein, A, Brickner, O, Lerman, H, Greenland, M, Bloch, M, Lester, H, Chisin, R, Mechoulam, R, Bar-Hamburger, R, Freedman, N, and Even-Sapir, E. Brain imaging study of the acute effects of Delta9-tetrahydrocannabinol (THC) on attention and motor coordination in regular users of marijuana. Psychopharmacology (Berl), 2008 Jan; 196 (1): 119-31.
- Ronen, A, Gershon, P, Drobner, H, Rabinovich, A, Bar-Hamburger, R, Mechoulam, R, Cassuto, Y, and Shinar, D. Effects of THC on driving performance, physiological state and subjective feelings relative to alcohol. Accident: Analysis and Prevention, 2008 May; 40 (3): 926-34.
- Strohbeck-Kühner, P, Skopp, G and Mattern, R. [Fitness to drive in spite (because) of THC]. Archiv für Kriminologie, 2007 Jul-Aug; 220 (1-2): 11-9.
- Nava, F, Carta, G, Colombo, G, and Gessa, GL. Effects of chronic Delta(9)-tetrahydrocannabinol treatment on hippocampal extracellular acetylcholine concentration and alternation performance in the T-maze. Neuropharmacology, 2001 Sep; 41 (3): 392-9.
- Boucher, AA, Vivier, L, Metna-Laurent, M, Brayda-Bruno, L, Mons, N, Arnold, JC, and Micheau, J. Chronic treatment with Delta(9)-tetrahydrocannabinol impairs spatial memory and reduces zif268 expression in the mouse forebrain. Behavioral Pharmacology, 2009 Feb; 20 (1): 45-55.
- Cheer, JF, Kendall, DA, and Marsden, CA. Cannabinoid receptors and reward in the rat: a conditioned place preference study. Psychopharmacology (Berl), 2000 Jul; 151 (1): 25-30.
- Robinson, L, Hinder, L, Pertwee, RG, and Riedel, G. Effects of delta9-THC and WIN-55,212-2 on place preference in the water maze in rats. Psychopharmacology (Berl), 2003 Feb; 166 (1): 40-50.
- Holston, RR, Ali, SF, Scallet, AC, Slikker, W Jr, and Paule, MG. Benzodiazepine-like behavioral effects following withdrawal from chronic delta-9-tetrahydrocannabinol administration in rats. Neurotoxicology, 1989 Fall; 10 (3): 605-19.
- Delatte, MS, Winsauer, PJ, and Moerschbacher, JM. Tolerance to the disruptive effects of Delta(9)-THC on learning in rats. Pharmacology, Biochemistry, and Behavior, 2002 Dec; 74 (1): 129-40.
- McLaughlin, PJ, Brown, CM, Winston, KM, Thakur, G, Lu, D, Makriyannis, A, and Salamone, JD. The novel cannabinoid agonist AM 411 produces a biphasic effect on accuracy in a visual target detection task in rats. Behavioral Pharmacology, 2005 Sep; 16 (5-6): 477-86.
- Carlini, EA. The good and the bad effects of (-) trans-delta-9-tetrahydrocannabinol (Delta 9-THC) on humans. Toxicol., 2004 Sep 15; 44 (4): 461-7.
- Vadhan, NP, Hart, CL, van Gorp, WG, Gunderson, EW, Haney, M, and Folini, RW. Acute effects of smoked marijuana on decision making, as assessed by a modified gambling task, in experienced marijuana users. Journal of Clinical and Experimental Neuropsychology, 2007 May; 29 (4): 357-64.
- Weinstein, A, Brickner, O, Lerman, H, Greenland, M, Bloch, M, Lester, H, Chisin, R, Sarne, Y, Mechoulam, R, Bar-Hamburger, R, Freedman, N, and Even-Sapir, E. A study investigating the acute dose-response effects of 13 mg and 17 mg Delta 9- tetrahydrocannabinol on cognitive-motor skills, subjective and autonomic measures in regular users of marijuana. Journal of Psychopharmacology, 2008 Jun; 22 (4): 441-51.
- Gorman, P. HIGH TIMES INTERVIEW: Mark Stepnoski. High Times, 2009 Apr. HYPERLINK "http://hightimes.com/news/ht\_admin/231" "http://hightimes.com/news/ht\_admin/231" (Accessed 5/23/2009).
- Allow Athletes to use Cannabis, Says Sports Minister. London Evening Standard, 2006 Dec 12. HYPERLINK "http://www.thisislondon.co.uk/news/article-23378010-details/Allow+athletes+to+use+cannabis,+says+sports+minister/article.do" "http://www.thisislondon.co.uk/news/article-23378010-details/Allow+athletes+to+use+cannabis,+says+sports+minister/article.do" (Accessed 5/23/2009).
- Sind, B. Stoned Sportsmen. Cannabis Culture Magazine, 2001 June. HYPERLINK "http://www.cannabisculture.com/articles/1951.html" "http://www.cannabisculture.com/articles/1951.html" (Accessed 5/23/2009).
- Van Dam, R. Weed, Wrestling, and Athletic Enhancement. Cannabis Culture Magazine, 2008 Sep. HYPERLINK "http://www.cannabisculture.com/v2/content/weed-wrestling-and-athletic-enhancement" "http://www.cannabisculture.com/v2/content/weed-wrestling-and-athletic-enhancement" (Accessed 5/23/2009).
- Rob Van Dam. Wikipedia. HYPERLINK "http://en.wikipedia.org/wiki/Rob\_Van\_Dam" "http://en.wikipedia.org/wiki/Rob\_Van\_Dam" (Accessed 5/23/2009).
- Holmstrom, J. Rob Van Dam '420': I Am The Fucking Show. High Times Archive, 1999 March. HYPERLINK "http://hightimes.com/entertainment/agrossmann/2690" "http://hightimes.com/entertainment/agrossmann/2690" (Accessed 5/23/2009).
- Flow (psychology). Wikipedia. HYPERLINK "http://en.wikipedia.org/wiki/Flow\_(psychology)" "http://en.wikipedia.org/wiki/Flow\_(psychology)" (Accessed 5/24/2009).
- Brainwaves: Normal Activity: Wave Patterns. Wikipedia. HYPERLINK "http://en.wikipedia.org/wiki/Brainwaves" "http://en.wikipedia.org/wiki/Brainwaves" (Accessed 5/24/2009).
- Brain Wave States & How To Access Them. Synthesis Learning 2005-2008. HYPERLINK "http://synthesislearning.com/article/brwav.htm" "http://synthesislearning.com/article/brwav.htm" (Accessed 5/24/2009).
- Baumeister, J, Reinecke, K, Liesen, H, and Weiss, M. Cortical activity of skilled performance in a complex sports related motor task. European Journal of Applied Physiology, 2008 Nov; 104 (4): 625-31.
- Winkelman, M. Complementary therapy for addiction: "drumming out drugs". American Journal of Public Health, 2003 Apr; 93 (4): 647-51.
- Murillo-Rodríguez, E, Millán-Aldaco, D, Palomero-Rivero, M, Mechoulam, R, and Drucker-Colin, R. The nonpsychoactive Cannabis constituent cannabidiol is a wake-inducing agent. Behavioral Neuroscience, 2008 Dec; 122 (6): 1378-82.
- Struve, FA, Manno, BR, Kemp, P, Patrick, G, and Manno, JE. Acute marihuana (THC) exposure produces a "transient" topographic quantitative EEG profile identical to the "persistent" profile seen in chronic heavy users. Clinical Electroencephalography, 2003 Apr; 34 (2): 75-83.
- Struve, FA, Patrick, G, Straumanis, JJ, Fitz-Gerald, MJ, and Manno, J. Possible EEG sequelae of very long duration marihuana use: pilot findings from topographic quantitative EEG analyses of subjects with 15 to 24 years of cumulative daily exposure to THC. Clinical Electroencephalography, 1998 Jan; 29 (1): 31-6.
- Dietrich, A. Functional neuroanatomy of altered states of consciousness: the transient hypofrontality hypothesis. Consciousness and Cognition, 2003 Jun; 12 (2): 231-56.
- Dietrich, A. Neurocognitive mechanisms underlying the experience of flow. Consciousness and Cognition, 2004 Dec; 13 (4): 746-61.
- Explicit Memory. Wikipedia. HYPERLINK "http://en.wikipedia.org/wiki/Explicit\_memory" "http://en.wikipedia.org/wiki/Explicit\_memory" (Accessed 5/24/2009).
- Dietrich, A. Transient hypofrontality as a mechanism for the psychological effects of exercise. Psychiatry Research, 2006 Nov 29; 145 (1): 79-83.
- Limb, CJ and Braun, AR. Neural substrates of spontaneous musical performance: an fMRI study of jazz improvisation. PLoS ONE, 2008 Feb 27; 3 (2): e1679.
- Bengtsson, SL, Csikszentmihalyi, M and Ullén, F. Cortical regions involved in the generation of musical structures during improvisation in pianists. Journal of Cognitive Neuroscience, 2007 May; 19 (5): 830-42.
- Berkowitz, AL and Ansari, D. Generation of novel motor sequences: the neural correlates of musical improvisation. NeuroImage, 2008 Jun; 41 (2): 535-43.
- Curran, HV, Brignell, C, Fletcher, S, Middleton, P, and Henry, J. Cognitive and subjective dose-response effects of acute oral Delta 9-tetrahydrocannabinol (THC) in infrequent cannabis users. Psychopharmacology (Berl), 2002 Oct; 164 (1): 61-70.





Looking for a different approach to your health care?  
Take control of your life.  
Homeopathic Medicine Family Practice  
Mississauga, Ontario

Tel: 416-910-1555

Salvatore Messina HD.

Homeopathic Doctor, Certified Iridologist  
Two term past board member of the OHA  
(Ontario Homeopathic Association)

[www.thehomeopathicdoctor.com](http://www.thehomeopathicdoctor.com)

[info@thehomeopathicdoctor.com](mailto:info@thehomeopathicdoctor.com)



hydroponicz  
growing solutions

Order **ONLINE** Today!

[www.hydroponicz.net](http://www.hydroponicz.net)

**Treat Yourself members receive 5% OFF on orders**

Use coupon code "treat08"

**LOWEST PRICES  
GUARANTEED!**



We carry the following products

- Soilless
- Dutch Nutrient Formula
- Fans
- Fittings
- Gardens
- Grow Lamps
- Growing Mediums
- Insect Spray and Controls
- Complete Lighting Kits
- Misc
- Nutrient
- Odor Control
- Organics
- Pumps
- and MORE!



**We Carry Affordable Complete Lighting Kits**



Visit us online today at <http://www.hydroponicz.net>

Treating Yourself, Issue 18 - 2009 - 61



# Allergies

Salvatore Messina HD.  
Homeopathic doctor, certified Iridologist.

**A**llergic responses often occur spontaneously, and can cause a reaction in any part of the body. The reaction can manifest itself on the surface of the skin or internally, affecting an organ or many organ systems.

Allergic responses can range from an insect bite causing swelling and itchiness in the local area of the bite, as severe as an itchy palate or throat constriction after eating peanuts, or a runny nose, watery eyes with sneezing or wheezing after coming in contact with furry animals. This can occur even in their mere vicinity for very sensitive people.

The most common allergy-related illnesses are hay fever, asthma attacks, skin issues like rashes, eczema and hives. Food allergies can often remain unrecognized because the discomforts can be subtle and not always immediate. Bloating, diarrhea, indigestion, headaches and joint pain are some of the symptoms that come from allergies. Heart palpitations and mood swings can be alleviated by removing the causative factor or factors.

People with allergies may have other conditions such as hypoglycemia, candidiasis and chronic fatigue and are more susceptible to fungal and parasitic infections. Allergies are due to a hyper reaction of the immune system to a particular normally-innocuous substance, but in sensitive people, can become life-threatening. When an allergen comes into contact with any mucous membrane, the skin or bronchioles, the immune system perceives it as an enemy and triggers a series of reactions set up to fight this threat.

Allergens can be found outdoors and in the home and business. Some dili-



ladywalkercleaning.com

gent work needs to be done to scope out and eliminate the culprits. Weeds, trees, flowers, insecticide, pesticides, fungicides — many of these agents are found outdoors. Carpets and dust mites and some of the main indoor allergens; cleaners and detergents are some chemical agents that people can be allergic to as well.

The pantry and refrigerators also

hold items that can trigger an allergic reaction: white flour, milk products, moldy nuts of varying variety (especially peanuts); the mold may not be visible, but never the less present. Others include the dyes used in food colouring, MSG (Monosodium Glutamate) used for flavour enhancement, food additives, artificial colour, artificial taste, the list goes on and on. Some people may have just a sensitiv-

ity to the same allergens, but the symptoms are much milder than a full-blown allergic reaction.

Homeopathy has a wonderful and gentle approach in helping people and animals build up their immune systems to help minimize the effects of allergies, or eliminate them altogether. Please seek emergency response or medical attention if an allergic reaction is severe. A homeopath or healthcare practitioner can help you minimize future flare-ups or allergic reactions afterwards.

If allergies prevent you from effectively working or enjoying your life, look into all the possible causes that may make you sick, including cigarette smoke, alcohol or prescription medication. These can have a profound effects on the body as a whole and lower the resistance of the immune system. Many homeopathic remedies treat acute allergic flare-ups. For last-

ing relief, constitutional homeopathic care is needed. When all else fails, homeopathy offers acute remedies to treat the symptoms of hay fever and allergies.

**Some of the common homeopathic remedies for an acute allergic reactions are:** Allium cepa, Arsenicum, Dulcamara, Euphrasia, Nux vomica, Pulsatilla and Sabadilla.

Homeopathic eye drops are also available for red, tired, itchy and watering eyes.

The potency for the selected remedies can be a 6 CH, 12 CH, 30 CH. Higher potencies should be used with caution.


**For more information:**  
Salvatore Messina HD.

Homeopathic doctor, certified Iridologist.

[www.thehomeopathicdoctor.com](http://www.thehomeopathicdoctor.com) • [info@thehomeopathicdoctor.com](mailto:info@thehomeopathicdoctor.com)

Office: 416-910-1555

### Nutritional advice for allergy relief:

Nutritionally, Pantothenic acid, vitamin B5, is thought to help reduce allergy reactions, along with any other anti-inflammatories, such as quercetin or L-glutamine. Pantothenic acid stimulates production of antibodies. Fruits high in citric acid, like lemons and oranges, can break up mucus. Omega-3 fatty acids also help by reducing inflammation in the body. Vitamin C helps your body to produce adrenal hormones to fight stress and reduce the histamine response that causes allergy flare-ups. 



## PATIENT ID CENTER



- We issue secure ID cards to cannabis patients and caregivers to assist in the safe access of medical cannabis; previously known as Oakland Cannabis Buyers' Cooperative (OCBC).
- Provider group referral listings for medical cannabis with ID Card.
- 24hr. Online verification for Medical Cannabis Providers and Law Enforcement
- 24hr. Hotline pager/ voicemail for emergency Law Enforcement use.
- Certificate to post in patient's garden with physician's recommendation.
- Hemp Store with Books, Clothing, Growing Supplies, Assistive Devices for use of medicine.
- Education, Advocacy and Referrals to other groups / Cultivation classes for members.

**PATIENT ID CENTER**  
**Southern Branch**  
**470 S. San Vicente Blvd.**  
**Los Angeles, CA 90048-4107**  
**phone: (323) 852-1039**  
**fax: (323) 852-1051**  
**Cross Street is Drexel, Located between**  
**Wilshire & 3rd St., South of Beverly Center**  
**Office hours are**  
**Monday thru Friday 10:00 a.m. To 6:00 p.m.**  
**And Saturday 10:00 a.m. To 5:00 p.m.**

[www.rxcbc.org](http://www.rxcbc.org)



[www.legalcannabis.com](http://www.legalcannabis.com)

# My Story: Faith vs. Belief!

By: "Suggarpaws" @ greenpassion.org

Dictionary definitions:

**Faith:** noun 1. belief that is not based on proof

**Belief:** -noun 1. confidence in the truth or facts

**M**y name is Tish, and I live in the mid-south, where there is NO available help for people in need of medical grade marijuana, and the options for acquiring any decent marijuana are very slim. I was raised in a kind, open minded, and peace loving environment, where marijuana was always present for family unity, quality of life, and spiritual purposes. My father was busted for a large marijuana crop when I was younger, a Reagan POW until a few years ago. This had a terrible effect on my family, and being so young and naive, gave me a lasting wrong impression of marijuana. He was a long-time hippie-believer in the positive effects of marijuana, and had always stated it could be improved to really help those in need. "Have some faith Tisha," he would say, "the universe takes care of its children."

"Hogwash!" I said, "It was an easy way out to easy money at OUR expense!"

Oh, the convictions of a pre-teen know-it-all — until now.

Several years ago, I was diagnosed with SLE (systemic lupus). This has been a struggle for me, but I have managed with very little medical treatment, relying mostly on homeopathic care. The medications they use to treat SLE are awful, only

treating certain symptoms, not the disease, and inevitably causing the need for more medication to treat the side effects that those medications cause. My husband has been a great rock for me, always offering care that not all men may extend, and always greeting my needs with a smile and understanding. It will all be okay, I can do this as long as he is by my side... Right...?

And then came August of 2007. We had just moved to Texas as my husband was getting ready to start a new job that we were both excited about. We had a brief window of "time" before he started work, and after taking our own beach trollop, he decides to take a fishing trip to San Francisco with "the guys." I waved him off about mid-day, wishing him good fortune and lecturing him about not driving straight through. He was so happy, life seemed to be finally coming together for us...

8:00 a.m. the next morning, I get "the call."

Imagine heading out on a once-a-year road trip with your friends to see San Francisco for the first time. Excited about the cultural options (and maybe even some bay fishing), you are laughing and joking while each of you take your turn driving throughout the night. It is



fcob.org

dawn, and after finishing your eight hours of driving, you stop for some breakfast, gas, and to take a few beautiful desert pics on I-10 in Arizona. Everyone gets back in the car, your driving duties are done, and you go to sleep in the back seat... To then awoken in the hospital in Tuscan.

Not knowing where you are or what has happened, you are hurriedly being told you are being whisked into surgery from the accident you don't remember being in. "Surgery! For what? Can I call my wife?"

You are missing your right hand and part of your forearm (but they won't let you see it before the amputation), your ribs are broken, one of your lungs is punctured, you have a hemorrhaging brain injury (that they want to operate on) and road rash from the very top of your head to the bottoms of your feet. "Tisha, baby, they are going to take my hand! They want to cut my head open Tisha, where are you? Please don't let them cut into my head! I've never been so scared, and they won't give me any water. What happened to me?"

Speaking via my cell phone at the airport: "I am already on my way my love! You are the strongest man I know; you are going to be okay!"

After surgery and a quick 72 hour

stay in the trauma ward, you are "kicked out" for lack of insurance, and told to resume care at home (more than 1000 miles away). This is the very thing that happened to my husband.

Though I have tried, I know that I can't really imagine what he must feel. This has been the hardest thing either of us has ever dealt with, and for the most part, have had no help in doing so. Garrett now suffers from PTSD as well, due to the fact he was sleeping when the event occurred, which is coupled with the minor traumatic brain injury, both aggravating each other. He is in constant pain. Phantom pains in his arm, where he feels he has electricity running through it or says he feels as if his hand is still there and constantly opening and closing. Constant headaches. Pain in his back, his side, and legs. Terrible trouble sleeping and reoccurring night terrors when he does sleep. Depression. Anxiety. Yet... Somehow... he goes on each day, and tries to hold onto the hope of one day things getting better. I am humbled by his perseverance in the darkest of hours, and the absolute love of life that he so terribly wants to be able to act on once again.

After the first year, having no insurance, we had used all of our savings and extended ourselves financially to try to get him the


minimum medical care needed. We were exasperated from being denied all help from Medicaid, Social Security Disability, and government programs. To our dismay, we had to make the difficult choice to move away from our home and closer to his family for help. Since that point, the only medical treatment my husband has gotten has been for his blood pressure. No prosthetic. No therapy. No pain management. No neurologist. Due to our financial devastation resulting from the thousands of dollars spent medically, we had to make due.

Thankfully, one of my family friends got back in touch with me by chance. They told me they were growing medical-grade hydro, a strain called Dr. Atomic, and offered to sell to us at a low cost. I dunno, but really, what could it hurt for Garrett to get high and forget about things for a while, right? Yet, this was a godsend! Amazingly, his panic attacks almost completely ceased. He could sleep again. His headaches diminished. His pain was much more manageable, especially the phantom pains, which were a constant reminder that he no longer had a hand. In some miraculous way, within having this relief, he made leaps and bound with accepting what had happened to him and "moving on." I finally felt as if I

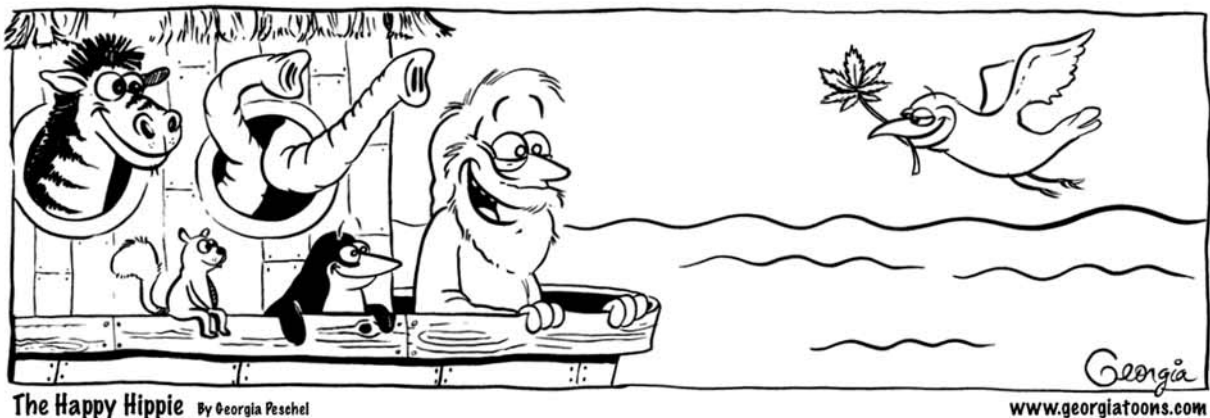
could leave him home alone on a daily basis to work again. For the five months we had this option, life was just better. Both our attitudes and ability to maintain hope were greatly improved, even under our current circumstances. I participated with him, and found that not only did it relieve my stress and depression, but it also helped the intense joint pain I have suffered under for so long! Wow! My stupid conclusions as a child couldn't have been more inaccurate.

Then came the DEA. Off went our friend, and with him all options we had for what I consider to be our medicine.

I so wish we had the means to move to a medical-marijuana friendly state, and be able to sustain ourselves, but at the moment we don't. I am keeping the hope that soon that will change, but right now life is kind of difficult again. It is astounding the impact that the lack of marijuana has on our everyday life.

Regardless, I no longer need to rely on the "faith" my father suggested... I am a believer. So much so, that I am a willing to risk a personal medicinal garden until we can move — and hopefully grow into helping others! 

## Cartoon



The Happy Hippie By Georgia Peschel

[www.georgiatoons.com](http://www.georgiatoons.com)

**TV** CENTERFOLD STRAIN DETAILS


## Lemon Skunk (Reg/Fem)

by DNA Genetics

### Genetics

Skunk

60% Sativa : 40% Indica

### Flowering

8-9 weeks

### Yield

400-500g/m2

### Awards

1st Indoor Hydro Spannabis 2008

1st Outdoor Highlife Cup 2007

2nd IC420 Breederscup 2008

This strain is a cross between two Skunks, the chosen phenotype selected for its lemon characteristics. The Lemon mother has been kept for over 20 years in Las Vegas and the father was chosen here in Holland. The male was donated by Eddie, formally the owner of one of the oldest and most prestigious seed banks in the Netherlands. This original prize male was selected and used in many breeding projects throughout the years. The Lemon Skunk will grow tall and is a good yielder. She has great smelling buds. Her buds are light green with thick orange hairs. She has a high calyx to leaf ratio. This strain is the tastiest and sweetest if she is cut down between 50 and 56 days. We would like to thank the Lemon Man and Eddie for making this possible!



## Train Wreck

by Greenhouse Seeds

### Genetics

Original clone from Arcata, USA

Reversed 100% feminized

### Flowering indoor

Ready in 8 weeks, expect a lot of resin and tower-like calyx formation deforming the buds in the final stages of ripening.

### Flowering outdoor

Ready beginning October, with stretchy branches and long shaped colas.

### Yield

500 grams per m2 indoors.

Outdoors approx. 700 grams per plant

### Effect:

Like the name suggests, a real blast. It hits fast, and it hits hard. Stoney on the body, confusing and trippy on the brain. A truly powerful smoke.

### THC

19.34%

### CBD

0.94%

### CBG

1.01%



## G13

by Finest Medicinal Seeds

### Genetics

US government secret labs

### Flowering indoor

11 weeks

### Yield indoor

up to 2 oz per square foot

### Flowering outdoor

harvest end October-mid November

### Yield outdoor

up to 2.5 pounds per plant, depending on size

### Smell/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



## White Rhino

by Finest Medicinal Seeds

### Genetics

Afghanistan, Brazil, India

### Flowering indoor

8 weeks

### Yield indoor

up to 2.5 oz per square foot

### Flowering outdoor

harvest end September-begin October

### Yield outdoor

up to 1.8 pounds per plant, depending on size

### Smell/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

# High Lumens, *meet our friend high efficiency.*



## the SUPERNOVA

The only one of its kind in the world, the Supernova provides incredible output and efficiency for extraordinary growth potential.

Independently adjustable spectrums let you fine-tune the light to your plants.

Using only 270 watts of power, the Supernova far outshines a 1000w HID light, while providing maximum coverage (5' x 5' area). For even greater growth, choose the Enhanced Spectrum Supernova, at just \$1,399.95. Our standard Supernova is only \$999.95.

## the L.E.D UFO & SATELLITE SYSTEM

Our L.E.D UFO's are extremely efficient and powerful. Using only 90w of electricity, our UFO's eclipse all 400w HID lights on the market. Our **new** Adjustable L.E.D UFO allows for custom output settings and is priced at just \$599.99, while our original L.E.D UFO is priced at \$499.99. Our latest Satellite System allows for extended coverage at only \$49.99. (LED UFO and LED Bulbs not included with Satellite System)

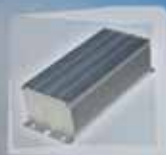


**WE HAVE EVERYTHING YOU CAN POSSIBLY IMAGINE.**  
*take a look online at [www.HIDHut.com](http://www.HIDHut.com) or call for a free catalog!*



### REFLECTORS

Cooltube reflectors for just \$79.99, deluxe air-cooled reflectors with German anodized aluminum inserts for the low price of \$119.99.



### DIGITAL BALLASTS

|                       |          |
|-----------------------|----------|
| 250w Digital Ballast  | \$99.99  |
| 400w Digital Ballast  | \$119.99 |
| 600w Digital Ballast  | \$179.99 |
| 1000w Digital Ballast | \$274.99 |



### NUTRIENTS & ADDITIVES

**Bloomblastic** - triggers explosive sugar and bloom production, and ensures large compact buds with a sweet flavor, all while minimizing plant stresses. 42.3oz for \$205



### COMPLETE DIGITAL SYSTEM

|                               |          |
|-------------------------------|----------|
| 400w Complete Digital System  | \$159.99 |
| 600w Complete Digital System  | \$229.99 |
| 1000w Complete Digital System | \$319.99 |

We've been praised for our quality products, customer service, and attention to detail. We ship in brand-new brown cardboard boxes, safely and discretely all over the world.  
*Call or email us if you ever have any questions!*



**HID Hut** DISCOUNT  
GARDENING SUPPLIES

w: [www.hidhut.com](http://www.hidhut.com)

p: 1.866-678-8565

The choice of connoisseurs...



MNS Seal  
of freshness!



**NEW**  
Official MNS packet!



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

**www.mrnice.nl**

All enquires for sales, wholesale and retail, questions about MNS products and an online catalogue with loads of photos plus free helpdesk supporting all MNS growers... moderated by Shantibaba and Howard Marks.

# Shantibabab's

## GROW tips



## State of Affairs and the real deal with Medical Cannabis today

**M**edical Marijuana is a loose term conveniently over used by many growers nowadays to camouflage predominantly recreational use. Considering there is no real definition or set of regulatory standards to work from, just calling it medical is not enough!

Cannabis does truly help a lot of people where traditional medicines seem limited or not worth the side effects. But due to the lack of authorized regulations placed on this industry it would seem that those who grow for sincere and possibly medical ailments will be a minority. We are here to investigate this a little closer and try to define, set some standards and try to help those suffering from medical

conditions find a strain appropriate for their illness. We are not doctors nor do we try to be, we are just breeders doing work for decades on the plants we love. We know about the strains we developed and have a lot of years experience with these particular strains. We have thousands of grower's worlds wide who follow us and have grown our hybrids. If time and experience count for anything then we feel our work can help many people find alleviation to their ailments in some way.

I tend to think of this inexact science as a Pain Management aid and a way to use nature's gifts instead of blindly believing in traditional medicines and the big drug company's propaganda.

Since the advent of proposition 215 in 1996 in the USA; a defining moment for the new push of compassionate use of Cannabis for the terminally ill, rather a lot of previously dubious or undecided people are now trying their hands at cultivating their own medicinal marijuana. The mere fact that people with terminal illnesses are prepared to cultivate a plant that takes at best 2-3 months to produce is proof that alternative medicines have a lot of merit in treating the sick. Most of these self produced plant products do not do more than help the quality of life for those who use them, and cure is not really a word used by any of them. However a better quality of life for the sick is already a big step up from the

side effects of prescribed medicines.

According to old literature and recipes documenting ancient Chinese life, Cannabis was a useful plant for so many illnesses. It is from information like this we can state with confidence that Cannabis has a long and successful history as a remedial plant. Not many compounds or plants have such longevity in medicine or human application as the Cannabis plant. This factor is very important and hard for anyone to deny, that Cannabis has a place in modern medical times.

As the owner/ breeder of Mr Nice Seedbank and moderator of the [www.mrnice.nl](http://www.mrnice.nl) information site, I daily receive enquiries as to which strain is recommended for certain medical conditions. People who have never cultivated Cannabis in their entire lives and who now are confronted with finding an alternative to care for a sick family member, contact me to ask my opinion about the effects of certain strains on certain sicknesses. This is a phenomenon that has recently gained momentum and shifted the question of legality of the Cannabis plant to the fore front of debate, since it was outlawed in the 1930s.

I treat questions from suffering individuals with more soberness than anything else in my life. In fact it is the most serious thing I have willingly put my time into for many years without really thinking about. I feel it is the reason why my life's work has leads me to this self chosen vocation. As a child I would not have ever thought about doing a job like this. Therefore when I am asked to give advice on an issue of health from a sick person I treat it with the utmost importance. This all stemmed

from recreational use of cannabis if I was to be totally honest. However the alcohol industry and the tobacco industry also came into being due to recreational use and now flourish as the foundations for governments to tax and regulate. In fact the alcohol industry and the tobacco industry knowingly cause health risks but are still allowed to contribute to a government's treasury. Therefore the governments and big business are making it clear that people must be trusted to make their own choice to do to themselves as they wish. How else would alcohol move from prohibition less than 80 years ago to nowadays being readily available in service stations? You can refuel, buy a bottle of wine or some beers and drive away...trusting people do the right and responsible thing...and do not drink and drive. Governments are taxing every alcohol purchase knowing people can also do the wrong and irresponsible thing? So is it not time to trust a plant, which does not need to be processed nor has killed a single person in its 1000s of year existence?

When an individual confronts me and explains their particular problem and concerns, I always try to ask as much as possible to get a fuller understand of the person and their condition. Without prying into the personal details of the individual I do my best to analysis the character of the person and the needs and goals best suited to that individual. I can only help with the strains I am familiar with and never masquerade the truth as I see it. The only real element of Cannabis that a lot of people seem to agree upon is that Indica dominant plants seem to aid with muscle relaxing, appetite stimulation and pain management while Sativa dominant plants seem to be more suited



Cannabis Sativa Koehler Scientific drawing



2700 BC, Cannabis listed in Chinese Emperor Shen Nung's pharmacopoeia



Glandular trichomes contain most of the cannabinoids and essential oils responsible for therapeutic effect, aroma & flavor.

cannabis-science.com



Pure Haze, 8 weeks



Mango, 16 weeks



Super Silver Haze

for those with anxiety related problems, mental fatigue or stress related disorders. I tend to think of indica as a body aid while sativas are more conducive to cerebral conditions. Due to the poly-hybrids we now breed we see we can combine effective blends that satisfy a lot of symptoms. However it is an individual and personal quest to find the plant best suited to the individual.

Cannabis contains more than 60 different cannabinoids and a lot of terpenes (aromas) that are unique to this plant. Finding the plant is the difficult part and takes trial and error to achieve. With persistence and a lot of help from online users/growers we are finding great results for many sick people.

Two examples are the Afghan/Skunk x Afghan/Haze plant we nickname ASH and N.H.S (National Health Service-Northern lights 5 /Haze x Skunk) at MNS. For some time now we have been trying to blend into single plants genetics that satisfy certain criterion and get results. Other blends such as Neville Haze x Skunk, Early Queen x Afghan Haze, Master Kush x Afghan Haze, Mango Haze x Afghan Skunk, Mango

Haze x Widow, Critical Haze, Super Silver Haze and G13 x Widow all seems to be excellent medical blends that bring a combination of pain management with cerebral clarity. Of course due to the inexact science; more trial and error methods, and lack of true controlled and standardised research into poly hybridization, it seems that a community of persistent medical growers will be the back bone of the medical plant research. In a way it is no different to all agricultural products we now use for food, medicine and decorative aesthetics in a garden. These all came from selective breeding from generation to generation, nothing simple or quick. So why or how would we expect it to be different for Medical cannabis?

To avoid a lengthy explanation I will paste a link of several areas to go visit if you wish to see how various growers/care gives exchange information on particular strains. Documented with photos, the grow reports act as the most independently serviced and unbiased controls from the actual seed purchased from a packet of MNS. So to help standardize growing for medical use and since we do not yet have a set standard of rules to grow by

for medicinal use, it will be necessary to allow these sort of independently controlled grows be the medical guide points for the meantime.

<http://www.mrnice.nl/forum/forumdumdisplay.php?f=6>

<http://www.mrnice.nl/forum/forumdumdisplay.php?f=52>

<http://www.mrnice.nl/forum/forumdumdisplay.php?f=56>

<http://www.mrnice.nl/forum/forumdumdisplay.php?f=61>

The particular elements of the plant that concerns the medical community are the cannabinoids and terpenes contained on the plant itself. Our knowledge is increasing with the scientific research put into this field of study. So far we have found that the combination of high CBD and THC at a ratio of 1:1, seem to achieve excellent results for the general problems of disease. Once it was only possible to find such a ratio in Hash. With a lot of independent laboratory testing and access to precise methods of extraction we are now gaining a lot of knowledge in the plight of the sick and those plant breeds that are used to aid these people suffering. MNS is engaged in research with other breeders to try and obtain a plant that can offer an

**Left column:**

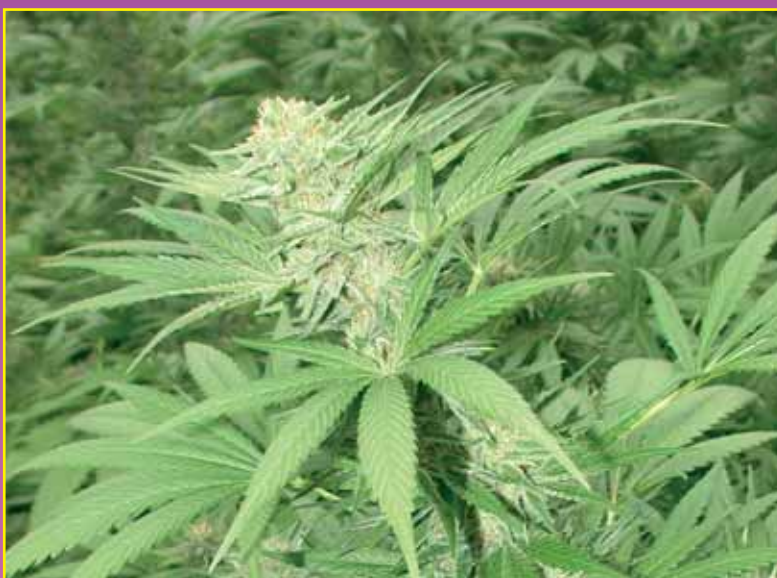
- Sativa leaf
- Indica leaf

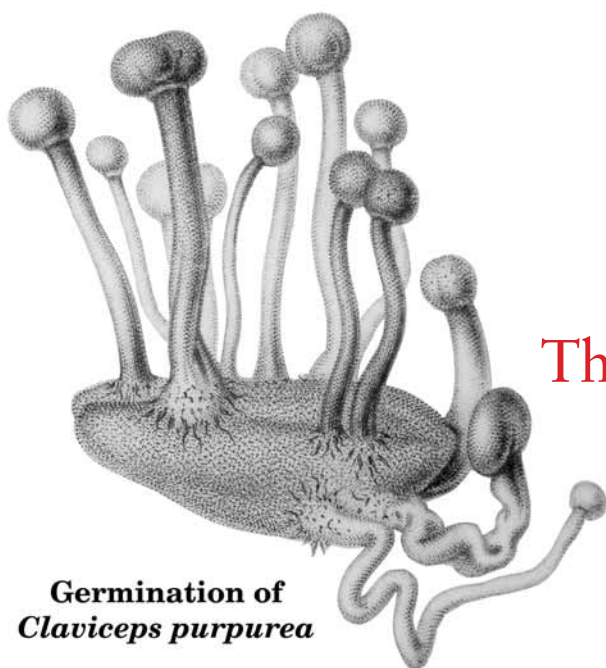
**Right column:**

- Neville's Haze clone 6 weeks
- Sativa female flower cluster
- Indica female flower cluster

all-round beneficial medical effect based on the cannabinoid content and proportions. Time and testing will tell, but due to the lack of funding or recognition our main research comes from dedicated hobby breeders and growers, and seems to remain so for the near future.

Medicinal users world wide are giving the push towards a clearer and compassionate use for the cannabis plant. Most recreational growers are benefitting. As more and more genuine patients achieve a better quality of life from the use of cannabis the story will unfold. I only hope that the elements of greed, power, and self importance remain far enough away to not let this industry go the normal ways. Medical use has been for thousands of years already, it is a resilient plant and a friend for all who use her...not to those who abuse her. 🇨🇦





**Germination of  
*Claviceps purpurea***

# The Eleusinian

**I**t was springtime in '73. I was driving a Chevy Nova 68. "New Mother Nature" by the Guess Who was playing on the cassette as I cruised the countryside.

The houses were from turn of the century rural New England. Each and every one of them has character. Red scarlet flowers bloomed alongside the buildings, contrasting the sun-bleached wood.

Along the road are fields of winter rye. The rye was green and I wanted to park the car and watch it move with the wind, but was too busy for an extended moment.

Late summer, I went back to check on the fields of rye. There were black erect phallics of ergot (*Claviceps purpurea*) standing from the seed heads of rye. I pulled over the car and went for a closer look. There were several dozen of them. Some of them were large and many small ones. I snipped off one large one with some scissors and placed it in a zip lock bag, being careful not contaminate the ergot by touching it. I collected a few more little guys doing the same thing. Tossed them into a cooler, to keep refrigerated but not frozen.

I leave most of the ergots alone. It keeps the gene pool high, they fall



***Paspalum dilatatum***

# Sacrament USA

to the ground, sleep over the winter, awaken and fruit in the spring, spreading spores back to the rye. I can come back next year. I try not disturb mother nature.

When I got home, I placed them in the in another larger ziplock and toss it in the fridge for later inspection.

Typed them on my list of botanicals for trade or sale.

I placed a few under a crab apple tree in the yard to winter over. In the spring, I checked it every day. The ergots fruited over a few days. It was really cool. There were these tiny little mushrooms that fruited from the ergot body, releasing its spores.

Fruiting ergot is a wonderful classroom demonstration and can be easily done.

Ergots are available on the net, but when they have not been stored properly or are old and dried up, they will not fruit.

Cultures for *Claviceps* are available on the net, but are rather expensive. One culture I saw was over a hundred dollars. Many have been patented because they can produce large amounts of ergot alkaloids (eg. ergotamine) in submerged cultures.

Epidemics of ergot have been noted throughout history. It was reported as a culprit in the Salem Mass Witch Trials, but I speculate that it was caused from B-vitamin depletion (eg. pellagra) like with many psychiatric conditions today.

Ergot was also reported in the book, *St. Anthony's Fire*, as the cause of an epidemic of hallucinations in the town. It was later found to be insecticide poisoning in the flour.


Another ergot made famous in Albert Hofmann's book, *The Road to Eleusis*, proposes that the psychedelic sacrament of Eleusis is the ergot called (*Claviceps paspali*) which is parasitic on *Paspalum* (wild grasses). They are very small ergots, approximately a quarter of inch in diameter. *Claviceps paspali* alkaloids (eg. paspalic acid, lysergic acid hydroxylamide) differ from those in *Claviceps purpurea* alkaloids (eg. ergotamine).

*Claviceps paspali* was cultured in Italy in the 1960s. The culture produced 1 to 4 grams per liter in a sugar solution. Today there is a culture that was developed in the Czech Republic that produces over 8 grams of ergot alkaloids per liter of culture (sugar water) in two months.

*Claviceps paspali* grows most prolifically on Dallisgrass (*Paspalum dilatatum*). It is a beautiful perennial ornamental clump grass that grows to height of 3 to 6 feet. The seeds and plant attract wildlife and birds. When planted in a moist area or where it rains a lot, ergots develop profusely.

Ergots can be controlled by turning the soil prior to replanting. Bails of *Paspalum* can be shaken to drop ergots on the ground so that critters (eg. horses, cattle) do not eat them. Dallisgrass ergots cause staggers in farm animals. Animals can injure themselves when they hallucinate from eating them.

Dallisgrass seed is loved by wild birds. When planted in a wasteland, the grass turns the place into an apiary oasis, attracting many species of birds. They are also perennial and don't need tending.

**Thoth Press**, PO Box 6081, Spring Hill, FL 34611 (see ad) has made available Dallisgrass seeds for 2009. Seeds are fresh, fertile and ready for planting. One ounce (12,000 to 20,000 seeds) for \$15 postage paid, check or money order. Comes complete with history and planting instructions. Makes a wonderful gift and necessity for the new age scientist. 

# To FIM or not to FIM

## and when to Top, Lollypop or Supercrop

Jef Tek

TY Cultivation Specialist

I recently conducted an experiment lasting over four separate crops of Afghani Bullrider Sweet 16 that consisted of simply FIM-ing two of the four batches and not FIM-ing the other two. The crops were staggered a week apart and fed the exact same Botanicare nutrients and RO water, each in 4-foot square grow beds and under a 1000-watt HPS light. The acronym “FIM” stands for Fuck, I Missed. When a grower was attempting to top his plants, he inadvertently pinched too little plant material from the top then subsequently coined the term when he found accelerated growth in the remaining branches. FIM-ing is subtler than topping and redistributes hormones throughout the plant without stressing the whole plant too much, as can happen when fully topping them. FIM technically consists of simply trimming or pinching approximately 75% of the top-most growing tip. See picture for better view and you’ll get the idea.

When a plant is intended to be a mother plant, topping is the most popular choice. **Topping** will produce many, many individual branches that will make dozens of excellent clone-stock. If plants are just too darn tall to fit into the bud room (over 16” tall for an indica or over 12” tall for a sativa indoor crop), then topping is a good choice for you. Obviously, outdoor crop heights don’t matter as much unless you want your outdoor crop to finish below the level of your fence, for example. I discovered topping by accident when I dropped a wall on some plants — one was totally crushed, but one was only decapitated two inches and was left with a hollow stem. I thought it was done-for because of the gaping hole you could slide a pencil into, but in a few days, the remainder of the plant survived and produced just as much buds as the unbroken plants did. It had two main colas the size of my forearm; the rest all had one main cola. Topping works but growth is slightly delayed while the plant recovers, try it — you’ll like it. Dropping a wall on your plants is entirely optional!





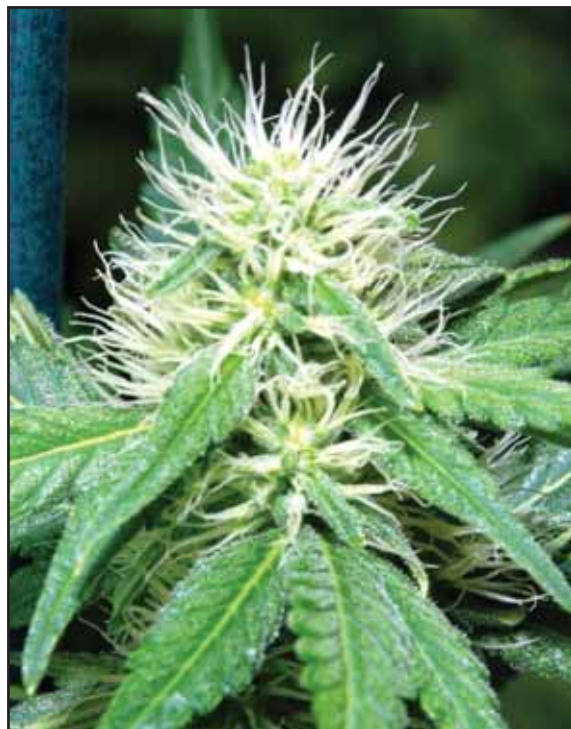
**Lollypopping** is the technique of trimming-up the lowest branches to give yourself good access for watering and to keep a nice air-gap between the soil and your lowest leaves. These lower branches never get enough light to fully bud and deplete the rest of your plant's resources if not removed. These lower branches, when removed while still in the vegetative state, make excellent clone donors. They are the oldest part of the plant and have the most hormone buildup and will root quickly. Check them over well and make sure they aren't infected with thrips or spider mites by giving the fresh cuttings a quick neem oil dip, or H<sub>2</sub>O<sub>2</sub> and water. If every plant lollypopped yields just one clone, you will have a perpetual crop with no need for mothers. This will free up space and prevent bug problems that come whenever anything sits in the same room for more than a month (like mother plants). Lollypopping ultimately gives the remaining buds more girth and fuller "lollypop" appearance when finished flowering. Lollypopping is a must, this you can trust, much better than having your buds in the dust. ▷





Extreme twisting of plant main stems results in the inner hurd or membrane breaking but without damaging the outer skin. In a week, these twisted areas of the stem will be almost twice as thick and woody. When gently twisted between nodes, you can hear a celery-like snap within the stem; it even works on side branches when they are big enough. These tougher limbs will carry more water and nutrients, which will in-turn create and support heavier buds. This technique is known as **supercropping** and it too was discovered by accident. When you really want to maximize a crop but are willing to gently “break” each plant and then wait for growth to catch up, this could be just the ticket for you. It is remarkably easy once you get the feel of it. I once had a crop of 32 assorted plants, seven of them were Jack Herrer and in week three of budding, they shot-up nine inches taller than the rest of the room. I didn’t want to just top them nine inches because there were buds already forming on the top colas, but I didn’t want them touching the lights and burning either. My solution was to actually “break” each Jack Herrer plant about 12 inches from the top, then “break” the main stem back up 6 to 8 inches from the first break and tie the two 180-degree bends with a few twist ties. The very next day, the branches that were pointing down in the center section were now facing the light and without careful examination it was hard to even notice. The two 180-degree turns on all seven plants fattened up and delivered all the nutrients necessary to finish the top buds perfectly. The Jack Herrer finished in nine weeks and was the same height as the rest of the room. This is supercropping and it works; that crop will be talked about forever, it was legendary! My four FIM test crops in this story were Lollypopped but not Supercropped.

Back to the FIM technique. When you remove the required 60 to 80 per cent of the top sprout, this will cause the rest of the plant’s limbs to firm-up. The top bud will still fill out, but without growing upwards too much. Afghani Bullrider is a mostly-Indica strain that finishes in eight weeks regularly. The FIM-ed crops still finished in eight weeks but some of the main buds were double-wide. You can see some disfiguration of leaves at the FIM level in these photos, but clearly the main bud kept growing. I like the





FIM colas because they are flatter and wider, as opposed to the standard pointy colas the non-FIM-ed crop produces. There are still variations from crop to crop because of root development and age of plant when it went into my perpetual bud room, so average weight per plant won't be a true gauge of performance. My AB plants always average one to two ounces apiece, but the FIM-ed plants are fuller and have more pronounced lateral branches that are fully developed. A theory is if you have the kind of plant that matures from the top down, like Blueberry Skunk does, and you know you can harvest the top cola at eight weeks and the lower buds will keep growing and growing for four or more weeks before finishing, you might try FIM to equalize the harvest time. I like to harvest whole plants and keep the show moving and FIM doesn't slow anything down. If you pinch off too little there will be no difference whatsoever but when you clip just enough you will wind-up with twin-towering colas on one plant every time, and who out there doesn't like double colas? I didn't think so. So the 64 million dollar question, "To FIM or Not to FIM"? The answer is, yes, FIM! You have nothing to lose, they require a little more trimming because they are stockier and bushier, but that trim makes more hash anyway, so why not? FIM stands for "Fuck, I Missed," but you really can't miss with this technique. It's a Win/Win-FIM situation, for sure. 🍀



# Rootless Transport Mechanism

(The RTM or Dr. Allen's Procedure)

David B. Allen M.D.  
msbluesman@cableone.net



**T**here is an easy way to deliver substances to your plant leaves by capillary action. This can be done by bypassing the plants roots.

Much like a rose or other flower in a vase of water, cannabis can uptake fluids and actually remain "alive" if the freshly-cut stem is placed in an aqueous solution. The plant root system filters out large molecules, especially if the molecule is highly charged. If a flavoring-agent is placed in the soil, it will remain there, and not be taken up by the plant roots. This is because flavoring agents (flavonoids) are large, highly charged molecules. This results in the flavanoid remaining in the soil. The end result is that the flavoring agents act like a salt in the soil, and thus having osmotic properties, actually draws water from the plant back into the soil. This is a simplification but the end result is to dehydrate the plant and result in its death. I first realized this by killing a fine cannabis plant through placing root beer in the soil. It killed the plant and didn't flavor it (foiled by the root membranes). I next reasoned that if a Christmas tree can be kept alive (for a while anyway) if placed in a solution of salts and sugars, then similar things should apply to cannabis plants.

I took a mature, ready-to-harvest plant and cut it off with sharp pruning shears, and immediately placed the cut stem in a jar of Mexican Vanilla extract. I left the plant's stem

in the solution for about a week. After about 24 hours you could smell the vanilla in the colas, without the vanilla ever coming in contact with the bud. It took a while to dry out the cannabis after the RTM procedure was performed. When smoked, everyone loved the flavor and smell and it didn't make anyone cough. The flavor is hard to describe and thus hard for people to identify, but everyone loved it.

The RTM procedure can be used in a number of different ways. Experimentation must be done to determine the optimum time the plant should be exposed to this procedure with different flavanoids. Possibilities are endless; you can dream up anything you like (Strawberry, Bubblegum, Beer, Maple, mint, or combinations of two or more substances.). No health studies have been done on adding any of these or other substances to a product that is to be smoked and consumed by humans. Flavoring agents do exist in tobacco products, however. Some may be proven safe in the future while others most certainly will have negative health consequences. This procedure may already be in use in some areas of the world, but to my knowledge has not been printed prior to this article. Additionally, this mechanism may be done to flush plants with plain water if needed, to diminish nitrogen harshness on the smoke.

Other important application of the RTM procedure would be to present

to the plants THC PRECURSORS. By placing the live plant, almost ready to harvest, in a solution of Terpenes or Phenols, it would have ready-formed **THC precursors** for the marvelous metabolic machinery of the cannabis plant to work on. The end result could be that any strain of cannabis could be made super concentrated with THC in this manner.

This technique could also hold promise in the future by allowing researchers to combine known medications with the cannabis plant. Steroids, Bronchodilators, Antibiotics and other medical substances could be delivered to the live plant.

Obviously, while no real research has been done towards the safety of doing alterations to the cannabis plants, and I suspect most consumable organic substances would pose little risk, this remains to be proven.

This could be applied to other plants as well. The possibilities are endless.

We need to end the virtual ban on cannabis research. If a qualified person can obtain a license to handle automatic weapons, explosives or other dangerous substances, then a properly-credentialed person should be able to do handle and study this so-called "dangerous drug" called cannabis. 🇺🇸

# Seedmania

## MASSIVE REDUCTION ON ALL SEEDS!

R = Regular Seeds  
F = Feminised Seeds

### BARNEY'S FARM 10 Seeds (Reg.&Fem.)

Amnesia Lemon E52.50/\$105R E59/\$120F  
Blue Cheese E38/\$75R E46/\$90F  
Crimex Blue E40/\$80R E40/\$80F  
G13 Haze E51/\$102R E78/\$155F  
Money B E41/\$82R E40/\$92F  
Laughing Buddha E40/\$92R E72/\$145F  
L.S.D. E40/\$92R E59/\$120F  
Morning Glory E37/\$78R E66/\$120F  
Night Shade E37/\$78R E59/\$120F  
Phatt Fruity E35/\$70R E42.50/\$45F  
Red Cherry Berry E33/\$71R E44.50/\$94F  
Red Diesel E42/\$89R E62/\$129F  
Red Dragon E54/\$115R E67/\$140F  
Sweet Tooth E41/\$87R E66.50/\$136F  
Top Dawg E38/\$87R E51/\$108F  
Utopia E54/\$115R E67/\$138F  
Violator Kush E46/\$95R E72/\$145F  
8 Ball Kush E37/\$75R

### BIG BUDDHA 10 Seeds (Fem.)

Blue Cheese E45/\$90F  
Cheese E45/\$90F  
G-Bomb E45/\$90F  
Buddha Haze E45/\$90F

### DANK DAIRY 10 Seeds (Reg.)

Jack's Surprise E45/\$90R  
Lemon Vencor E54/\$108R  
Pablo Cheese E40/\$80R

### DINAFEM 10 Seeds (Fem.)

Blue Hash E77/\$155F  
Blue Widow E69/\$140F  
Cali Hash Plant E80/\$162F  
Critical+ E79/\$160F  
Moby Dick E96/\$193F  
Moby Hash E87/\$170F  
Powerkush E61/\$120F  
Royal Haze E103/\$206F  
Santa Sativa E99/\$200F  
Shark Attack E83.50/\$186F  
Super Silver E92/\$185F  
White Widow E87.50/\$171F

### DUTCH PASSION 10 Seeds (Fem.)

Blueberry E106.50/\$210F  
Blue Moonshine E97.50/\$195F  
Brainstorm E44.50/\$91F  
California Orange E71/\$145F  
Dolce Vita E80/\$161F  
Durban Poison E86.50/\$130F  
Euforia E79/\$151F  
Flo E106.50/\$215F  
Frisian Dew E86.50/\$125F  
Green Spirit E71/\$142F  
Hollands Hope E57.70/\$115F  
Isis E97.50/\$197F  
Jorge's Diamonds E80/\$161F  
Khola E62/\$125F  
Masterkush E71/\$142F  
Mazar E84.25/\$169F  
Oasis E75.50/\$153F  
Orange Bud E62/\$129F  
Passion #1 E57.70/\$115F  
Power Plant E75.50/\$153F  
Purple #1 E57.70/\$115F  
Sacra Frasca E71/\$142F  
Shaman E48.80/\$98F  
Skunk #11 E44.30/\$91F  
Skunk Passion E62/\$125F  
Skywalker E111/\$223F  
Strawberry Cough E84.25/\$169F  
Super Haze E71/\$142F  
Trance E57.70/\$115F  
Twilight E53.20/\$110F  
Ultra Skunk E75.50/\$151F  
Voodoo E53.20/\$110F  
White Widow E97.50/\$196F

### DNA GENETICS 13 Seeds (Reg.)

Annunaki E80/\$120R  
C13 Haze E50/\$100R  
Cannalope Haze E66/\$132R  
Cannadental E60/\$120R  
Connie Chung E66/\$132R  
L.A. Confidential E75/\$150R

Lemon Skunk E80/\$120R  
Pure Afghan E27/\$54R  
Sour Cream E80/\$120R  
Super Cannalope E50/\$100R  
Sweet Haze E30/\$60R

### FLYING DUTCHMAN 10 Seeds (Reg.&Fem.)

Alphania E31/\$67R  
Amsterdam Mist E75/\$152F  
Arctic Sun E40/\$80R  
Aurora B E20/\$56R  
Blueberry Skunk E79/\$172F  
Dame Blanche E79/\$172F  
Dutch Delight E61/\$133F  
Royal Orange E31/\$67R  
Early Durban E23/\$50R  
Edelweiss E70/\$151F  
Feminised Mix E49/\$108F  
Flying Dragon E61/\$132F  
Fuma Con Dios E31/\$67R  
G Force E57/\$123F  
Hayleys Comet E36/\$79R  
Haze Mist E45/\$98R  
Kerala Kush E27/\$60R  
Mixed Sativa Diva's E36/\$79R  
Nepal Kush E97/\$205F  
Original Haze E58/\$129R  
Pineapple Punch E40/\$87R  
Pot of Gold E40/\$87R  
Power Skunk E79/\$172F  
Real McCoy E40/\$87R  
Skunk #1 E52/\$112F  
Skunk Classic E70/\$151F  
Swazi Safari E40/\$87R  
Temple Haze E68/\$191F  
Thai Tonic E27/\$60R  
The Pure E15/\$35R  
Titan's Haze E45/\$98R  
Voyager E61/\$133F  
White Widow E88/\$193F

### GREENHOUSE 10 Seeds (Fem.)

Alaskan Ice E43/\$86F  
AMS E29/\$80F  
Arjan's Haze #1 E57/\$120F  
Arjan's Haze #2 E57/\$120F  
Arjan's Haze #3 E52/\$110F  
Arjan's Strawberry Haze E61/\$122F  
Arjan's Ultra Haze #1 E61/\$122F  
Arjan's Ultra Haze #2 E61/\$122F  
Big Bang E24/\$48F  
Bubba Kush E47/\$94F  
Cheese E38/\$79F  
Chemdog E43/\$86F  
The Church E29/\$58F  
El Nino E52/\$109F  
Great White Shark E52/\$109F  
Hawaiian Snow E71/\$143F  
Himalaya Gold E43/\$88F  
Jack Herer E43/\$88F  
K-Train E47/\$98F  
Kaia Kush E47/\$98F  
King's Kush E43/\$86F  
Lemon Skunk E33/\$96F  
Neville's haze E71/\$144F  
NL5 Haze Mat E43/\$86F  
Super Silver Haze E66/\$132F  
Train Wreck E43/\$88F  
White Widow E57/\$115F  
White Rhino E57/\$115F

### HOMEGROWN FANTASEEDS 10 Seeds (Reg.)

Afghani E28/\$52R  
Armageddon E53/\$106R  
Australian Blue E53/\$106R  
Amazing Haze E53/\$106R  
Big Bud E31/\$62R  
Blue Haze E53/\$106R  
Blue pearl E53/\$106R  
California Orange E26/\$52R  
Carmella E31/\$62R  
Cheese E53/\$106R  
Citral E26/\$52R  
Early Girl E22/\$44R  
Eclipse E49/\$100R  
First Lady E53/\$106R  
Flashback E31/\$62R  
Fourway E26/\$52R  
Genie Of The Lamp E45/\$90R  
Haze E40/\$80R  
Indoor Mix E18/\$36R  
Jah Herer E53/\$106R

Kumamist E48/\$99R  
K2 E26/\$52R  
Mango E26/\$52R  
Master Kush E26/\$52R  
Millennium E40/\$80R  
Northern Light E35/\$70R  
Original Misty E48/\$100R  
Outdoor Mix E13/\$25R  
Purple E22/\$44R  
Shiva E26/\$52R  
Shiva Afghani E35/\$70R  
Skunk #1 E22/\$44R  
Super Crystal E53/\$106R  
Top 44 E31/\$62R  
Train Wreck E53/\$106R

### KIWI SEEDS 15 Seeds (Reg.)

2 Pounder E51/\$102R  
Algeria E68/\$134R  
Daddy's Girl E47/\$95R  
Hindu Kush E32/\$84R  
Indoor Mix E37/\$75R  
KiwiSkunk E23/\$50R  
Mako Haze E94/\$190R  
Milky Way E51/\$102R  
Mt Cook E47/\$95R  
Outdoor Mix E37/\$81R  
South Star E56/\$113R  
Tasman Haze E68/\$134R  
White Island E51/\$103R

### MAGUS GENETICS 10 Seeds (Reg.) / 5 (Fem.)

Biddy Early E30/\$68R/F  
Biddy Sister E30/\$68R  
Double Dutch E55/\$120F  
Exile E55/\$120R/F  
Motivation E55/\$120R/F  
Warlock E45/\$102R/F

### PYRAMID SEEDS 12 Seeds (Fem.)

Now available as single seeds just divide the price by 12.

White Widow E100/\$200F  
New York City E110/\$220F  
Northern Lights E100/\$200F  
Shark E95/\$190F  
Pipi E95/\$190F  
Nefertiti E105/\$210F  
Wembley E100/\$200F  
Lennon E110/\$220F  
Galaxy E65/\$130F  
Tutankhamon E65/\$130F

### RESERVA PRIVADA 6 Seeds (Fem.)

R.K.S. E35/\$79F  
Silver Bubble E35/\$79F  
Snowcap Romulan E50/\$110F  
Tora Bora E50/\$110F

### SEEDSMAN 10 Seeds (Reg.&Fem.)

Afghani #1 E20/\$45R  
African Buzz E20/\$45R  
Ata Tundra E20/\$45R  
Columbian Red Haze E20/\$45R  
Early Durban E20/\$45R  
Haze Mix E13/\$30R  
Hash Passion E20/\$45R  
Hindu Kush Skunk E20/\$45R  
Hawaiian Skunk E20/\$45R  
Indian Haze E13/\$30R  
Indian Skunk E20/\$45R  
Jungle Wreck E20/\$45R  
Narkush E20/\$45R  
Mama Mia E35/\$80F  
Mama Thai E20/\$45R  
Mazari E35/\$80F  
Nemesis E35/\$80F  
Northern Lights E20/\$45R  
Northern Soul E35/\$80F  
Outdoor Mix E13/\$30R  
Original Haze E13/\$30R  
Original Skunk #1 E35/\$80F  
Power Africa E35/\$80F  
Purple Bud E20/\$45R  
Skunk Haze E13/\$30R  
Skunk Mix E13/\$30R  
Swazi Skunk E20/\$45R  
Skunk #1 E20/\$45R  
Sugar Haze E20/\$45R  
Velvet Bud E35/\$80F  
White Widow E20/\$45R E35/\$80F  
Top Skunk 44 E20/\$45R

### SENSI SEEDBANK 10 Seeds (Reg.&Fem.)

Afghani #1 E45/\$98R  
American Dream E61/\$129R  
Big Bud E78/\$176R E88/\$189F  
Black Domina E85/\$184R  
California Indica E39/\$88R  
Durban E49/\$109R  
Early Girl E49/\$109R  
Early Pearl E49/\$109R  
Early Skunk E29/\$65R  
Ed Rosenthal Superbud E125/\$270R  
First Lady E45/\$98R  
Four Way E88/\$100R  
Fruity Juice E88/\$109R  
Guerrilla's Gusto E22/\$53R  
Hash plant E106/\$222R  
Hawaiian Indica E61/\$130R  
Hindu Kush E29/\$65R  
Indoor Mix (25 Seeds) E49/\$109R  
Jack Flash E88/\$189F  
Jack Flash #5 E97/\$204F  
Jack Herer E133/\$280R  
Jamaican Pearl E49/\$109R  
Maple Leaf Indica E45/\$98R  
Marley's Collie E106/\$222R  
Mexican Sativa E20/\$45R  
Mother's Finest E71/\$155R  
Mr Nice G13 x Hashplant E126/\$271R  
Northern Lights E97/\$204R  
Northern Lights #5 x Haze E121/\$259R  
Outdoor Mix (25 Seeds) E39/\$91R  
Ruderalis Indica E20/\$45R  
Ruderalis Skunk E40/\$92R  
Sensi Skunk E23/\$51R  
Shiva Shanti E30/\$71R  
Shiva Shanti II E20/\$45R  
Shiva Skunk E59/\$134R  
Silver Haze E78/\$169R E88/\$189F  
Silver Pearl E61/\$136R  
Skunk #1 E20/\$60R E35/\$76F  
Skunk Kush E73/\$158R  
Super Skunk E39/\$91R E49/\$109F  
Sensi Female Mix E67/\$146F

### SERIOUS SEEDS 11 Seeds (Reg.)

AK47 E60/\$131R  
Bubble Gum E55/\$121R  
Chronic E55/\$121R  
Kali Mist E60/\$131R  
White Russian E55/\$121R

### SEEDISM 5 Seeds (Fem.)

Cheesewreck E45/\$90F  
Nevilleberry E45/\$90F  
White Skunk E45/\$90F  
Killa Watt E45/\$90F  
AppleJack E45/\$90F  
BLZBud E45/\$90F

THESE PRICES ARE ONLY  
AVAILABLE AT A CASH  
PRICE.

FOR MONEY  
ORDERS AN EXTRA 10%  
NEEDS TO BE ADDED TO  
THE ORDER TOTAL

### EXAMPLE:

DUTCH PASSION - FLO  
WITH CASH YOU PAY: \$183.00  
WITH A MONEY ORDER  
YOU PAY: \$201.00

SEND YOUR COMPLETED  
ORDER FORM TO:

WW.

P.O. BOX 1332

COVENTRY

CV8 3YA

WEST MIDLANDS  
UNITED KINGDOM

DISCRETION ASSURED!  
GUARANTEED DELIVERY

ESTABLISHED SINCE 1990

# The Gold Seal Collection



## An Inside Look

Jay Generation

For over a decade of intensive breeding, I've grown hundreds of different clone-only strains and many seed varieties. And, of course, the many hybrids between the two. These four hybrids from the Gold Seal Collection are some of the best

I've seen. All are very consistent and stable, and, most importantly, potent and flavourful. They have been selected for easy, strong growth with big yields, so they thrive even in the gardens of novice growers.

The medical potency of these hybrids is very apparent. The Grapefruit Diesel and the Romulan Diesel have a more stimulating effect on the mind. The Grapegod and Grapefruit Kush have a more sedative effect that works great for nerve pain. All grow great in most growing techniques — outdoor, indoor with hydro or soil, big or small plants.

The following are some basic characteristics I've noticed in my experience with them.

### Purple Diesel



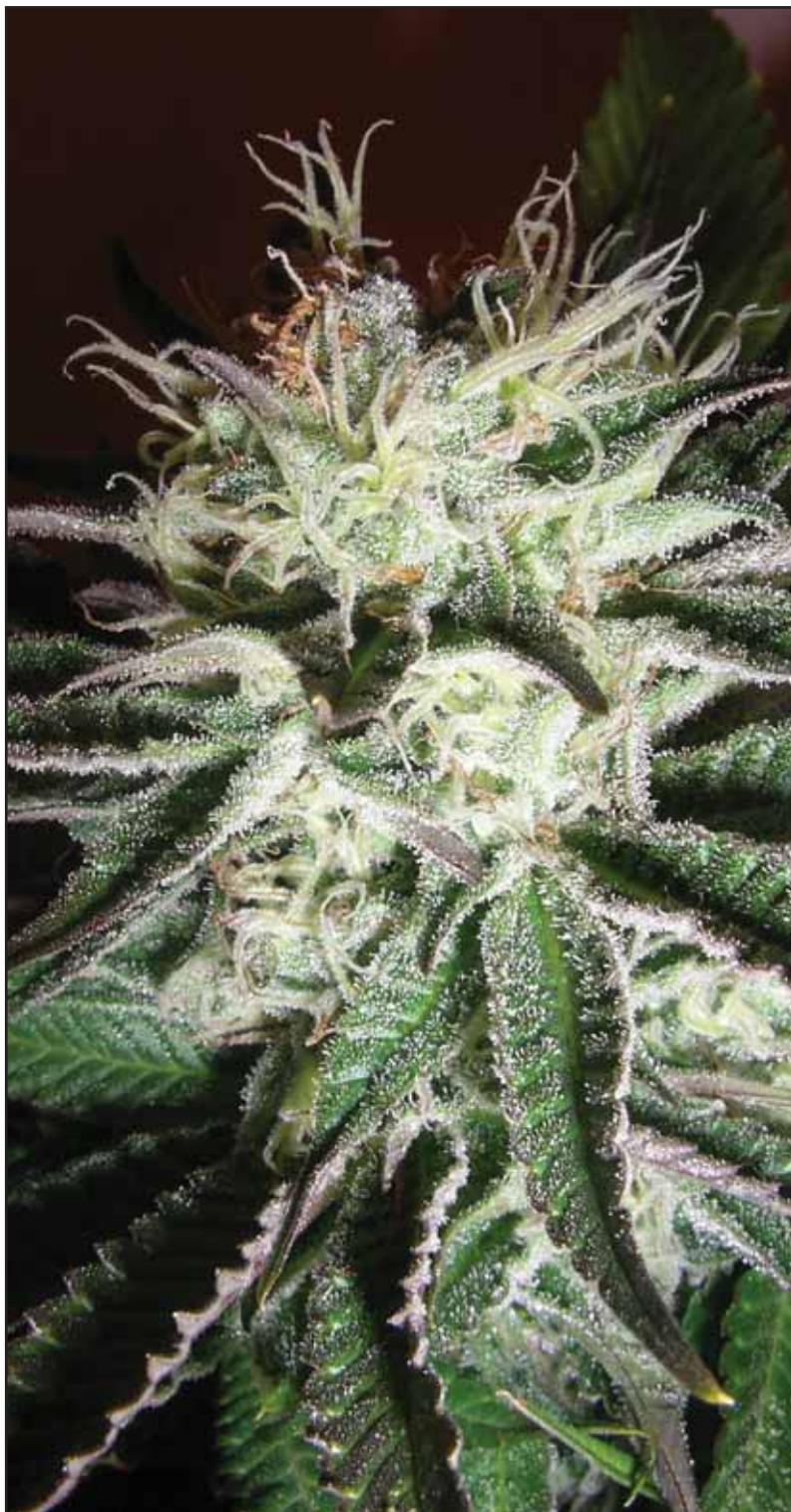
## The Parents:

**Purple Diesel:** The Diesel mother used as my breeding parent is known as “Purple Diesel” for its obvious purple colors. It is very different than the typical NYCD and other Diesel selections. The biggest difference is the faster flowering time — 50 days and you’re ready to harvest. Its mid-size stature and branchy growth pattern make it a great yielding plant in any grow method; hydro or soil, big or small, indoor or outdoor. The buds shine with trichomes and have purple hues, making it one of the most beautiful and photogenic plants I’ve every seen. And when it comes to mould and pest resistance, the Purple Diesel is way above average for resilience.

Perhaps the most important thing is the quality, that same great flavour that the Diesel family is known for is as strong as ever. It has a complex potent high with positive aspects from both indica and sativa sides of the genus. Enjoyable high, good for daytime use as it doesn’t leave you sleepy. The taste is smooth and full bodied, very deep flavour all the way through.

Over the past few years we’ve made many different hybrids with this clone, and I’m currently working on an early-flowering outdoor version that will finish outdoors in the first week of September. Currently available in seed form are two different F1 hybrids: **Romulan Diesel**, and **Grapefruit Diesel**. Both of these vigorous hybrids have very unique characteristics that made me select them to be in the Gold Seal Collection.

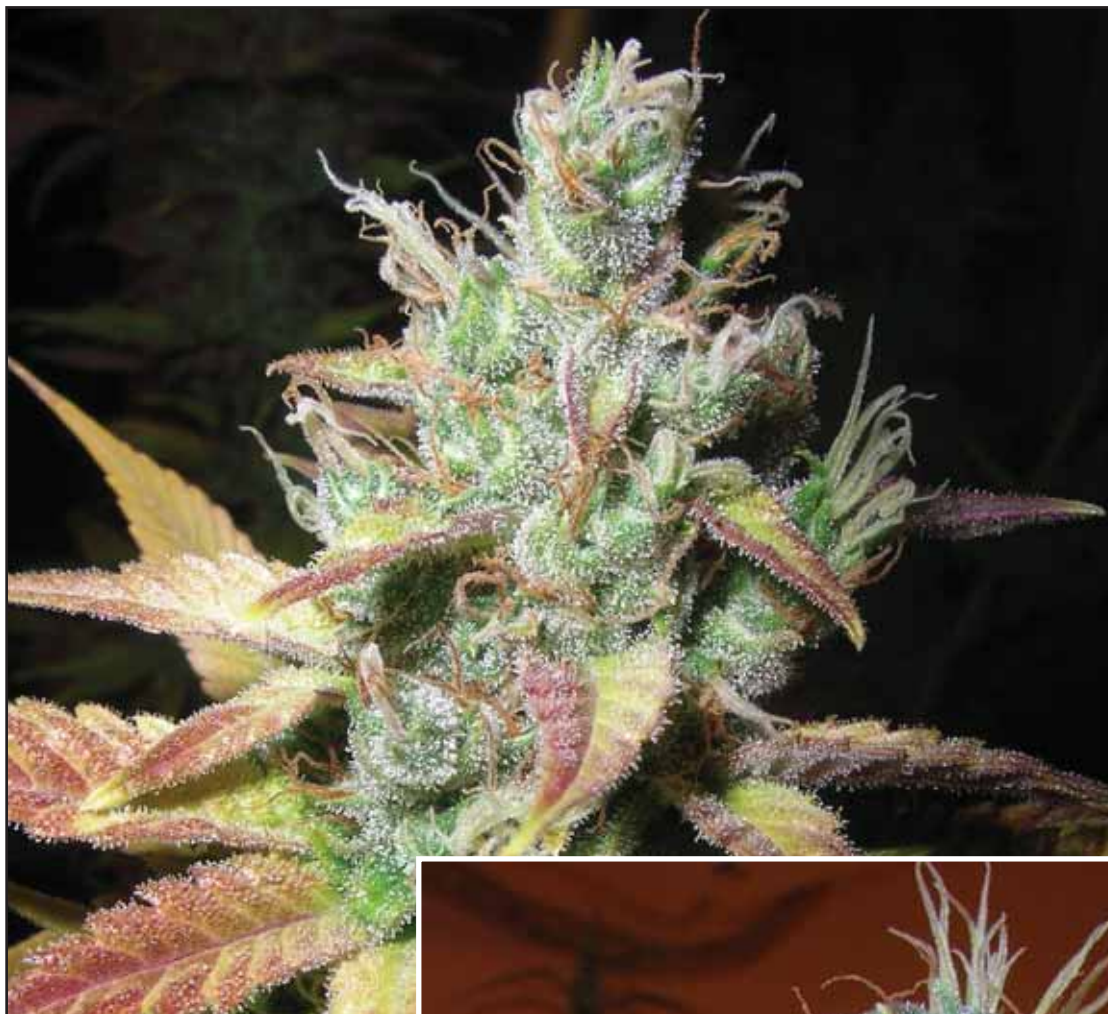
**The Grapefruit Diesel** is very special for its deep and rich flavour. The yields are very large and it’s great for large production gardens, with the quick flowering time making it an easy favourite. This variety thrives both indoors and outdoors.



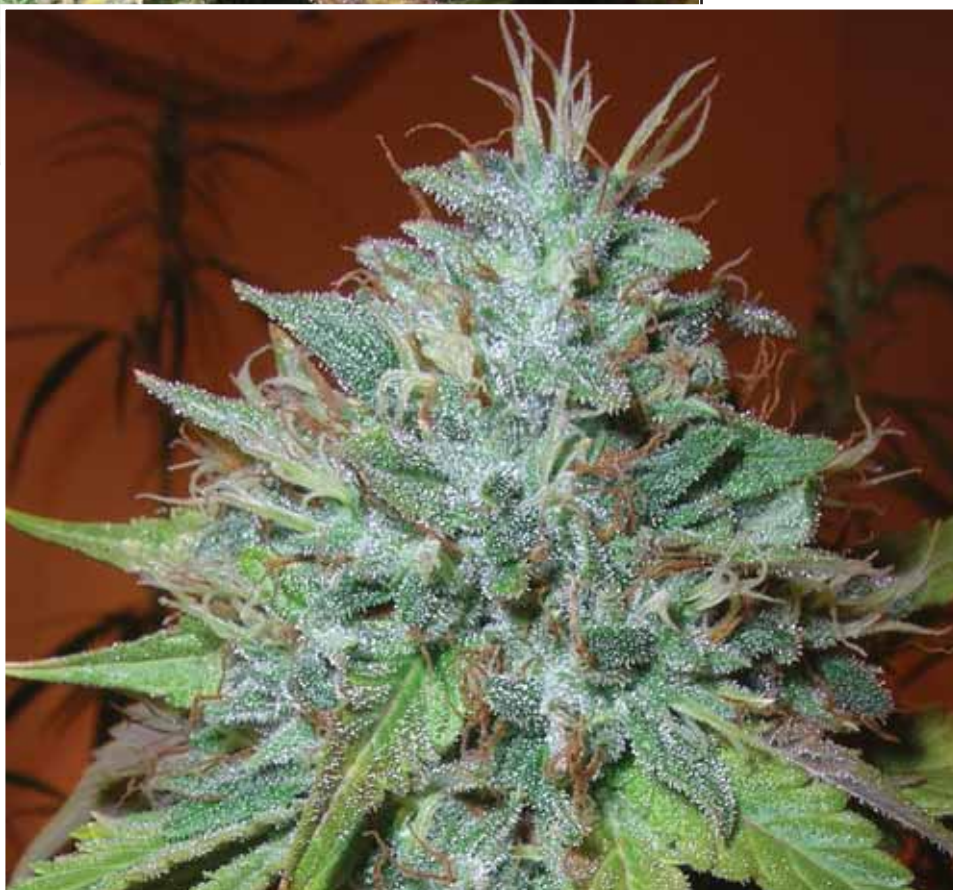
**Grapefruit Diesel**

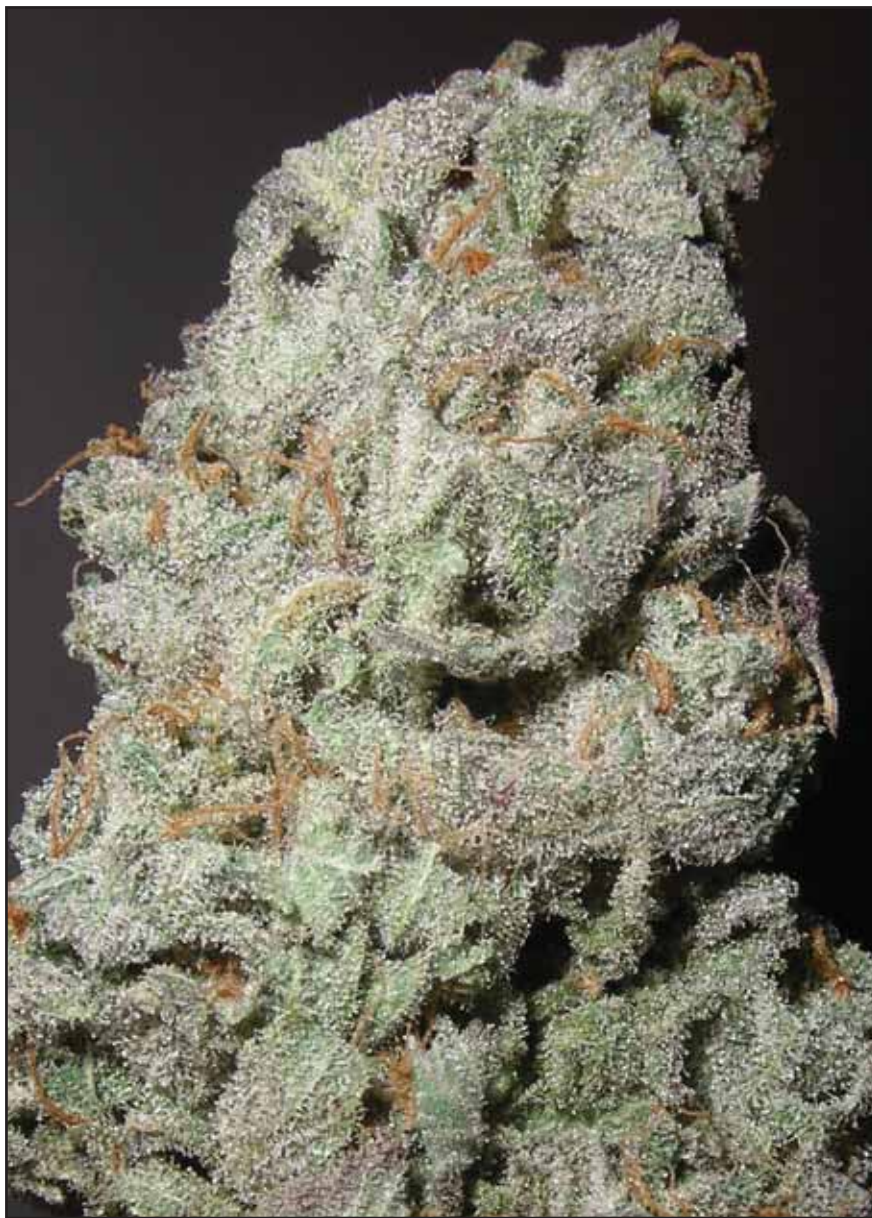
No more than 50 days is needed indoors and it grows great in a Sea Of Green or as larger plants. Outdoors, the finishing is fast:

September 30 at the 49th parallel (Canadian/US border), and September 20 at the 35th parallel (California/Spain). ▷



^ The **Romulan Diesel** hybrid has a different effect that is not for everyone. Some people, including myself, have had chest pains and anxiety right after smoking it. This has happened to me many times, and now I don't smoke it any more. Other people have reported no such negative effects and even told me of very, very positive experiences with it. It has an active "up" high, a powerful hit to the mind but easy on the body. This hybrid seems to have expressed Sativa traits of both the Romulan and the Diesel. They combine in a unique way, very useful for some medical conditions, but could be bad for others. Not recommended for treating anxiety or calming the nerves. Very easy to grow, and very vigorous and strong, more resilient against pests than most other strains.





< **Grapefruit Kush** (B.C. Kush) is a classic Kush who's mother has been around British Columbia for over 15 years. Selected as a large production clone, perfect for Sea Of Green grow methods, the clone mother produces big round buds, and with this hybrid we've added a fruitier taste while keeping with these large yields. The result is the perfect indica plant, ideal for all Kush lovers.

One thing I really like about this hybrid, other than the calming/stress relief effect, is that it doesn't leave you as sleepy as most


strains. Perfect for a daytime smoke, as it doesn't impede higher brain function and lets you get on with a pleasant daytime buzz.

The Grapefruit father is resin-covered and sweet to smell. When selecting the Grapefruit father for both the Grapefruit Diesel and Grapefruit Kush cross, we selected from a 4th generation Grapefruit backcross from the Dynamite line that we've worked on for over ten years now. About 25 per cent of the males are resin-coated and have that special grapefruit smell.

**GrapeGod** is a pure indica that's a resin collector's dream. I've been working on selections in this seed-line for over ten years now. It all started before there was ever a strain known as Godbud, the "God" line of genetics originally started as an off-shoot of a VISC (Vancouver Island Seed Company) strain. Many companies started selling copies and crosses of this line under several different names, the most popular being Godbud. Years later, after a lot of work, I decided to release my version. My out-crossing of the seedline was with the Grapefruit strain; this added a little speed and fruitier taste.

For many generations, I've been selecting new parents and constantly working on improving/stabilizing them any way I can. This is one of my best overall strains and it will amaze anyone who tries it. It's fast flowering and harvests between 7 to 8 weeks indoors, depending on nutrient levels. It's a large-yielding strain that grows very well in small cabinets and Sea of Green methods. The

quality is always top-notch, whether it's grown indoors or outdoors.

GrapeGod was named as medical strain of the month by "High Times Magazine" in June, 2009. The medical benefits from the GrapeGod are mostly in the way of a sedative or a suppressant of nerve pain. Also good for appetite stimulation, it's an extremely potent indica, with the highest resin production from all the strains I have ever seen. Perfect for making medical tinctures and oils. 

# Making BHO

Hashmasta-Kut  
THCFarmer.com

**H**ello to all people interested in obtaining high-grade extractions from marijuana product using butane. That's the topic I am going to cover as thoroughly as I can, in order to allow newcomers a guide to follow, and also I will give tips and tricks I have managed to glean over the last few years.

Firstly, and very important to consider, is the nature of butane gas and liquid. It doesn't take a very large concentration of butane gas in an area before it can be ignited by flame, sparks, or anything else of that nature (lawnmower exhaust even, perhaps), so it's wisest to do outdoors. There is no way I would recommend anything but that. Butane gas sinks, so in a room inside, it will pool on the floor, unless it is ventilated out of the area. Better to just avoid invisible pools of explosive gas, and do it outside only, eh?

What one does is to acquire a quantity of marijuana product. Stems are not really any good, as well as leaves devoid of trichomes; butane mainly dissolves trichomes, it seems from observation, so in order to get a good yield/quality, it's nice to use good material. I often use pure bud. Bud gives the tastiest and nicest-colored oil, although close trim leaves yield a product very similar in potency. It is also possible to screen or otherwise collect kief in large quantities, and extract from it.



In one quick blurb, here is the whole shebang: you take a tube made of glass or preferably stainless steel, stuff it full of weed, then run clean butane through with a paper filter on the exit end to keep the weed in. It will drip into a glass collection dish; evaporate it by sitting the dish in a shall plate of hot water. Then you will have a film of oil on the glass. You purge the butane out and scrape it up with a razor blade. You are now done. The particular method I use for purging gives me a whole extraction time of about half an hour, although there are other methods and beliefs.

Okay now; step by step, no rushing. It's nice like that, though, all in one paragraph. It can be referred to if

you get confused as to the overall procedure at any time.

First off, you need a tube. There are about 4 regularly used versions: a stainless turkey baster, a glass tube made by glass blowers, the OKief stainless tube purchasable online, and lastly any homemade tube you may devise. Smaller diameter is better, so a tube with a half-inch diameter is more efficient than a tube with an inch diameter. I use glass tubes that have a small lip on the exit end to allow you to make a good seal easily. Smaller than 3/4 inch is hard to empty afterwards. A smaller tube diameter allows more complete saturation of the medium, as well as greater flow rate of butane through the medium — ben-

eficial for effective extracting. The tricky part of getting a good tube is having a good entrance hole for the butane nozzle. Butane gas always comes in a can with a tip that is a certain size (for lighters), so making an end cap that a butane nozzle can be inserted into is the key. Several solutions have been used, ranging from copper tubes with an end cap attached that you can drill a proper size hole into, to glass turkey basters that have a nice size end naturally, to stainless turkey basters now, which are quite easy to rig up I hear. Even stainless mountain bike parts have been used very effectively. Here is a glass tube like I use these days:>



PVC tubing has been said to be bad, and I would shy away from it, but I have seen evidence from someone that rigid PVC is perfectly acceptable. Do your own research if you don't use glass or steel. >

Ok lets suppose you have a tube that you can insert a butane nozzle into one end of. You want it to be leakproof around the edge of your tube at the top if it has an end cap. Don't use tape to seal leaks! You may leech tape glue into your oil!



So now that you have a tube, fill it with your extractables. I have a tube which holds 8 to 16 grams, and another that holds about 25 to 40 grams. You don't need to fill the tube completely, but it seems best for efficient extractions to put the product in there a bit snugly. I don't recommend grinding up your extracting medium too fine, as you will get a greener, less-tasty oil almost for sure. Sometimes I use whole buds, then I re-extract after crushing them up in order to get all the goodness (especially if it cost me money). Other times I cut them up coarsely, or just break them up by hand into little pea-sized chunks. Some bud is so dense it seems maybe breaking it into chunks may increase yield slightly. Leaf is like whatever — just cram it in. >



So now that you have a tube with cannabis in it, you will want to cap the exit end. At the exit end of your tube, you want to attach a minimum of one coffee filter circle. I cut them from white coffee filter papers (brown would be better probably, no dioxins). I make it about an inch in diameter larger than the tube. I use two, actually, and there are occasions where the filter papers can rip. Uneven packing is the main culprit; don't pack tightly at the entrance end, then loosely down the tube — the extracting medium can shift suddenly and blow out. If one is worried about this, use a steel mesh safety screen, such as tea strainer material. I have had blowouts more times than I can remember, and one time I got two eyefuls of oil-laden butane. Not pleasant, I must say. Also, inspect a filter after attaching to see it has good integrity, no rips or tear marks forming.

Next, either get a steel hose clamp, for many tube types, and fold the filters over the exit end and use the hose clamp to hold them on. A zip tie works well too, especially on glass tubes to prevent overtightening and breakage concerns. I am not sure all the methods used to hold the filter on for different tube types, just remember you don't want to extract any glues from tape and the like.

I use one can of Colibri (300 ml) butane for about 20 grams of bud. After doing tests, it has been shown that about 95% of the oil from 20 grams will be extracted with a can. A second can will produce maybe 5% more oil, for a whole can of butane used. On a smaller amount such as 10 grams, half a can is fairly thorough. There is a list at Keen Marketing ([keen-newport.com/ourBenchmark.htm](http://keen-newport.com/ourBenchmark.htm)) which lists types manufactured to a certain purity standard. Most butane oil makers recommend using only quality butane, as additives and impurities in low quality butane



may be inhaled. A few others recommended brands are Vector, Lucienne and King (Though I've heard one bad report on King).

Now is the dangerous part of extracting, first running the butane through the marijuana, and then evaporating it off secondly. It's easy to put the butane through, just hold the tube vertical with one hand, with a protective mitt usually (The tube freezes). Insert the butane tip and depress, letting the whole can go through without stopping. Hopefully you have no leakage from the top, or weird sprays from bad sealing at the bottom. You may lose a small amount of oil if so. You can go slower, and stop and start, to try and slow down the butane's progress through the weed, but it makes little difference.

Put a glass dish under to catch it. You can also have a second dish underneath (I use a fry pan) at this point as well, filled with tap hot water to make a bath underneath. I use a pyrex pie plate and a frying pan for the hot water bath.

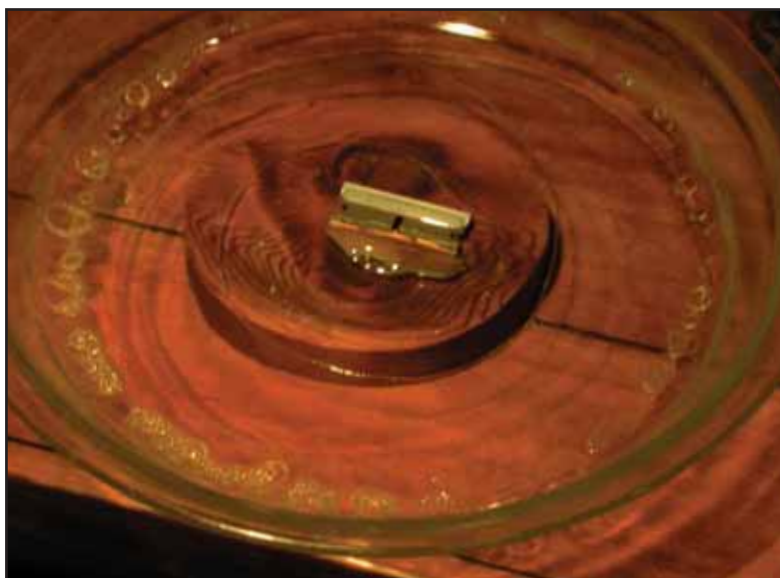
Now you have a dish of liquid butane, and this is the most dangerous moment, for if this were to ignite, the fast and furious fireball would probably burn off all your exposed body hair. Let's just not go there....! You need to evaporate off the liquid butane, and the easiest way is to get a frying pan or whatever fits well to go under your dish of butane, in order to double boiler-style remove the butane. I use hot water from the tap as I think boiling water is detrimental somehow to the easy removal of all the butane, but its open for debate. It seems hot water is better than boiling. Do your own tests if you want.

Keep this dish outside, and evaporate it off. This means leaving it outside in the hot water bath for a short period of time with NO OPEN FLAME WHATSOEVER nearby – a barbecue would be bad.



It only takes a minute to evaporate a can; it's then safe to take the dishes inside, only when there is no liquid butane left in the dish!

As mentioned, I do a hot water bath (tap hot) to get rid of the liquid butane. Then I take it inside and put it on the stove to keep it hot for about a half hour or a bit more. Turn the element on a couple times, just to maintain the heat of the hot water bath (Not too close to boiling, but fairly hot). Also, I have found very helpful for effective purging is to cover the pyrex pie plate with a lid. I have a glass dish which fits well, and then the oil gets and remains much hotter on its surface, as well as underneath. Seems much more effective with a lid. Then I open the lid a few times (Every 5 to 10 minutes), and heat treat from above with a butane torch to pop any butane bubbles, and generally just overall lightly warm the whole surface too. Depending on amount it may take just one time with the torch, or possibly a few times may be needed with a thicker mass of oil. More oil has more flaming bubbles. 10 minutes a gram of extract produced seems adequate for a few grams. If you do lots of oil I would recommend only about 7 grams maximum per plate for full purges achieved with this method. You can cook bubbles off the top and out of the butane for hours, but you don't have to, and actually those bubbles aren't butane when removed at this stage, but actually the volatiles gassing out of the hot oil mix. It is necessary to heat it to a certain degree to remove the last trapped butane but careful heating is the key to achieving rock hard oil and sacrificing the least amount of good THC volatiles. If bubbles don't flame, they aren't butane. You know you are done purging if you try to light small bubbles and they won't flame. A whole extraction is do-able in less than an hour. Then I scrape it up and it's good to vape!



To get the oil out, it's best to scrape it out warm, and it's pretty easy using one or two razor blades. I scrape my middle out first, then the edges after...

One tip I would like to mention is that the temperature I recommend for purging can be a bit too hot for some strains, most notably very lemony-smelling ones. Their terpenes evaporate off at a lower temperature than some, so it's best to keep the water just very warm, as opposed to hot in these cases. Also a bit longer, more careful purge must be done in order to achieve a thorough purge, and yet also retain the maximum quantity of terpenophenolic compounds.

Happy oiling! 🍀



# Knowing When To Harvest

by Soma



Buddha's Sister new harvest

**I** have a lot of e-mail coming to me these days asking me advice on when to harvest.

I tell people things like “Don’t follow your calendar too closely”.

**“When it looks like its ready wait a week”.  
“Don’t pick it early”.**

One of the downfalls of many growers out there is, not knowing the correct time to cut their plants down.

Nothing in the cannabis world is

more unsatisfying than a beautiful plant picked early. Anyone out there who has tried a green banana, knows that they don’t taste very good, especially when it is compared to a nice yellow one with some brown spots. With cannabis it is even more drastic. Buds that are not ripe are not fun to smoke, providing you with burning cellulose instead of THC. Only ripe buds have the right kind of THC that carries the medicinal effect.

Cannabis that is picked early has the chlorophyll smell of

fresh cut grass from your front lawn. When it is picked on time it has a strong perfume that smells like the finest hash. Many new growers get some seeds, read the flowering time for the strain, and proceed to pick their plants on an exact calendar date. What they forget is that many factors can stunt a plants growth, making it take much longer to mature.

Another factor is not having anything good to smoke. Your plants get close to finishing and not having anything good to



Green Goddess Bud

smoke you cut them down before they are finished, missing the best part. Most people don't realize what they have done until the weed has dried and they taste it.

Paranoia is another cause of picking plants too soon. Trouble with neighbors because of smell often makes people harvest early.

I always tell people to use a good charcoal air filter to eliminate the odor. Not just when you are growing, but when you

are drying also.

Having a small microscope for checking out the trichomes on your live plant is a handy tool to have in your gardening room. What you are looking for is slightly amber colored liquid filled balls on top of a stalk. If all the trichomes are clear it is too early to pick. When they start to look a little milky they are getting close. One-third amber colored trichomes is what you are seeking in ripe marijuana.

In the Amsterdam coffeeshops, the buyers of the shops continu-

ally turn down marijuana that is picked too early. Growers that count on their crop to feed their families would have to change jobs if they picked their crop early.

Knowing how to dry cannabis is an art in itself. What you don't want is quick drying. First select an environment that is not too dry or hot. About 55% humidity is good and a temperature of 22 C. What you want is a slow cure that gently let's the chlorophyll escape from the cells of the plant. If it is dried quickly it will ►



**Another Buddha's Sister**

get locked inside the herb, making it harsh and giving it a bad taste.

When I first cut the plants down I only remove the large fan leaves. I then hang them upside down for about 10 days letting them slowly dry into sort of teardrop shaped buds. Next step is manicuring which I like to do with mostly my fingers, using the scissors for cutting the stems. After all the fine leaf has been removed, I place the buds inside

a glass jar to re-hydrate for about 8 hours. I save the fine leaf for making water hash, which is one of my favorite medicinal products.

In my 42 years of cannabis cultivation and research, I again point out that the most common problem growers have is picking their plants too early.

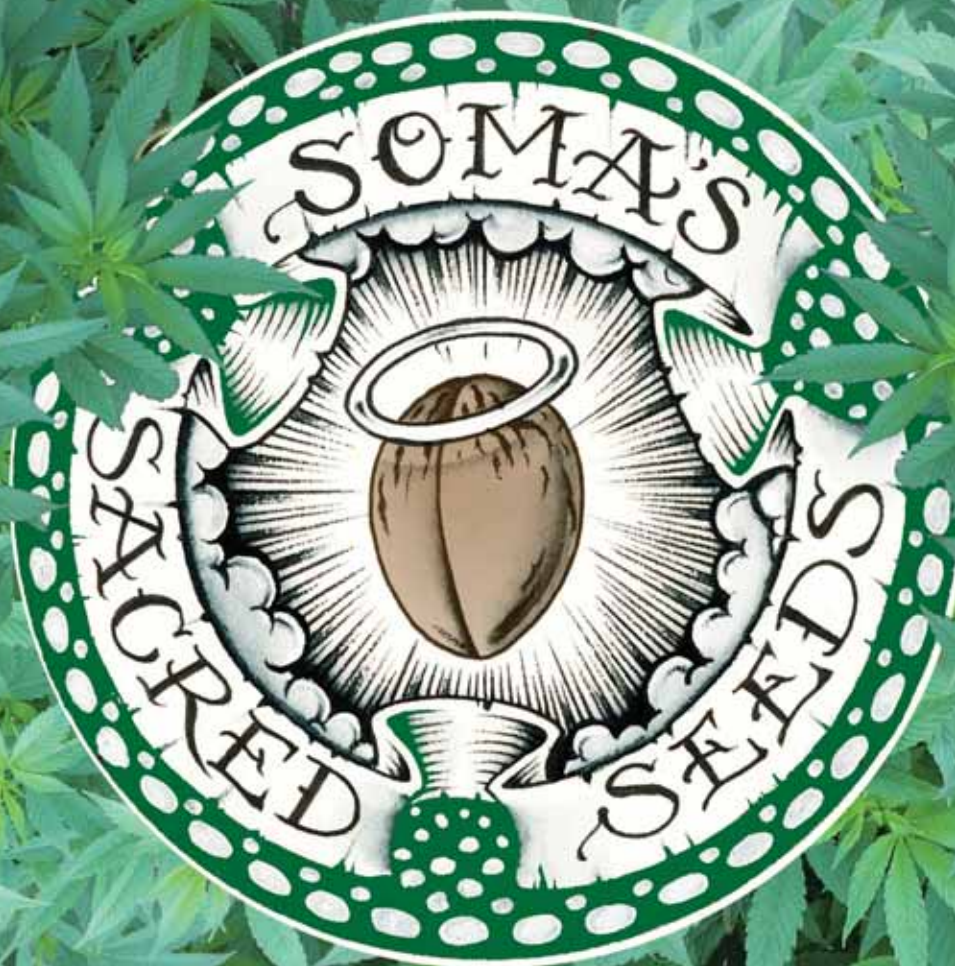
Knowing how to judge ripeness in fruits, plants and people is an art worth cultivating.

When cannabis is grown for medicine, when it is grown and cured as the sacred herb that it truly is, every way that it is worked with becomes sacred.

It is easy for this sacredness to spread to other areas of your life.

Keep it GREEN and Loving

Soma  
[www.somaseeds.nl](http://www.somaseeds.nl) 🍀



AMSTERDAM



MEDICINAL GENETICS

[WWW.SOMASEEDS.NL](http://WWW.SOMASEEDS.NL)





MEDICAL MARIJUANA SEEDS WHOLESALER



## STRAIN CATALOGUE



### 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 (Fruit of the Gods) | \$80/\$140 |
| Double Kush               | \$80/\$140 |



### 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 |



### 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 |



### Finest Medicinal Seeds

#### 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 |



### Greenhouse

Feminised packs of 5

|                         |       |
|-------------------------|-------|
| The Doctor              | \$70  |
| Big Bang                | \$70  |
| The Church              | \$75  |
| A.M.S.                  | \$75  |
| Lemon skunk             | \$85  |
| Cheese                  | \$90  |
| Trainwreck              | \$95  |
| NL5H                    | \$95  |
| Alaskan ice             | \$95  |
| Kings kush              | \$95  |
| Chemdog                 | \$95  |
| Jack herer              | \$95  |
| Sat/ind mix A           | \$95  |
| Sat/ind mix B           | \$95  |
| Sat/ind mix C           | \$95  |
| Sat/ind mix D           | \$95  |
| Indica mix E            | \$95  |
| Indica mix F            | \$95  |
| Indica mix G            | \$95  |
| Indica mix H            | \$95  |
| Indica mix I            | \$95  |
| Black & white J         | \$95  |
| Rasta K                 | \$95  |
| Himalayan Gold          | \$95  |
| K-train                 | \$100 |
| Bubba kush              | \$100 |
| Kaia kush               | \$100 |
| Sativa mix              | \$100 |
| El Nino                 | \$105 |
| White Widow             | \$105 |
| White Rhino             | \$105 |
| Great White Shark       | \$105 |
| Arjan's Haze #3         | \$107 |
| Arjan's haze #1         | \$110 |
| Arjan's Haze #2         | \$110 |
| Arjan's Ultra haze #1   | \$112 |
| Arjan's Ultra Haze #2   | \$112 |
| Arjan's Strawberry haze | \$112 |
| Super Silver Haze       | \$115 |
| Nevill's haze           | \$120 |
| Hawaiian Snow           | \$120 |



### Genetic Collections

Regular packs of 10

prices in Euros

|                          |          |
|--------------------------|----------|
| Warlock/TwoTone *        | \$120,00 |
| Exile/TwoTone *          | \$160,00 |
| Double Dutch/TwoTone *   | \$160,00 |
| Biddy Early/TwoTone *    | \$80,00  |
| Motavation/TwoTone *     | \$160,00 |
| Biddy's Sister/TwoTone * | \$80,00  |
| Masibindi/TwoTone *      | \$160,00 |
| Mosaic/TwoTone *         | \$60,00  |

Feminised packs of 5

|                           |          |
|---------------------------|----------|
| Warlock/Monotone *        | \$120,00 |
| Exile/Monotone *          | \$160,00 |
| Double Dutch/Monotone *   | \$160,00 |
| Biddy Early/Monotone *    | \$80,00  |
| Motavation/Monotone *     | \$160,00 |
| Biddy's Sister/Monotone * | \$80,00  |
| Masibindi/Monotone *      | \$160,00 |
| Mosaic/Monotone *         | \$60,00  |



### Mr Nice

Regular packs of 18

|                                 |       |
|---------------------------------|-------|
| Devil                           | \$120 |
| Dreamtime                       | \$80  |
| Walkabout                       | \$60  |
| Neville's Skunk                 | \$145 |
| NL5x Afghan                     | \$125 |
| NL5x Skunk                      | \$125 |
| Mango Haze                      | \$240 |
| Early Skunk Haze                | \$170 |
| Critical Haze                   | \$170 |
| Afghan Skunk x Afghan Haze      | \$120 |
| Master Kush Skunk x Afghan Haze | \$145 |



### 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 |



Photo courtesy of Sonic

**Catering to the needs of  
licensed growers across Canada.**

Wholesale & retail enquiries welcome  
[sales@medical-marijuana-seeds-wholesaler.com](mailto:sales@medical-marijuana-seeds-wholesaler.com)



### 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 Wau    | \$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                 |       |
| 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 |



### 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

Regular packs of 11

|               |       |
|---------------|-------|
| 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 |



### 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 |



Photos courtesy of Gregorio Fernandez "Goyo"



MEDICAL MARIJUANA SEEDS WHOLESALER



## DISTRIBUTORS



### Alberta

#### Hemp Roots

2827 14 Street S.W.  
Calgary , Alberta  
T2T 3V3  
T: 403 889 0792

### Ontario

#### Crosstown Traffic

593 C Bank St  
Ottawa, Ontario  
K1S 3T4  
T: (613) 234-1210

#### Crosstown Traffic

396 Athlone Ave.  
Ottawa, Ontario  
K1Z 5M5  
T: (613) 728-4800

#### Hemp Country

475 Dundas Street  
Woodstock , Ontario  
N4S 1C2  
T: 519 913 1152

#### Niagara Seed Bank

6065 Main Street  
Niagara Falls  
Ontario  
L2G 6A1  
T: 905 394 9181

#### Planetary Pride

372 Queen Street East  
Sault Ste. Marie , Ontario  
P6A 1Z1  
T: 888 215 8970

#### Sacred Seed

2A Dundonald Street  
Toronto, Ontario  
M4Y1K2  
T: (416) 928-6811

### Quebec

#### Duc of Amsterdam

2080 B St-Denis  
Montreal, Quebec  
H2X 3K7  
T: (514)842-9562

#### High Times

1044 Blvd. Deslaurntides  
Laval, Quebec  
H7G 2W1  
T: (450)975-2666

#### High Times

1387 St-Catherine West  
Montreal, Quebec  
H3G 1R1  
T: (514)849-4446

### Saskatchewan

#### Vintage Vinyl

2335 11th Avenue  
Regina , Saskatchewan  
S4P 0 K2  
T: 306 347 3111

#### Head to Head Novelties

2923 Dewdney Avenue  
Regina , Saskatchewan  
S4T 0Y1  
T:(306)525-6937  
Toll Free:  
1-877-H2H-4646 /(424-4646)



Photo courtesy of Gregorio Fernandez "GOYO"

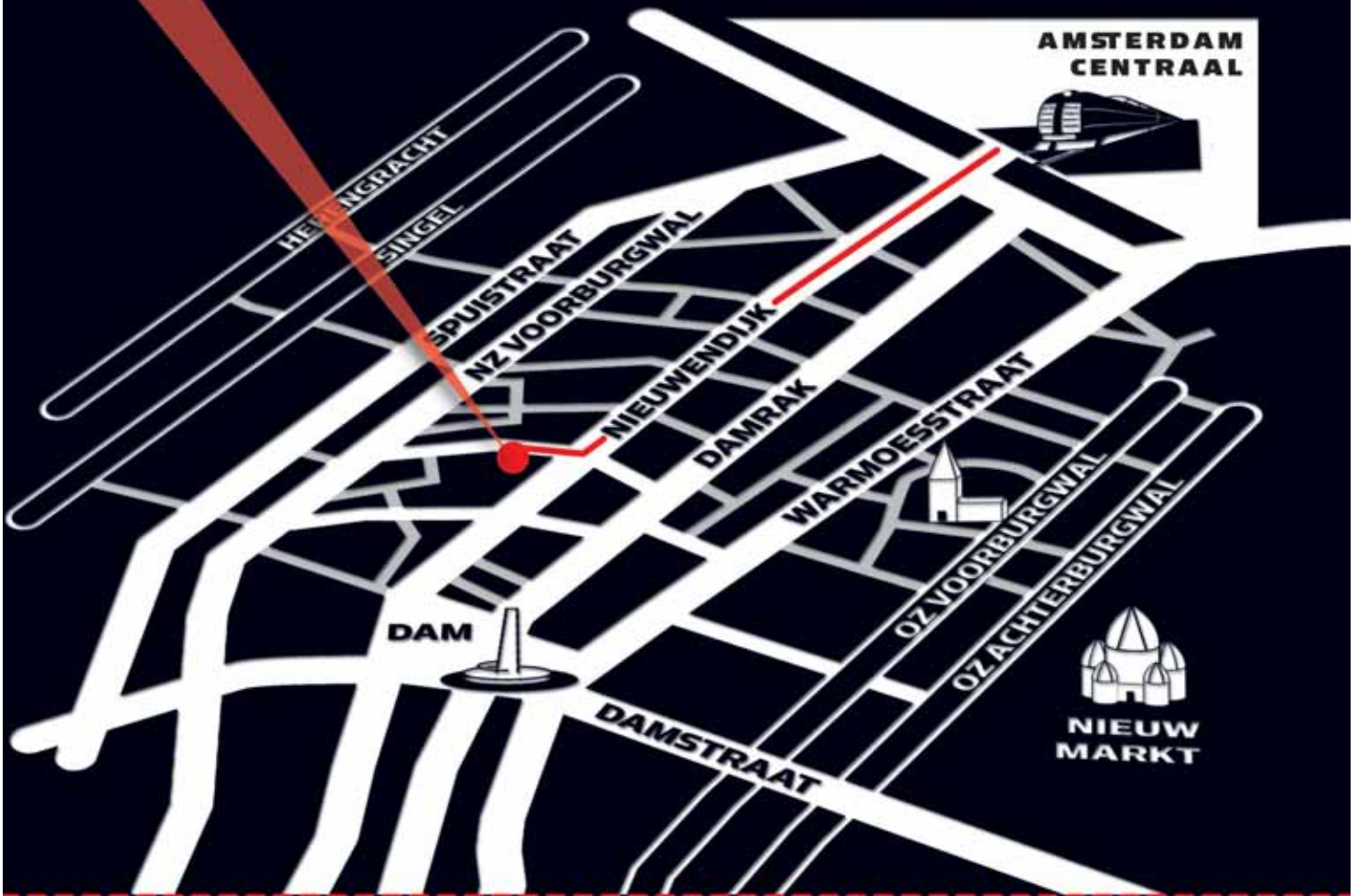
Want to have your store listed here contact us at:  
[sales@medical-marijuana-seeds-wholesaler.com](mailto:sales@medical-marijuana-seeds-wholesaler.com)

**ROOR®**  
SHOP AMSTERDAM



**Sint Nicolaasstraat 19 # 1012 NJ Amsterdam # call +31-20-3302681**

[www.roor-shop-amsterdam.com](http://www.roor-shop-amsterdam.com)



**Take this coupon to the ROOR SHOP AMSTERDAM and get 10% discount\***

\*Only 1 coupon per customer | code:ty0609  
Not combinable with other offers | Valid until 31st December 2009





Nepalese Temple Ball



Nepalese Temple Ball

## Physical Examination

**Strain:** Nepalese Temple Ball  
**Breeder:** Don't Know. Never been to Kathmandu  
**Grower:** Some Sherpa "high" in the mountain  
**Judge:** John (Shiva)  
**Date:** March 22 09

**1. Visual Appeal:** 7 *Visual appeal of the buds from 1-10 unappealing-excellent.*

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

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

Clear - Cloudy - Amber - Dark -

**4. Colors present in the buds** *and/or on a scale 1-9 light-dark:*

**5. Bud density:** - *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.*

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

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

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



## Smoke Test

### 1. Utensils: My Buzzzz Bucket

**2. Taste descriptors:** Use numbers 1-9 that apply to the taste where 1 indicates a subtle presence and 9 indicates a very pronounced presence  
**Earthy 7, Hash 5, Petroleum 3**

**3. Taste:** 8 Impression of the taste from 1-10 unpleasant-delicious.

**4. State of dryness:** - 1-10 wet-dry where 5 is ideal.

**5. Smoke ability:** 8 smoke ability of the sample from 1-10 harsh-smooth.

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

**Smoke Test Comments:**

### FOLLOW UP QUESTIONS

**1. Dosage:** 6 buzzzz buckets to reach desired effects.

**2. Effect onset:** 2 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:** 8 indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.

**5. Potency:** 9 Rate the potency of the sample from 0-10 none-devastating.

**6. Duration of effect:** 1 - 15 hours

**7. Tolerance build up:** 9 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 - Day/work 3 Evening/relax 7 Nights/sleep 9**

**9. Overall satisfaction:** 7 Rate your overall satisfaction from 1-10 poor-Holy Grail.

**10. Ability and conditions:** 95 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 | -- Paranoia relief  |
| P Anxiety relief               | - Sex drive         |
| - Appetite                     | P Sleep             |
| - Audio perception             | - Speech process    |
| - Humor perception             | - Taste perception  |
| - Imagination/creativity       | - Thought process   |
| P Pain relief                  | - Visual perception |

### Extended Medical Survey:

|                                  |                                   |                                    |
|----------------------------------|-----------------------------------|------------------------------------|
| - ADD/ADHD                       | - Depression                      | - Muscular movement disorders      |
| - Allergic rhinitis              | - Diarrhea                        | - Nausea                           |
| - Amphetamine Dependence         | - Epilepsy                        | - Panic Attack                     |
| - Anorexia                       | - Glaucoma                        | - Peripheral nerve pain            |
| P Arthritis/Musculoskeletal pain | P Hepatitis                       | - Post traumatic Stress Disorder   |
| - Asthma/Cough                   | - High blood pressure/Racingpulse | - Sedative/Opiate Dependence       |
| - Bipolar disorder               | P Insomnia                        | - Schizophrenia                    |
| - Cancer/Chemotherapy            | - Itching                         | - Spasticity in Multiple Sclerosis |
| - Chronic fatigue                | - Migraine/vascular headache      |                                    |
| - Crohn's/IBS                    | P Muscle Spasm                    |                                    |

### FINAL COMMENTS:

Not the best tasting, but definitely on the top of my list of Hashes. I have been looking for a nice hash for sleeping, and I have found it with this one. I have been saving it mostly for bedtime and I am usually am asleep before it wears off. I hope to find this one again!



# NIAGARA SEED BANK



**FREE!**  
STEP BY STEP DVD  
WITH EVERY PURCHASE!!

**FREE!**  
VAPORIZER WITH 1500\$  
PURCHASE!

OVER 1000 STRAINS

Quality Seeds = Quality Plants

FROM THE BORDER! 5 MIN

## You Never Know Who Will Stop By At Nagara Seed Bank

great white shark  
white rhino  
the doctor  
kingskush  
big bang  
guerkle



jillybean  
powerplant  
trainwreck  
pandoras box  
chronic  
himilaya gold  
lemon skunk

**OLUF**  
GREENHOUSE  
SEEDS

**MARKO**  
FOUNDER OF  
TY MAGAZINE

**AMEIN**  
(CHEECH)  
OWNER OF  
HIGHTIMES  
SMOKE & GIFT SHOP

**FRANCESCO**  
NSB OWNER

**ARJAN**  
KING OF  
CANABIS

WE DONT SELL BAGGIES. ONLY ORIGINAL BREEDER PACKAGING

FRIENDLY KNOWLEDGABLE STAFF ON SITE TO ANSWER ALL YOUR QUESTIONS

6065 MAIN ST.  
NIAGARA FALLS  
CANADA  
(905) 394 9181  
9AM-9PM  
7 DAYS A WEEK + HOLIDAYS!







**NO SHIPPING TO USA!**

Ad Designed by: Racquel

**Mindfullvisions**



# Ethnogarden Botanicals

Rare and Sacred Plants, Herbs, Seeds and Extracts

**Ethnogarden Botanicals**  
P.O. Box 20059  
Barrie L4M 6E9  
Tel. (01) 705-322-6614  
Fax (01) 705-322-6615  
[info@ethnogarden.com](mailto:info@ethnogarden.com)

Accepting: Money orders

**[www.ethnogarden.com](http://www.ethnogarden.com)**

*Dolce Vita*   
**INTERNATIONAL**

THE NEW ALTERNATIVE  
LIFESTYLE MAGAZINE



FREE IN U.K.,  
HOLLAND AND  
EUROPEAN  
HEMP FAIRS.

AZIENDA PRODUCTION NETWORK

[WWW.DOLCEVITAONLINE.NET](http://WWW.DOLCEVITAONLINE.NET)  
[INFO@DOLCEVITAONLINE.NET](mailto:INFO@DOLCEVITAONLINE.NET)





## A Visit To Bedrocan BV

Harry Resin  
Delta9labs.com

**T**What I intend with this article and some future pieces I'm working on is to give the readers a chance to get an overview of the medical cannabis policies in the Netherlands and in Europe, through the eyes of the various people and organizations involved.

This is the follow up to the article in TY16 about the Dutch Medical Company Bedrocan BV. In the first article I hadn't yet had the pleasure of interviewing the two owners of the company and was forced to research the article through other sources. The owners of the company contacted Marco in order to meet me; this was great, as I really wanted to complete the article with an interview and to include some photos.

After being contacted by Marco, I called the company, spoke with one of the directors named T (Names are abbreviated to protect the owners), and arranged to take the train to their location, which is outside the city of Groningen in the north of The Netherlands. I had gotten some information about the company through their website as well as through some fellow journalist colleagues of mine. Therefore, I had some background on the company. All this information can be found in my article in TY16.

Let me begin by saying that the general impression we've had about Bedrocan BV was that it was the "Monsanto" of Cannabis here in the Netherlands. This couldn't be more false. T and his partner F are amongst two of the nicest, most canna-friendly guys I have had the pleasure of meeting in this industry. The first thing you initially get is just how much they truly love this plant. Their background, as I mentioned in my last article, is in farming white endives — a process that I learned is done completely in the dark, keeping the endives naturally white. The facilities that they used for the endives have now been converted for the cannabis. We walked into the location, which at first looks as though you have just walked into a regular office building. I was also surprised by the lack of heavy odours; we

later learned that they don't use any type of filters, only exhaust fans. The beautiful aromatic canna air just gets blown out into the world.

The first thing you notice is how clean and orderly everything was; it was incredible. Upon walking in, we met T's partner and brother in law, F. It's a real family run business. After a brief introduction, we were led to a holding space. This was an entry area to a massive garage space that had high ceilings, concrete floors and an incredibly huge air-conditioning unit hung from the ceiling. On the left were two rooms and on the right there were also two rooms. The rooms had metal walls and massive fans, with filtration units attached to the outside wall. In addition to the fans there were huge water tanks that lined the outside wall of the room. The first garage space was really cool, you could really feel the air-conditioning. It was this cool air that would be run through filters to take out any bugs or mould spores before being blasted into the flowering space.

We all put on white smocks and blue socks that covered our street shoes and entered the first room on the left, their mother room. What a site to behold; the plants were all in 3.5 litre pots, which is the largest size they use. When asked if the plants get root bound, the reply was no. The plants maintain a healthy and fresh root system even in such small pots. All the plants were on about 1-meter high tables that lined the edges of the space, as well as forming an island in the centre of the room. Along the edges were the mother plants, which consisted of plants between one and two meters tall, ranging from some dense-leaved Afghans to some amazingly tall long-bladed sativas. In the middle of the room were the pre-vegging clones that would be next up for their flowering room. I walked around the space with F while Ed took pictures and walked around with T. The whole time F had the biggest grin on his face; he could obviously see my wide-eyed stares as I looked through one of the finest mother rooms I had ever seen. He was so happy to see our appreciation of the space. You could see that amongst the visitors they got it was rare to also have people who grew and knew exactly what they were looking at. I could really see their sense of pride; it was awesome. The plants were so loved you could absolutely see how happy they were.

They watered the plants with huge hoses attached to massive wands that they could water everything down with. These were fed from the tanks we had seen outside the rooms. The food they used both for vegging and for flow-



ering was a combination of minerals created themselves. The plants were indeed in small 3.5 litre pots filled with a rockwool that was different from any I had seen. F explained that it was made from ground lava rocks; it actually felt spongy, almost like a natural sponge or coral. There was algae covering the rockwool and I did mention my buddy's cubecaps to them. But they explained that they never had any bugs, they use exclusively different types of predator mites, never any pesticides. There was this powder that looked like silver in all the pots. F told me it was a type of predator mite that eats the eggs normally found in the algae. It was really amazing that in such a massive space there were no bugs. Each of the pre-vegging plants in the mother room also had a bag of predator mites around them. These clones were their specially formulated strain Bediol, which is unique because it is only 6 per cent THC and 7 per cent CBD. It actually looked like a 50/50 hybrid based on its leaves, which were really half way between a sativa and an indica. I was told that in the special cross there was also some ruderalis. This was what allowed them to keep the THC levels low while maintaining a high amount of CBDs. It took them a selection process of over 250 plants to find the right one for the Bediol. They told us they had also just finished developing another strain with 10 per cent CBD and 0.5 per cent THC. These mostly fall into the pain relief categories and are great for patients afraid of getting too high.

Once we finished seeing the mother room, we were led to a door just across from it to the flowering room. In this chamber stood their flagship medical strain, Bedrocan. As I mentioned in the previous article, this was an old selection from Sensi's Jack Herrer that was worked on and crossed with some other secret ingredients. T told me that the Bedrocan strain had been developed in the late '90s as a medical strain and was already slightly in use in those days. One could equate it a bit to the famed U.S. medical strain G-13. You could immediately tell that these were sativas, as they were all over two meters tall. The first thing you notice is how high the lights are. The ceilings are probably about ten meters high and the lights are placed against the ceiling and are never lowered. They use a combination of 400- and 600-watt lights. There are three circulation fans on the ceiling and a massive system for air intake at the front of the room; these were the end points of the huge fans we saw outside the space. At the back were the extraction fans, which were hung against the corner of the room. Again, they blew the air straight out without any carbon filters. The plants were all on drip systems, two per pot with lines

specially constructed using pressure knobs on all the hoses leading to the drippers. All the lines are regularly checked and the drippers are replaced after every crop (all the drippers and pots that they have used are sent to be recycled). With the pressure knobs, they literally knew exactly how much water each pot got every time they got watered. Everything was standardized and exact. The pots rested on these metal plates attached to long poles that the plants were staked to. They explained to us that once the plants are in and staked, they never go into the flower room. There is never a need during the whole cycle to go into their flower room, which I thought was amazing. The never needed to spray, as they used predator mites, the drips were regularly changed so they never had a dripper fail, and because they have really got it down to a science, nothing ever goes wrong. The amazing thing I realized in my discussion with them was that by being able to do things legally, you could refine things to such a point that it is absolute perfection. They have literally tried everything, every food combination, every type of drip system, and every type of medium, literally everything. That's why any time we gave our "expert" opinion they just humbly smiled and said we tried that already, really this way works the best. Let me tell you, after witnessing their facility, I can honestly agree with that statement. Everything is so meticulously carried out that it's amazing to see the way a room can be built when you can legally grow.

Usually, the home-grower is forced to contend with the laws of physics based on the apartment or other space that they have converted. This, as we all know, sometimes leads to problems with finding the right intake windows, because maybe the windows are all on the street side. This space, because it was done in a previous agricultural space, had all of the freedoms needed to build an ideal grow room. The plants looked really healthy and lush and were in their last week of flowering. There were about 140 plants in total in this flowering room. They cut the Bedrocan at 54 days, a little early for a sativa. They did say that they could cut it a week later, but they need to maintain a high percentage of THC and the plant tends to shift into more CBNs as it goes longer.

It's important to bear in mind that the government, insurance companies, and various other inspection agencies check in on them regularly. This is why everything is so scientific. They have maps and directions on the wall of every room explaining the layout of the plants. They have lists of everything, down to each clone and which mother it came



off of. They explained, that in the seven years of doing this, that they may have had 5 clones fail on them and that was because they were trying something new or different. Really, this was scientific growing at its best. At any given moment, they know exactly what they have, where they are and how many there are. Because they are growing official government medicine, everything needs to be standardized. They need to know exactly what goes into every bud and also that every bud is uniform and has the exact same level of THC. They even go so far as to elevate a few plants in the flowering room to test the PH and EC of the runoff water everyday — just to maintain that the levels are accurate.

After the flowering room, we were led out of the massive garage space to a door just across from the garage. This was their hermetically-sealed drying room. They use these massive metal racks that are wheeled into the room with the plants hanging upside down. The racks are rotated every day according to a chart that hangs on the wall. This room uses recycled air and is completely sterile, with a temperature of exactly 15 degrees. The plants are dried out for a week and are manicured by several local ladies in an adjacent room. They had a picture on the wall of a manicuring session; it was amazing to see all these older ladies in white lab coats and white hats, hand trimming the bud (must be some amazing finger hash). Attached to the drying room was another room, which was slightly cooled. This was their temporary storage unit. It had two racks on it filled with silver bags each containing 251.5 grams of Bedrocan. Each bag had a batch number and a bag number on it. They could literally trace each bud down to which mother it came from and which cycle it was flowered out in. The next phase was the cold storage unit. Here they keep the bags in a cooling unit like a big refrigerator at minus 18 degrees. This preserves the cannabis for up to one year, with a further one year of shelf life once the cannabis is packaged. The amazing thing is that, because they are working for the government, everything is tested by some of the best universities in Europe, including the University of Leiden, University of Groningen, Wageningen and Berlin. It was through one of these studies that they found cannabis kept at this temperature and stored in this way would not lose any of its potency for as long as two years. Also, all of their strains are tested regularly using gas chromatographs, giving them an exact idea of how much THC, CBN and CBD are present in their strains.

After inspecting the drying room, we went into the office again to continue our interview and discussion. One of the first things we discussed was the BMC (the office for medic-

inal cannabis). They are the office that monitors and control medicinal cannabis in the Netherlands. They receive the medicine, package it, irradiate it and send it off to the drug-stores. One of the first issues is that the cannabis is irradiated. I wanted to know if there was a big difference between the cannabis that is irradiated that which isn't. F explained to me that the same university that does all of their testing also tested the cannabis both pre- and post-irradiation and found that there were no differences. Also, the radiation used is in such a small dose that it really is only meant to kill potential mould spores. They work with Dr. Arno Hazekamp, from the university of Leiden, who is a leading expert on cannabis here in the Netherlands. They themselves are against the radiation, but explained why it occurs. Even under their exacting growing process, there are still small traces of mould. With pharmaceutical medicines, it is crucial that there are no traces of mould spores. This can be very harmful to certain patients with various lung ailments. Within the pharmaceutical world, there are two categories that medicine can fall under. One includes up to 50 spores per million, while the other classification is 100. Cannabis has been okayed at the second category of 50 spores per million, but the BMC insists that they comply with the first, which is why the BMC irradiates the cannabis.

Another issue discussed was the price and the lack of coverage with regards to the insurance companies. T explained that when the BMC was set up, it had one worker and all the costs of the organization would come from the extra fees that are added to the price of the cannabis. There is a pharmacy in Groningen that is supplied by the BMC, but they don't use the same packaging, which saves the customer about 15% of the costs.

T also said that the watchdog agency overseeing the policy for Dutch insurance companies had agreed they should cover the medical cannabis, but then most of the individual companies went against that ruling and won't cover it. That has now changed, as there are now several companies that cover medicinal cannabis.

Another issue facing some people is that the three strains available don't help. This is also another constraint that is imposed by the situation rather than the desire of Bedrocan BV. T and F would like to see between five and seven strains available to patients, but are severely limited by their situation. After all, they only produce at forty per cent of their capabilities. If they were able to produce their maximum, the price would drop considerably. What prevents this is that they are stuck in a Catch 22. The government has a contract with them to produce only what is currently needed.



Because the price is so high, not all the medicinal patients buy their cannabis at the pharmacy. This means that they are not supplying all the people they could be. In addition to this, it makes it hard to add more strains when they are forced to balance the government's need against what they are actually producing. I really felt that even though they were in a remarkable position by being legal growers, they were really two guys stranded on an island by themselves. They are often very hindered by the position that they are in.

One subject I was curious about was whether they smoked. Here they were, in the midst of so much cannabis; did they get to enjoy any of the fruits of their labour? They had, as adolescents growing up in Holland, smoked a little, but it was only once they had started the company that they explored the plant some more. They only use a Volcano vaporizer and have tested all the strains they work with. T told us he just came back from a visit to America where he got to visit some compassion clubs in San Francisco, even making his way to Oaksterdam. He was also invited to speak before the state congress of Oregon. T advocates a dual strategy when it comes to medical cannabis, saying that you must also allow people to grow their own medicines if that is what they desire. There is room to have state-grown cannabis side by side with home-grown medicine. T also explained how other countries in Europe have contacted the Dutch government. Currently they supply Italy, Germany and Finland with medical cannabis.

I wondered what they thought about the Canadian government grow facility, Prairie Plant System (PPS). T said that he has seen pictures and was consulted. He heard from patients who had received the medicine, that it was full of sticks and they had to almost manicure it themselves. Sounds pretty shwagy. I found this online to back that up. "In light of evidence that the cannabis produced by Prairie Plant Systems and supplied by Health Canada to legal exemptees is unsatisfactory and originally much lower in THC than was either claimed by Health Canada or indicated on the packaging supplied by PPS, I request that my outstanding debt from ordering this product be annulled, and that moneys paid so far be refunded in full. On April 13th, 2004 Canadians for Safe Access (Canada's largest medicinal cannabis patients rights organization) received information from Health Canada indicating that out of the 93 people who had ordered cannabis from the government, 29 had physically returned it due to dissatisfaction with the product, yet Health Canada never made this information public, choosing instead to continue sending out this inadequate product to patients registered with the OCMA ([http://www.medicalmarihuana.ca/pdfiles/HC\\_PPS\\_refundltr.pdf](http://www.medicalmarihuana.ca/pdfiles/HC_PPS_refundltr.pdf)).

This is an amazing thing to read when you see what lengths the BMC and Bedrocan BV have gone to in order to ensure that the quality of the cannabis sold in the pharmacies is up to the highest standard. The Canadian government, as part of a trial, bought a kilo of Bedrocan to test, but T hadn't heard back from them in several years. Perhaps the officials got too baked sampling the Bedrocan — since their inferior PPS product had no THC in it, it's no wonder. All kidding aside, T and F are really doing their best to also help educate other governments as to the benefits of cannabis as a medicine. T even thinks that, eventually, cannabis will be openly available as a form of medicine. He even pointed out that 200 years ago, coffee was illegal in Europe. Now, look at how much is consumed.

Here in Holland, policy has begun to shift away from the more tolerant practices of the past to a more restrictive policy today. The current government is against the coffeeshops and, as I learnt from the cannabis tribunal, they would shut them all down if they could. When asked about this shift in policy, T replied that they have to remain outside the realm of politics when it comes to the coffeeshops and the soft drug policy in Holland. As they pointed out, for them, it is a question of medicine rather than recreational drug use. It is important for them to make that distinction; they are, after all, a medicine company. I agree that it is an important distinction to be made, between the medical patient and the recreational user. Cannabis needs to be elevated to a higher status than just a recreational drug. It is only by shining a new light onto it as a reliable and suitable medicine that it will be totally accepted.

T explained, "Dutch policy with regards to medicinal cannabis is different from that of their policy towards coffeeshops. Bedrocan BV is contracted by the Dutch government to provide high quality (pharmaceutical grade) cannabis to be used as a raw material for pharmaceutical industries and to provide medicine for patients with a prescription, through the Dutch pharmacies. I believe that this system could also be of benefit to America and Canada. Bedrocan BV is capable of supplying a reliable product that has stable cannabinoid levels, is free of pesticides, fungicides and heavy metals. It also kept at a constant temperature, there are several strains on offer and they are available all year round. Therefore, patients in those countries, if they were buying their medicine from us, would always have a guaranteed quality of pharmaceutical-grade medical cannabis."

T informed me that they also supply raw cannabis to a company called Echo pharmaceuticals. They have developed a pill for sublingual (under-the-tongue) administra-



**Genetic Collections®**

*The Magus Collection*

*genuine* **MAGUS GENETICS** *inside*

Exclusive Canadian Distributor

See list of MMSW retailers on page 98

## TRAVEL



tion. They have begun clinical trials with their pill, which is called Namisol.

I think it would be amazing to see Bedrocan available in certain pharmacies in Canada and America. As T had said, there is definitely room to have a home-grown culture so that patients could have the choice of going to

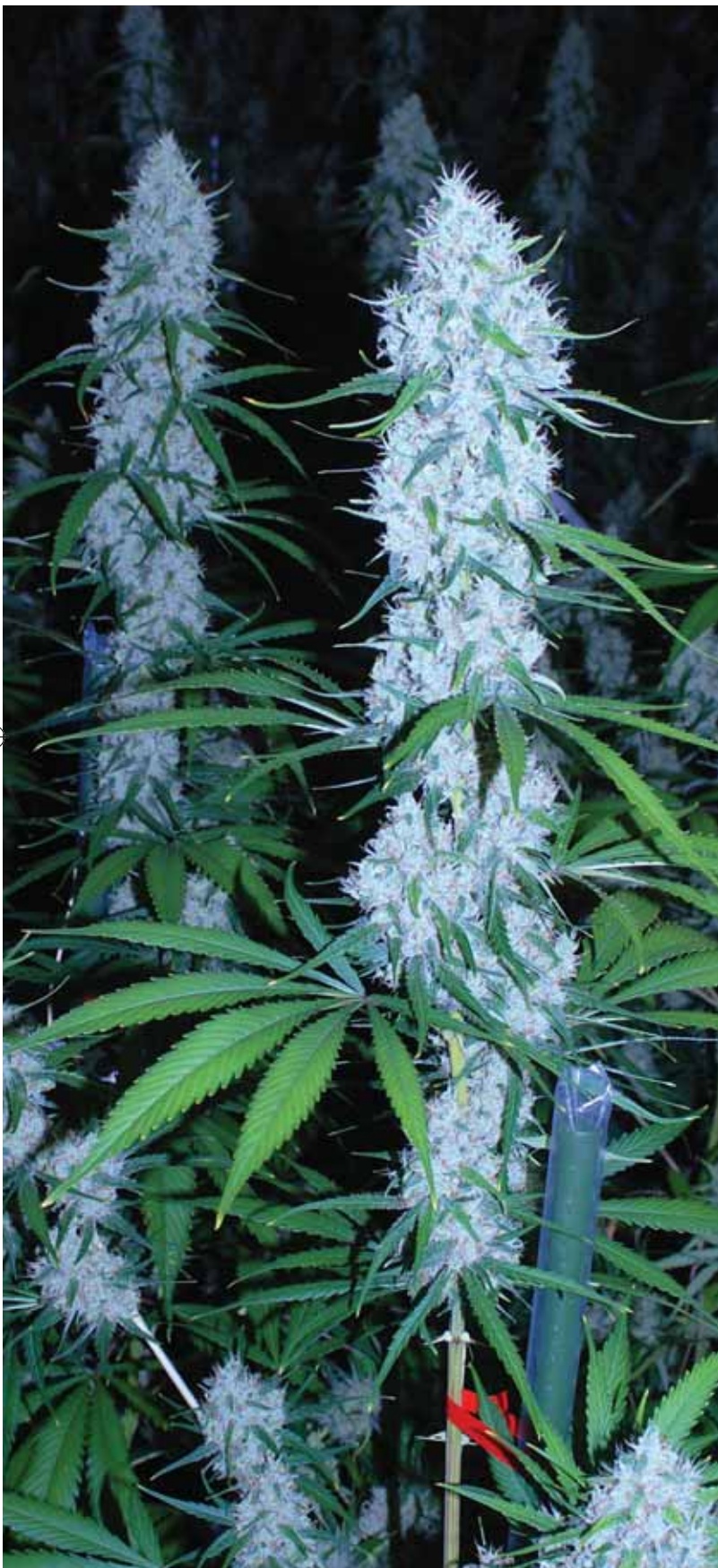
the pharmacy or of producing their own medicine. I think it's handy for people that are either too old or infirmed and are unable to grow themselves or find a care giver. When asked about Canadian medical pioneer Rick Simpson ([www.phoenixtears.ca](http://www.phoenixtears.ca)) and his oil extraction, T responded by saying that, "We are not familiar with these techniques. As a matter of fact, we don't perform any forms of extraction within our company. Because growing is our core business, we are first and foremost interested in growing the plant."

I wondered about whether they got feedback from patients so that they could have an idea as to which strains are best with regards to different medical ailments and how they go about testing new strains. They explained that:

"Next to our three standard strains, Bedrocan, Bedrobinol and Bediol, we are currently working on several more. Each one is unique as we're interested in each strain having very different levels of cannabinoids and terpenoids. At this moment, we are working on standardizing three new varieties. One of these has more Indica genetics in it (our current strains are mostly sativa) and has a low THC content (approx. 3.5 per cent). The third strain is completely new and contains less then 1 per cent THC but has 10 per cent CBD. Once these strains are standardized, then they will also be available from the BMC. We are also very interested in the medicinal qualities found in the terpenoids. Since last year, we've started a research program in co-operation with the university of Leiden on the specific terpenoid content and levels within our strains. Unfortunately, clinical testing is incredibly expensive and outside the realm of our financial limits, but this is something we would love to do in the future." I mentioned that I would get them a blank of Marco's smoke report so that they could start to give it out to patients to get some feedback.

As far as compassion clubs go, T said, "from the perspective of medicinal cannabis, we believe that patients with a doctor's prescription should be able to get their medicine. With regards to the compassion clubs, we feel that they also serve another important purpose, which is to bring patients together. We know that groups of people sharing experiences or otherwise can have a very positive influence on the





mental and physical conditions of people suffering from different ailments. In this perspective, we think there is certainly a role for compassion clubs.”

Lastly, I was curious about their views on the global War on Drugs. They feel that the war is grounded in a global fear of Cannabis. “The fear is built upon ignorance; in our world, people believe in science to expose what is really true or not. Therefore, if you bring more science into the realm of medicinal cannabis, then you’ll find the route to end this war.”

T added: “Barack Obama is not a supporter of medical marijuana, he is a supporter of more research to determine if it helps reduce pain. When a voter asked Obama if he was for the legalization of medical marijuana, he replied that he is in favour of the legalization of medical marijuana when it was backed by scientific evidence and tight controls; if it can relieve pain and suffering then I’m open to it.”

Since these tests exist and prove over and over again that it works, it’s finally time to legalize it across the board. As Rick Simpson has shown with his evidence and his film Run from the Cure, Cannabis is helping cure cancer patients. There are new studies coming out everyday showing that it is a great source of medicine. If it were up to me, I’d legalize it everywhere; it is, after all, just a plant we’re talking about. T summed it up best when he responded to the War on Drugs by saying that he is against any kind of war.

For me, the bottom line was seeing a garden run by two professionals that want the plant to be taken seriously as a form of medicine and are doing all they can to ensure that this happens. This is why I believe that they are indeed medical cannabis pioneers.

I must say I left the meeting simply beaming. What a wonderful afternoon we had! I must add, that the facility is also certified ISO9001 and uses green energy as demonstrated by a certificate on the wall from the energy company.

T and F were amongst some of the most knowledgeable cannabis people that I have had the pleasure of meeting. They really know their medicinal strains and how cannabis as a medicine works. I believe that they are really on the forefront of medicinal cannabis. I also believe that they are in many ways limited by the situation they are in. You always think the grass is greener on the other side, but sometimes the other side has just as many problems. They are in some ways limited by the powers that be, constantly being monitored and inspected.

I definitely believe that T and F are major friends of cannabis; their love of the plant is so evident as they show people around their gorgeous facility. It is my pleasure to bring more of their story to light as they continue to fight for the cause and push cannabis as the medicine it should be accepted as. Big respect to the boys of Bedrocan BV.

Peace and Love

Harry Resin 

Delta9labs.com  
Breedbay.co.uk/forums  
Thcfarmer.com

## Product Review

Ethnogarden Botanicals and Natural Universe, Inc.

# Herbal and aroma therapy products



By Ally (aka pflover)

I recently had the opportunity to sample several herbal and aroma therapy products available in Canada from Ethnogarden Botanicals and Natural Universe, Inc. and thought I would share my experience.

Many sources online claim that *Sceletium tortuosum* and its active constituent mesembrine are effective SSRIs. These claims appear mostly to be based off of US patent 6,288,104 which states that mesembrine is an SSRI and describes axiolytic effects following ingesting it (1). Based on these findings I decided to try both whole *Sceletium tortuosum* plant matter and mesembrine tincture. I personally did not find standardized mesembrine tincture to be effective when compared to *Sceletium tortuosum* powder in gum. I did notice some effects from it but overall less distinct than the combination of gum and whole herb. This might be due to the whole herb containing as many as nine more alkaloids which have similar structures and effects to mesembrine. The alcohol content in the original formula of the tincture was rather high and it burned a bit, making me wonder if a glycerin tincture might work. As a result, a glycerin version should now be available. As an SSRI, mesembrine is fast acting. I was able to use gum plus the whole herb to help ease my recent withdrawal from Celexa, a pharmaceutical SSRI, starting at about half a gram of herb in gum down to about 0.05g - 0.1g over about two and a



*Sceletium tortuosum* plant



Iboga seedling

half weeks. I cannot comment on whether or not the tincture would work the same, but it appears to have a slightly less complex effect and at higher doses is more edgy than the whole herb. Onset of full effect is also slower. Although producing a more edgy effect at first, 3ml of tincture appeared to produce effects similar to that of 0.5g whole herb in gum, which became more tranquillizing with time. This may in part be due to a reduced amount of time in contact with the

mucus membranes of the mouth, the preferred route of administration. This is good news for those interested in either *sceletium* or mesembrine products, as the price should be going down soon.

In a hit to anti-addiction research, shortly after Ethnogarden Botanicals made their contract with the Bwiti of Gabon to supply iboga root bark from the Bwiti's massive farm, the Gabon government passed a ban on the export of iboga products. The primary supplier of Ethnogarden Botanical's *sceletium* products in Cameroon has offered to take up the slack and if all goes well, this should allow Ethnogarden Botanicals to once again provide an adequate supply of ibogaine to researchers and clinicians working to break the cycle of addiction.

I had previously reported that the whole kratom leaf available at Ethnogarden Botanicals may be a reasonably affordable choice for those looking to investigate herbal alternatives for analgesic pain relief. Although this is probably true, there has been significant negative feedback concerning adverse effects on mood (irritability and grumpiness) following regular administration; however, investigations into kratom alkaloid and kratom alkaloid derivative tinctures have not reliably observed this effect on mood. As a result, the tinctures and combination tinctures might be the best way to go. However, having no experience



with regular administration of whole kratom leaf, I cannot comment on this phenomenon directly. The tinctures available at Ethnogarden botanicals are very effective as analgesics, however, with the Kratom Combo #4 producing the most benefit. Preliminary findings suggest that at a dosage of 10 ml per 24 hours, this combination may have the same analgesic potential as four 80 mg OxyContin over the same time period with less intoxication and runny nose the only observed side effect thus far. Lower dosages seem to be effective for weaning subjects off methadone. It should be noted, however, that these findings are still awaiting official replication. For those wishing to fine-tune their research, there are also four Essence of Kratom tinctures providing a great deal of control over exact effect achieved.

I also got to try the Diviner's Elixir from Natural Universe, Inc. recently. It has a minty quality that is really pleasant and a pleasant light to moderate effect, able to satisfy the needs of most customers. Really great job on that one, I have to say. Aminex is another new product from Natural Universe. This pungent aroma therapy blend stimulates the imagination and creativity while helping provide a relaxing environment in which to meditate and/or create.



Finally, soon Natural Universe should also be releasing ololihuiqui rivea corymbosa in three gram packs. On average, this amounts to 2.4mg LSA per pack. This is approximately two starter doses for making LSA tea or wine in order to abort a cluster headache period, or extend the remission period in order to skip the next expected cluster headache attack. Sufferers of cluster headaches, aka suicide headaches, know that while even the most effective available prescription drug for migraine, Imitrex<sup>TM</sup>, may help abort an acute attack, for some it usually does not abort the current period nor offer any prophylactic effect against future periods. Interestingly, under the Controlled Substances Act, possession of Imitrex<sup>TM</sup> could be prosecutable as the 5-methanesulfonamide analogue of the Schedule I controlled substance dimethyltryptamine, aka DMT. It should be made clear that cluster headaches are not migraines and vice-versa. Unlike a migraine,



which is a more generalized brain disorder involving such regions as the brain stem, the occipital lobe (where the visual processing center is found accounting for the auras) and the cortex, cluster headache by and large only effect very specific regions deep in the brain, namely the hypothalamus, which, among other things, regulates the biological clock accounting for the periodicity of this disorder. Furthermore, the two conditions are epidemiologically different, as well with approximately twice as many women developing migraines than

men, and four to seven times as many men developing cluster headaches as women. Therefore, it would not be reasonable to expect them to be effectively treated by the same medicines. For example, chemical relatives methysergide and LSD are inversely effective against migraine and cluster headache respectively. In general, the more potently psychoactive indolamines appear to be more effective against cluster headache, but less so against migraine. These include LSD and psilocybin, however both these two substances are Schedule I substances in the US and in most other countries are also strictly illegal. In comparison, LSA is listed as Schedule III in the US and is therefore not covered under the auspices of the Analog Act. As a result, prosecution for possessing LSA, especially small amounts, is essentially unheard of. Another advantage of LSA over other ergo-

line derivatives such as methysergide is that, for cluster headache, significantly less LSA is required to obtain the desired result and as a result, the risk of treatment induced ergotism, a toxic response to large or frequent doses of ergoline derivatives, is substantially reduced. In a preliminary study, Dr. Andrew Sewell has determined the effective dose of LSA for periodic cluster headache to be between 0.5 mg and 3 mg, and 1.25 mg and 3 mg for chronic cluster headache (1). Erowid.org indicates that Albert Hofmann determined the effective oral psychoactive dose of LSA to be 2 mg to 5 mg suggesting that the average cluster headache sufferer is able to obtain significant relief from psychoactively sub-threshold doses of LSA. Dr. Sewell suggests grinding the seeds with lemon juice, letting this dry, placing it in a tea bag and making tea (2). Clusterbusters.com, however, sug-

gests soaking the ground seeds in red wine for 12-24 hours, straining and drinking, which is interesting, since alcohol is a known trigger for cluster headaches. Red wine appears to be preferred, as the increased tannins seem to aid in extraction of the LSA.

For more information on these products and more please visit **Ethnogarden.com** and **NaturalUniverseInc.com**.



**"We regretfully announce that a US federal agency has specifically asked that these companies no longer ship to the US and they are complying."**

#### Reference

1. <http://patft.uspto.gov/netahtml/nph-Parser?Sect1=PTO1&Sect2=HITOFF&d=PALL&p=1&u=%2Fetahnl%2FPTO%2Fsrchmum.htm&r=1&f=G&l=50&s1=6,288,104.PN.&OS=PN/6,288,104&RS=PN/6,288,104> (Accessed 5/31/2009).

2. Sewell, RA, Reed, K and Cunningham, M. RESPONSE OF CLUSTER HEADACHE TO SELF-ADMINISTRATION OF SEEDS CONTAINING LYSERGIC ACID AMIDE (LSA). 2008. HYPERLINK [http://www.erowid.org/chemicals/lsa/lsa\\_article2.pdf](http://www.erowid.org/chemicals/lsa/lsa_article2.pdf) "http://www.erowid.org/chemicals/lsa/lsa\_article2.pdf" (Accessed 5/18/2009).



*Paspalum dilatatum*

## ***Paspalum dilatatum* Seeds**

***Dallis Grass (P. dilatatum)* is a perennial ornamental clump grass that grows to a height of 3 to almost 6 feet. The seed and plant are food for birds and wildlife.**

***P. dilatatum* is the most receptive host for the ergot, *Claviceps paspali*, described in the book, *The Road to Eleusis* by Dr. Albert Hofmann.**

***Thoth* is offering one ounce bulk packets (12,000 seeds) of fresh fertile seeds for \$15 postage paid. US sales only. Turn a wasteland into an oasis for wildlife.**

**Make checks or money orders to:  
Thoth Press  
P.O. Box 6081  
Spring Hill, FL 34611**

## Product Review

# TrimPro Gas

**Have a lot  
of trimming  
to do?**

**Love your Trimpro,  
but have no electrical  
outlets nearby?**



The creative folks at Trimpro have your solution...

What they have done is to take their award winning Trimpro design and make it portable and cord-free by adding a small gasoline engine.

Using the same design as their regular electrical trimmer, they have mounted a lawnmower-sized motor to the bottom. One quick and easy pull is enough to get this trimmer up and running. Speed of the trim blades can be controlled via the motor's throttle, and is fairly easy to adjust.


The attached 11 HP engine provides plenty of spin and torque. You will not be able to bog down this engine, unlike what happens to my lawnmower! It is well attached to the Trimpro, and that will prevent any unneeded noise or vibration.

This unit does not include a catch bag, as that is where the motor is located, but a sheet of plastic

underneath the entire unit will catch most of the precious trim.

A more detailed review is provided with the electrical unit, as this unit is almost identical in operation to the electrical model.

I have one located outside in a field of "my dreams." I leave it there, and just cover it with a green tarp and bungee cords. So it is always there, and always ready, a lot easier to clean up the plants there, as opposed to carting the plants back into civilization. Less eyes, less of a security risk!!

If you are miles away from anything electrical and have no problem transporting a 200 kg shiny aluminum trimmer out to your crops and have a lot of trimming to do, this product is made for you. 

## Product Review

# TrimPro XL



When I heard I would be getting a Trimpro to test out to see how it looks and works, I have to admit. I felt a bit excited and uneasy at the same time. I have always been a scissor in hand kind of guy, that loves to have perfectly manicured buds, that have great bag appeal. To use a rather large machine to do the same thing, seemed a bit much.. but I still was very interested in how it would perform.

The unit I got to try was the XL model. I can only assume XL, stands for extra large, which it is. Weighing over 200 lbs and standing just shy of 4.5 feet assembled, there is nothing inconspicuous about this unit. It does come well packed from the factory. In a large unmarked box, sits an essentially pre-assembled unit. There is minimal construction needed to assemble, but the enclosed directions and a touch of common sense would get you up and trimming within 30 minutes.

I had a small issue with the control board for operation, as my unit arrived with a loose wire. I do have an electrical/electronics background, so it took me about a minute to troubleshoot the problem and get the unit powered up.

The Trimpro xl is held together basically by rubber seize downs. kind of like the hood of a Jeep YJ, so assembly is pretty easy. Only 4 screws are needed, ( and they supplied a screwdriver), and that is to mount the control unit.

I talked with Andre from Trimpro a couple days before I got delivery, and he gave me a few tips on its operation. Of course, being all excited to try it out, I did not really try those at first. Full steam ahead, and lets see what happens...

Basically, it looks like a big residential AC unit, with spinning blades and a screen over top of them. The blades are adjustable, to allow for preferred trim height. I left mine at the factory default. When you fire the unit up, it is recommended to keep it high speed for a minute or so, to build up the suction within. You then open the top "hopper" and load your cut buds into it. You have to get rid of as much as you can in the way of stems as they tend to get jammed in the little nooks and crannies of the inside. So, once you get the buds into the machine, turn the speed down till about 50 %.

The buds will bounce around on the screen for a while, I was recommended a minute or so, but that really depends on how much you trim at a time. When you are done, you pull a handle and the freshly trimmed buds end up evacuating the machine and land in a bucket or box. Whatever you decide to put there. the trim ends up below the blades, collected in the rather large enclosed screen.

I did notice a drawback with the screen, that its too big, and the smaller trim and crystals tend to get blown through the screen holes, but that should be remedied soon, as I have been in contact with Trimpro and discussed this with them.

The finished product of course is not hand trimmed quality, but it is pretty good. It far exceeded my expectations of what I thought it would look like.

So overall, it is an impressive piece of machinery, only two major drawbacks.. The removal of stems, makes drying of the meds different for me, as I usually use a stem or two to allow it to hang, and the blowing out of the precious trim. But if you have a lot of product to trim, and no one to help you do it.. This machine is for you

Thanks Trimpro for letting me try this out.  
[www.trimpro.ca](http://www.trimpro.ca)



## Product Review

# Jack Puck




Now that you have all your trim from your Trimpro and have made your bubble or kief, what do you do with it?

Well, the best thing to do for storage and to properly finish your hash making is to compress it hard. In the old school days, you would use a modified set of visegrips, or a similar tool. In today's great modern age, we have very smart innovative people to make our lives better, one weed at a time.

The best way to make quality burning tasty hash, is with supreme pressure, kind of like coal to a diamond. The Jack Puck are revolutionary presses created to transform extracts into a compact paste. Their mould is dismountable, allowing it to be warmed up in the oven to improve its effectiveness. The cylindrical shape of the mould helps the removal of the extracts and facilitates the cleaning.

Equipped with a 2 or 6 ton load capacity hydraulic jack, the Jack Puck are light and compact presses that are easy to carry.

When I was told I was getting one to try, I was expecting this huge thing to show up. I was shocked when this little box showed up, but man, it works like a charm. You get some really nice hash discs that stack perfectly. 



# Brown Dirt Warrior's Prohibition

(2008)

**Guerillamode Entertainment**

Approx. 1 hour – on DVD with the Master Grow Guide

Review by Chris Thompson

From the opening statement, “None of this happened, you saw nothing, you heard nothing,” you get the idea that this is a stealthy movie. A movie about something so highly illegal that this guerilla grower had to create his gardens in the remote wilderness just to get a decent crop outdoors.

The crop?...Cannabis.


The “Devil’s Weed,” as Brown Dirt himself says at the beginning of the film when explaining why he doesn’t just grow it out back in his own garden.

Follow along as Brown Dirt Warrior creates four different garden patches, far from home. See how he sets up the entire grow-op, from digging holes, to fertilizing, getting the water needed, and watching over the plots until the end. Share the excitement and fear as harvest season approaches, and everyone from the Royal Canadian Mounted Police to curious hikers try to find, and steal, Brown Dirt’s cash crop.

There are other surprises in store for you on this video too. An amazing interview with Tommy Chong wherein he waxes profoundly spiritual about life, the universe and everything is also part of the story. As a result of his experiences, Brown Dirt Warrior has now become an activist for the legalization of cannabis. In fact, Tommy has the last word on this video. You have to see it to believe it.

This movie is so well-produced you can really follow the story, and believe it to be reality, as it is indeed. Brown Dirt Warrior is a man of many talents, from grower to videographer and producer, and my hat is off to this professional. I am looking forward to the day when we can meet and share some more stories.

Hopefully BDW’s gardens are flourishing!

Visit [browndirtwarrior.com](http://browndirtwarrior.com) to order your copy online. 

# Brown Dirt Warrior's Master Grow Guide 🍊🍊 (2008)

**Guerillamode Entertainment**

Approx. 1 hour – on DVD with the Prohibition Movie

Review by Chris Thompson

## Hmmm, a grow video.

After spending the last decade designing and producing some of the world's top selling grow books (i.e. Marijuana Horticulture), I thought it would be interesting to see an alternative to cutting down all those trees to get some information across to a reader/viewer.

Grow videos are the future, and it is here now. Brown Dirt Warrior has set the standard for a whole new game in teaching folks how to grow cannabis.

This isn't a video for indoor growers as much as it is for guerilla types, and for that I am thankful. Some of the best weed I've ever had was grown outdoors under Mother Nature's sunshine, and this is the way it should be. It's good for the planet! I do wish for a world wherein I could just dig up my backyard and plant a few rows of cannabis – without fear of being ripped off by the cops or kids.

Brown Dirt Warrior carefully explains just about everything you need to grow cannabis, and shows



you also, in-depth in front of your eyes. This clarity is not something you can get in a book.

Chapters include: Genetics, Scouting, Planting, Water Setups, Feeding, Plant Care, Tools of the Trade, Repellants, Flowering, Harvesting, Never Get Busted, and Relationships.

However, a good book would be valuable with this video as a good reference for all the problems one might encounter while growing your favourite plant. This video covers the basics of how to do it right in the first place.

Brown Dirt Warrior has provided a greatly educational instructional video for us all to enjoy, with great background music and excellent video production values.

Visit [www.browndirtwarrior.com](http://www.browndirtwarrior.com) to order your copy online. 🍊

## Cartoon



# Eddy and Linda Present Music from **The Healing Fields** (2009)

Hello Jazz Productions

Review by Chris Thompson



**The cover touts that this DVD will “Uplift your spirit...” and I have to agree.**

Jason, Craig, and Jason from Hello Jazz Productions have lovingly created a film that you are going to enjoy, and while watching it you may learn a bit about Eddy Lepp and Linda Senti. You may wonder why I keep writing about these two people after all these years, so perhaps watching this will convince you it has been worth my time.

Featuring over two hours of live music performed at Eddy’s farm, the DVD disk also features a slideshow of images from along the way, as Eddy and Linda lived their lives, and celebrated the good times before the fall — you know the story, where Linda dies of cancer and Eddy is convicted and sentenced to ten years in jail for letting his church members grow marijuana for the sick and dying. It’s the stuff of legends, and now the United States Government seems hell-bent on creating medical marijuana martyrs, with literally hundreds of thousands of them locked up annually, over 900,000 in 2007 alone.

Eddy Lepp’s Medicinal Gardens became the Multi-Denominational Ministry of Cannabis and Rastafari along the way also, and this is some of the story that unfolded over the years. These parties you see in the video were fundraisers for the cause, or to celebrate various events from birthdays to hemp festivals.

Performers include: Pony Boy, Los Marijuanos, FCM Click, Rocker-T, Excuses for Skipping, Jordan Loder, The Snakelady, Ralph Woodson, Vegetation, Rhyme Related, Stone Soup, Circle Drum, Buddha Bomb, Hurricane Gilbert, Amha Baraka, Asha, Standing Bear, and the Lynette Shaw Band

This is an amazing compilation. From Ralph Woodson’s stunning intro, to his smoking rendition of “All Along the Watchtower” for the ending credits, I was amazed; particularly so, because I have enjoyed so many of these events myself.

Some highlights to look for are Eddy dressed for Halloween, the car burning up at the Harvest Party one fall, sneaks into the greenhouses and grow rooms to see what’s been happening there, and a whole lot more. The music just keeps pumping all the way through this video. This is the ultimate party DVD for stoners and cannabis celebrants, a must for your collection.

Visit [eddyandlinda.com](http://eddyandlinda.com) for information on ordering. The DVD is also available in select dispensaries throughout California. 🍀

## Product Review

Here, There, and Everywhere

# The Vapolution Vaporizer

Jeremy Norrie



I was lucky enough to get to try a vaporizer I have been interested in for a while now. I have been in search of a good portable vaporizer and finally I have found one that seems to be a good tool.

The Vapolution Vaporizer was created a few years ago, and has been around for a while, but I first got to try one only last month. It is small and boasts glass-on-glass pieces and potential portability. I contacted the good people at Vapolution and they were more than happy to have their tool featured in the magazine, as they are both fans of the magazine and proud of their product. Without much trouble, we had the unit shipped and I found myself the proud owner of a portable Vapolution Vaporizer. I've been using it ever since, and I really like it.

The unit is only about the size of a red plastic cup. It fits in a cup holder, and it has attachments for wall plug in, battery plug in, and a car adaptor. It seems to take a few minutes or so to heat up, but then the unit works essentially the same as a Vapor Bros. or a Vapor Doc. It has a extra-long glass straw piece that fits into the unit and also holds your herb, but no screen, making it authentically all glass-on-glass. There is also a different glass straw that works with a medical grade

whip to cool the vapor; also, there are a couple other attachments. The unit works very well and delivers optimum control over heat so you can obtain the vapor you really desire. It's also portable!

The battery pack is a great accessory that you can buy additionally with the unit, but the car adaptor comes included. Both offer a much more portable option to owners, and they both work very well. The car adaptor is essentially just as efficient as the wall plug. Everything works the same, except that the unit runs off the cigarette lighter in your car. You can also use the battery pack. It is fairly large and reminds me of the battery packs I used to have in my RC cars and trucks as a kid. There are about 8 batteries packaged together with a handy cord that plugs into the wall for charging, and into the unit for use. The battery works also very well, but can only be used for a couple hours or so on one charge. This is a great addition, but it leads me to a few questions.

Lucky for us, the folks at Vapolution were happy to answer a few questions for the TY readers.

**TY: Thanks for taking the time to sit down and answer these questions for us.**

**Vapolution:** No problem, we are happy to help out the magazine and your readers.

**TY: First off, let me ask you about the way the tool works. It is very efficient and delivers a tasty vapor. Can you tell us a bit more about the unit's features, like what kind of heating element and whip material are used?**

**Vapolution:** The unit operates at 12VDC, which means it is very safe and efficient. The heater is made here at our factory and is made entirely of glass. We are the only company to offer a completely glass heater. We are also the only company to make our own heaters. Every other vaporizer company buys their heaters from third party. There is no exposure to metal or ceramic with our vaporizer. Since the heater only operates at 12VDC, it will last a lot longer than 120V models that use more power. Our unit only consumes 12 Watts of power on its highest setting compared to other vaporizers that consume 60 to 200 Watts. The tubing is a food/medical grade tubing that does not release any toxins or bad taste when in use.

**TY: The unit uses a dial instead of a digital setting for heat. Do you know the scale of temperatures that the dial can be set at, or any other details of the heating features?**



**Vapolution:** The dial corresponds to the following temperatures — 10 o'clock is 300°F, 12 o'clock is 350°F and the 2 o'clock setting is 400°F. 10 o'clock to 2 o'clock is the vaporizing range on our vaporizer. If you go above 2, you will be real close to smoking. If you go below 10, you will not get much vapor. The settings above 2 O'clock are there to get you a quicker start up time when the unit is cold.

**TY:** The unit is also portable with the addition of a battery pack. What is the best way to use this function over the long term? Do you have to use the battery right away after charging, or can it be used days later with the same efficiency? How do you know when the battery is getting low in power when you are using the unit? Does it help to set the heating temperature lower to make the battery last longer?

**Vapolution:** The battery pack is best if left on the charger until it is ready to use. This way, it will have the best charge. The battery pack should hold a charge for about 1 month. The light on the vaporizer will become dim, as the battery gets low. The lower the temp setting, the longer the battery will last. The two hours of "on" time is with the unit in the 12 O'clock position. A lower setting will give you more time and a

higher setting will give you less time.

**TY:** The unit is very small and yet very fast and easy to use. How do you keep it so cool to the touch when the unit is so small?

**Vapolution:** The vaporizer is very well insulated and only consumes 10 watts of power. These two factors are what make it so cool to the touch, even after hours of use. The unit also has 2 firewalls (layers of insulation). The first is a plaster the keeps the outside cool. The second is a granular material that keeps the inside hot.

**TY:** What are some of the reasons a person should get your vaporizer over other vaporizers?

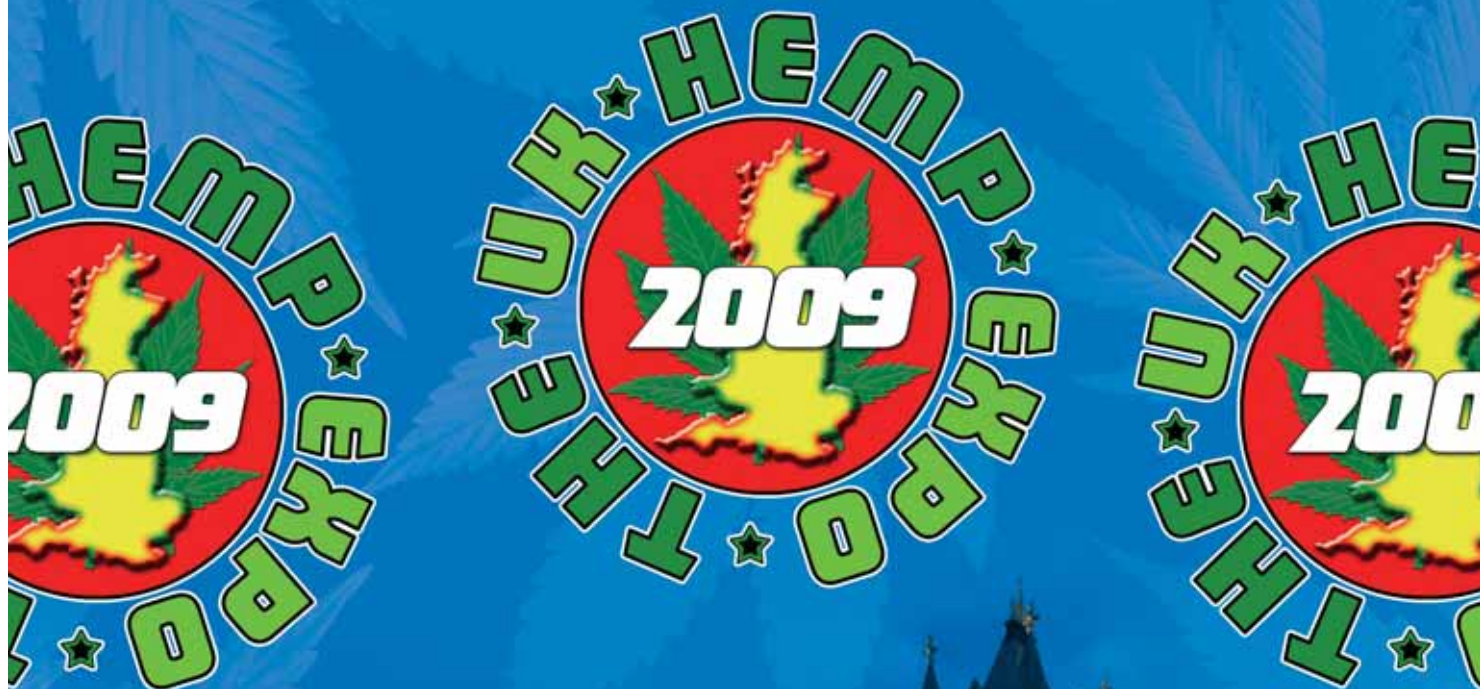
**Vapolution:** We feel our vaporizer offers very good vapor quality for an affordable price. We feel the vapor our device produces is just as good if not better than the Volcano, but costs hundreds less. The portability is another big plus. Every vaporizer we sell comes with the car adapter to make it portable. The unit is always cool to the touch, which makes it safe. It can be left on all day without worrying about the unit overheating or burning out, which is a common problem with other vaporizers. We offer great customer service and stand behind our product. If you ever



have a problem, Vapolution will make it right.

Well, that says it all. I want to thank all the people at Vapolution Vaporizers — hopefully the article in this issue will help more people get the vaporizer they have been looking for. If you are a medical patient and you have been in search of a good portable vaporizer, we really encourage you to go and try this unit. In the future, I can only see these things getting better and better, the time when you can only vaporize at home is over. Try the Vapolution and you will see how great a quality vaporizer can be. 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 at [www.RLDDVD.com](http://www.RLDDVD.com) and check out my website at [www.FutureofFighting.com](http://www.FutureofFighting.com). Take it easy, have fun, don't believe the hype and find what works for you. Good luck. 🍀

[www.UKHEMPEXPO.com](http://www.UKHEMPEXPO.com)  
**13<sup>TH</sup> 14<sup>TH</sup> 15<sup>TH</sup> NOV**



FAMOUS FACES HEMP FOODS FREEBIES PARAPHERNALIA SEEDS NEW PRODUCTS

**VISIT THE WEBSITE OR CALL US NOW FOR YOUR TICKETS**  
**CALL 01974 821 555**  
**THE OLD TRUMAN BREWERY . BRICK LANE . LONDON E1**

# 6th Annual Toronto Cannabis Cup

Keith Fagin

Alberta and Calgary 420 Cannabis Community founder

After arriving at the Toronto Pearson Airport on June 11, we picked up the rental van and a portable GPS unit quickly dubbed “Kelly's bitch.” As long as Kelly had his “bitch” on his lap, she would direct us just fine. When anyone else touched “Kelly's bitch,” she refused to work properly — telling us to stay left and then telling us to turn right and then change her mind and telling us to turn left.

Bud, Debbie, Keith and Kelly drove to the Hotbox/Roach-O-Rama in the Kensington Market to meet Marge Groenendyk, Grama Dee, Kass Grant, John Snow, Rich Hewitt and Bill — members of a Treating Yourself medical cannabis activist group, some of whom maintained the TY Home Expo booth thus educating a much different group of people than those attending a hemp / cannabis related event. It came as no surprise to any of us the response they received was highly positive. The four of us were treated like old friends by this super group of people. After munching on some Grama Dee brownies and smoking a cone joint supplied by Rich, we were feeling great and ready to continue our excellent cannabis adventures.

Next stop was the Best Western Hotel to check in and drop off our luggage. When Debbie and I stepped off the elevator, we knew we were in the right place as the strong smell of sweet cannabis freedom flooded the 18th floor. Next was to find some good food and a trip to Niagara Falls. Kelly spotted a buffet style restaurant where we filled up on Chinese food. By the time we got close to Niagara Falls, the rain was coming down hard. Debbie hopped out of the rental van and took some quick pictures. It was getting late and we were all tired from the day's activities. We arrived back to the hotel just before 11:00 pm for some much needed rest. The 18th floor was still going strong thanks to the likes of Ron, Robert and the future Toronto Cannabis Cup winner Red Devil breeder.

June 12 we headed to the Kindred Cafe to hook up with Marco Renda, Michelle Rainey, Fred, Kevin and many others. Kindred Cafe staff commented they had not had that many people in the cafe in some time. Meeting Marco and seeing Michelle again was the high-light of the day for us. A number of high quality cannabis strains flowed freely amongst us all.

Next stop was some good food and then off to the evening's 3 hour boat tour, where samples were handed out to all attending the 6th Annual Toronto Cannabis Cup. There was lots of cannabis, good food, drinks, live entertainment, and lots of good fun with many good people. After the evening boat tour, the party continued at a hall on College Street. It was really great to see 14 Calgarians attending this year's event.

June 13 we were off to Clandestiny - Puff Mamma Bakery, at which point we soon found out that we had gotten the old address. This resulted in a reroute to Vapor Central to hook up with the Bongs and Such crew and a local Toronto activist named Hudsonrulez. Vapor Central was very modern with very knowledgeable and friendly staff. Hudsonrulez was kind enough to allow me to try his portable vaporizer and offered to be our tour guide to get us to Clandestiny - Puff Mamma Bakery's new location and introduce us to the people there.

After many more joints were consumed in the company of good people, we were ready for some good food again. When we saw it, we just had to lunch at a restaurant called Prohibition. Our server was a native of British Columbia that had lived in Calgary and was in Toronto for a few months before going back to London, England, where he had moved after Calgary.

We arrived at the hall around 6:00 PM and the smoky party was well under way — lots of joints, demonstrations, live entertainment, prize giveaways and a whole lot more. Ron and Robin know how to put on a super good time for a large crowd. We also had the pleasure of meeting and enjoying some time with Matt Beren (VICS B.C. Supreme Court Feb. 2009 fame). The hall was packed with so many great people with whom we had the pleasure of meeting and partying with. Some we had known before, but everyone made many new friends. I was lucky enough to scoop a rare Willy Jack cannabis strain, which we brought home with us to continue to enjoy (Under a microscope, the buds looked like a glob of trichome goo.)

On June 14, Debbie, Keith, Nick and Bill (Bongs and Such) started the day in Ron's room, who was the event's organizer. Keith, Nick and Ron consumed some strong hash and enjoyed like-minded conversation. The previ- ➤



#### Clockwise

- A happy Marco,
- Marco with Mick and Cliff from KDK Distributors,
- Michell handing the RooR bong to Josh the winner,
- The Medicinal Gang,
- Jeff Tek, Marco, Michelle and supporters
- Ron, Michelle, Marco and Josh the Winner of the TY RooR bong
- Steve from Cube Cap, Marco, Debbie and supporter from Calgary
- Chills Bong

ous night's strain entries dominated the conversation. It was then time to check out and head off to Toronto Pearson International for our flight back to Calgary. We had the pleasure of having a comedian flight attendant on the flight home to put a perfect end to a excellent adventure in Toronto.

#### Picture Gallery

<http://calgary420.ca/gallery.html?func=viewcategory&catid=77>

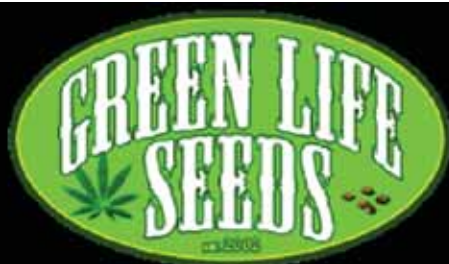

Marco Renda Treating Yourself YouTube video clip

<http://www.youtube.com/watch?v=P6Y4-gEEU5E>

Michelle Rainey, Debbie Fagin, Marco Renda and Kelly Christie

YouTube video clip

<http://www.youtube.com/watch?v=B2PwH980-4I> 🇨🇦



**Romulan**

**Big Blue**

We specialize in Canada's finest genetics and select seeds from around the world. The authenticity of our seed stock is guaranteed.


**Afghani Dream**

**Purple Pineberry**

**Timewarp**

**Dynamite**

**Northern Flame**

**Brainwarp**

**Bubblefunk**

**Grapefruit Kush**

#### Next Generation Seed Co.

|                    |       |
|--------------------|-------|
| Avalon             | \$90  |
| BC Big Bang        | \$90  |
| Bonkers            | \$90  |
| Blue Dynamite      | \$90  |
| Blueberry Punch    | \$90  |
| Diablo             | \$90  |
| Durban             | \$60  |
| Dynamite           | \$90  |
| Island Sweet Skunk | \$90  |
| Grapefruit Haze    | \$90  |
| Grapeskunk         | \$90  |
| Medicine           | \$90  |
| Romulan            | \$90  |
| Romulan Max        | \$90  |
| Romulan Haze       | \$90  |
| Romulan Hashplant  | \$90  |
| Romulan Timewarp   | \$90  |
| Stinky             | \$90  |
| Timewarp           | \$90  |
| Grapefruit Diesel  | \$130 |
| Grapegod           | \$130 |
| Grapefruit Kush    | \$130 |
| Romulan Diesel     | \$130 |

#### Secret Valley Seeds

|                  |      |
|------------------|------|
| Brainwarp        | \$60 |
| Purple Pineberry | \$60 |
| Northern Flame   | \$60 |
| Jamaican Grape   | \$60 |
| Top Dollar       | \$60 |
| Hardcore         | \$60 |
| Outdoor mix      | \$40 |

#### Big Buddha Seeds

|        |       |
|--------|-------|
| Cheese | \$100 |
|--------|-------|

#### Serious Seeds

|           |       |
|-----------|-------|
| AK 47     | \$105 |
| Bubblegum | \$105 |
| Chronic   | \$100 |

#### Elite Seeds - feminized

|                   |       |
|-------------------|-------|
| Mota Khan Afghana | \$100 |
| Bestial Skunk     | \$100 |
| Elite 47          | \$100 |
| La Rica           | \$120 |
| Llimonet Haze     | \$120 |
| Caprichosa Thai   | \$120 |

#### Taylor'd Genetics - feminized

|                         |       |
|-------------------------|-------|
| Powdered Peak           | \$110 |
| Hazy Daze               | \$110 |
| Rocky Mountain High     | \$110 |
| Steve Mc Garrett's Hair | \$110 |

#### Greenhouse Seeds-feminized

|                   |       |
|-------------------|-------|
| Arjan's Haze 1    | \$180 |
| El Nino           | \$110 |
| Great White Shark | \$110 |
| Hawaian Snow      | \$180 |
| Super Silver Haze | \$180 |

#### Dutch Passion - feminized

|                  |       |
|------------------|-------|
| Blueberry        | \$180 |
| Master Kush      | \$110 |
| Skunk 1          | \$80  |
| Strawberry Cough | \$120 |
| White Widow      | \$180 |

#### Paradise Seeds

|              |      |
|--------------|------|
| Dutch Dragon | \$60 |
| Nebula       | \$65 |
| Sensi Star   | \$75 |
| Sheherazade  | \$60 |

#### Grendevil Genetics

|             |       |
|-------------|-------|
| Orange Haze | \$100 |
| Margot      | \$100 |

#### West Coast Seeds

|              |      |
|--------------|------|
| Mighty Mite  | \$80 |
| Donkey Dick  | \$80 |
| Purple Skunk | \$80 |

#### Cana de Espana

|          |      |
|----------|------|
| Godzilla | \$90 |
|----------|------|

#### British Columbia Seed Co.

|                    |      |
|--------------------|------|
| Afghani Dream      | \$90 |
| A-K                | \$90 |
| Baldy              | \$90 |
| Big Blue           | \$90 |
| Blaze              | \$90 |
| Bubblefunk         | \$90 |
| Cali Miss          | \$90 |
| Couchlock          | \$90 |
| Electric Haze      | \$90 |
| Fast Freddie       | \$90 |
| Five-O             | \$90 |
| Jack               | \$90 |
| Maui Mist          | \$90 |
| Northern Lights #5 | \$90 |
| Purple Lightning   | \$90 |
| Super Kush         | \$90 |
| True Skunk         | \$90 |
| White Lightning    | \$90 |
| Heavy Duty Fruity  | \$90 |

#### Vancouver Island Seed Co.

|                   |       |
|-------------------|-------|
| 420               | \$80  |
| Burmese           | \$80  |
| GSPot             | \$130 |
| Fuckin Incredible | \$180 |
| Blackberry        | \$80  |
| Indigo            | \$80  |
| Gold              | \$80  |
| Sweet             | \$80  |
| Black Velet       | \$80  |
| Liberty Seeds     |       |
| Stealth           | \$70  |
| Mother            | \$70  |
| Lady Liberty      | \$70  |
| Justice           | \$70  |
| Infinity          | \$70  |

more seeds online

[www.greenlifeseeds.com](http://www.greenlifeseeds.com)



Payable by Cash, BLANK money order, or Credit Card. We deliver discreetly worldwide, please allow 2-3 weeks for delivery. We accept no responsibility for improper use of our products. Our seeds are intended for medicinal and research purposes only. Check your laws before ordering. READ CAREFULLY: Money orders MUST BE LEFT BLANK, YOU MUST BE 21 YEARS OF AGE MINIMUM, \$10 shipping & handling per order.

|   |                                 |                               |                                      |
|---|---------------------------------|-------------------------------|--------------------------------------|
| Strain #1: <input type="text"/>         | Strain #2: <input type="text"/> | Name: <input type="text"/>    | City: <input type="text"/>           |
| Strain #3: <input type="text"/>         | Strain #4: <input type="text"/> | Address: <input type="text"/> | State/Province: <input type="text"/> |
| Total \$ enclosed: <input type="text"/> | E-mail: <input type="text"/>    | Country: <input type="text"/> | Area Code: <input type="text"/>      |

Send orders to: Greenlife Suite 117 - 95 Wilton Road, Victoria - London, SW1V 1BZ, U.K.

# The Continuing Adventures of MA

## A very busy Cannabis New Year

Wendal Grant  
TY Columnist

This spring was a very busy one for the folks of Medicinal Awareness (MA), especially from April 18 to May 21, as we embarked upon the new year. The new year? Yes, like most cultures that have their own new year, we in the cannabis community also have our own new year, but you may never have really noticed. So, how does this new year for the cannabis culture work? Just like our regular Christmas New Year celebrations that most of the world celebrates, but our Twelve Days of Cannabis are a bit different. You see, ours starts on April 20 and runs to the first Saturday in May. Depending on which date that Saturday falls on it, runs for approximately 12 days — just like Christmas!

This would start things off with the 420 celebrations and conclude on the same day as the Global Marijuana March. Both events draw large crowds all over the world. The days in between could be filled with medicinal and educational movies, documentaries and celebrations. Once that is over, it's time to get to back to work. Read on and see how the folks at MA have done just that.

### Niagara 420

Our cannabis season started off with a trip to the Niagara 420 rally. The group members made their own way to Niagara before meeting up at the Victoria Park Ave Hwy 420 junction. Things started off slow, but as the time got closer to march, things started to build. Marco Ivancevic got things rolling as he addressed the crowd with his portable microphone and amplifier.

As more people gathered, the crowd stood along the edge of the sidewalk and the side of the road way. They did this to make sure that everyone could read the signs being held out for all to see. Probably one of the largest signs present was the one that spelt out “legalize.” It took many people to hold this sign, as each individual letter in the word had its own board. When someone got tired of holding a letter, another volunteer would step in and take over. It was large enough that it couldn't be missed as people drove by. When the time came to march, the crowd took their marching orders. With the police right beside us, to make sure the crowd stayed out of harm's way, we all started to make our way along Victoria Ave towards Clifton Hill. The police were so polite that they even blocked off the main roads — not once, but a few times — as we made our way to the falls. Many of the tourists along the way watched and took pictures as we passed by. Our signs told them what we were there for.

Once everyone had gathered near the falls, the music was plugged in and the sounds of today could be heard within our area. The police watched over us for a little while and then they were



on their way to fight serious crime.

One by one, the three speakers took their turns talking about marijuana. Alison Myrden talked to people about the effect of Bill C-15 and compared it to the American system. She told everyone how full the prison system is in the U.S. and that many law abiding citizens would become criminals after spending time for growing marijuana plants. I followed Alison and I spoke how I got my part on Rock 107 to do my reffer radio reports before talking about the effects Bill C-15 would have on the medicinal marijuana community. I told people about a lady in the North West Territories would could possible face two years of mandatory time if this law was passed. This fine lady works for the territorial government and suffers from a severe back injury. She asked her doctor about signing the Canadian Government papers, but, like so many, she was turned down by him. With a legal reason to use marijuana but still unable to do so legally, she opted to grow her own without permission. Sometime afterwards, the police showed up and ripped her house apart, removing her two kids from her care. They then had the fire department condemn her home because of the small closet grow. If Bill C-15 was passed before she got raided, she would get six months plus extra time for having children in the house, plus extra time for many other “aggravated factors” that they have written into the bill. When I was done, Marc-Boris St-Maurice of NORML Canada took over. Marc-Boris touched on many aspects of his Resolving Marijuana Prohibition Tour, as well as the many negative effects of Bill C-15. It was great to see him there as he is one very busy guy as he tours across the country, talking to everyone about legalization

Of course, this trip would not be complete without a visit to the Treating Yourself hospitality suite. While there, we were able to meet many of the people we would only know by name on the forums. It was great to meet all of you that attended and we look forward to seeing you in the future.

## Global Marijuana March

Up next for the group was a visit to the largest Global Marijuana March held in the world in Toronto, Ontario, Canada. This all takes place on the grounds at Queens Park in the heart of the city, and has been happening for 11 years now. Something tells me that by year 15, the organizers may need to find a new location, as this one may be too small. This year's event was set up like last year's. The vendors were placed around the outside, with the big sound stage set up at one end. This stage pounded out live reggae music that everyone could enjoy. There were three other, smaller stages set up as well, which allowed for a speaker section where you could hear many activists speak. As well, other music would be played from these locations.

When we arrived at the site, we quickly found Mamahawk, as she had set up at the usual TY location. The lawn chairs were set up and the Treating Yourself banner was put into place. Throughout the day, many of the online members made their way to our area. Hashimoto, Pothead Pete, Pipes, Mz Nice and others stopped in for a visit, or spent the day with us. When the march was getting set up, we all gathered near the front. As more people joined in, the front of the parade would have to move forward. This allowed others to gather in behind as the line got longer every second. When it was time, we were ready and away we went, as the march made its way around the downtown core of the city. Many people would blast their horns in approval while many others watched us from the sidewalks and waved in appreciation to what we were doing. The march to some can seem long and I'm sure to others it could be thought of as being short. No matter how you look at it, I do know when the front of the marchers came around its final corner, you could spot the end of the parade still leaving the park.



Once we got back to the park, it appeared like the crowd had swollen. The park seemed to be full. I found as I walked around it was getting hard not to bump into someone or have to move around people, as the grounds were packed. It was so busy and loud that I had to take my reefer report off of the grounds to avoid the noise and the music. There was no way that I could have done it while in there.

## The Wholistic Day



With the parades and the public speaking over, our group then focused on educating the grassroots people. These are the people who don't participate in the rallies or parades, never mind even understanding the medicinal value of cannabis and marijuana. The group found out about the Wholistic Day event being held in Alderville, Ontario. This event is held by a magazine called The Link ([www.the-link.ca](http://www.the-link.ca)), which features many articles on alternative methods of healing. When we saw the poster for the show, it stated "all things 100% natural," so we couldn't resist. We wrote the people hosting the show and talked to them about participating in it. Once we were done going over things, our booth was approved.

The day came for the event and we got set up quickly. The table was

draped in a big fuzzy black blanket with a huge green marijuana leaf emblazoned in the middle of it. On one side of the table we had a display set up with alternative methods of consuming cannabis. On the other side, we had Treating Yourself magazines and our group's medicinal marijuana brochure, providing people with medicinal links for them to review. With no walls around us, we had no real spot to hang the Treating Yourself banner high in the air, but we were near the stage and we were able to hang it from there. It was a low but it was hung, and could be seen as people made their way towards our booth.

The most common question we received throughout the day was "how does cannabis/marijuana help with ADHD?" and the most-heard comment was "I don't know why they don't just legalize it." With the ADHD question, we were able to point the people to an article that was within the magazine, which we would then offer to them and they would gladly take.

The many that did stop by told us they were involved in the health field and had heard of the medicinal value of the herb through their patients. One lady told us that she was against people smoking marijuana but was interested in knowing what her young adult children were getting into. When she left, she gave us a big smile, shook our hands and thanked us for everything. We thanked her back for reaching out and researching the truth, unlike the many who just believe those in authority.

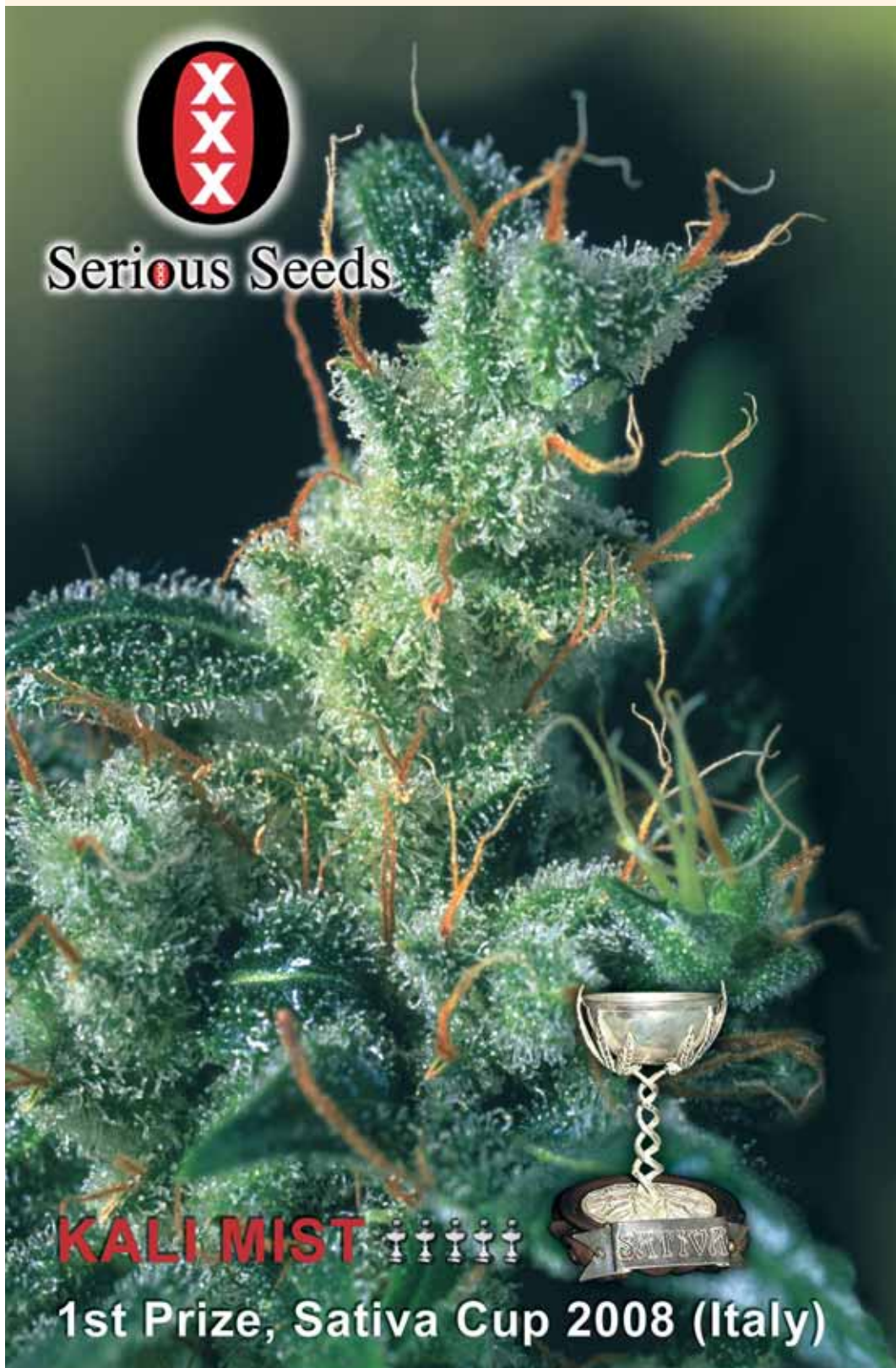
When the day wrapped up, we were very happy how this had all unfolded. With this being our first time doing it outside of Toronto and the first time ever at this fair, I'm sure that both sides would agree that it was good for every one. We can hardly wait until next year.

## Resolving Marijuana Prohibition

With the fair completed, we had to quickly turn our sights towards the



**Serious Seeds**



**KALI MIST** 🏆🏆🏆🏆🏆

**1st Prize, Sativa Cup 2008 (Italy)**

**Only award winning strains!**

**Your guarantee for success!**

For catalog, info or seeds: **Serious Seeds**

Postbus 1239, 1440 BE Purmerend, The Netherlands

[info@seriousseeds.com](mailto:info@seriousseeds.com) - [www.seriousseeds.com](http://www.seriousseeds.com)



**BUBBLE GUM**

Many awards



**AK-47**

Most awarded strain known



**CHRONIC**

Quantity and Quality



**WHITE RUSSIAN**

Strongest strain around



11 handselected seeds in a tube



next event in our very busy first month of the new cannabis year.

If you're unaware of this tour, it has Marc-Boris St-Maurice, founder of the Marijuana Party of Canada, touring our country and talking to people about resolving marijuana prohibition. He does this through video interviews with many experts in economics, health and medicine, policy implementation and social justice relating to cannabis. Along

with these videos, each stop provides a panel of people to assist him in discussing these four pillars of policy with the audience. You can read more about Marc-Boris and his tour at <http://www.norml.ca>

Our members attending the tours stopped at the Organic Underground on Front Street in Belleville Ontario. The place serves speciality coffees, organic foods and organic meals, to a wide range of organic health care products. The building is very old, with much of its original brick exposed to those on the inside. In other spots, you could see old timber ends and full beams that were used to build the place. Out front, as we walked in, there was a gentleman sitting on a stool busking to those who walked by and a chalkboard sign telling people what is happening on the inside. On this night, it told everyone that legalizing cannabis/marijuana was being discussed inside.

Just before and just after the show got going, the place started to get crowded. From up front it appeared there was little room left for people to sit. The place was not filled with a young, youthful crowd as some would imagine. Instead, it was filled with many that were over 40 and many that were over 65. A quick show of hands told us that there wasn't really as many smokers in the crowd as one would think. When it was asked who in attendance was a federal medical marijuana exemptee, it looked like at least 10 to 12 hands remained high in the air.

The panel for this night featured Dr. Craig Jones, the National Director of the John Howard Society, Lynne Belle-Isle, a Programs Consultant with the Canadian Aids Society, Al Graham of MA and a contributing writer for Treating Yourself, as well as Gary Magwood, the coordinator of public and media relations for the Green Party of Canada PE-H federal riding. All of the panelists had different ideas and thoughts on the four pillars. Dr. Jones and Ms. Belle-Isle are two very well-respected people in their fields. Dr. Jones has done many research studies on cannabis and its effects. Ms. Belle-Isle researches in the medicinal field with regards to cannabis' effects with HIV and AIDS patients, and is instrumental in helping those people towards an improved quality of life, something all sick people reach for. A special thank you goes out to Mike, a friend of MA and the man behind the scenes getting this thing organized.

The night was educational to many. For others, it may have been preaching to the choir, but all and any information that can get out to a large gathering is great to see. Now that the seeds have been planted, let's hope that they bear the fruit of knowledge so that those who receive can spread it onto others.

MA can be reached at  
[ma@treatingyourself.com](mailto:ma@treatingyourself.com) 🍀



*Now  
Available in:  
5, 10 & 15 packs*

**[www.delta9labs.com](http://www.delta9labs.com)**

Great strains start with great seeds.

At Delta-9 Labs we strive at  
exceeding all expectations.

This is never compromised!

*Delta-9 Labs, setting the highest standards.*



# PYRAMIDSEEDS

N  
E  
F  
E  
R  
T  
I  
T  
I



Medical Marijuana Seeds Wholesaler

250 The East Mall,  
Etobicoke  
Tel: 4166201951

P.O. Box 36531  
Ontario, M9B 3Y8  
Fax: 4166200698

[sales@medical-marijuana-seeds-wholesaler.com](mailto:sales@medical-marijuana-seeds-wholesaler.com)



TY7 CONTEST

**Treating Yourself**  
The alternative medicine journal

# Contest

Win a complete custom **TY ROOR**® package!

## 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 October 1/09**



complete with carrying case!

Answer the following TY ATTENTION AWARENESS QUESTION :

**When visiting Amsterdam or Frankenthal can you rent a RooR bong?**

Answer yes or no \_\_\_\_\_

**Treating Yourself**  
The alternative medicine journal

**Deadline for contest entry is October 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 October 1/09

Winners name will be announced in Treating Yourself issue # 19

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

## KDK DISTRIBUTORS & HERBLALAIRE

## 2 more Vaporizers Given Away!

Our latest 2 winners are Sylvia and Shawn.



**Sylvia Taft**

Michigan, USA

Sylvia is a med patient and is thrilled at the benefits she receives through vaporization.

**Shawn Dulong**

Kentucky, USA

Shawn was recently diagnosed with lung cancer and is grateful to have the use of vaporization as a clean method of medicating



**Yes, we are still giving away herbalAire Vaporizers!**

Each and every issue of TY Magazine, HerbalAire and KDK Distributors will each donate a HerbalAire Vaporizer to deserving med patients. Thanks to all those who have responded to our contest. We have received many letters from eligible people around the world.. Judging the entries is never easy, but we believe we have chosen two more winners who are truly deserving of a HerbalAire.

## Issue 15

**TY ROOR**®  
**Contest WINNERS**

**Roor package winner:**

R.A. Nanaimo, B.C

**Volcano winner**

R.Y. Australia

**Please keep those entries coming.  
We know there are many more lucky winners.**



Green House Living offers luxury / spacious apartments (smoking and non-smoking) in the centre of Amsterdam. The apartments are located on the Oudezijds Voorburgwal, around the corner from Dam Square, at the beginning of the red-light district and only a few minutes walk from Central Station. Experience Amsterdam in Style!



The apartments are in the centre of the city, right next door to the Green House Coffeeshop, and you can easily walk to all attractions the city has to offer. Green House Living will redefine your stay in Amsterdam. Each apartment has a fully furnished modern livingroom (with a flat screen tv), bedroom, kitchen and bathroom.



# LIVING.GREENHOUSE.TM



**GREENHOUSE**  
CLOTHING & ACCESSORIES



# WWW.GREENHOUSE.TM



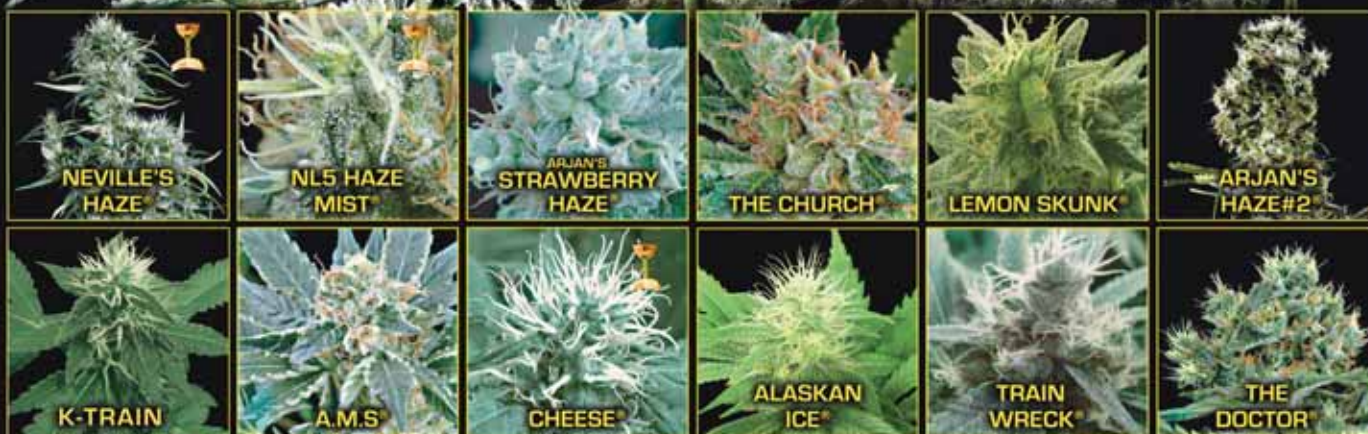
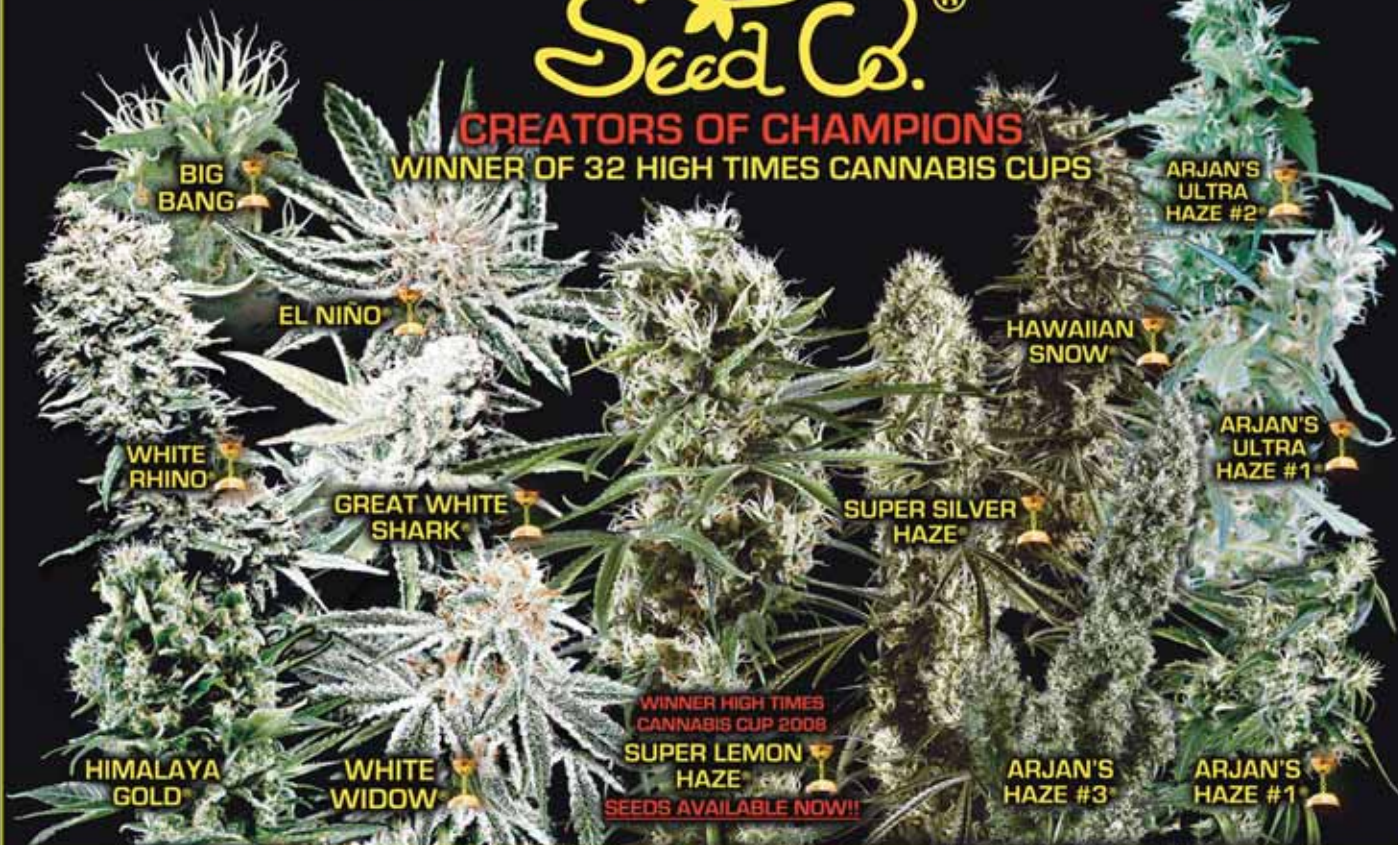


# Green House Seed Co.®



**CREATORS OF CHAMPIONS**

**WINNER OF 32 HIGH TIMES CANNABIS CUPS**



**NEW STRAIN RELEASES 2009: KING'S KUSH - BUBBA KUSH - JACK HERER - CHEMDOG - KAIA KUSH**



**COLORED FEMINISED SEEDS WITH A REVOLUTIONARY COATING WHICH CONTAINS AN ANTI-PATOGEN AND ROOT STIMULATOR**

**WARNING! BE AWARE**  
IN SOME COUNTRIES THE COLOR  
CAN CHANGE. AND ALSO THE  
NORMAL FEMINIZED PACKS CAN  
BE COLORED...



**WWW.GREENHOUSESEEDS.NL**  
**WWW.KINGOFCANNABIS.COM - WWW.GREENHOUSE.TM**