

# TREATING YOURSELF

Medical Marijuana

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MARIJUANA  
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# My first MESSAGE AS Editor

I never thought in a million years that I would someday become an Editor of a Magazine especially since I FAILED ENGLISH in high school LOL thank god for SPELL CHECK! Putting together this publication I had many hurdles to overcome. It's because I have a GREAT support group that I am able to put this publication together. Thanks to my supportive wife Sue as well as my mother Helen and Stepfather David I got the necessary funds to get these first 3 issues published. Thanks to Attilio at Skunk magazine for introducing me to the proper people that enabled us to be distributed throughout North America. I have a GREAT TEAM that works their butt off to make sure that our publication is a success so much so that both my Director of Sales Richard Canard aka Duck and Buddy aka buddyh have their hands full. Thanks to these guys helping me we are able to bring you QUALITY PRODUCTS that YOU our dedicated readers can WIN!

Our articles are written by patients from all walks of life and are located WORLDWIDE! We will do our best to check SPELLING in our articles. The whole idea is to allow the MMJ community to have a voice and GRAMMAR is not something that I am worried about, as long as the reader can understand what is written that is all

that really matters to me. I believe that if I were to EDIT for GRAMMAR it would take away from the authors view point.

In this issue submitted by patients are cartoons, recipes, pics as well as grow tips.

Be sure to



enter our contests for your chance at winning some GREAT PRIZES thanks to our GENOURS SPONSORS. You can also enter our online contests at [treatingyourself.com](http://treatingyourself.com).

It has come to my attention that people didn't want to tear up our magazine so they were reluctant to enter our contests. We have decided to CHANGE our contest rules to allow PHOTO COPY of both our contest entry forms as well as our FREE SEED coupon BUT we will now only allow 1 ENTRY PER PERSON

I would like to CONGRATULATE our winners from Issue # 1

G.H. of Nova Scotia Volcano Vaporizer,  
C.D. of St Cathrines, Ont Volcano Vaporizer  
R.M of Oregon Vapir One 3.0

I would like to CONGRATULATE our winners from Issue # 2

A.R. of New Jersey Volcano Vaporizer  
F.D of Ontario Vapir One 3.0

I hope that you enjoy this issue of TREATING YOURSELF as much as I have putting it together.

Take Care and Peace  
Marco Renda  
Federal Exemptee  
[weedmaster@treatingyourself.com](mailto:weedmaster@treatingyourself.com)





# INSIDE THIS ISSUE OF TREATING YOURSELF

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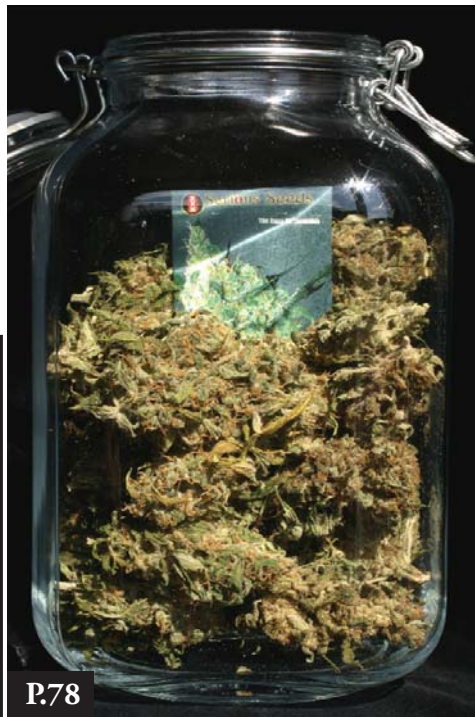
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Treatingyourself.com wishes to remind readers to be aware that the sale, possession and transport of viable cannabis seeds is illegal in many countries, particularly in the USA. We do not wish to induce anyone to act in conflict with the law. We do 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 magazine 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 magazine may be reproduced for profit without the written consent of the publisher



# KRYSANIA'S A NON USING TEENAGE POINT of VIEW

In my last article, I discussed how I view medicinal marijuana as a teenager. Since discovering my father is a legal user, I have had the opportunity to inform and educate many people on the subject. More often than not, the response I get isn't a negative one, but in fact a very positive one. I find that to be rather surprising actually, considering the bad image it gets from the media.

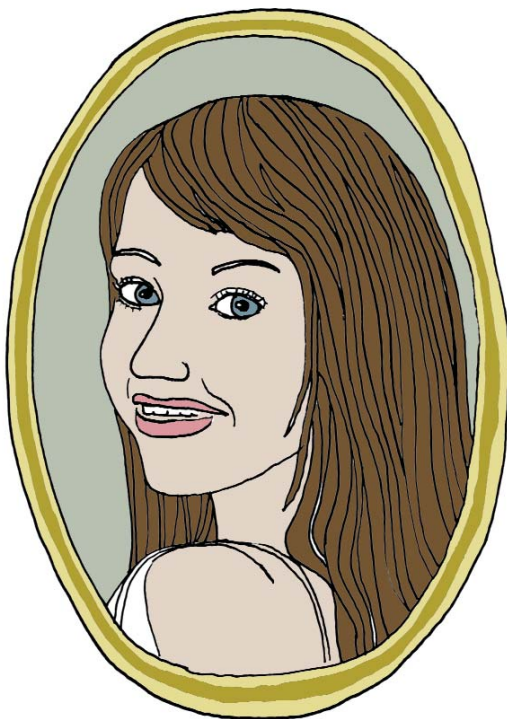
What I find even more surprising is that many of the people, who support it, are doctors and teachers, some of the very people who harp about how bad marijuana is and all the bad things it can do to your body. While I may find it a little shocking, I am in no way disappointed by it. I feel that it is important for people of some influential status in our society to support such a worthy cause.

A couple of weeks ago, I ran into the librarian from the school that I attended last year. After

talking about what I've been up to the last little while, the discussion turned to my previous article and this very magazine. The librarian seemed rather pleased hearing about all this and then asked something I can honestly admit I didn't expect. She was wondering if it would be possible to obtain a couple issues of the magazine. After talking it over with my parents, it was decided that we'd be more than happy to give them to her. I later learned that our local public library has received and would further receive copies of this publication for free. I feel that it is a very good thing for the public to have access to both sides of the story so they can decide for themselves what their stand is on this topic.

Hopefully I will be able to further educate people on the importance of this plant for medicinal purposes, by continuing to learn and being able to share what I have learned with others.

Krysania, age 16



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# ABOUT THE FOUNDER AND A MISSION

**M**y name is Marco Renda I am 45 years old. I have been suffering from HepC for about 23 years now. Since 2003 I have been licensed by Health Canada to possess marijuana for medicinal reasons it is my goal to provide medical marijuana users with information to assist them in their use of medical marijuana, from acquiring seeds to growing their own.

Treating Yourself supports the removal of all penalties for the private possession and responsible use of marijuana by adults, including cultivation and casual nonprofit transfers of small amounts. Our website Treatingyourself.com is the world's largest and most compassionate medicinal marijuana website to date. We at Treatingyourself.com first began our journey into the marijuana culture by providing free, quality marijuana seeds to those in need. We then expanded our compassion to include the ability to supply medical grade marijuana for free or at a hugely reduced price to qualified medicinal patients around the WORLD.

This practice soon proved to be the "un-doing" of a very good thing. I have subsequently been arrested and I am before the courts for this act of compassion. As a result Treatingyourself.com is no longer able to provide marijuana to the hundreds of patients it once helped so much. It is with this in mind that I have decided to re-focus some of my actions in the marijuana culture. TY WILL remain a predominantly "medical" marijuana website whose goal will remain to be the education in the responsible use of marijuana as it applies to medicine, however there will be a more concerted effort given to the consolidation of many "pro marijuana" websites and interest groups with a goal to co-ordinate all of our efforts with regards to the issues of legalization.

I would like to take this opportunity to extend my hand in welcome to ALL respectable, responsible marijuana users. I would like to see a concerted effort on behalf of ALL respectable, responsible marijuana users WORLD WIDE, helping in the effort to abolish prohibition as prohibition MUST be abolished! As individual "interest groups" we are at the mercy and whim of the governing bodies of the world, however if we were to unite and begin to

demonstrate to the world that we are responsible and respectable members of society the choice will be clear.

Marijuana MUST be made fully legal to any and all who have obtained the age of majority!

The time has come for our governments and lawmakers WORLD WIDE to abolish the immoral prohibition of an innocuous flower! The time has come to realize that we are NOT "potheads" or "stoners", far from it!

We are tax payers; we go to work every day we are employed in every walk of life. People who use marijuana range from janitors to judges, barbers to doctors... yes even a good number of our police use marijuana! I personally know a Canadian army veteran who self medicated with marijuana through most of his active service career following a botched back surgery; he was well liked by his fellow soldiers and had the respect of his supervisors through his entire career, hardly what you could call a "pothead" or a "stoner".

This is just one story in perhaps a million or more in Canada alone! Yet the facts remain the same... we STILL face prohibition, we are still unjustly locked up, we can still have our lives RUINED! All because the propaganda machine is kept well oiled and fine tuned. It is our duty to throw sand in those gears! It is our duty to dismantle this ponderous loathsome machine! The ONLY way to achieve this is to "walk the walk" and "talk the talk", we... the marijuana consumers of the world MUST show the lawmakers that we do NOT cause harm, we ARE RESPONSIBLE, we are RESPECTABLE and we are VALUED, PRODUCTIVE MEMBERS OF SOCIETY!

It is long past due that we remove the stigma that is attached to marijuana, to date there are hundreds of LEGAL marijuana users in Canada who would rather





that the “public” NOT know who they are. NOT for fear of being ripped off... no... They would rather remain anonymous because society has allowed the stigmatism of “pothead” and “stoner” to continue. They would rather remain anonymous because they don't want to be harassed by police for their LEGAL gardens... they don't want their professional careers to be interfered with. All they REALLY want is to be allowed to live a more pain free PRODUCTIVE life! There are literally hundreds of thousands more that use marijuana as a relaxant to help manage stress, stress KILLS!

Even for the social user marijuana is used at parties and without the morning after hangover. Marijuana is of course among the most benign of the so called “party drugs”, FAR greater threats can be found in the form of crack cocaine and crystal meth!

To suggest that the ingesting of a plant such as marijuana should also carry with it the “shame” of a criminal record and the possible destruction of any future career opportunity or even the ability to freely travel about the globe.. Is in FACT a “shame” and a “crime” against the RESPONSIBLE and RESPECTABLE marijuana consumers of the WORLD!

WE MUST LEGALIZE MARIJUANA! We must remove the criminal element from marijuana, to do this it must be legal for ANYONE to grow and use marijuana that is at or above the age of consent! By removing the archaic laws that continue to prohibit the free use of this wondrous herb we would free up multiple BILLIONS of dollars currently being eaten up by police agencies around the globe in an effort to stamp out a relatively harmless plant!

By doing so our fine police officers would be able to concentrate on ending the threat of FAR more dangerous and insidious addictive drugs such as crack cocaine and meth amphetamines.

In closing I would like to reiterate ... THERE IS A BETTER WAY! The government needs to hear your voices! Send your thoughts to your local MP; do not be afraid, only criminals need to be afraid!

YOU are simply pursuing YOUR RIGHTS! The future is in your hands, shape it wisely ... someday YOUR health may hang in the balance!

On behalf of myself and all of the members of Treating Yourself.com I wish you good health and good grows.



# Stinky's Editorial

## "Little Red Smoking Hood"

Sadly this cartoon reminds me of the endless body-count and suffering caused by marijuana laws that were passed by a corrupt government using racist propaganda by a lying media. Marijuana Prohibition was paid for by the pharmaceutical and other special interest groups and is used by the drug-police to divide torture and control the people still. The rest of the world (and some Americans too) call what our military police and intelligence agencies are doing to prisoners of war torture. They're right but what those prisoners have experienced is nothing compared to the torture, rape and murder



that happens to US citizens in American prisons every day. Many for nothing more than growing medical marijuana or supplying it to people too sick to grow their own. Did you notice who was most willing to degrade, torture and even acted proud enough to pose for pictures were prison guards back home? American Prisoners are stuffed into overcrowded cages and given barely enough of everything including human dignity with no rights. And that's if the cops or guards don't have a reason to make it hard on you. We all break down mentally at some point, especially when you can never let your guard down (or your pants). They simmer in filth until they attack and kill each other like baby chicks that spot blood or weakness, where is the rehabilitation in that? You learn to be a predator or prey if you learn if there is schooling? The money was taken out of treatment and rehabilitation and put into the media for anti-drug commercials by conservative special interest groups. With all the current republican pay-off scandals should we trust their buddies who co-created these anti-drug groups? I think a good part of the Hundreds of millions of dollars a year gets stolen, why not in this case? Seems to be everywhere else the so called moral majority is involved. Why are hard-drugs readily available in every prison or high school in America? They can't seem to be stopped no matter if our kids have to line up and go thru metal detectors (like the prisoners) and have dogs sniff their crotches. How many perverted school employees are we going to let strip search and abuse our children before we stop it? We allow our children to be treated like prisoners instead of stopping the bullying and abuse of power in the schools. It's much easier to blame the victim in the media when their depression and rage outweigh their self-control and shoot up the school (just like the prisoners). According to Maslow the most important human need after our physiologic needs is feeling safe. Drugs are used to control the prisoners and the misuse of the power that it generates along with the cover up to protect the gangs and dirty guards are the cause of most prison deaths. When you look at the way prison populations have to school-up into gangs with those who look like themselves for protection, you see an image of the American population as the government wants us. Think about it and look at our youth, what are they being taught? Certainly nothing about their human and civil rights. What does your future look like when you are too old to work? Tell me how the government, schools and doctors give our children Ritalin (pharmaceutical meth) over the last thirty years but we can't figure out why we have a meth problem now? How can one put to words the needless suffering of the millions who have died just from cancer already? They may have lived longer, healthier, happier lives. What about all the other diseases and the suffering of the families as their loved ones turn to skeletons before their eyes needlessly? It's crazy as people often have to take pills to counteract other pills and can sometimes take one hundred or more a pills day until they can't eat or crap. And still the docs have them scared

they must take the pills or die, but you can't blame the docs who have drug companies pushing there samples and freebies (sounds like lobbying) for selling their new improved drugs. Then you got us patients who want everything now and if a doc doesn't prescribe us pills we will just go to another doc. Marinol is the US's answer to Medical Marijuana, the problems with that are numerous; first and foremost the drug company synthesized pure THC so it would be patentable. Then they charged so much it costs \$50. US per dose and the patient quickly builds a tolerance until it only lasts 4 hours at the most, even if you sleep 8 hours it would still cost \$150. A day. It

also doesn't work like or as good as marijuana or a natural extract, there are hundreds of compounds other than THC in Marijuana and many have medicinal value. Taking just the strongest and concentrating that whether it works as good or not means the money is more important than the patient today. When drug companies find a drug that helps diseases for most people without bad side effects, they should let all companies produce it and pay the originators a royalty to bring drug prices down. Today they don't allow other companies to produce a new drug for years so they waste time and money developing a similar drug (without breaking copyright laws) or other drugs for the same disease. The pharmaceutical industry blames research and development for the high costs of drugs but add the legal and advertising costs to the work that's being duplicated and that's three quarters of the cost. The Government uses the media and the drug war to frighten and divide us until we sit in our houses and watch their propaganda. They frighten and divide us more with TV as most minorities are made to look like they cause most crime yet they don't. Just watch cops and you are almost guaranteed to see a minority thrown on the ground and handcuffed, often only in his underwear. This creates the same unsafe stress felt by prisoners. We see that they will not only haul you out of bed but video it and put it on the news for you whole town to see. As long as he doesn't look like or know us we think we are actually being protected but shame on us all for thinking that. Hitler started with the Gypsies, Drug Addicts, and Homosexuals, then once they were gone moved on to the Jews and even got around to real Christian thinking people. But in the end how does the poem go "they had already hauled away all my neighbors so when the Nazis came for me there was no one to protest or help". When we are scared we react instead of think, why else would we drive giant vehicles when gas is over two dollars a gallon and not go on strike? That's another good question, why don't we go on national strikes in the USA like other countries do? I've been to demonstrations that have turned to police riots in the 70's, how can that happen in a free country with free speech? In the response to my emails all the politicians thanked me for taking an interest in politics yet if you go demonstrate (freedom of speech, freedom to assemble) they feed them amphetamines then sick the cops on you. Sometimes they beat and arrest you or the press, remember it was the pictures of the police beating the little old lady and press that stopped the police brutality in Chicago in 1967-68, most the American people were just fine when it was long-haired hippies being gassed and beaten. I've felt those teeth on my behind more than once and I can smile about them all now, when all they got was a mouthful of pants and shit and eyeful of hairy butt was much funnier than the ones that left scars, at least for me but I hope they enjoyed when they got me too. In the end we all have to show love and compassion and forgive and forget and build a better world together in peace.



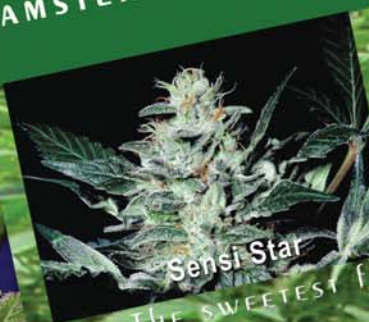


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# CHEWING IT OVER WITH STINKY!

Dear stinky:

A few years ago I came down with Crohn's disease. It has REALLY changed my life more than I can describe. I have found that marijuana helps me with my symptoms and makes my life better.

BUT I have run into a road block to becoming a legal Exemptee and find myself being an exempt me instead. My problems are with my doctors. I have not one but two doctors who believe marijuana will and can help me but they don't like the red tape and other problems with me getting my license.

Could you direct me to some form of an acceptable waiver that I could take to my doctor to see if that helps me out.  
420eh

Dear 420eh

You can find the Release form for medical practitioners (For physicians who complete a medical declaration under the Marihuana Medical Access Regulations) [http://www.cmpaacpm.ca/portal/cmpa\\_docs/english/content/issues/common/pdf/com\\_release\\_form\\_for\\_medical\\_practitioners-e.pdf](http://www.cmpaacpm.ca/portal/cmpa_docs/english/content/issues/common/pdf/com_release_form_for_medical_practitioners-e.pdf)

Good luck

Stinky

Pain and Sleep

What strain would grow indoors and really knock pain away? Also, sleep would be a nice option also. Thanks  
Mr. S.  
dykster

Dear dykster

I would go with the afgan/kush or black domina is a good sleeper also  
Stinky

Dear Stinky

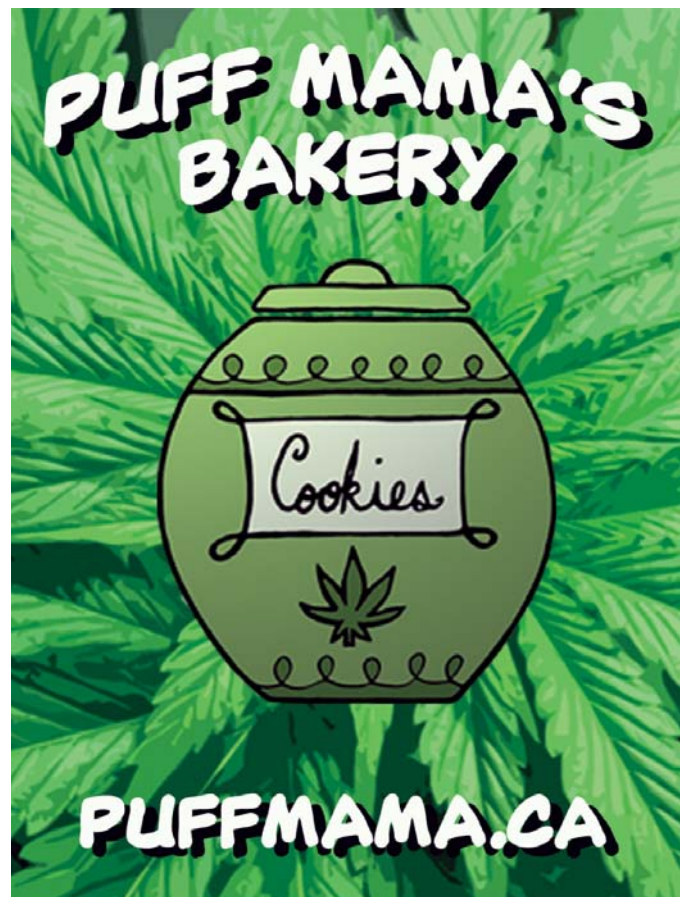
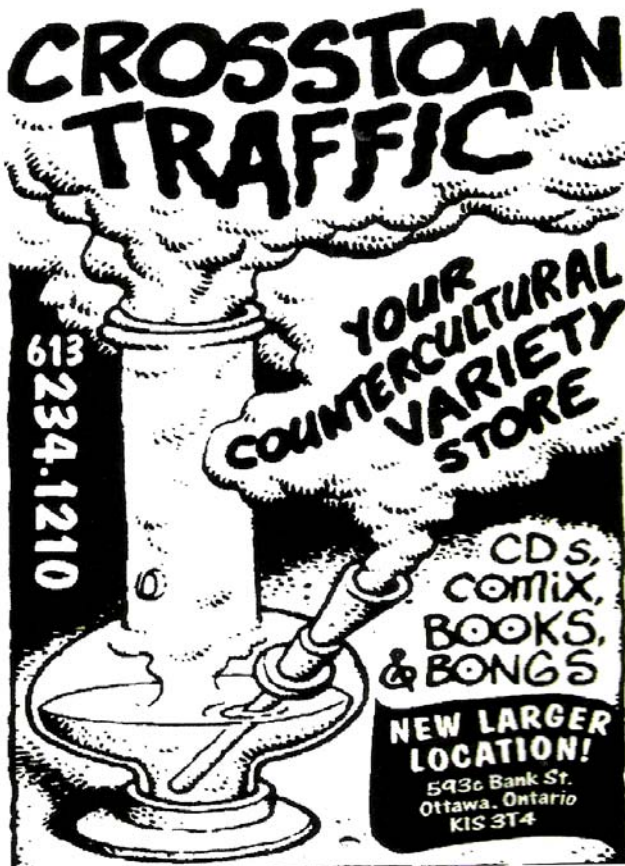
Now that winter is upon us in North America what do you do for Meds? Do you grow indoors or do you have to depend on a compassion club?  
Unicorn

Dear Unicorn

Well I try to store up, for the cold stretch by growing as much as possible and storing it in mason jars.  
Stinky



If you have a question you would like STINKY to answer please go to our website <http://www.treatingyourself.com> or send him an email [ask.stinky@treatingyourself.com](mailto:ask.stinky@treatingyourself.com)





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# Chief's TY Tokin' Toons

I'm a 48 yr old (just turned Oct. 27th) Canadian male, living in the Niagara area, married to a beautiful woman, father of 5, (2 boys living at home and a boy and twin girls living on their own) a I'm also a grandfather to 7 little ones, with another on the way!

Years ago, I was a hardcore biker and businessman, choosing to attend meetings dressed in leather instead of suits, and on a Harley instead of in a Porche.

I owned and operated my own sign shop for almost 25 years until I was injured on the job, falling from a ladder and breaking my neck in two places. The resulting chronic pain caused me to close the business and put me on Ontario's Disability Support Program. I have also not ridden a motorcycle in almost 6 years because of my injury. Because of the multitude of high powered opiates that I'm forced to take every day, I've found that Marijuana helps with the nagging pain, the stomach disorder from the pills, and the resulting mood swings, anxiety and depression from being unable to work and support my family. I started smoking recreationally as a teenager, and rarely smoke just to get high anymore. I learned of Treating Yourself from a friend a

couple of years ago, and with their help and support, I'm slowly learning to accept my fate and to get on with my life, bearing the pain that I suffer each and every day. I don't know what I'd do without their assistance as I've grown to depend on Treating Yourself daily.

I started drawing at a very early age, and as a child always searching for a sheet of paper to draw on, I took to ripping the labels from the food cans in my Mother's pantry. The day she looked in the cupboard to fetch something to eat and found a stack of unmarked tins is the day she decided to go out and buy me some decent art paper. The rest as they say, is history! During my years as an artist, it's been financially and psychologically rewarding. While I did make a good living while I ran the sign shop, I always found doodling at home in the evenings while watching TV the most satisfying. Drawing little

cartoons of the people and situations I saw on the tube was always fun. I still do it today, and still find as much joy as I always have. Because of my injuries, I'm not able to do it as much, and don't really have the outlet to help financially. When Marco from Treating Yourself asked me to draw some cartoons

and cover pages for his fledgling magazine, I was overjoyed to help. I knew it wasn't going to pay, but it was a way I could give back to the people who've been so helpful in the past couple of years, plus it would help exercise my mind now that I'm basically idle. My Doctor at the Pain Clinic that I attend reminded me early on that one thing very important to good mental health while caring for my injuries was to keep my mind active. Reading, crossword puzzles, that sort of thing is imperative to keeping the mind strong when the body cannot be. Marco's offer to give me a couple of pages to draw some topical cartoons and cover pages was just the ticket I needed. Now I can spark one up....get in the mood, and let my imagination take over my pens, and well....you can see the results. This is just another example of how Treating Yourself and marijuana as a medicine have both helped me immensely in the past while. One of the

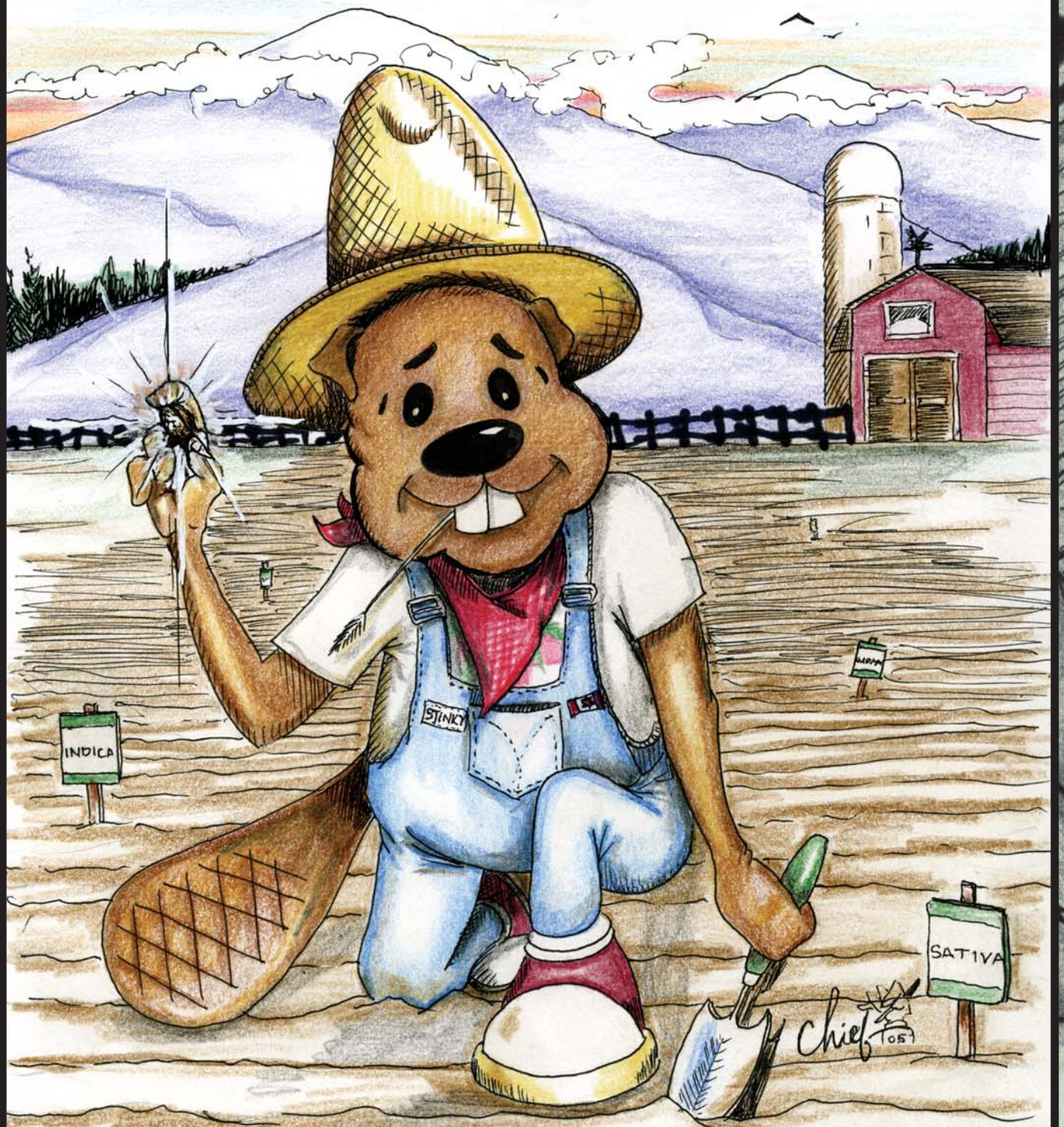


other projects I've taken on, is building a custom motorcycle by hand from the ground up. It's taken a few years, but I'm almost done.

Many people with closed minds may think this is just another pot smoker who is trying to justify smoking weed, but I can truly attest that if it weren't for marijuana, and especially people like Treating Yourself and Skunk Magazine, people who are putting the word out to the masses about the medicinal benefits of the plant, people like me and many others out there would be wasting away and giving in to their injuries and illnesses and not be able to live a decent life due to their debilitating physical and mental disabilities. And for their help, I'm truly grateful.

Jeff "Chief" Stockton





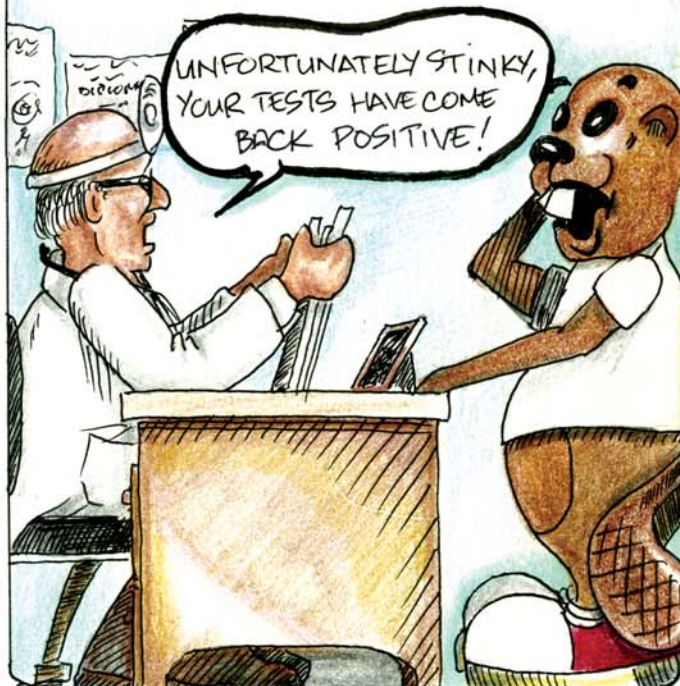


the continuing adventures of

# STINKY

AN  
ACTIVIST  
WHO GIVES  
A **DAM!**

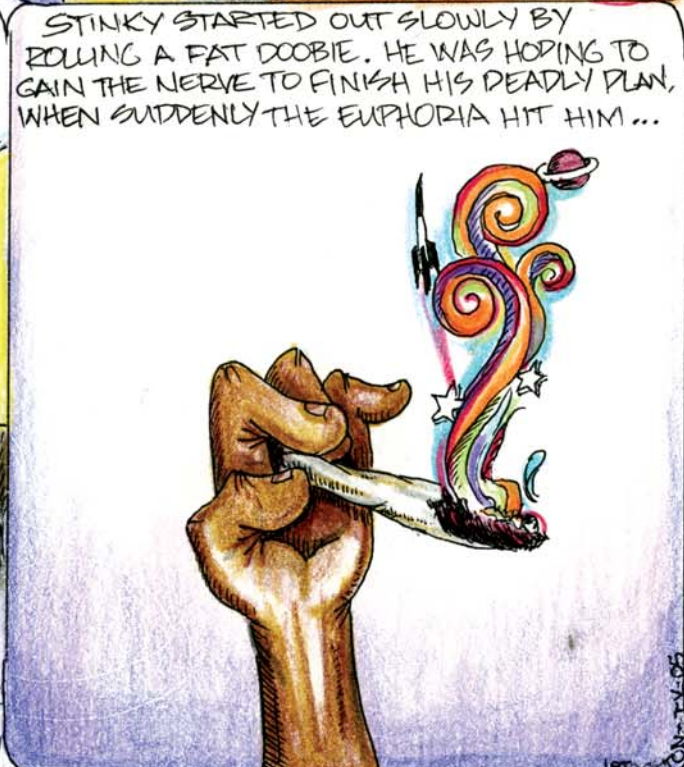
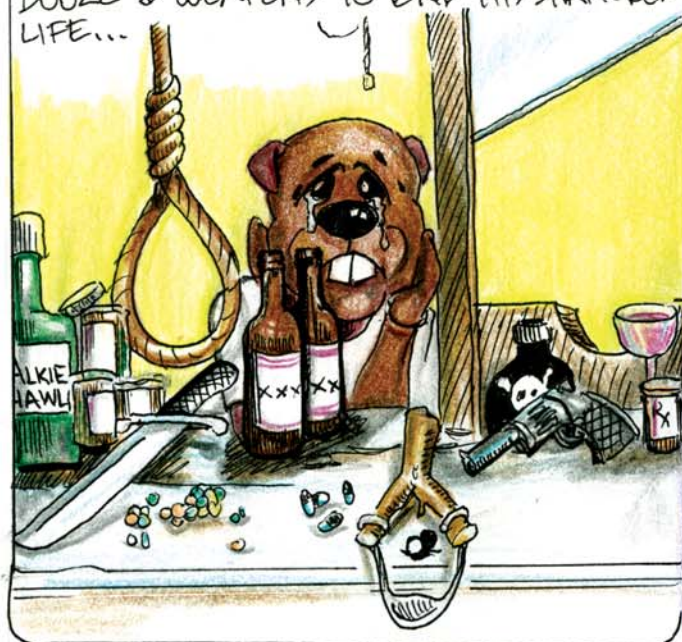
OUR SAGA BEGINS WITH OUR HERO STINKY,  
AT A SEEMINGLY ROUTINE PHYS[ICAL...



DEVASTATED, STINKY WONDERED, HOW WILL HE BREAK THE NEWS TO HIS FAMILY? WHAT WOULD HIS FRIENDS THINK? COULD HE GO ON? WAS THERE ANY HOPE?



BITTERLY DEPRESSED AND CONFUSED, HE DECIDES THERE IS NO WAY OUT. HE QUICKLY GATHERS AN ARSENAL OF PILLS, DRUGS, BOOZE & WEAPONS TO END HIS SHATTERED LIFE...





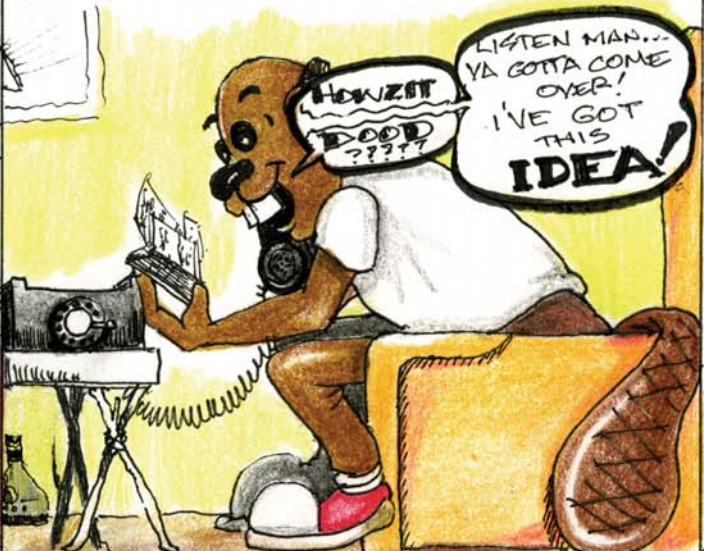
STINKY BEGAN TO RELAX. MORE REASONABLE THOUGHTS STARTED TO FLOOD HIS MIND AS HE DREW FROM THE JOINT. COULD IT BE? WAS THIS THE ANSWER HE WAS LOOKING FOR?

SOON, HE RETURNED TO HIS DR. AND ASKED WHAT HE ALREADY KNEW... COULD MARIJUANA BE JUST WHAT HE NEEDED TO STOP HIS DOWNWARD SPIRAL OF DEPRESSION?

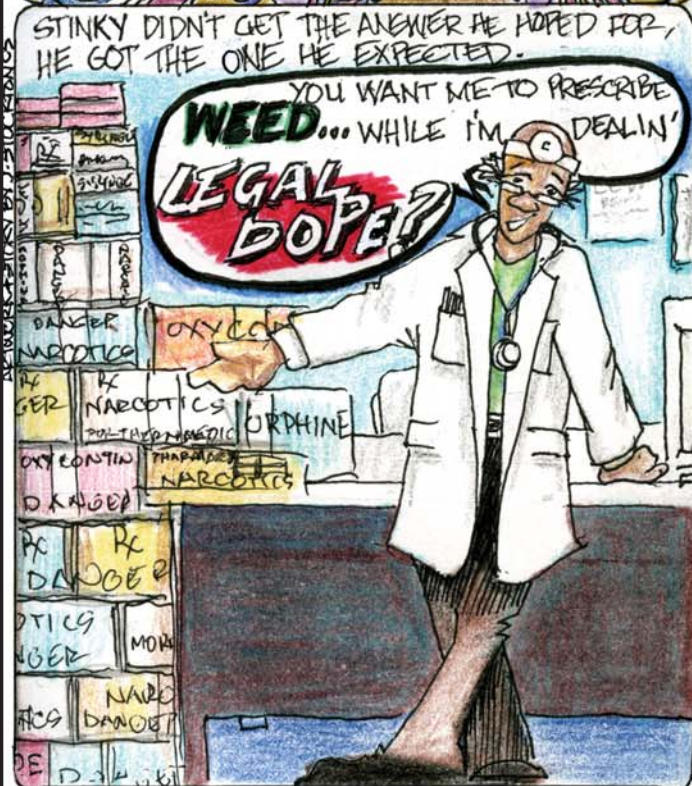
**M.A. KWAK** MD, B.S., F.U., O.K.  
FAMILY PHYSICIAN / VETERINARIAN



HE THEN REALIZED HE WAS GOING TO HAVE TO FIND HIS OWN HELP. OUT CAME HIS POCKET-ROLODEX AND STINKY TOOK THE FIRST BIG, BIG STEPS TOWARD CHANGING HIS LIFE!



CHECK OUT NEXT ISSUE'S 'SHIMOKIN' CHAPTER!!!





MARCO WANTED SEASONAL CARTOONS, AND THERE I WAS IN SNOW-COVERED ONTARIO, DRAWING PICTURES FOR THE SPRING ISSUE!

"VALENTINE'S AND EASTER!" I HEARD ECHOING OVER THE PHONE LINES... "VALENTINE'S AND EASTER!" SO BEING THE EVER-EFFICIENT-EMPLOYEE I AM, I DECIDED TO PUT THEM TOGETHER IN ONE CARTOON.

OH... AND MARCO?... I THREW IN ST. PATRICK'S DAY FOR NUTHIN'!

*Chif*  
Dear Valentine... ♥ ♥ ♥



HAPPY EASTER!



A RIDDLE FOR YA... A B.C.  
GROWER & AMERICAN BUYER  
ARE IN A CAR... WHO'S DRIVING



you tell me



THE D.E.A.



WHAT'S A NICE SEED LIKE YOU  
DOING IN A JOINT LIKE THIS?



"HEY BUD!"



"PIPE DOWN!"



E SUBSTANCE & CURE-ALL.  
THAT COULD EASE PAIN OR  
INTESTINAL DISORDERS, DRUG  
ASTHMA, HEPATITIS, COMPLICATIONS,

ONE DAY, SCIENTISTS WILL CREATE  
A MIRACLE SUBSTANCE & CURE-ALL.  
SOMETHING THAT COULD EASE PAIN OR  
DEPRESSION, INTESTINAL DISORDERS, DRUG  
ADDICTION, ASTHMA, HEPATITIS, COMPLICATIONS,  
FROM H.I.V & A.I.D.S.,... SUUUUURRE, AND THEN, YOU'LL  
BE ABLE TO USE IT FOR FOOD, PAPER, MEDICINES,  
LOTIONS, CLOTH, ROPE, OILS, BUILDING MATERIALS,  
INSULATION, PAINTS, MAKEUP, SALVES, BIRD  
SEED, ANIMAL FOOD, ETC... ETC...  
ETC... ETC... ETC... ETC... ETC...

**YEA  
RIGHT**







## **www.treatingyourself.com** **'So Much More Than a Web Site'**

TY is my 1-stop for everything I need to live, love and laugh. Where else can you go to find the compassion, friendship and knowledge to live a much better life than I was living before I came here. TY has become a part of my life that is now a necessity for me to live the kind of life that I am now capable of living. It has provided a type of freedom. It has shown me how to TREAT MYSELF, and how to pass this knowledge on to the next person who seeks to learn how to treat themselves. TY has shown me a better way. TY has also shown me that I am not alone and not the only one who is in pain. Now, loneliness is optional.

I could go on and on to tell you what I have been freely given here, the new friends that I have met and the support that always comes from here.

I love this place and love all the members. We ARE a family.

- Reddiet TY Member

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

TY is family!

- Nardwarz TY Member

### **WWW.TREATINGYOURSELF.COM**

If you're looking for a place that has compassion, and not just compassion, but compassion for you. A place that truly understands what it's like to live with sickness or pain. A place that can help you to learn to grow your own

Medicine and grow it well. A place with community. Then

www.treatingyourself.com might be the place that you're looking for

We offer growing advice and tips, A free seed program for Medical Marijuana patients, great monthly contests. We have a membership that sees TY as family and acts accordingly. Above all we offer compassion, friendship, a light in the dark. We understand what it is to live with pain and sickness. We understand, because we live with it ourselves. So come on by and hang out with us. See what we have to offer and you decide.

**www.treatingyourself.com - A place we call home**

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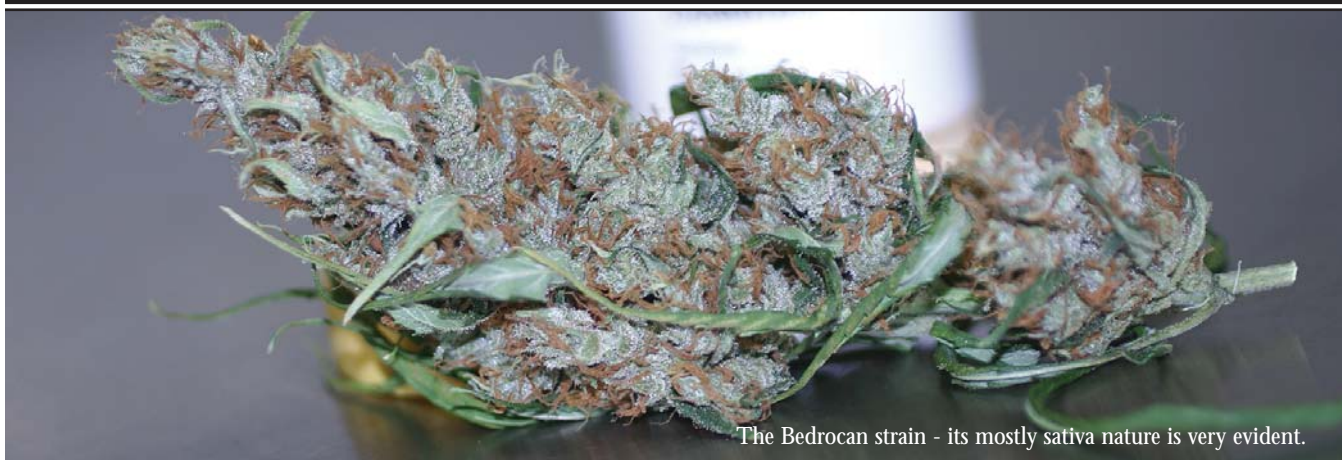
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# A visit TO Bedrocan BV

Words and Photos by Green Born Identity - G.B.I.

## Legal medical marijuana production in the Netherlands



The Bedrocan strain - its mostly sativa nature is very evident.

No, we were not blindfolded. After all, the facility of Bedrocan BV, the only company in the Netherlands that presently has a license to grow medical marijuana for the pharmacies, is completely legal and supported by the Dutch government. Nevertheless, I was kind of surprised by the full frankness of Freerk Bruining and Tjalling Erkelens, the two brothers-in-law that run Bedrocan BV, and the Office of Medicinal Cannabis (OMC). On occasion of the IACM Conference 2005, they offered interested people the opportunity to visit the production facility of Bedrocan BV in Veendam (North Holland). During the bus trip to Bedrocan, three hours right across the Netherlands, Wim Scholten, the former OMC chairman, acted as tourist guide and told the participants about the Dutch landscape history - a both interesting and funny sort of entertainment.

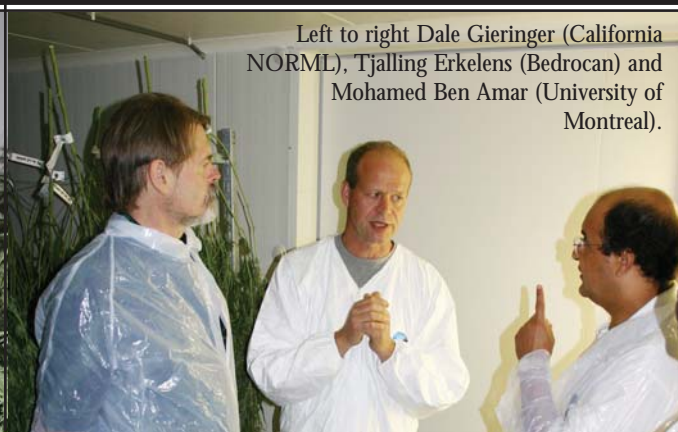
I was quite amazed to learn that I was the only journalist taking part in the Bedrocan trip. The other participants represented a kind of who's who of well known cannabis scientists and doctors. We were all on edge after having reached the facility. Freerk and Tjalling gave us a very

medical marijuana. Furthermore it had quickly become clear that the customer demand could easily be supplied by just one company. So today Bedrocan is the sole supplier of Dutch pharmacy weed.

On 1 September 2003, the sale of medical marijuana in Dutch pharmacies began. Two years later, the sales figures were disillusioning, less than 100 kilos of medical weed had been sold per year as an average. Merely about 1,500 patients are buying their medical marijuana from the pharmacy - the OMC had calculated 7-15,000 patients before the project was started. A vast majority of patients is still buying cannabis from coffee shops, because of the lower price and the wider range of selection. Many coffee shops are offering discount prices to medical users. Another drawback is that there are a couple of private organizations illegally distributing medical marijuana to thousands of patients all over Holland. Many people are considering Bedrocan's products as overpriced. The "Bedrocan" strain (Mostly Sativa, 60 days of flowering, 18% THC /



A look into a flowering garden with Bedrocan plants.



Left to right Dale Gieringer (California NORML), Tjalling Erkelens (Bedrocan) and Mohamed Ben Amar (University of Montreal).

warm welcome and, by means of a power point presentation, introduced us to the company history and work of Bedrocan BV at first. In 1984, they inherited a small farm and started cultivating chicory. They additionally grew asparagus and box tree beginning from 1991. In the mid nineties, the two brothers-in-law began to cultivate cannabis on a hobby basis. When in 2000 the OMC was founded, they decided to apply for a license to grow medical marijuana. The time was ripe in 2003; Bedrocan received a license from the Dutch Ministry of Health and was contracted for four years for the cultivation and production of medical marijuana. Apart from Bedrocan, there was only one more company that got a license: The Stichting Institute of Medical Marijuana (SIMM), run by the American James Burton. However, he lost his license in the spring of 2005, partly also because there were problems with the standardization of his

0.8% CBD) is sold at 9.50 Euros a gram, and "Bedrobinol" (Indica/Sativa, 54 days of flowering, 13% THC / 0.1% CBD) at 8.30 Euros. In fact, the prices for equivalent qualities of coffee shop weed with the same potency are similar, but the discount makes the difference. However, medical marijuana is not only about prices. A most important quality criterion has widely been ignored by many patients so far: The absence of harmful substances, such as mold, bacteria, pesticides and heavy metals. Only Bedrocan marijuana flowers can guarantee a clean and sterile product, as they are exposed to Gamma radiation to eliminate any unwanted micro organisms, like fungi and bacteria, and tested by a laboratory. In addition, the levels of functional components (THC, CBD) are totally constant with every batch of Bedrocan marijuana, whereas coffee shop weed shows a lot of variation. In March 2005, Arno Hazekamp from the Leiden



University published a survey on coffee shop marijuana that helped to make the public more aware of the health aspects of medical marijuana. He had collected medical marijuana samples from eleven Dutch coffee shops and tested them for harmful substances. All samples proved to be contaminated with both mold and bacteria, and for the most part also with pesticides. The respective amounts clearly exceeded the EU standard for inhalants. Hence from a health point of view, the higher price of Bedrocan marijuana is justified. The Dutch Ministry of Health, however, in the past failed to draw the customers' attention to the importance of a clean product; this precious advantage of Bedrocan marijuana has not properly been communicated. When Hazekamp's survey had been published, the Ministry of Health started to call on Dutch HIV, cancer and MS patient associations to propagate the fact that coffee shop marijuana is regularly contaminated with harmful substances.

At the end of 2005, the pharmacy project seemed to be endangered; the Dutch media announced that it would probably be cancelled, due to the low demand and lack of profitability. But shortly after this, Marco van den Velde from the OMC resolved all doubt, declaring that a commission had recently evaluated the Dutch policy on the provision of medicinal cannabis and

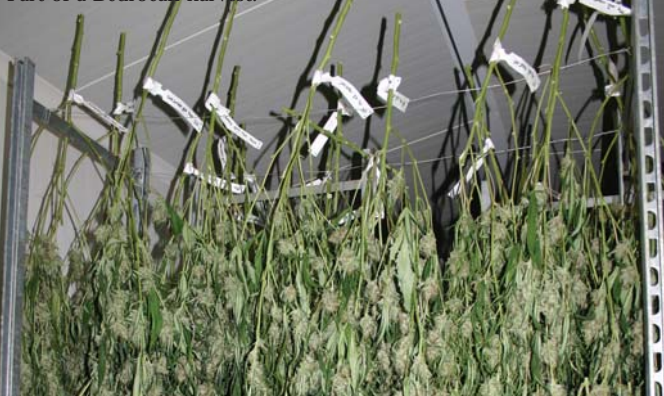
standardization of medical marijuana is hardly achievable with organic fertilizers and mediums. Bedrocan works with clones that are always cultivated under the same growing conditions, i.e. the same climate, same pH and EC values, same culture technique, same cropping period, etc. The company operates four grow rooms, each with an area of 55 square metres and thirty 600 Watt HPS lamps. One room is reserved for the vegetative stage; it houses mother plants and vegetative plants that are moved to one of the flowering rooms after some weeks. In each flowering room, there is space for up to 130 plants. The plants are exclusively cultivated in pots and watered by a flooding system (in the vegetative room) or a drip-feeder system (in the flowering rooms). Bedrocan lets the plants grow very tall; the "Bedrocan" strain e.g. has a height of about 1.80 metres at maturation. Every two weeks, Freerk and Tjalling can harvest medicinal buds. In addition to "Bedrocan" and "Bedrobinal", a third variety is going to be released to the market from February 2006: "Bediol" (50 days of flowering, 6% THC / 7% CBD), a CBD-dominant strain that was developed in order to meet the increasing demand for such types of medical marijuana.

Four times a year, Bedrocan is visited by a federal controlling institution that checks the number

Two Bedrocan vacuum bags, each with 250 grams of medical marijuana.



Part of a Bedrocan harvest.



given a positive opinion, advising the minister to continue the program and to focus on research and development. Now the minister of Health is accordingly suggesting continuing the program in order to give pharmaceutical companies the opportunity to develop a cannabis based medicine on the long term (including clinical trials Phase 1, 2 and 3 which are necessary for registration). Until September 2006, pharmaceutical companies have time to bring in such plans. At this moment there are two Dutch companies with serious plans - their names are top secret at the moment. Natural cannabis flowers will be available in Dutch pharmacies at least until such a standardized cannabis medicine has been developed and released to the market.

After this in-depth lecture on the Bedrocan Company and the situation of medical cannabis in the Netherlands, we were finally led to the "holy halls". But before entering the Bedrocan growth and production facilities, we had to put on white plastic smocks, for hygienic reasons. The cannabis is cultivated under controlled circumstances, in accordance with the GAP (Good Agricultural Practice) and GMP (Good Manufacturing Practice) rules. This means e.g. lowest possible energy consumption, recycling of rockwool, no more fertilizer than the plants require, no use of pesticides and decontamination with an environmentally friendly, biodegradable agent. Pests and mold spores are widely filtered out by a filter system in the ventilation system. Bedrocan is constantly controlled by the OMC. It performs audits and takes samples of every produced batch. The samples are controlled by a laboratory and analysed with a method developed by the State Institute of Public Health and Environment (RIVM). This method is based on the European demands for medicines stated in the European Pharmacopoeia.

Biological cultivation does not come into consideration. According to international pharmacological guidelines, it is not allowed to label prescription medicines as "organic". Furthermore the

of plants and the amount of stored dry buds. The OMC comes by every time a new harvest has been dried. At this point, the state takes over the reins and coordinates the processing, quality control and distribution of the Bedrocan harvest. Packed in bags of 250 grams, the buds are delivered to Isotron BV, a specialized company that treats the flowers with gamma radiation in order to fully guarantee a clean and healthy product. Gamma radiation treatment is common with many foods, being unharmed to human beings. Then a laboratory examines the marijuana for the absence of harmful substances and compliance with the predetermined THC and CBD values. When the laboratory gives its okay, the marijuana is forwarded to the distributing company Fagron which packs it in 5 gram boxes and supplies it to the pharmacies. Both Fagron and Isotron are regularly controlled by the OMC, too.

Bedrocan could fully convince the visitors of its work. Tjalling Erkelens is optimistic for the future: "We've come so far at this moment that there are more reasons to believe in ongoing and expanding than in stopping. We are getting more and more positive reactions from users of our cannabis and the pharmacists are enthusiastic about the steadiness of our products."

Unfortunately, many Dutch health insurances refuse to reimburse the costs for medical marijuana, because it is not officially approved and registered as a standardized preparation. The development of a standardized cannabis medicine, based on natural cannabis, and clinical trials with this new medicine will considerably increase the chances for registration and hence also reimbursement. But for the time being, the decision whether to reimburse or not is up to each individual health insurance company.

Green Born Identity - G.B.I.

A look into the vegetative room.





# AN EXEMPTEE SPEAKS HIS MIND!

## My name is Bob LeDuc

and I am from Ontario, Canada. I am also a federal Exemptee and have been using marijuana as a medicine for over a decade. I received my first exemption in 1998. How this came about was that I was diagnosed with epilepsy in the mid '90s only to find that traditional epileptic medicine was too dangerous for me to use. My only recourse was to monitor my seizures and try to determine if there were some things in my daily routine that were triggers and try to avoid them. In the process of doing this I noticed that on days when I smoked marijuana (recreationally) I was seizure free. Once I became aware of this I did my own clinical trial. I started by smoking daily for a week and to my amazement, no seizures whatsoever. Then I tried not smoking and the seizures returned. I repeated this process three times with the same results. Once I was sure I was onto something I reported my findings to my family doctor. My doctor was pleased that I found something that could improve my life immensely but she could not endorse it because it was illegal.

At that time the first Canadian exemption had not been granted. In fact when the first exemption was granted to Jim Wakeford I had been controlling my seizures with marijuana for several years. Now that the first exemption had been granted I knew that there must now be some way to apply and so I checked into it and found out that yes indeed with my doctors approval I could qualify for an exemption. My doctor gladly supported me and within 8 months I had my first exemption making me one of the first 20 Canadians to use marijuana without risk of prosecution.

My next step was to switch from smoking marijuana to eating it. I felt that if I now need to use this regularly that eating it would also allow me to administer it almost anywhere. Legal or not there are many places where one cannot smoke a joint. Unfortunately, for reasons I still do not understand, my seizures returned. Eating it did not control my seizures, it had to be smoked. However, I was smart to give it a try because I discovered that eating marijuana controlled my other two disabling conditions, IBS and psoriasis. Within a short time after discovering this I found my self being almost symptom free from all three very disabling and painful conditions.

For the first time in my life I became totally healthy and could now continue my life the way I always wished it could be. Thanks to marijuana the torture is over. Since my first exemption was granted I have met many fellow exemptees with a wide variety of serious conditions,

many of them more serious than mine, and all have had similar results. This brings me to the following conclusion marijuana is the most amazing natural medicine on the face of our planet. So why is it a crime to use it almost anywhere you go in the world? The real crime here is those responsible for continuing to demonize this miraculous plant that could help people world wide. Who are these people? Follow the money and you will get your answer.

The number of things marijuana / hemp can be used for is staggering and I'm sure as such it is deemed as a threat to many industries who have friends in high places. I say shame on you who put the bottom line over the health of our world citizens.

My life as an Exemptee has not always been easy in spite of my improved health. I expect we are the first Canadians that have had to produce our own meds. Most people are able to simply go to their local pharmacy, and additionally have it covered by their health plans. Not us! Most of us have had to invest a lot of money and have had to learn along the way to become expert growers. And still we are unable to produce all we need without having to go to the street. There are many reasons why this can happen. Spider mites, theft, etc. I personally have lost plants due to spider mites and twice to theft.

It appears that over half of Canadians use or have used marijuana. A substantial percentage of these people would steal it from us given the chance. A percentage

of these people would use force. I personally know exemptees that have had a gun to their head and a knife at their throat while getting their medicine ripped off. Fortunately this has not happened to me but like other exemptees I live with the fear that I could be next. It is quite apparent that our Canadian government has a long way to go. They simply have not been fair to us. All of our laws pertaining to medical marijuana have been achieved by hard fought battles in courts across this country. In spite of this Health Canada still back peddles. For example, our superior court ordered Health Canada to dispense marijuana to us and what did they do? They mulched the entire plant including stalk and charged \$150.00 for a product that would surely now be an immediate health risk to our lungs. It is so ironic because with our exemption comes a full page devoted to the health risks of using marijuana.

Even though life as an Exemptee is not easy, I thank God for his/her gift to us via this plant we call marijuana. It is truly miraculous. It did not come from the devil! It became demonized by greedy, immature, power hungry people who successfully convinced most the world's governments to deem it illegal.

In view of this worldwide ban I do believe we are making progress. I hope in my life time that I see common sense prevail. No one should be denied the right to be healthy and I look forward to the day when people everywhere can benefit from this amazing plant.  
By Bob Leduc





# How I BECAME A MEMBER OF TY

Let me introduce myself I am known as Flower on the TY screen. I have been a member for a little over a year now. Am a retired nurse, and am 61 yrs old. I was introduced to TY Through a neighbor of Marco's. We had a conversation about my problems and how tired I was of conventional meds, and the amount I was ingesting. Then I told her that I had tried some mj about a year ago but it was way to strong for me because I became very frightened and paranoid on just a 2 tokes, did not like it at all so did not try again.

Then one evening I went to the TY web sight and learned quite a bit about medical mj. My next move was to get in contact with Marco and see if he could help me, and help me he did. (Thank you Marco).

My medical problems are Fibromialgia, arthritis, both hands and back, restless legs, headaches, and insomnia. My meds were peracetate; muscle relaxers antidepressants and an anti-inflammatory also take lot of vitamins as I am not a fruit or vegetable lover.

I can not say enough about MJ and how it has helped me so much. Even my Dr. Was surprised to see how much I had cut back on my conventional medication.



I now have not taken any anti-depressants for almost a year, my use of oxycontin has been lowered by 2/3 I still need them when I have flare ups or if I have over done it for the day. I sleep all night, and do not feel drowsy in the A.M.

My Doctor is all for it, so she says, but she will not sign my forms to make it legal she says that they will not issue a license for me because I do not meet the criteria the government wants mainly cancer or M.S. Well so I will keep doing what every one else does and do it illegally I have no choice, but I will keep on fighting.

I do not know why the Dr's do not help us fight the laws on MJ use maybe they are afraid of legal actions? Who knows?

Thank you to all of you on the TY web site you are a great help. And you are also a good sound board when we need to vent. My thanks especially to Marco I don't know how I could have done it without you you were God sent.

P.S. Just a thought for those of you who are licenced or get the mj prescribed why not ask the Dr. For a prescription for a volcano which you need to save your lungs. Who knows if enough of us push for it, it may just become possible

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# THE RONAS FAMILY STORY

Our family members are Roger (47), Alicia (36) and daughter Brandy (13). Alicia and I met in October of 1993; Brandy was only 13 months old. We dated for a few months, moved in together, became engaged and exchanged wedding vows on July 9 1995. In November of that year, I adopted Brandy. Alicia and Brandy are my life, and the best thing to happen to me, period. We led a normal life, lived in a mobile home, and had two vehicles and two careers.

Then 2001 came. In January, Alicia was diagnosed with aggressive progressive Multiple Sclerosis. She had been sick for 5 weeks about 3 months prior to this, and no Doctors could understand what was going on. In March of 2001, while trying to sell our mobile home, an arson fire damaged it and a new pickup truck sitting in the driveway. The truck was a total loss and the home had about \$13000.00 in damage. Luckily we were staying at my moms' house while trying to sell, hoping that it being empty would appear larger and sell easier. In July of '01, while hospitalized with a foot problem, I lost the sight in both of my eyes. It happened within 24 hours of each other. With laser and surgeries, I now have a vision of about 20/600 in both eyes, and I am now legally blind. I went from a fulltime career to total disability within about 2 weeks. Then the depression set in, but with counseling and anti-depressants, I made it thru that rocky part of my life. Brandy was such a trooper thru all the difficult times, sometimes doing all the household chores and taking care of Alicia and I, to boot. On November 28 2001 I lost a brother, he had a Grand Mal Seizure.

Alicia was a recreational marijuana user since age 12, and was using it nightly to relax, as she put it. I, on the other hand, had grown up believing that it was the devil weed our government was telling us it was. I actually forbade Alicia from using it during the week and only allowed her to use it on weekends. Then we started noticing that on the weekends, she was doing better with her muscle spasms and twitching.

I started researching medical use of marijuana, and discovered that it was helping other people with the same symptoms. Then I found out that our state had passed a medical marijuana amendment in 2001. Our research began on getting licensed to use marijuana legally. We met and were seeing a neurologist that my wife trusted and valued her opinion, so on one of the visits with her, we asked about marijuana, she said that she had an MS patient that had been using it for about 15 years and that it had helped her tremendously. We actually left her office that day with a recommendation and growing tips from the Doctor. Alicia obtained a state license to use medical marijuana in February of 2003.

We started growing and educating ourselves about medical use of marijuana. We went to a Million Marijuana March in May of 2003, and met Doctor Robert

Melamede. Dr. Bob, as he calls himself, almost had tears in his eyes as he was talking to me about my vision loss and how marijuana would have prevented the loss. We became good friends and we stay in contact regularly. We have even done a public affairs program together on a local cable channel. After my initial meeting with Dr. Bob, I applied for a license for myself and started using medical marijuana. It helps with restless leg syndrome, preserves what eyesight I have left and helps me manage my diabetes.

In August of '05 we traveled to Canada for Hempfest. We met some wonderful people and were welcomed into the TY village for the 4 days of camping. We have never medicated as much as we did there, most of the time we were sitting around the campfire with two hands full of smoking instruments and someone trying to pass us another one. LOL. Edibles were handed out by green girl and Clear Head C, Pothead Pete was in charge of grilling, and he didn't let down this 300 lb man. We met Marco at the TY booth and spent a little time down there with him. Our travel companion from Colorado was our goof friend Esterinco. Along with the TY members there were spouses and other people hanging out. Does anyone remember Adam Bomb?

This last November we started a support group for patients and caregivers. It was started as a very loose format, but in the few months since inception, we have decided to become more structured. We will have grow clinics, patient's stories, guest speakers, activism, and more. The general public is invited and we have had attendance from 100 miles away.

About two weeks before Christmas, I ended up in the hospital with a massive blood clot in my leg that resulted in a pulmonary embolism. My kidney function is now down to 25% and in February will be put on a transplant list. Christmas was very special this year with family and other loved ones.

Our goals for 2006 are to get and be more active in the fight for legalization of marijuana and continue to provide ourselves and other patients with quality medicine. In August we will be having our 3rd annual "Medical Marijuana BBQ". This is an event that Alicia and I host, at our home, to show our appreciation to patients and caregivers alike.



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# TONYA'S STORY

**It is so nice to spend some more time with you.**

I enjoy this, and I hope you have as much fun reading this as I am sharing this. Last time we got together, I told you a little about me as a medical marijuana patient, and a activist. Now I am entering the world of lobbying. See, that's how you get laws changed or create new ones. This was a whole different world for me. Thank you for allowing me to share this adventure with you.

My job when I go to the state house is to gain support on any issue that I care about. In this case it is Medical marijuana. This is called Lobbying. I consider myself a intern

Urbana, Ohio recently stated in the Columbus Dispatch that he has no plans to hold a hearing on the bill in the near future, nor does he expect to allow people to testify at



lobbyist. . Ohio, (that's where I live) has a Ohio Medical Marijuana Bill SB 74.

Ohio Patient Network are the writers of this Bill. Senator Robert Hagan from Youngstown Ohio introduced this Bill in 2005 where it has sat in the Criminal Justice Committee. The chairman, Senator Jim Jordan ®

the one hearing he is required to hold under Senate rules. "Every place they try to do this, they say it's for medicinal purpose, but it's a slippery slope to try to legalize more drugs that are harmful to young people and harmful to all people," he said. "I'm just totally opposed to that concept, which is why I'm not excited about having a hearing and will probably wait as long as possible to schedule one."



I have heard Jordan is a good man. I don't see it... He is supposed to be a Christian. Ok again I don't see it.

How is it ever good to deny a safe medicine to a sick person and how is this Christian act? Why won't you let us present our experts and evidence? Prove us wrong! The goal here is to convince the Chairman of this committee to hold SB 74's first hearing. I went to the Ohio Statehouse armed with a reporter and camera man from WHIO TV and Jordan hid from me. He was scared of a lady in a wheelchair. Well I am going to be his shadow. With this being an election year, Jordan will be rallying support for his reelection... If he doesn't change his tune he might have problems getting those votes.



EQUAL Treatment and Protection under Federal law Why are there still arrests on very sick patients for using marijuana as a medicine? 6 or 7 patients are allowed and given this herb each and every month. 300 rolled marijuana joints in a can are shipped from the University of Mississippi to these sick Americans. This has been going on for the last 20 + years. I'm protected under Federal law... Says WONPR and they also say we all are who use this herb medicinally. WONPR .Women's Organization for National Prohibition reform. wonpr.org In 1929 W.O.N.P.R. was founded to rescue America's families and communities from the ravages of ten years of alcohol prohibition. In 2004, after thirty years of a failed "War on Drugs", the tragic consequences of prohibition are back - gang warfare, arbitrary and racially biased enforcement,

**“Without this medicine many critically ill patients will die a horrible death, from starvation, debilitating pain, and without dignity. This is because why? Because our Government cares more about the all mighty dollar.”**

I have gone to the statehouse many times and it is getting easier every time I go. I learn something new each visit. I have met with Senator's and legislative aides and Folks, they get dressed like me or you. And many are supportive of marijuana as a medicine. I hope you visit your statehouse and meet your lawmakers. How bad do you want medical marijuana as your medicine? How long do you want to let a loved one suffer? Or better yet you?

Without this medicine many critically ill patients will die a horrible death, from starvation, debilitating pain, and without dignity. This is because why? Because our Government cares more about the all mighty dollar. Our Government needs to wake up and start showing compassion to its sickest. Allow us to jump through the hoops, like the Data base we are all willing to go into. I mean what part don't they get? They will know who we all are and where to find us.

If my doctor can prescribe Morphine he/ she should be allowed to prescribe marijuana as a medicine.

I cant understand why it has to be so difficult to understand that Our US Constitution says we are Entitled to

corruption and broken homes.

The Women's Organization for National Prohibition Reform has been resurrected to return dignity to school children, responsibility to families and credibility to law enforcement. These ladies represent 2.5 million women and have given written endorsement of Ohio's SB 74 Jordan take note: A group of women YOU DONT WANT TO PISS OFF Well that's it for this time.. See ya next time.

Here is a tease to what is coming up!

Coming up in Feb. will be a Medical Marijuana special about my life done by WHIO TV. On January 18th 2006 a TV crew came to my home and taped for an hour then followed me to the Statehouse, Next time I will share about that adventure. I will also has legislative updates on other states.

Tonya Davis  
[www.mmjactionnetwork.com](http://www.mmjactionnetwork.com)  
*President Ohio Patient Action Network*



# MEDICAL MARIJUANA IN SOUTHERN COLORADO



In November of 2000 voters passed (54%) an amendment to allow usage of Medical Marijuana in the state. The new law took effect on June 1st 2001 and since then only about 1000 applications have been submitted to the state registry. The major reason for the apparent lack of interest is due to unwilling Doctors to sign the recommendations. Fear of federal prosecution has scared most Doctors into not signing the paperwork needed to get a license. Although in June of 2005 the US Supreme Court ruled that the feds could prosecute medical marijuana users, even in legal medical states, the Supreme Court made a ruling back in October of 2003 that Doctors could not be prosecuted for discussing or recommending marijuana to a patient.

The above stated facts are only one of the reasons that in October 2005 a monthly support group for and about Medical use of Marijuana was started in Colorado Springs, Colorado. The idea was to bring together patients, caregivers and the general public to educate and teach as many as possible about Medical Marijuana.

The group announced a press release about the meetings to local radio stations, newspapers and cable television community calendar, and flyers were distributed to local businesses. It was also posted on several marijuana friendly websites. The response has been all positive and about 25-30 people have been showing up at the meetings. Attendees have included patients as well as a few inquiring minds. In fact, at the first meeting, we provided an MS sufferer with the needed information, and by the second meeting he had received his recommendation and license. At the January meeting copies of Treating Yourself magazine were passed out to all in attendance. A lot of positive comments were made about the magazine. THANKS MARCO!


The future goals of the group are to offer grow clinics, guest speakers (Doctors and Attorneys), get people involved in activism, and hopefully find a sponsor to provide some free or low cost seeds to patients and caregivers.

If anyone has any tips or tricks to running a support group we are always open to new ideas.

For further information on Colorado "Amendment 20" you can check out this website.

<http://www.cdphe.state.co.us/hs/medicalmarijuana/marijuanafactsheet.asp>

You can also contact me at [www.treatingyourself.com](http://www.treatingyourself.com). My username is "pikes peak 69".

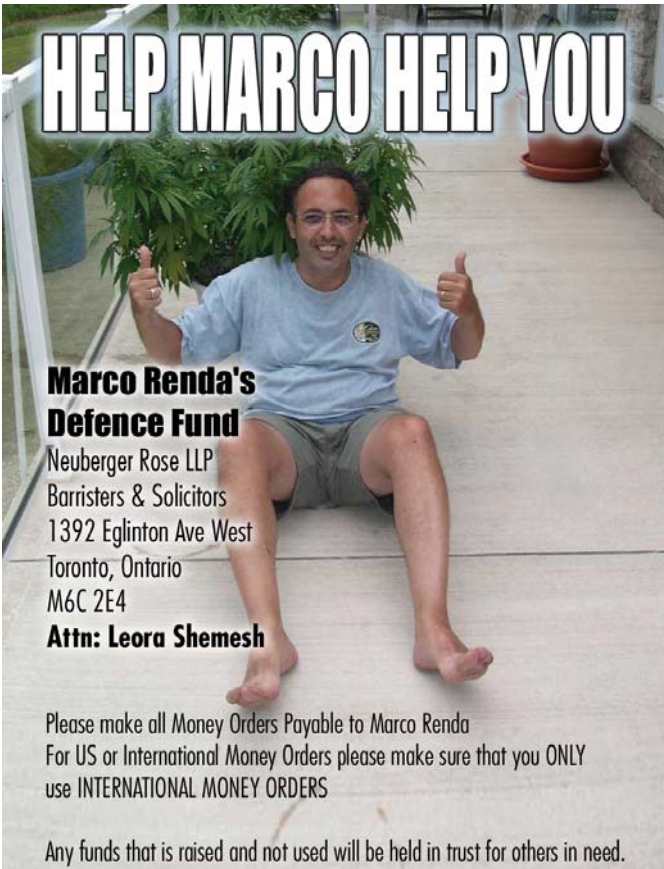
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# Robbin & Al's Story



*Robbin and Al*

**R**obbin and I are very caring and considerate people. Who would help a person in need if possible? Unfortunately we have found out over the years that nice people usually get taken advantage of and finish last. About 10 years ago, when Robbin and myself, where raising 3 children (13 yr son, 11 yr daughter and 9 yr son), all of which have growing in very loving and care young adult, working and living on their own, with the oldest having a child of his own.

We where both very hard workers and always had good jobs. Robbin was a Industrial Sewer, for a company that made cargo nets (the kind that end up in the trunks of cars, vans, truck and planes). Her rate of pay was determined by computer, with Robbin having an average rate of 218%, which was over 100% higher that, the average co-workers. I had my own business. I employed nine people. We did custom homes, renovations, deck and just about anything that had to do with a home. Robbin worked for this company, for about 7 years. About 3 years after starting to working for this company, Robbin started to get Migraines, she also started to get chronic pain in her neck, lower back, legs,

hips, arms and shoulders. This got so painful they would cause vomiting and total body shaking from the inside out. She also suffered many other secondary related problems. She was diagnosed with Myofascial syndrome, related to her work as an Industrial Sewer. Her company would deal with this by putting her on short term disability. She would get better while she was off, go back to work but it would come back. She went through this cycle of on and off work for about 4 years. Each time she went back to work, her problems would come back faster and more severe. It would take her longer to get better and to be able to go back to work. As I said this went on for about 4 years, then her doctor and specialists finally said that she would have to just stop working and go on WSIB. Until she could get better and be re-train into some other line of work.

Robbin was on about 10 different kinds of medications (25-35 pills/day). Many of these have bad side effects. Some of them made living a normal life next to impossible. Robbin started to notice, that there where times when she would be able to sleep most of the night and have the pain go to the back ground, instead of the fore-front, with pain being all that was on her mind. We ended up correlating these times with when she had smoked Cannabis (I myself didn't smoke Cannabis, as it just made me want to sleep. I liked my beer instead). I started to do some research on the Internet and found so much about Cannabis as medicine, I couldn't believe it, there was so much. Robbin started to test this theory and found out that with Cannabis she was taken less pills. She was also not getting many of the side effects, as she started to drop off some of the pills all together. She told her Doctors and they also notice this as well. They told us that they could not tell her to treat herself with this wonderful medicine but to keep up with what we where doing and that they would support her and put it into her file.

In the mean time she had run out of short term disability from her company, had used up her UI sick benefits and was still in the vicious battle with WSIB. WSIB just kept sending one denial, after another. So we could not afford to buy Cannabis on the black market anymore, as our bills and children needs came first even before our own health. Her pill intake started to increase again, along with the bad side effects. So I made a decision, I was not going to watch my Soulmate live like this and I studied and read everything I could on growing our own Cannabis for Robbin and I did, even knowing that we could get in trouble with the law.

About a year went by and Robbin was almost off of all of the pills because she was smoking and or using Cannabis butter, which we made, into cookies or other things that she could eat. All the time these thing where kept as secure from our children as possible (locked grow room, cookies and dried Cannabis in a locked safe).

Then it happened. I had a close friend help me paint the grow room for Robbins medicine. The family was away, while we did this. We lived very far out in the



**"I still wasn't going to let my wife live a life she didn't want to live anymore (if she had to take all of the pills she was taking before Cannabis), so we lived a life of constant fear, of being arrested again."**

country. He was sub post to spend the night. I woke up the next morning and he wasn't there. I did notice that some of Robbin Cannabis that was hanging to dry was gone. I went to his home, to discuss this with him that day and after our talk we both knew that was the end of this friendship for the time being. Well 2 days later, while the children where in school 4 police cars showed up at our home with a search warrant and we where arrested. We told them about Robbin's illnesses and her doctors. Also that we would fight this on the grounds of medical necessity. They said go for it. I do have to say, that they seem to understand and didn't destroy our home. They also asked us when the children would be home from school, so that they could be gone before they got home.

We went through the courts and got a \$1000 fine for me and a \$150 fine for Robbin. We started right back up again and grew inside in the winter and outside in the summer. Then in 1997, while harvesting some of the plants inside the kitchen, thieves where raiding Robbin's garden. When I went out to get some more plants to trim up, I noticed a row of plants missing. I yelled for Robbin and told her to get bags from the house and cut them all down. I had heard something in the bushes and went running to catch the thieves. I had no luck as the bush was thick. I was close but didn't get them. I wish I had of because they would not have been a problem for us ever again, had I caught them and had my little talk with them.

Then in the summer of 1998, I set up 2 gardens, the old one and a new one in a different location. Remember this is on our property and in our back-

yard (3 acres). I set up the new garden thinking that the thieves would see the old one and not look any further. I had an old trailer by the old garden and had set up motion sensors in the trees around both gardens. These sensors where wired back to the house and trailer, underground and would set off radios. One day while the whole family was out, my father whom lived with us at the time was at home. He is disabled and old, told us when we got home, that he thought he seen our son and a friend out back near the new garden, our son was with us, so it wasn't him. The thieves from the year before had found Robbins new garden and was casing it out. This was in July so the buds where just starting, they would wait to steal them until they where almost done. Knowing this I decided to get a friend, that didn't work, to live in the trailer near harvest time, as a guard while I was at work, on midnights.

My father's brother that lived in BC was dieing of Cancer at this time and we had made plans, to take my father to see him, before he past away. So at the beginning of August, we went to BC. While we where on holidays in BC, we had friends come and live in our home to take care of our dogs and to water the gardens out back. They let one of their friends see the gardens while we where gone. This friend, I found out had just been busted with over 200 cuttings a few days before. They came back later and took cuttings from the plants, (over 200 cuttings). He couldn't take them from the bottoms of the plants, NO, they had to be greedy and take them from Robbin's nicely budding tops. This was the 2nd and 3rd wk of Aug. So when I got home and seen what had been done, I asked our friends,

"What happened". They said that they didn't know anything about it, which was not true, as our dogs would have freaked out, if someone was on the property, also they had no car to go anywhere and said that they never left the home, at all while we where in BC. So they knew. I then told them that if they couldn't watch things when we where not there, to forget about watching them when I was at work. I don't know for sure but we think they also had something to do with the tops going missing and what happened 3 days later (We think this, because of what was in the disclosure. Things like where empty oil vials where, where copies of grow books where and many other things in our home, that only people that had lived in our home, would know). I guess they told this to their friend and they all got mad because he wasn't going to get to watch the garden (and maybe rip Robbin off), when I was at work. Well 3 days later, guess who comes knocking at the door. That is right the COPS.

We ended up in court. The crown want to send me to jail for 2 years and Robbin to jail for 1 year. The judge asked the crown, if they had read the 4 Doctor reports, for Robbin, they say, "No", that they didn't want that to influence them. The judge got angry with them and said "if the defendants deal with this today, there will be no jail". Our lawyers came back to us and told us what was happening and said that if we dealt with this in front of this judge, I would get 9 months house arrest and Robbin would get 3 months house arrest. I said "No", that we would fight this to the top. Our lawyers said that we might not get the same judge at trial and that the crown could get what they



wanted if we lost. So I said "If they let Robbin off (because it was bad enough, with what she had to live with and gave me the 3 months, they where going to give Robbin, we would agree). They went back in and came back out and told us that Robbin had to get something, so I would get 11 months and she would get 1 month. We agreed.

When the judge was sentencing us he said that he understood why we where doing what we where but we where still breaking the law and he had to deal with that. He also said that there was a Section 56 of the law that Robbin and her doctor could apply for an Exemption from, that would allow us to grow and possess Cannabis for Medical reason, and that we should look into this, so that we would not end up in front of the courts again, just to allow Robbin to have some enjoyment of life, in dealing with her illnesses.

This new Exemption from the law was just starting to be fought in the courts, at this time. So there where no forms for applying for the exemption, just outlines of what was need to qualify. I did up an 8 page form, that included all the required questions and information needed by the government. Robbin took this to her doctor and he said that he was in agreement with this form of treatment but because of the responsibilities it put on him (a not clinically tested drug), he could not sign the forms but wish he could. But Robbin's Chiropractor (which was the 1st to diagnose Robbins illness) said he would fill out the form. We then mailed them out to Health Canada and waited.

In the mean- time information about people who where applying and or had exemptions, got released to the media, from someone in Health Canada, so now we didn't just have to be worried about the police, knocking on our door, but also thieves. We decided to go pubic now and had a news outlet come to our home and do an interview, with us about this. They even got HC to do a phone interview, from our living room about the reasons, the information got released and why it was taking so long for Robbin to get her

Exemption. (I bet someone at HC, got in trouble for doing that) because the interview with them, showed just how incompetent HC was on this matter, of Section 56 and privatize laws.

Robbin waited 9 Months, for a reply. When she got their reply, they said that because a Chiropractor was not recognized as a real doctor, Robbin didn't qualify. This was a very big let down. I still wasn't going to let my wife live a life she didn't want to live anymore (if she had to take all of the pills she was taking before Cannabis), so we lived a life of constant fear, of being arrested again.

It just happened that at this time in my work career, I had been offered a very good job, at a company in Kingston (I went to college, after high school and was trained as a Mechanical Engineer). This offer was to good to turn down and the money was better. So we sold our home, bought one in the Kingston area and moved. One of the conditions of us moving was that we needed a doctor, before I would accept this job. The owner of the company talked with their doctor and he took our family on. After he went over Robbins file, we asked him if he would sign the forms for an exemption and he said he would. We waited another 6 Months and ended up with an exemption under Section 56. These exemptions had to be renewed every year, which Robbin and her doctor did. Because the rules of these exemptions where unconstitutional, the government was forced by the courts, to change the laws and rules. This developed into the MMAR Act. This act is still unconstitutional in the eyes of the courts. There are still many faults in the rules of the MMAR act but with any hope these will be worked out before too many people have to suffer because of Canada's unjust laws and a government acting slow, doing what is in the best interest for the sick people of Canada. Just in the last few months, the MMAR Act has had a few changes to it. Some of these changes, made it possible for Robbin to comply with the MMAR Act, so she is now an Exemptee under MMAR.

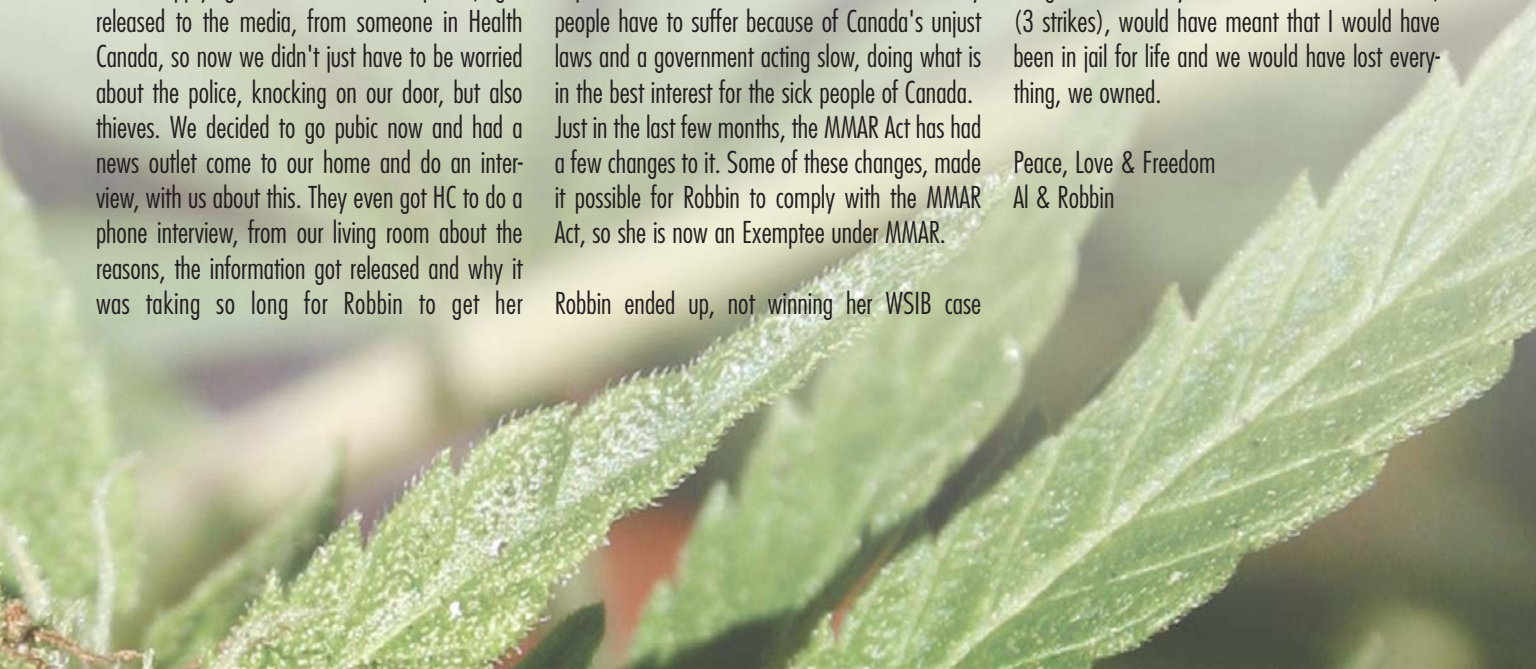
Robbin ended up, not winning her WSIB case

because of a incompetent, WSIB advocate, she had at first. So she is left without any income, until her Old Age Pension, kicks in (about 22 years from now). Her Myofasial Syndrome has become Fibromyalgia, due to the lack of being able to afford proper Medical help (Chiropractor and rehab). This has made life hard for her, as well as the family because it has put us into financial hardship. She also now has CVS (Cyclic Vomiting Syndrome or Abdominal Migraines). Probably because of the many other illnesses, that goes along with the Fibromyalgia. In the summer of 2005, Robbin did have any operation that helped with the CVS by about 80%, which is a blessing. Robbin would like to go back to work but finds it hard to get a job, with all the restrictions, she has, because of these health problems.

I am now on WSIB because of a workplace illness. I hope that in the near future, I will be retrained and be able to get back to work, as it has become harder to keep up with the bills but we do get by, just barely. We know that there are many more people out there that have it a lot harder than us. We feel for all of them and pray that things get better for every one of them. One thing that is good is that all of our children are on their own now because we don't know what we would do if we had to support children, at this time of financial hardship.

These are just some of the trials and tributes we have been thought, to get what every sick person in Canada, has a right too. It also show that if there is a will there is a way to get what you need. We are so glad to live in Canada and not the USA, as things would be very different in our lives if we did, (3 strikes), would have meant that I would have been in jail for life and we would have lost everything, we owned.

Peace, Love & Freedom  
Al & Robbin





# INTRODUCING Eddy Lepp

**This is the first feature length article I have written.**

I am honored to be able to write for Treating Yourself. I plan to cover a wide variety of subjects, people and events. My next article will be an interview with my dear friend and neighbor, the one, the only, the Emperor of Hemp, Mr. Jack Herer, (his health is fine, more next issue) where we will talk about all kinds of stuff in his world.



Now a little about myself, I am a 53 year old Viet Nam Veteran. I was the first person arrested, tried, and acquitted under California's Medical Marijuana law, Prop. 215. I have been a major activist for years for such things as women's, civil, individual, and states rights. We champion many charities and are a ministry providing help and services along many lines. Our Motto is "Patients first, Plants second." We provide information, counseling, help and advise to thousands of patients about the medical uses and spiritual need for the sacred plant. I believe we should all use hemp products at every chance. Ask stores to carry them. Hemp is used in body, cooking, and cleaning prod-

ucts as well as clothing. It has thousands of uses and once legalized will in fact as Jack says, "change the world." The world's largest Medical Marijuana garden is done by our ministry, raising many plants each year for patients and members of the ministry. Because of our political views and our spiritual use of the sacred plant, I am facing 4 life sentences, \$17,000,000.00 in fines and 40 years with a \$600.00 special assessment fee. We believe we will win this case and hopefully this will speed the legalization of Hemp, so we can reduce our need for foreign oil, save our



forests, clean up the air, and maybe a couple of other little things folks like us might like to see happen very soon. I live in Northern California and when not fighting the Feds, grow medical marijuana and spiritual herb, go to many hemp events world wide and try to help people as I can. Please join us! Help us legalize Hemp and Cannabis worldwide. We will cover the spiritual and medicinal uses in coming articles going back 25,000 years and more. Please feel free to submit suggestions for stories, questions, and comments, to me at anytime, and come on up to the ministry if your in our neck of the woods. Thank You, One Love, Eddy Lepp



# THE STORY of RANDY BRUSH



**M**y name is Randy Brush. I use Marijuana, as a medicinal aid, because of my many ills and pills I must take to live. I am 46 and have 3 children 10-12-13. I was a Custom Woodworker. I helped build custom homes and cabinets before I became ill in April 2000 when I failed a stress test (CAD). I continued to work until June 2001 when I needed an operation due to work related injuries. While I recovered my Dr. found that I was suffering from other ailments like Coronary Artery Disease, Osteoarthritis, Osteoporosis, Pinched Nerves, High BP, Depression, and Spinal Stenosis.

As I became less able to do normal household chores I did Internet research to see how I could best help myself. One of the best things I can do is stay active but it's difficult when you're on pain killers and you to lie down all the time not to mention the way they make you think. A friend recommended I try Marijuana. I did some research and he got me a sample and the rest is history. It's non addictive, easy to grow, dosage can be controlled by patient and it really works for me.

It was wonderful. Marijuana had an immediate effect, no waiting. Instead of lying down and resting or sleeping I got busy and started cleaning the house.

I became useful again. An added benefit was I didn't need my regular pain medicine as often and it gave me an appetite which is good since I'm supposed to eat with my meds which I take 4 times a day.

Because of my limited income it made sense to grow my own, so I did. 5 months later the cops come knocking. I had 4 plants growing on my roof and some ready for use in my bedroom with my medicine. 8 months later I'm very roughly arrested in front of my children, booked on 2 felonies and released to walk home all within 2 hours. The same Deputy Sheriff that arrested me picked me up thumbing a ride back home. He gave me money for a phone call and said not all laws are right as he left.

My only real concern is for my children. And when I explained to them about the law, my illnesses and medicine they were very practical and pragmatic. It was like so what. No big deal. Its simple I'm sick and marijuana helps. It should be legal, at least for sick people. Especially, if it used to be and now is depending on where you live. If only most people would use a child's eyes to view the world.

On 1/19/2006, I was found guilty of Felony 3, Cultivation and Felony 5, Possession. I will be sentenced on 3/24/2006, at 11 am.



# PERMANENTLY DAMAGED

## After more then 5 years of health problems

and all so many doctors later (I lost count long ago) the medical community finally found out why my health was getting worse right up to the point of me at my home dying alone at the exact same time my mother was dying at her home. We brought my mother home from the hospital to die at home surrounded by loving family members. My wife committed to be one of my mom's 24 / 7 care givers so she could be brought to here home to die with family.

That is why I was very sick and alone, she could not be home with her commitment (mom was the priority) we both had agreed on before we started to work on getting my mom home before she died in the hospital.

October 2000 on a day off from my manufacturing plant job, I was sitting in my basement working on computers for customers. I was hell bent on getting these computers I had to do finish before Monday. For hours I had a burning chest pain and was not feeling all that well but ignored it and I was hoping it would just go away. Well by 5:00 PM the pain had gotten worse and I was having some trouble breathing. I went upstairs and lay down for a short while with no relief in sight I told my wife I needed her to drive me to the hospital as I was not feeling well. My wife is rock solid with any one in a medical emergency with one exception and that is me. She just falls apart and can barely function at all. One example is my nephew cut off the tops of two fingers (at work with a chop saw) and she happened to be there. She took total charge of the situation, fixed up my nephew well others followed the commands she barked out at them (instructions she calls them, my nephew insists!

She was very in control and commanding of others and they did as they were told too). So we get under way and she is worried but still not aware of how seriously ill I really am. A few minutes in to the trip to the hospital she looks at me and said, Keith are you ok? Are you having a heart attack? Please don't die and she starts to cry while driving at 90 kms an hour (the maximum speed limit). I tried to keep her clam but she knew I was in serious trouble. Right then I was think I should have just called 911, too late now we are only minutes away and my wife is holding together enough to get us to the hospital emergency room. The emergency room is real busy when we walk in, man I can't wait hours I started to think this is some nasty pain I am having. I get in line and the nurse at the desk took one look at me and asks me over to her. Next thing she said are you have chest pains? I reply yes, she said wait here and gets a wheel chair and wheels me off to go and get treated right away. After an hour of a flurry of activity around me I am finally starting to feel better!

While all that was going with me out of sight, my wife had called my parents, thankfully the nurses stayed close to my wife until my parents arrived soon as they walk in the door my wife collapsed in my mother's arms crying uncontrollably. The next step is I am to be shipped via ambulance to another hospital that has better care for me and my heart attack. One stint later and I am off to ICU for 4 days. Nasty headache the whole time from the

nitro they were pumping in to me. I think the worse part is ever hour with out fail I would be woken up for one reason or another. Then try to get back to sleep with a raging headache. With in 24 hours of arriving at ICU I am getting real cranky (2 pack a day smoker and a chronic cannabis smoker both for over 25 years). Finally they move me to a regular floor, the first thing I did was get in to a nice long hot shower (got in trouble over that, they told not to do anything period). Next day I am still not a happy guy and I take it out on A couple of doctors and sign myself out with a hand full of pharmaceutical drug prescriptions.

6 weeks passes uneventfully (still was not smoking cigarettes either until almost 4 years later when I started again) and it is off to the cardiac specialist. Doc tells me if he did not know better he would have said I did not have a heart attack (I did have a heart attack there was no doubt).

*"By this time I am taking 9 pharmaceutical drug pills per day and wearing a nitro patch 12 hours a day."*



By this time I am taking 9 pharmaceutical drug pills per day and wearing a nitro patch 12 hours a day. So I am released to go back to my manufacturing plant job. As time quickly passes by I am noticing I can not functioning as well as I did before the heart attack. Both physically and mentally I know some thing is wrong with me. Family doctor does some tests and finds nothing wrong in his opinion. OK well so be it I will just have to adjust to the way things are now for me. As the years start to slip by I continue to get worse, more and worse muscle pains, weakness, breathing troubles and not being able to learn as fast or a good as I could a few years earlier. Making mistakes, getting confused until finally the cheat pains start back up. The family doctor tells me no more work until you are better. More tests, still nothing, schedule a cardiac specialist, stress tests until they tell me a bottom part of my heart is dead. Off to the hospital a few months later, run a scope up in to my heart and then get told my heart does not have any dead tissue and not enough blockages to cause me chest pains in my hearts arteries. So now what to do? Even more specialist doctors and tests and extra billing are coming in to play now. Finally an allergy specialist finds out I can only breathe at about 70% maximum and my blood oxygen level is to low. Time to start using steroids via a vapor puffer. A few months and test my breathing again and there is a little improvement in my breathing. Nothing else has changed for me still in pain still getting weaker and more tired.

Almost a year off work lots of tests and doctors and still no idea what is wrong with me. At that time my mother is in the hospital dying slowly. She was a registered nurse so she knew full well her days were coming to close in the near future.



So after much discussion some family members agreed to bring her home to die surrounded by family. We almost have her home and I get real sick again. This time though I have no wife as a care giver as she is committed to my mom at my mom's home.

All alone I lay in bed and tried to breath but I just kept getting worse by the day. My wife drives me over to see my mother one last time before she dies and the nurse at my mom's home told me straight up if you are not better in a day you have to get to the hospital (I lied to her and told I was getting better now). In my mind my mom was the priority period no matter what happen to me. A few days later my mom did pass away, I got to say goodbye one last time although she was gone at that time. Next day I am there to help plan the arrangements. By 11:00 PM I was in a downtown 24 hour medical clinic surrounded by medical professionals. Rushed me right away and starting working on me. My wife all alone now and no mother's arms to be comforted by anymore. Hours later and I am shipped via ambulance to the hospital emergency room. Many doctors and many tests later, it even got to the point where the hospital doctors networked with other hospital doctors until the light bulb went on in a big way! One of the doctors comes in all smiles and proudly announces we found out what is wrong and we are getting an aggressive treat program started right away. Then the bomb gets dropped, I have a very rare condition in regards to the pharmaceutical drug lipitor and I was taking pharmaceutical drug I did not need to take as well. Here I go again every hour on the hour it is treatment time. With out a word of a lie I did not sleep at all for 3 whole days and nights. When I started to improve the doctors told us I was real close to death when I got to the hospital.

Finally a week later I get released with the news I have cardiac and lung muscle damage from the pharmaceutical drug lipitor.



*Kanman*

Enough damage to disable me enough not to be able to return to work. I am working on proving them wrong (I hope) with cardiac wellness program in my area. I quit the cigarettes again and bought a volcano and only vaporize and eat cannabis products now.

If there is a moral to this article it is this: Take the time to research all the affects of the pharmaceutical drugs you are prescribed to take. The internet or a local library will provide the information you should know about before you become Permanently Damaged by Pharmaceutical Drugs as I have been now Permanently Damaged by Pharmaceutical Drugs.

Take care all  
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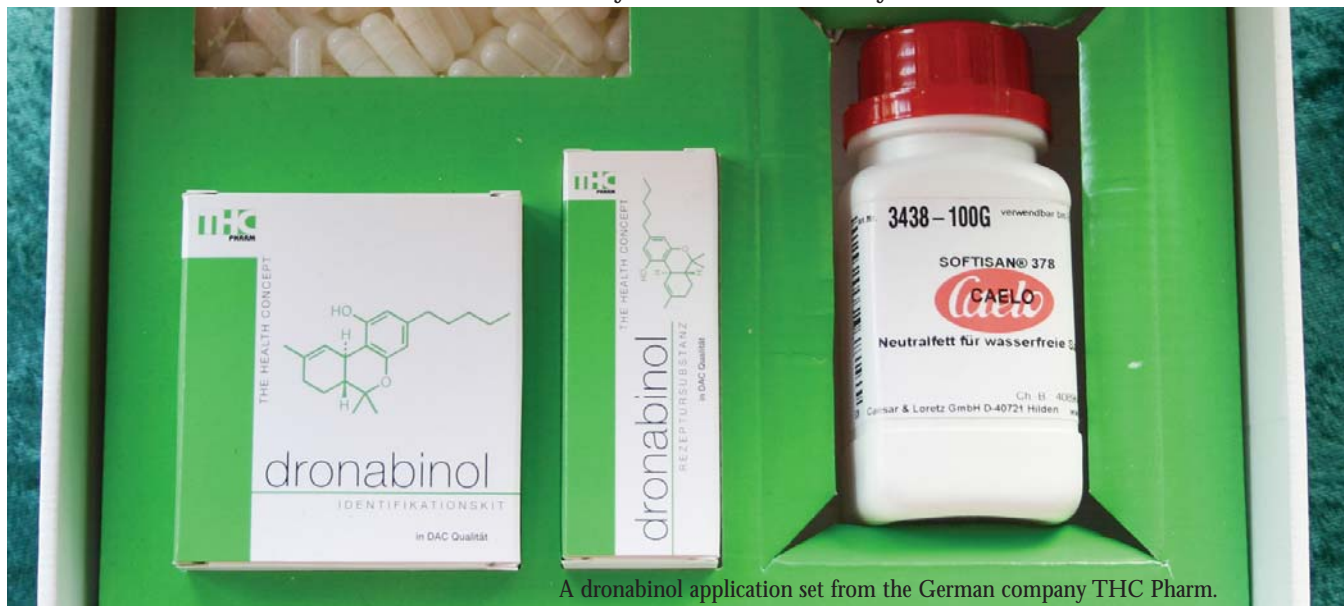


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# 3<sup>RD</sup> IACM CONFERENCE ON CANNABINOIDS IN MEDICINE: Medical marijuana research is b(l)ooming

Words and Photos by Green Born Identity - G.B.I.



A dronabinol application set from the German company THC Pharm.

On 9-10 September 2005, the International Association for Cannabis in Medicine (IACM) held its 3rd Conference on Cannabinoids in Medicine. Doctors, scientists and politicians came together in the old picturesque Dutch university city of Leiden, namely in the futuristic UFO-like building of the Gorlaeus Laboratories/Leiden University. The conference was organized by the IACM, the Office of Medicinal Cannabis (OMC), the Dutch Ministry of Health and the Institute of Biology, Pharmacognosy/Metabolomics, Leiden University. Four well known companies acted as gold sponsors: Bayer, Biocanna, Solvay Pharmaceuticals and GW Pharmaceuticals. For the latter, being the worldwide leading medical marijuana company, it actually was a duty to support the event. But also smaller companies from the cannabis branch sponsored the conference, amongst them the German companies Storz & Bickel (Volcano) and THC Pharm as bronze sponsors. These two, like also Biocanna and some other companies, had set up a booth in front of the conference hall so that there was a kind of small trade expo accompanying the conference, providing a great extra information opportunity to the visitors. Also in front of the hall, 22 highly interesting posters were exhibited, such as e.g. "Cannabinoids as antispastic agents for multiple sclerosis" or "Cannabinoids exert potent anti-proliferative effects on human breast cancer cells".

The lecture program took place on two days, each with three sessions on a certain topic. In the first session on Friday, the topic was about "clinical studies". The Cannabinoid Research Institute (Oxford/UK) presented results that have already been proven by own experiences of numerous patients all over the world: By means of a long-term study, the researchers found out that beneficial effects of cannabis on spasticity in multiple sclerosis seem to be maintained over long-term treatment with no evidence of tolerance. 137 Patients that suffered from at least one of the following symptoms: spasticity, spasms, bladder problems, tremor or pain, were included in the study

(average duration: 434 days, range: 21-814 days). With 10-12 daily doses of "Sativex" (a THC aerosol developed by GW Pharmaceuticals), most of the patients could substantially reduce their spasms by more than half without any tolerance effect. Also no real surprise: A study of smoked cannabis in 50 patients with HIV-related painful peripheral neuropathy, conducted by the University of California, proved that cannabis works great as pain reduction agent in these cases.

While it was great to learn that the daily practice of an immense number of private medical marijuana patients has been officially confirmed by several clinical studies, other lectures yielded more ground-breaking findings: Markus Leweke from the University of Cologne (Germany) for example demonstrated that Cannabidiol (CBD) can significantly reduce psychopathological symptoms of acute psychosis. In a study with 42 patients that suffered from acute schizophrenia, the effects of CBD and amisulpride (an established antipsychotic) were compared and found to be equal. Cannabidiol, however, caused significantly less side effects than amisulpride. This study raises evidence that the endogenous cannabinoid system may provide a valid target in the search for new treatments for schizophrenia. Another interesting finding on CBD: An Italian researcher group proved that it can considerably alleviate the spasms of children suffering from epilepsy. With very low CBD doses, a 17 year-old boy even could discontinue taking barbiturate. Tod Mikuriya (California Cannabis Research Medical Group) reported that cannabis is a good alternative to the common medicines against Morbus Crohn that also have several undesirable adverse effects, in contrast to cannabis.

The second session was about political and social aspects. Marco van de Velde from the OMC reported on two years of experience with legal production and distribution of medicinal cannabis in the Netherlands. Because of the fact that a vast majority of patients still used cannabis from illegal sources in 2005, the continuation of the pro-



gram is endangered at present. Louise Déry from the Drug Strategy and controlled Substances Programme of Health Canada introduced the audience to the purpose and accomplishment of the Canadian medical Marijuana research program. At that time, 943 Canadian people were allowed to possess marijuana for medical reasons. 695 of them were entitled to grow the plants themselves. Another 77 persons had the allowance to grow plants also for other patients. In the Spanish Catalonia province, the government is planning a therapeutic cannabis project that shall facilitate the access to cannabis for patients, provide rigorous information to doctors and patients about the therapeutic uses of cannabis and promote clinical investigation with cannabis extracts to confirm their role in therapeutics. Dale Gieringer (California NORML) presented new data on the spread of cannabis as medicine in California, at that time there were 120,000 registered users of medicinal cannabis.

The third session was devoted to basic research. Many lectures examined the role that cannabinoids play in neuronal brain processes, how they interact with the human endocannabinoid system, and what consequences for medical research and application do result from these findings. Furthermore an international researcher group has proven that the semi-synthetic cannabinoid HU-331 shows very high affectivity against human cancer cell lines in-vitro and also against in-vivo tumour grafts in nude mice. The researchers consider HU-331 as more selective and more potent, but less toxic than most known anticancer quinones. In their opinion, it has a high potential for becoming a new anticancer drug.

At the IACM general meeting, also held on Friday, Dr. Roger Pertwee, professor at the University of Aberdeen (Scotland), was elected as the new chairman of the IACM. The chairmanship was handed over to Dr. Pertwee by Dr. Raphael Mechoulam who had been chairman for the past two years. In the evening, a festive and delicious dinner was catered in the marvellous old beach hotel Scheveningen. During this occasion, the IACM honoured four people for their major contributions to cannabinoid research and/or to the re-introduction of cannabis into modern medicine with the IACM Award. The IACM Award 2005 for Basic Research went to Ester Frider, the IACM Award for Clinical Research to Geoffrey W. Guy, the IACM Award for Young Researchers to Mario van der Stelt, and the IACM Special Award to Richard E. Musty.

On the second day, the first session dealt with the application and pharmacokinetics of medicinal cannabis. The Division of Pharmacognosy/Institute of Biology at the Leiden University has tested the "Volcano" vaporizer for its efficiency as medical device for THC ingestion. By means of the Volcano, a THC delivery is reached that is comparable to smoking, however, without the presence of degradation products or harmful byproducts in significant amounts. The researchers considered the Volcano as a safe and effective cannabinoid delivery system and confirmed that the pulmonary administration of cannabinoids by evaporation has a clinical potential. A similar study on the Volcano by a researcher group from the University of California San Francisco came to the same conclusion. Also rather unusual studies were presented on day two. For example, Jörg Fachner from the Institute for Music therapy at the University Witten-Herdecke (Germany) compared the results of cannabis and trance induced music perception, by means of an EEG Brainmapper. The respective brainwave alteration shows similarities, but also differences.

These two days of highly interesting lectures and posters on cannabis as medicine showed that the research work in this field is booming. Since the foundation of the IACM in the year of 2000, several states have made important steps towards the re-establishment of cannabis as medicine.

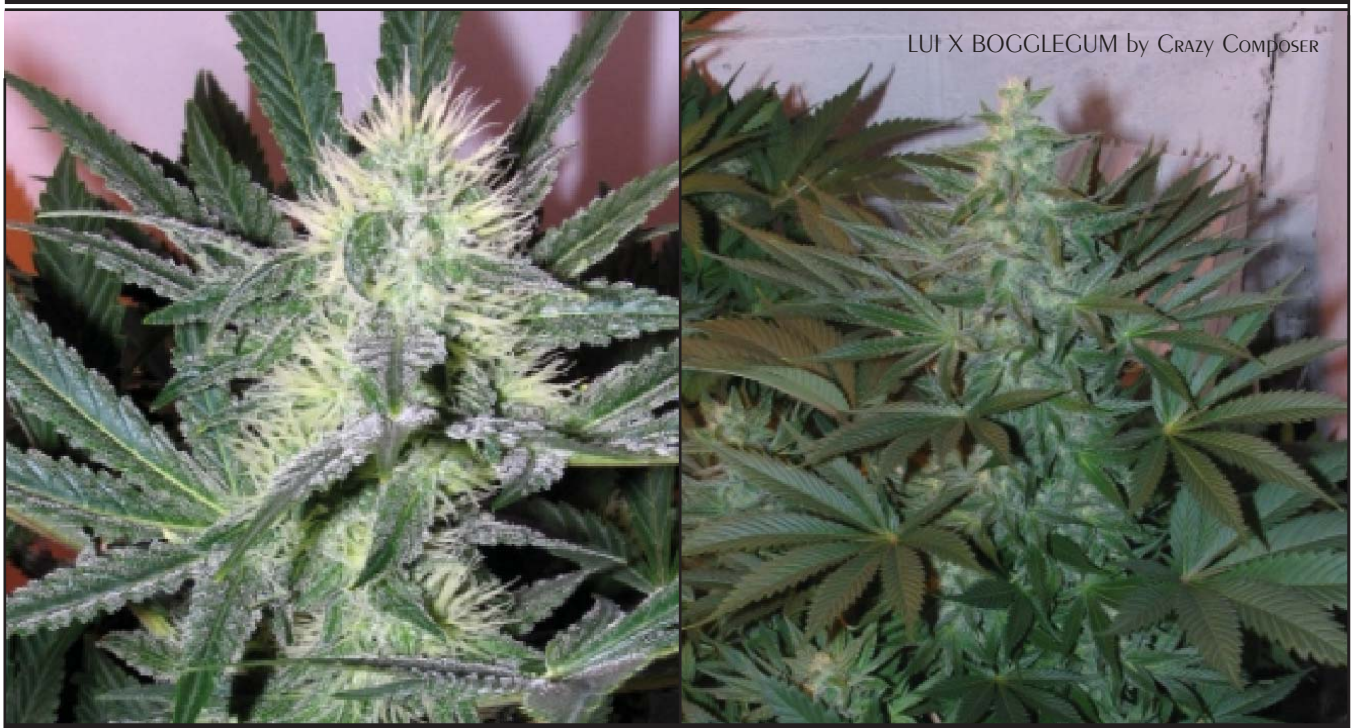
The abstract book of the IACM Conference 2005 is available for download on the IACM website [www.cannabis-med.org](http://www.cannabis-med.org).

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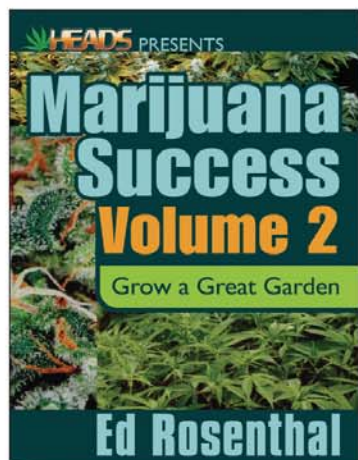


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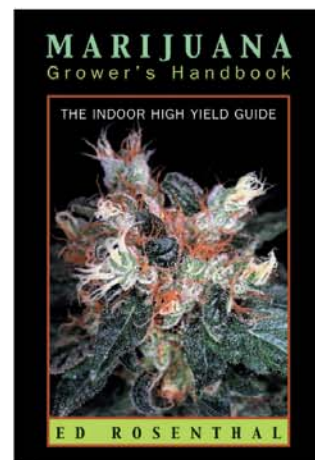
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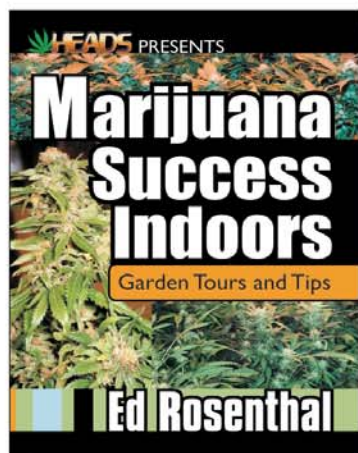
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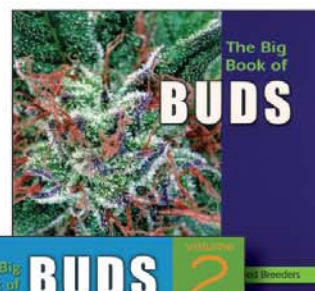
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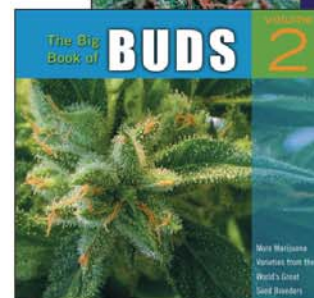
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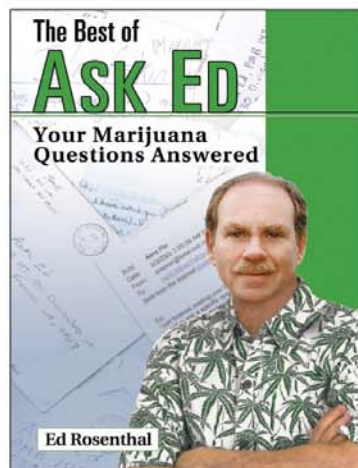
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# PASSION FLOWER

In this issue of TY we will be looking at a Medicinal Herb that is proven safe and effective through hundreds of years of use. The herb's scientific name is *Passiflora Incarnata* or commonly known as the Passion Flower.

The name is really misleading because the effects from this herb is anything but passionate. This is a beautiful vine that is a Perennial. It scales walls, fences and trees. It grows to heights of 30 feet. I have mine growing up the South side of my home and it sends out tendrils that grasp the concrete nails in the brick wall. I was amazed at the vigor that they exhibited. I had to roll them up like extension cords so that they stayed within my reach with a 12 foot ladder.

Passionflower also grows in the wild here too .On my last trip to Greers Ferry Lake, I found one growing amongst the boulders lining the shore. I took a cutting and partial root structure and brought it home. It has established itself quickly with my more domesticated ones. Once it is established it also sends out new shoots that are several feet from the main growth. It dies back in the last part of the fall or when a strong freeze kills it, because it's a Perennial it will be back next year. I haven't had a chance to sample the wild one because of the shock that it endured during the transplanting disrupted its cycle.

Passion flower usually bears fruit on the second summer from seed, and later the same summer when taken as a cutting. There are several species of Passionflower and this article examines just the *Passiflora Incarnata*, the most medicinal, in my opinion.

Passion flower's effects are sedative in nature, which is good for relaxing and as an aid to some sleep disorders. The most common form of ingestion is by eating the flowers. I usually eat one or two and the effect comes on with-

in the hour. It is pleasant. And goes nicely with another medicinal herb Cannabis. I have tried smoking fresh dried flowers, the effects were more pronounced and immediate. The effect is like a small puff of Cannabis Indica .The taste was of a soft spice and pleasant, but I couldn't identify something that it actually tastes like.



Here is one of my flowers in full bloom. The background is not the vine, from which it was removed.



The next picture is of fresh flowers placed upon some dried buds that are ready to consume.

Medicinally, the leaves are used in various ways including as a relaxing tea. They're also used by the Native Americans as a poultice to relieve muscle soreness and for bruises. The fruit juice is also used as a relief for sore eyes(cloth soaked in juice). Passionflower is still used by big Pharmaceutical companies in sleep medicine so you know it's safe (insert joke here). I always wanted to make wine or a fermented liqueur from the fruit. I think next fall I will have enough fruit to do so. The fruit that the Passion flower yields is a lemon sized rounded shape. When it reaches maturity it falls to the ground. The insides of the fruit is grain patterned like oranges and each elongated grain has in it a seed. The seeds must be scarified if they are to be germinated the following spring. There are several hot and cold scarification procedures, and they in themselves are subjects for another later article, but they are explained on the internet.

As with all herbs ,do your research before ingesting. Please be aware of drug interactions and the Internet is one great source of information. This plant has really worked for me, that's why I chose it as my favorite. Be well and have fun gardenin.

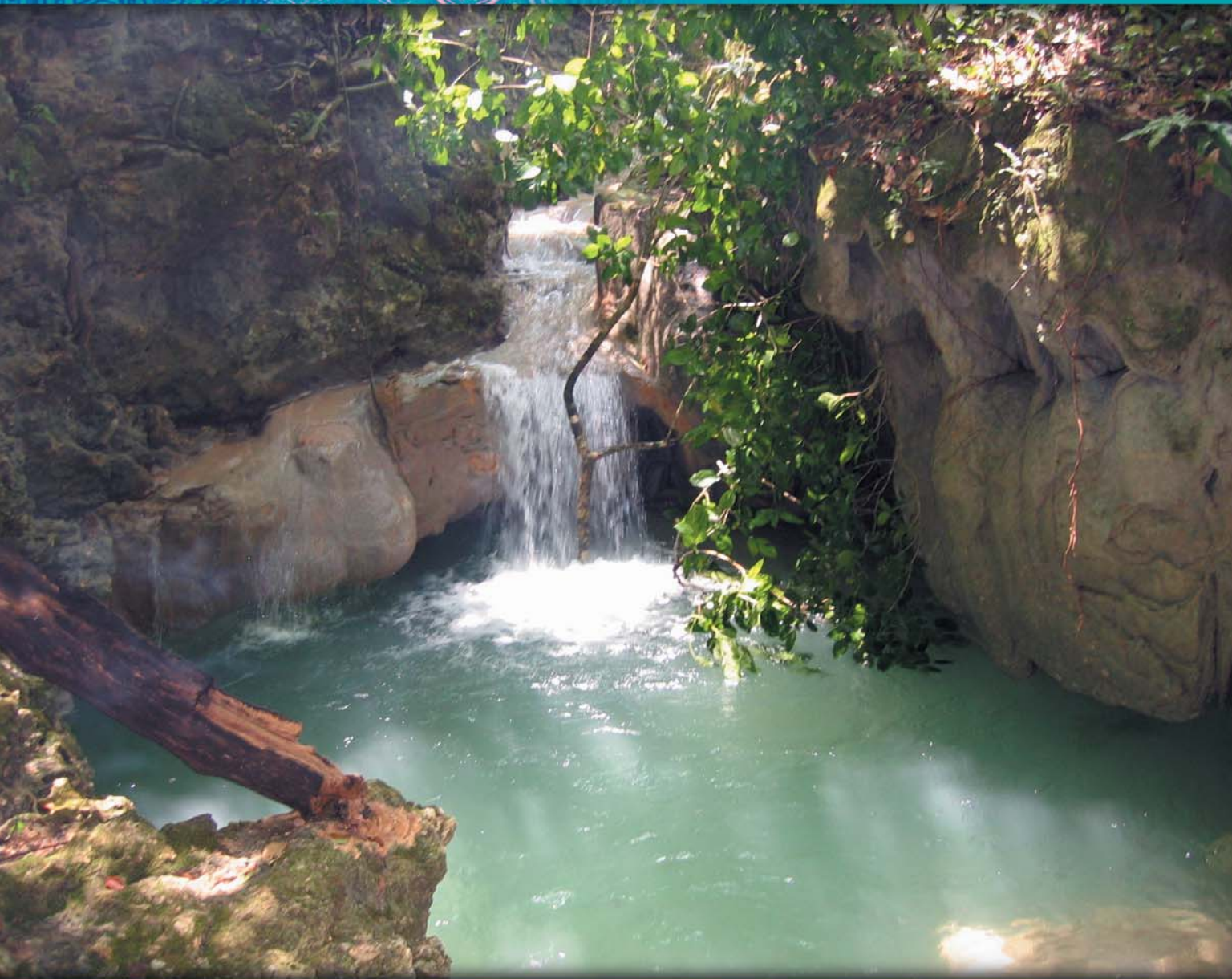
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# TREATING CHRONIC PAIN AND THE ENDOCANNABINOID SYSTEM

Not everyone has an opportunity to study the hard science behind medical marijuana. I'd like to take this time to share with you some of what I've learned.

It has long been known that cannabinoids reduced the perception of pain and was first experimentally demonstrated by Walter Dixon in 1899 when he was able to suppress the reaction of dogs to pin prick. Since then much has been discovered about the biological basis for the effect of cannabinoids on pain. First, two cannabinoid receptors were discovered. The first of these receptors, or the CB1 receptor, is primarily located in the central nervous system (CNS). The CB1 receptor was isolated and cloned by Matsuda, et al., in 1990. The second cannabinoid receptor, known as the CB2 receptor is found only in the peripheral nervous system and organs. The CB2 receptor was isolated in 1993, by Munro, Thomas, and Abu-Shaa. In the three years between the discoveries of the two CB receptors, the first endogenous cannabinoid (N-arachidonylethanolamine) was discovered and named anandamide (Devane, et. al., 1992). These three discoveries have led to a quickly developing understanding of how cannabinoids exert their effect on the body and brain, and just what role the endogenous cannabinoid system plays

CB1 receptors have been found in moderately high densities throughout the entirety of pain pathways from the CNS to the sensory nerves. This system includes the periaqueductal gray (PAG) of the midbrain, rostral ventrolateral medulla (RVM), superficial layers of the spinal dorsal horn and dorsal root ganglion, and peripheral sensory nerves (Herkenham, 1995). Unlike the opioid system,

there are very few CB1 receptors located in the human pons and other brainstem regions involved in the regulation and control of the heart and lungs. The lack of cannabinoid receptors in this autonomic command center is believed to account for the unusually high therapeutic margin of cannabinoids in humans (Herkenham, 1990). (The therapeutic margin of a drug is the range of dosages at which it is effective but before it becomes harmful or toxic.) In fact, cannabis has such a high therapeutic margin that a fatal overdose from cannabis alone has never been reported.

Once these brain regions had been linked to the endocannabinoid system it became possible to determine the effect on nociception, or perception of pain, of selective activation of the cannabinoid receptors within each region. The brain has three main regions responsible for descending inhibition of nerve cells in the spine responsible for the transmission of nociceptive signals: the PAG of the midbrain, the RVM, and the in the medulla the noradrenergic nucleus A5. Analgesia was observed after direct injection of cannabinoids into each of these three regions indicating that cannabinoids in the brain blocked pain signals from passing through the spinal cord and into the brain (Martin, et al, 1995 and 1999). It was further demonstrated that the pathway in the brainstem through which opioid analgesia is produced is the same pathway used to produce cannabinoid analgesia and that an exoge-



nous opioid was not required for activation of this pathway (Martin, Tsou, and Walker, 1998; Meng, et al., 1998). Martin, et al., 1999, found that anandamide also plays a roll in the activation of these pathways. Anandamide levels increased in the PAG after painful stimuli and that analgesia produced by electrical stimulation of the PAG was blocked by a CB1 receptor antagonist (a drug that prevents cannabinoids from binding to and thus activating the receptor). We can conclude from the work with anandamide that the endogenous cannabinoid system is therefore naturally involved in the body's ability to manage pain just like the endorphin

Direct injection of cannabinoids into the nociceptive spinal neurons at all levels of the pain pathway produce analgesia and anti-nociception (Hohmann & Herkenham, 1998; Hohmann, et al., 1995; Lichtman & Martin, 1991; Richardson, Aanonsen, & Hargreaves, 1998a & 1998b; Welch & Stevens, 1992; Yaksh, 1981). Cannabinoid receptor locations are consistent with these findings (Herkenham, 1995). In further sup-

port of the role the endocannabinoid system naturally plays in regulating nociception in the spine Lim, et al., 2003, found that chronic constriction sciatic nerve injury induced an increase of CB1 receptors in the spine. This in turn resulted in delayed reflex response after both thermal and mechanical painful stimuli following administration of a cannabinoid, an indication of analgesic effect. The effect being that spinal injury produces more cannabinoid receptors in the spine resulting in greater pain relief from both endogenous and exogenous cannabinoids.

Richardson, Kilo, and Hargreaves also found in 1998 that activation of CB1 receptors in the peripheral nerves resulted in

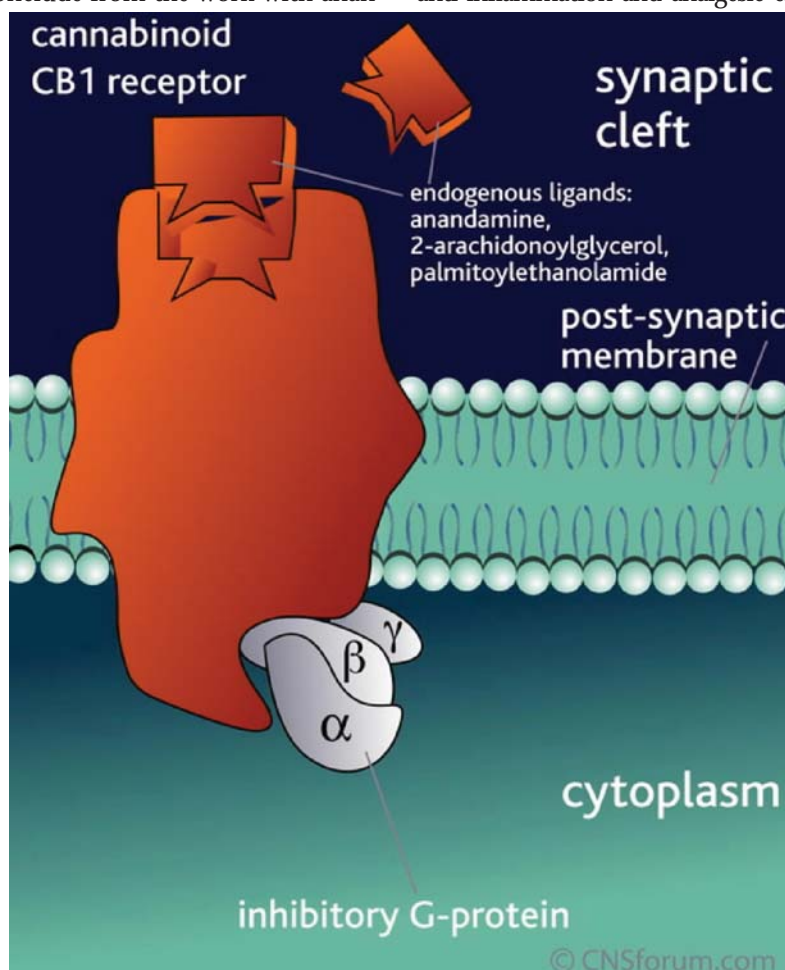
reductions in inflammation and hyperalgesia and a year later in 1999, Hohmann and Herkenham found cannabinoid receptors on sensory nerves themselves. The CB1 receptor is not the only receptor in the periphery. The CB2 receptor only exists in the periphery unlike the CB1 receptor that exists in both the CNS and the periphery. Recent findings by Hanu\_, et al., 1999 and Malan, et al., 2003 have demonstrated that activation of the CB2 receptor alone is enough to produce anti-inflammation and analgesic effects. Hanu\_, et al., 1999

did so using a CB2 selective agonist (i.e., a chemical that does not bind to the CB1 receptor but only the CB2 receptor). Malan, et al., 2003 used a combination of a CB2 selective agonist and CB1 deficient mice and found that cannabinoids still produced analgesia and anti-inflammation in these mice. New medicines, like Pharmos Corporation's Cannabinor, targeting the CB2 receptor are already under development.

Finally on a systemic level, mice lacking fatty acid amide hydrolase, the enzyme thought to be responsible for the metabolic breakdown of anandamide, were found to have intense analgesia following

anandamide administration. Furthermore, endogenous anandamide levels in their brains showed a 15-fold elevation over fatty acid amide hydrolase producing wild-type mice. They also expressed decreased nociception that was reversed by the administration of a CB1 antagonist (Cravatt, et al., 2001). As a result of the elevated levels of anandamide in the brains of these mice they have an elevated tolerance for painful stimuli when compared to normal mice. This finding opens a whole direction for the development of medicines targeting the cannabinoid system.

Clearly the endocannabinoid system plays a major and possibly critical role in the body's ability to manage pain. In cur-





rent western medical practice, drugs targeting the opioid system dominate pain management techniques often at the expense of the physical and mental wellbeing of the patient. Many patients find they tolerate cannabinoids easier and with fewer side effects. Opiates often result in appetite suppression, weight-lose, depression and disruptive mood swings. Cannabis on the other had encourages healthy appetite, can counteract depression, and has anecdotally been reported as a mood stabilizer. If you are in a position where your doctor has you on long term opiate management for pain, or is planning on putting you on them in the near future and you would prefer a cannabinoid-based treatment share this article with them.

submitted by Ally (aka pflover at treatingyourself.com)

*Treating Yourself would like to thank CNS forums for the use of their image.*

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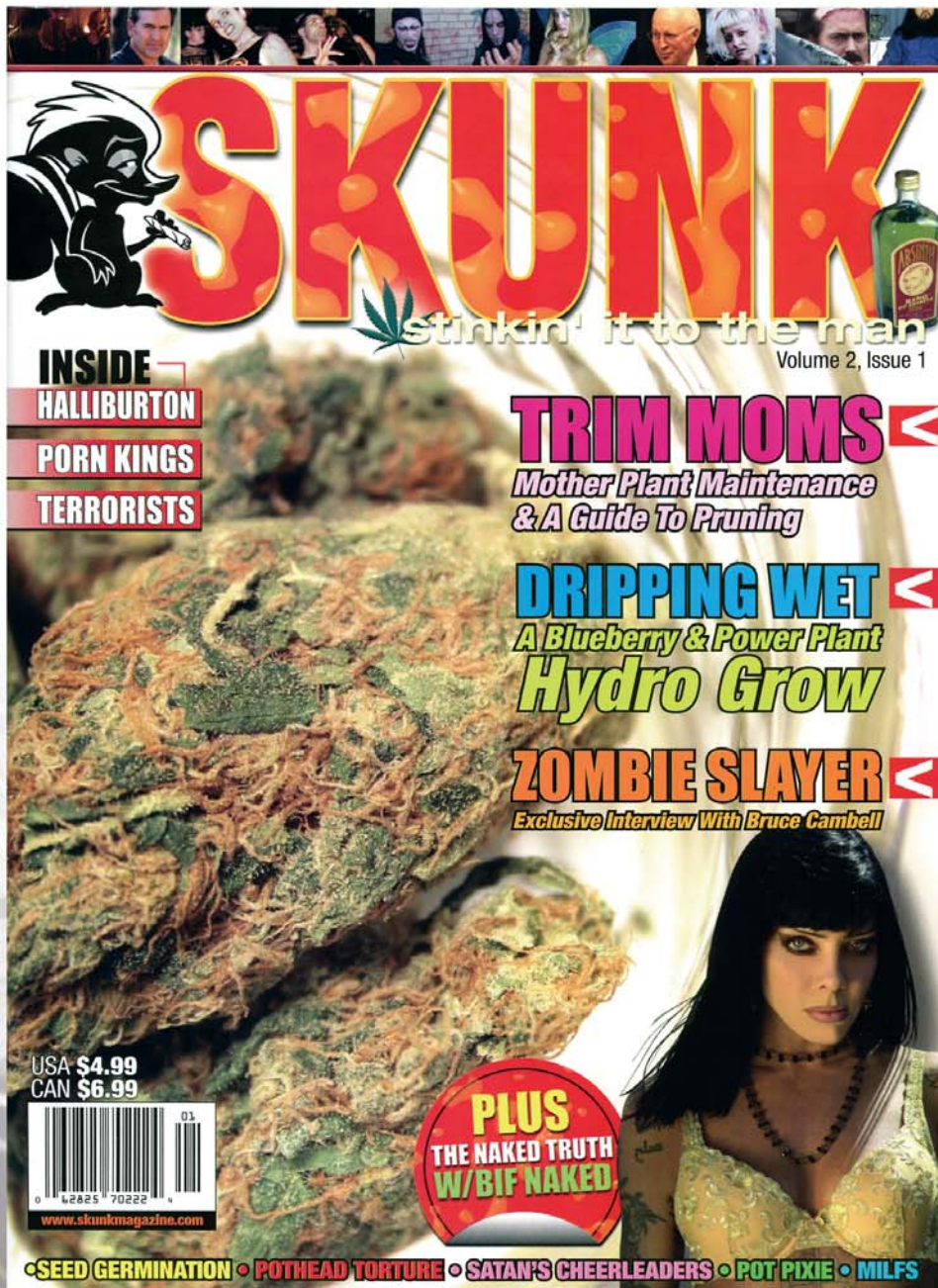
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# Do You Drink Enough?

**Most experts say you should drink between** sixty-four and eighty ounces of non-carbonated, non-caffeinated, non-alcoholic beverages daily. Then increase your water intake proportionate to the exercise you do multiply by the temperature and humidity. I recommend one hundred ounces of liquid as a minimum for sick people (more if you can work up a sweat) with as much of it being filtered water as possible. Fruit and veggies are mostly water but also use water to be digested, if juice runs down your chin then count it as 3/4s while anything fibrous like broccoli count as 1/2.

Starting your day with watermelon after a big glass of water makes you so hungry in an hour, even the sickest of us can eat. If you need to lose weight try eating a piece of watermelon 15 minutes before each meal and for as many snacks as you wish. It's best to get as much of your water in early or you may be up urinating all night, I have to stop eating watermelon 6 hours before bed.

Buy a water filter and use it for cooking and drinking water, I bought an Omni pitcher for less then \$20. And another \$20. A year in filters and you can certainly taste the difference.

Don't drinks distilled water (especially from plastic bottles), pure distilled water is a solvent and leeches plasticizers from the bottle and also leeches calcium and other minerals from your tissue and bones. Carbonated beverages also leech calcium from your body then combine it with the carbon that fills your gallbladder with gall-stones or kidneys with kidney-stones. I suspect antacids give you stones also and highly recommend drinking aloe-vera juice for digestive-tract issues instead of taking antacids.

Adding more clean water to your diet will dilute the waste and pollutants, making it easier on your organs to process the waste while staying less contaminated themselves. Then medicine and contaminants build up often in fat, causing more health problems further along your life's path.

When thinking of drinking, I like to think of my blood vessels as rivers and organs as lakes just like on our Mother Earth. Clean water is important and think of the contaminants and



waste in your body just like you would in river systems, increase the flow to improve your health by washing pollutants out your kidneys and sweat glands. It takes a lot of water to wash the medicine and waste from your system, more then you usually drink in a day. If your medicine is a depressant or pain pill then they actually slow the ability of your body to metabolize them and stimulants increase your metabolism making you excrete more water often causing dehydration. The binder in most pills is hard for the liver to digest along with the medicine; I would recommend eating lots of berries, watermelon, aloe vera juice and milk-thistle to cleanse the liver if you have to take pills regularly. Some of the herbs you can take as a liver cleanser like goldenseal act, as a liver stimulant and can cause inflammation and heating (a no no for liver patients) or anyone liver stressed by pills. I've yet to hear of anyone who has a had a negative reaction to milk-thistle, aloe-vera, watermelon or berries, unless you are allergic they won't cause any medical problems or hospital visits (type 2 diabetics and pregnant should consult docs before adding aloe to their diet), Muscle pain especially restless legs or arms (cramping and spasms) can be a sign of liver stress and you should see a doc and cleanse your liver not take pain pills. The more you learn to know your body and how you feel normally, the sooner you can notice signs of sickness. My palms get red and the center is white and I get liver spots (like freckles or bruises) on my ankles before I notice any other liver problems, get to know your tongue and eyes. If your skin is dry and you have to use a lot of hand cream your probably dehydrated so eat a watermelon.

By Swampy



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# INTRODUCING Chef Uni

**H**ello Everyone...my name is Maggie aka Chef Uni, but most will know me as Unicorn of TreatingYourself.com. I have been married for 20 plus years to my best friend Gord aka zardoz and we have 2 fantastic kids, one girl and one boy. Some would say we have a millionaire's family without the mega bucks. We are originally from Ontario, Canada but now call Nova Scotia our home. I enjoy photography, taking walks on the beach, reading, chatting (if you didn't know this already), spending time with my family and I love cooking and baking.

I have been a member of TY for 3 years now and have had the privilege of meeting Marco and Sue and a few others of the TY Family. Treating Yourself has become a big part of my life. Over the last 3 years, I've not only learned how to be a better Caregiver to Gord, but I am also able to share my knowledge and experiences with others around the Globe, hopefully making just 1 more person's life a little bit better.

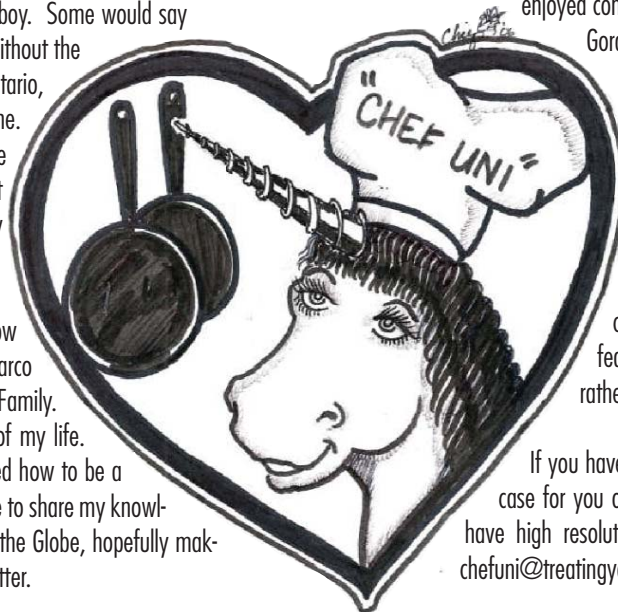
I have been cooking and baking since I was a young girl. Currently I am working for a small restaurant where I have been the assistant cook for 5 1/2

years. I have enjoyed creating recipes over the years and have many successes and a few disasters and my family says I know how to throw together a meal in 30 minutes with only a few things from the kitchen. Recently I've enjoyed converting recipes into MMJ Treats and Dinners.

Gord and a few friends (who are all legal MMJ users and growers) have enjoyed being my guinea pigs and I promise I haven't killed anyone yet!!

I love trying out new recipes and look forward to showing some quick and simple tips anyone with a little canna butter or bud can make in minutes. I also would love to feature other Member's recipes as Gord will get rather large always being a taste tester.

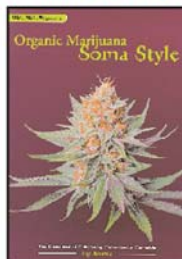
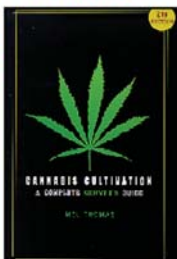
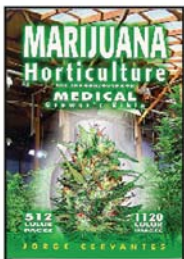
If you have a recipe you want me to create and showcase for you or you have created something yourself and have high resolution pictures please email them to me at [chefuni@treatingyourself.com](mailto:chefuni@treatingyourself.com).



See You In The Kitchen...  
Hugs Chef Uni

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# CANNA BUTTER CROCK POT METHOD

1 POUND OF BUTTER CHOPPED INTO SMALL CHUNKS  
2 1/2 OZ OF DRIED FINELY GROUND MARIJUANA BUDS  
(MORE IF YOU DESIRE STRONGER BUTTER)



*2 1/2 oz. Trainwreck X Harijuana.*



*Finely Grind MMJ.*



*Add ground MMJ to the crock pot.*



*Add in chopped butter. Melt on high till well blended. Stir occasionally.*



*Let the mixture cook on high till it becomes frothy, stir occasionally. Reduce heat to low and simmer for 10 - 12 hours, stirring occasionally.*



*Pour mixture into a mixing bowl. As butter cools, stir occasionally to blend together to a light fluffy mixture. Refrigerate or freeze till ready to use.*

NOTE: YOU MAY ADD SMALL AMOUNTS OF SUGAR OR HONEY  
OR ALTERNATE SWEETENER TO TASTE.  
THIS CAN HELP DISGUISE ANY BITTERNESS YOU MAY DISLIKE.

CROCK POT CANNABUTTER - SUBMITTED BY CHEF UNI



# PHARMAPHARMERS BUTTER WASHING TECHNIQUE

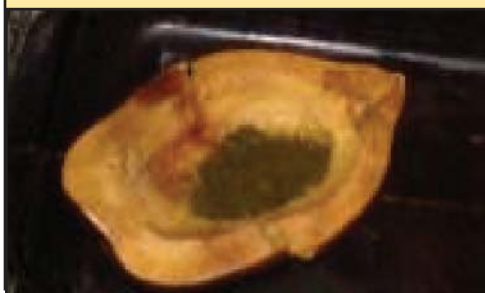
Cannabutter can contain a large amount of chlorophyll, fiber and bit's of plant matter. Additionally it can also have an overpowering flavor of marijuana. While this is not a concern for many, I personally don't like the taste of chlorophyll and I don't need the extra fiber. To remove much of the chlorophyll and fiber a simple process is utilized.

After making your butter with your normal method

simply re-boil the Cannabutter in a large volume of plain water. Boil it for about 5-10 min then remove from heat and allow to cool in the refrigerator till the butter rises to the top and turns solid. Collect the solidified butter and repeat the process one or two times.

Once washed your butter will not over flavor delicate recipe's with the taste of pot.

## Quick AND Simple Recipe Tip By Chef Uni



*Add canna butter to your veggies for a quick treat.*

Canna Squash - By Chef Uni  
1 Squash (your choice)

Cook the squash like you nor-

mally would, before serving, add a tablespoon or so of canna butter. Place on plate and serve.

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# EXTRA Good SUGAR Cookies - By Chef Uni



1 cup Canna Butter  
(see Canna Butter Recipe)  
3/4 cup sugar  
1 egg  
1 tsp vanilla

2 cups sifted flour  
1 1/2 tsp baking powder  
1/4 tsp salt  
4 teaspoons milk  
Green Sugar for decorating

## EXTRA Good SUGAR Cookies

1. Beat the butter and sugar together until light and fluffy. Add the egg and beat to mix well. Add the vanilla. Mix thoroughly.

2. Sift the flour onto a square of waxed paper and then measure. Sift the measured flour with the baking powder and salt. Stir it into the sugar-butter mixture along with the milk (if dry add a few more drops of milk till it sticks together). Divide the dough in half and chill in the refrigerator 1 hour or until the dough is easy to handle.

3. Start heating the oven to 350 degrees F. Grease a baking sheet with salad oil or unsalted butter or place parchment paper on baking sheet and spray with no stick spray.

4. Roll the dough, half of it at a time, from the center to the edge until it is 1/8 to 1/4 inch thick. (The thinner you roll the dough, the crisper the cookies will be.) Cut with a floured cookie cutter.

5. Use a wide spatula to place the cookies 1/2 inch apart on the baking sheet. Sprinkle

cookies with green sugar.

6. Bake on the rack in the center of the oven 8 - 9 minutes, or until the cookies are light brown.

7. Remove the pan from the oven at once and use a wide spatula to place the cookies on a wire cooling rack.

Recipe makes approximately 24 - 36 cookies depending on the size of the cookie cutter.

*Note: As I was making Leaf Cookies, I added green food dye to enhance the colour.*

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# MERLIN'S Quick MAGIC BARS - SUBMITTED by MERLIN



4 cups quick oats  
1 1/2 cup chopped nuts  
( your choice ) I used dry  
roasted peanuts  
1 1/2 Cup chocolate chips  
( I use a mixture of chocolate  
and peanut butter )

1 can condensed milk ( 14oz )  
1 cup bud butter  
1 tablespoon of ginger  
(leave out if using Ghee or  
butter with ginger already  
in it)

## MERLIN'S Quick MAGIC BARS

1. In a bowl combine Oats, ginger, nuts and chips
  2. Melt bud butter
  3. Combine butter, and milk mix into oat mixture
- Line a 10 x 15 inch baking pan with foil and grease the foil. Spoon the batter into the pan. Bake at 325 degrees F, for 20 to 30 minutes, until golden brown.
- Cool slightly, remove from pan, peel off foil and cut into bars.
- I got 14, 5"x2"x1/2" bars strength depends on your butter

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# CANNACARAMELS By PHARMAPHARMERS



*This recipe is simple and makes for some tasty treats. Make your butter XXX potent so one or two does the trick. People will be amazed! Just be sure to eat them on a totally empty stomach for full effect!*

1 cup sugar	1 can sweetened condensed milk
1 cup dark corn syrup	
1 cup well strained Cannabutter	1 teaspoon vanilla

## CANNACARAMELS

### Preparation:

Line a 8 inch square pan with foil and butter the foil; set aside.

Combine sugar, corn syrup, and butter in a 3 quart saucepan.

Bring to a boil over medium heat, stirring constantly.

Boil slowly for 4 minutes without stirring.

Remove from the heat and stir in milk.

Reduce heat to medium-low and cook until candy thermometer reads 238-245F (soft ball stage, USE A CANDY THERMOMETER), stirring constantly.

Remove from the heat and stir in vanilla.

Pour into prepared pan. Cool.

Remove from pan and cut into 1 inch squares.

Wrap individually in waxed paper; twist ends.

PS: NEVER use those little foil wrappers. The caramel will stick like mad!



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don't give up the  
fight.

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# PATIENTS CHOICE Old-TIME BANANA BREAD

Another user tested and approved patient's patients choice bread, this is a family recipe for "old time banana bread", it has been adapted for canna oil (MMJ), it's a good way to get rid of those over-ripe bananas and at the same time make a tasty medical treat. it makes 1 loaf.

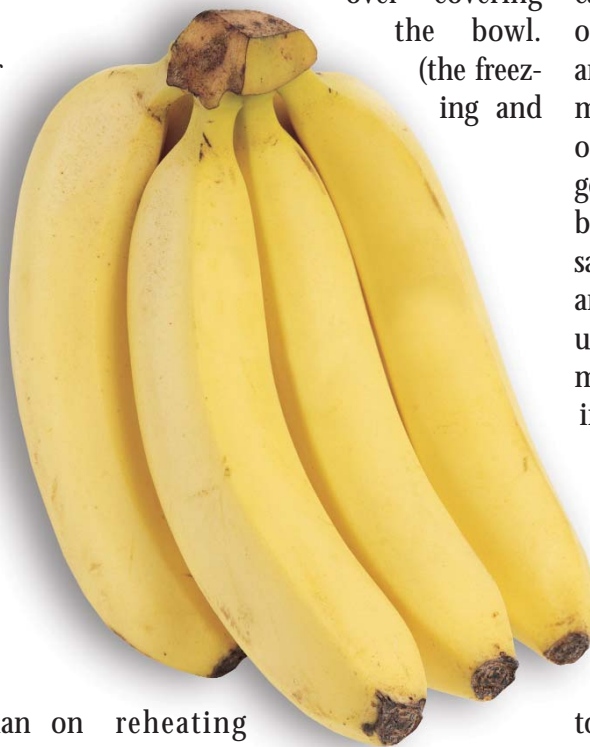
## INGREDIENTS:

1/4 teaspoon ginger  
1/4 teaspoon butter flavor  
1/8 teaspoon cinnamon  
1 3/4 cups all-purpose flour  
2 teaspoon baking powder  
1/4 teaspoon soda  
3/4 teaspoon salt  
1 teaspoon vanilla flavor (extract)  
1/3 cup melted canna-oil  
desired amount of chopped or small chunked pecans  
2/3 cup sugar  
2 tablespoons of honey  
2 eggs + 1 egg white  
3 large very ripe bananas

## PREP:

The night before you plan on making the bread put your over-ripe bananas in the freezer, the next day microwave them until

warm and peel them, then mash them in a large mixing bowl, now set aside with a paper towel or foil over covering the bowl. (the freezing and



reheating enhances the banana's flavor, plus the warmed bananas do not solidify the melted

canna-oil, if you used bananas that were room temp it would make mixing more difficult because the canna-oil would begin to solidify on contact). Preheat oven to 350F and grease a loaf pan. now in a medium size mixing bowl thoroughly mix dry ingredients (ginger, butter flavor, cinnamon, flour, baking soda, baking powder, and salt) set aside. melt the canna-oil and add in the honey and vanilla, uncover the large mixing bowl and mix in the melted canna-oil/honey into the mashed bananas with electric mixer. slowly mix in sugar and eggs, continue to mix until creamy. pour in flour mixture until batter is smooth. Add batter to loaf pan and bake for 60-65 minutes, or until golden brown and a toothpick can be inserted into the middle and be pulled out clean. remove from the oven and let cool.

submitted by Yrekagrow

A Schwab family recipe



Before baking



After baking



Enjoy





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# INTRODUCING Laplaya Glass

Some years ago on a holiday trip driving through a middle of nowhere Baja Mexico desert, we came upon a hand painted sign reading LaPlaya with an arrow pointing over in the direction we knew the ocean to be. We followed the rough dirt trail for some miles and came upon a wonderful and pretty much deserted beach, and we had a magical couple of days there.

Since then the name LaPlaya has always meant something special to us. When we decided to form our company it just seemed to fit so well, glass being made from sand and LaPlaya meaning the beach, you get the picture.

When Duck asked us to write an article for TY magazine, we

your head low and your mouth shut.

Our first experience with mj activists and medical users was at the first Hempfest we attended near Sault Ste Marie in 2001.. We drove out from Alberta to vend at the Hempfest. We found the crowd size was a disappointment that year, we had come a



said "Sure no problem" What were we thinking?? Quite a few crumpled outline pages later we have decided to just say "Hi Al & Donna here, together we form LaPlaya Glass"

What started out as a hobby for Donna in Jan of 01 turned very quickly into a full time passion, not only for Donna but for Alan as well, he quit his full time job in May of that year to blow glass..

We have never looked back.. Blowing glass has been an exciting, and for the most part rewarding journey. Though not without some challenges along the way. Glass itself can be temperamental and Donna, an Aries can definitely be temperamental, and with Alan being a usually laid back Libra, it has made for some interesting days. Our motto now is when the glass is blowing up on the other side of the room keep

long way and had expected more..

However we had not been there long and were soon spell-bound listening to some of the speakers sharing their stories and meeting members of the MMJ community. Sure we had read about exemptions but we were pretty much in the dark where medical mj use was concerned, we were amazed how much good mj had been doing, the relief it had been providing to folks in need and the trouble some had in gaining access to it.

Renee Boje was there that year and we raffled off a nice pipe and gave her all the proceeds.

Due to the small crowd that year the organizer offered us our money back at the end of the weekend and we told him no,





we believe in what is being done here. We have been co-sponsors of Hempfest on some level since. We always have a free draw for the volunteers at the event for the chance to win a custom pipe.

That in a nutshell is how we became involved with some of the groups and events as sponsors. We also have donated merchandise to the 420 event in Niagara Falls, Cannabian day in Toronto as well as the Hempfest in Nova Scotia.

Over the years LaPlaya has become more of a family business. Our fun-loving daughter Jocelyn is always more than happy to help us out at Planetary Pride's annual Hempfest. Jocelyn is also getting pretty good with the beads on the torch. And has made some small pipes as well..

Donna's mom Bonnie does all the hemp tying for LaPlaya. She keeps us well stocked with hemp necklaces that have our glass beads on them.

At 78 years old and an accomplished baker herself, she took great interest in some of the medicinal baked goods at Hempfest, but after finding out costs involved in whipping up a batch of brown-

We have been approached numerous times to put out a catalogue. We don't because we try hard to make each piece an affordable custom made pipe, no matter the price or the size. The idea ( not to mention the boredom) of turning out the same basic designs day after day.....YUCK. Every person is unique and we think that someone's pipe should be unique as well. Sometimes we will get trapped by a store owner saying I want 5 more pipes like this one, thankfully that does not happen often.

We take great pride in the quality and durability of our work. Although electric costs are high we never think of skimping on the annealing and cooling process that is a very important part of a good finished product.

One of the biggest challenges for all domestic blowers is of course competing with glass imported from overseas. A few years ago the imports ( mostly from China and India) were easily recognizable. They used a very limited color selection and looked like they came off of a poorly run assembly line, and were generally of poor quality. They are getting better and we see many stores stocking them due to price point. I would like to see the imports having to be marked as import-



ies or cookies she decided to take a couple of glass fusing classes instead and turns out these incredible fused beads.

Our son Raymond is coming to stay with us soon and is very artistic. We will see what he thinks of working with glass. He says he is anxious to try his hand with it.

We were in a car accident on (go figure) Friday the 13th Feb. 2004 and Alan's wrist still has problems even after surgery so an extra pair of hands will be a very welcome addition.

When Donna's brother Jay, and wife Anna (Dragon fire Glass) taught Donna the basics of glass pipe making it was simple color-changing surface-worked pipes. They have been LaPlaya's bread and butter since, although we do create a variety of other pieces, the simple small ones remain the most popular.

ed and slapped with a duty to level the playing field. But that's an article all by itself!

For the stores that have come to know us, our service, pricing and our product is enough reason to keep LaPlaya stock.

We also enjoy working other venues where we sell our other glass blown/worked artwork. Beads are the most popular followed by pens and candles. When we are set up at a shopping mall or craft fair many people enjoy watching us working. The flame seems to attract them. Donna is eager to take classes to learn how to make human and animal sculptures

We are pleased to be working with TY magazine.

Be well Alan & Donna





# Book AND Music Review

Editor's Book Choice by Marco Renda

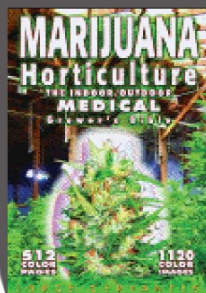
I recommend this book to not only your first time grower but to the seasoned grower also. This book is full of valuable information. I am pleased to add this book to my library.

*Marijuana Horticulture: The Indoor/Outdoor Medical Grower's Bible*

By Jorge Cervantes

This Fifth Edition of the Bible, a Best Seller since 1983, is expanded and completely rewritten with all new information on grow rooms, greenhouses and outdoor growing, medicinal cannabis, security, lighting, fertilizers, hydroponics, Sea of Green, seeds, seedlings, vegetative growth, mother plants, cloning, flowering, harvesting and curing, diseases, pests, breeding, hash making and anything else you need to know about growing!

More than 1100 full color photos and drawings illustrate every detail of this authoritative easy-to-understand book. Many simple cultivation solutions make it appealing to novice growers. Seasoned growers are also able to find answers to all their questions. Discover how to achieve the highest most potent yields even with limited space and a small budget. Learn to grow while taking an exclusive photo tour of grow rooms from the USA, South America, Canada, Europe, New Zealand and Australia.



Seismic reviewed by Tafari Aswad Adams

A funky new band from the west coast out of Los Angeles California has been throwing it down with style and funk ever since their conception in April 2004. Seismogenic is the name of the band's album which is a masterfully filled 9 tracks all the way through.

Absolutely brilliant live Seismic has been touring throughout the West Coast making a name for themselves from the quality of their work. A little rock, blues, jazz, funk & mystical jam out sessions by Laker and the band will quickly get the dance floor packed.

seis mo gen' ic, adj., capable of generating seismic activity

You can find tour dates for Seismic as well as download a few of their tunes from the band's website.

*James Lake: guitar & vocals*

*Paul Barone: keyboards & vocals*

*Jason Rappaport: bass & vocals*

*Perry Ostrin: drums*

<http://www.seismicband.com>

[seismic@seismicband.com](mailto:seismic@seismicband.com)



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# HERE, THERE, AND EVERYWHERE

## I have seen my fair share of medical marijuana.

It hasn't been that long, but I remember when there were very few patients and even fewer dispensaries. Still in my search for the best medicine I have been able to sample strains from a number of different places all over California, among other places as well. Now I will share some of that info with you and hopefully help everyone find the medicine they need a little more easily.

First lets start with my local stomping ground, where I first was introduced to medical marijuana, W. Hollywood. About a year ago there were just two major dispensaries competing for business. Now there are I believe 7 different dispensaries, and the two former establishments have moved on. The names of those two places were Compassionate Caregivers, also known as The Yellow House, and the UMCC. Yellow House on La Brea was closed, and has since never reopened; however from what I hear now they are behind one of the clubs in the Valley. The Yellow House was the location of my very first experience, and let me tell you it wasn't pleasant.

The Yellow House was run very poorly in my opinion. It was raided and closed down, possibly because of these practices. The medicine I had obtained there on various different occasions was a little better than average at very best. Most times it was far overpriced and the quality was just plain poor. The staff was exceptionally rude and unhelpful, in general. Still, new people were often behind the counter, so there could have been a couple decent employees but I never dealt with them. There was thankfully an alternative, albeit only one at the time.

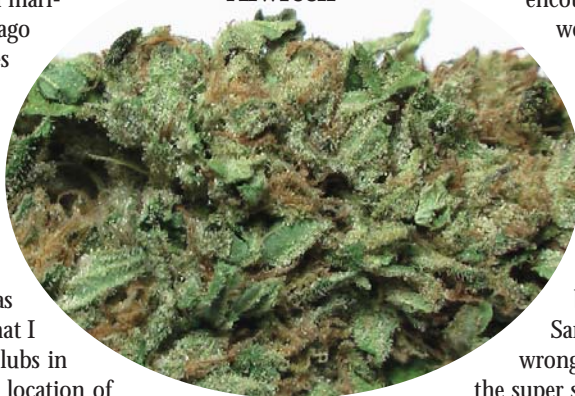
UMCC was a dream come true after having to deal with the Yellow House. They offered a fair variety of strains and many seemed to be of fairly decent quality. I was very happy picking up their latest varieties and giving them a try. Still, after a while I began to realize that the medical strains I could get from UMCC were nowhere near as strong as the Kush strains I had obtained on the street. I began to inquire about bet-

ter alternatives, but for the most part, everyone I encountered was quite happy with what they were getting and seemed almost insulted that I was not so pleased. That was when I finally met a man who came to me and said, "go to the bay", and so to the bay I went, and boy was I glad I did.

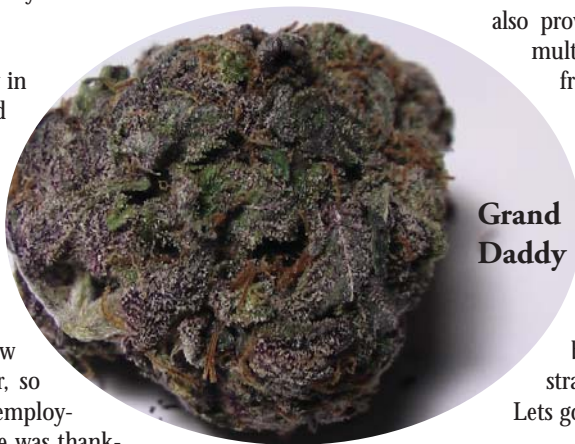
After having tried so many different varieties at UMCC, I was expecting to be able to handle anything Oakland and San Francisco had to offer. Boy was I wrong, and I was incredibly impressed with the super strains almost every shop seemed to possess. That same man, who had told me to go to the bay, also provided me with the task of sampling a multitude of strains from various dispensaries from around the San Francisco area. This is when I finally started to find the strains I had been looking for. The variety of flavors, with the strength and quality of the Kush we had got back home. It was like a dream come true. This inspired me to try some other dispensaries in other areas, like Santa Barbara and San Diego, both being great places with very good quality strains, but I am getting ahead of myself. Lets go all the way back to West Hollywood.

In West Hollywood, the Yellow House was raided and closed down, like I said before. Then UMCC actually moved locations after some of the other shops began to open. Then UMCC was raided, but fortunately allowed to open again, with slightly different policies. They remain a very reliable shop today and many people in the Los Angeles area find this to be the highest quality medicine at the best price. My opinion is fairly similar, it is a very good shop, better than most, and the strains are good. In fact, if you are look-

Afwreck



Grand Daddy



Kush





ing for a very reliable shop, UMCC generally has the same quality medicine at any given time. Still, if you are like me, and looking for those extra special strains, at UMCC they will be very hard to come by if at all, and often they come at a high price. Still, I find this to be a very good dispensary and I was fairly happy with what I have purchased from there.

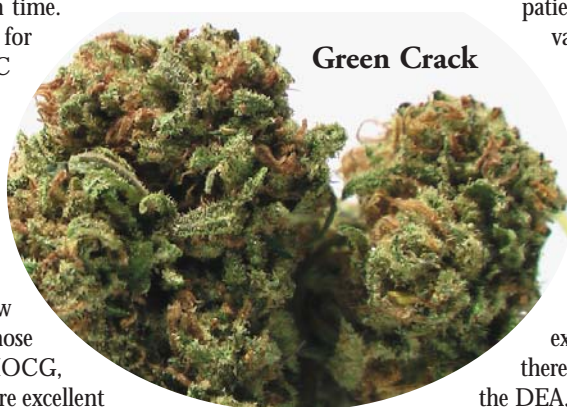
Just prior to UMCC's move, the new places in West Hollywood opened. Those were LAPCG, MMF, AHHS, WEHOCG, and WHCCH on Sunset. All of them are excellent places for the average smoker, as most people will come in and find many different flavors that they enjoy as well as edibles they will also be very happy with. There are clones at certain places as well, but be careful of mites and powder mold. These dispensaries generally offer a fair variety, especially LAPCG. Their strains range from very cheap and below average, to fair priced and fair quality. Still, it is fairly common knowledge that almost any individual could produce equally as good if not better quality by growing him or herself, even with only a small amount of practice. That being said, finding something special at any of these places can obviously be a problem, despite how adamantly they will tell you otherwise. Even when there actually is something extra special, it is either gone in an instant or far over priced, very rarely have I been pleased. Many of these places also mislabel their strains, possibly due to their high volume of business, but nevertheless there have been many times myself and other like me have obtained "kush" that clearly was not that strain and very poor quality despite a high price, various others have also been questionable in my opinion. Still, don't get me wrong, as the great majority of people will be very happy with what they get, especially if they have never experienced the best. The strains these shops carry will be more than good enough to take care of most people's medical needs as well as adding a little flavor and variety to their daily grind, which all in all makes almost all of their customers quite happy.

Now there are even more places in West Hollywood, and Los Angeles alike, however I have found my opinion to be virtually the same no matter what establishment I visit. Despite all of the new places in the San Fernando Valley, I have yet to find a place that carries even one special strain on a semi regular basis. Still the average strains they do carry

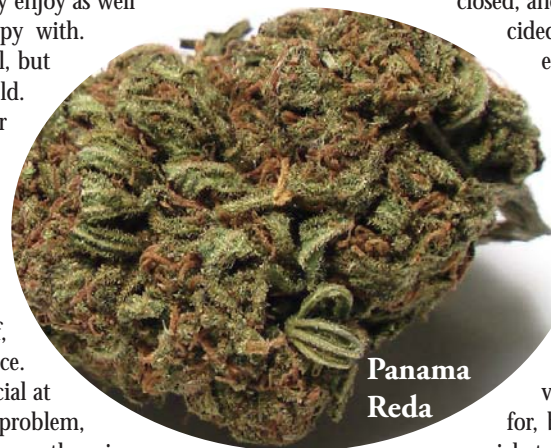
are often good, and the prices are very good, so patients can enjoy that. They do offer a wide variety of flavors and edibles, as well as hash and keif, while some also offer clones. These places are very regular with their quality and very fair with their prices, so they have a good following of loyal patients, so be ready for a line.

As for me, I much prefer the places in cities a little further away from my area. San Diego was one of my latest places to explore. Good thing too, cause shortly thereafter many of the locations were raided by the DEA, 13 was the number I had read. Many of the shops where I had been were now in danger of being closed, and as far as I know now, many still are undecided. I was fortunate enough to have experiences with two of the more reputable places in the city, The Purple Coconut and The Native Sun Dispensary. Both places were very friendly and helpful to me in virtually every way. No long line or any hassle or hurry. They were more than happy to let me look at and touch each strain, they even permitted smoking on the premises, possibly one of the things that lead to their demise, but who am I to say. Their strains were very good, still not quite what I was looking for, but what they had was much closer to the special strains I have been searching for at the other shops. They basically offered all the same things as any other dispensary, edibles of a wide variety, various strains and hashes among other things. I hope these places are allowed to continue to do business, good luck in the future.

Another place I have been privileged enough to experience is in Santa Barbara, and it is probably the best dispensary that is NOT in the SF/Oakland area. HortiPharm has a good staff and an easy to find location. They carry a wide variety of strains as well as everything else you could want. Sure they have all the low price bargain strains that are very popular these days, but they also carry some special strains albeit on a semi regular basis at best. Still I have obtained strains from there that were definitely special enough for me to keep in my private collection, which is really saying something. Edibles are also offered here and I would highly recommend the homemade cakes and cookies that they are more than happy to recommend. If your looking for seeds, they have some of the best as well as a variety of all the other goodies you may be looking for. Their



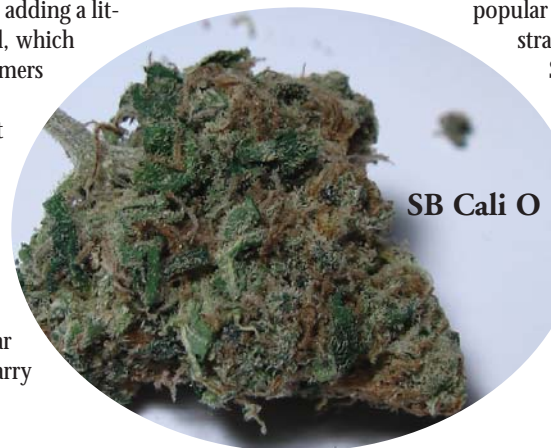
**Green Crack**



**Panama Reda**



**Purple**



**SB Cali O**



location is good, but their business has been booming and I have seen a line there a couple times. All in all, a very good dispensary, I hope they do not go down the road so many other places have taken.

Last but not least I want to talk about the promise land, the best place to go if you need the highest quality medicine on a regular basis, that's right it's Oaksterdam and the surrounding areas like San Francisco, San Leandro, Hayward, Berkley and other nearby cities. A great many of these places are home to the best dispensaries I have ever had the privilege of entering. Sure there are more than a few that are merely average, but there are some that will simply make your mouth water. The strains they carry are almost always of supreme quality and often times very rare. Almost every club has something that's special on the menu. Still there are so many of these places, I haven't actually been to them all, but I have visited a fair share, rest assured once you find these great shops you'll never look back. The strains I have found have been so much to my liking, and affordable to match, not to mention the wide variety of flavors, while maintaining that kush level quality that is so sought after in my area. Just about anyone who has taken the pilgrimage and taken the time to find the best shops can tell you, this seems to be one of the only ways to go for a connoisseur of the finest cannabis.

Since there are so many places to discuss, I will only be able to go over a few of the best places in the area. Let's begin with my personal favorite, the ACRC. In my opinion this should be the model for all medical marijuana dispensaries. They NEVER mislabel, prekeif, or bag swap. In fact, they are more than happy to help you in just about any way that they can. A discrete location and fairly safe atmosphere make this a relaxing visit. Not the largest menu, but just about always something special. Some of the best strains I have ever had came from this place, and on a fairly regular basis. I couldn't tell you how many times I have obtained strains from here that I have placed in my private collection, I can name a few like The Skunk Train, OG Kush, Soma A+, but there are much much more. Also the home of possibly the best hash available, the Cannonball Bubble Hash. A variety of edibles and other concentrates can be found here as well as excellent butane hash and much more. If only more places could be like

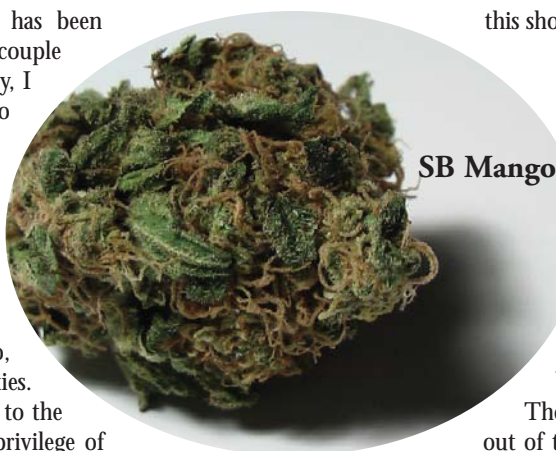
this shop, we would all be much more happy.

Also in that area is CCAC, a totally different experience. Basically they specialize in purple, and they frequently have some of the most unique around. Usually their top strain is The Grand Daddy Purple, and theirs is generally of very good quality. Still the atmosphere at this place will put just about anybody off, as it is run like a bank by people who are nice enough but really offer little to no assistance. They have a few other strains that pop in and out of this place, usually of very good quality as well but almost always purple varieties. If you can get around the fairly shady atmosphere, this place is worth a visit.

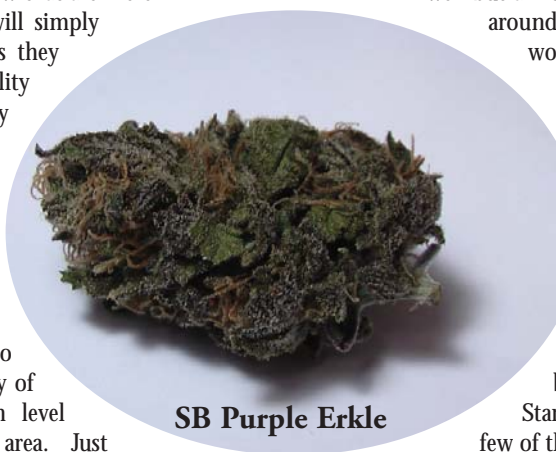
The people at CARE in Oakland have boasted to me that they were the first cannabis club ever. They certainly have proven their value to me and that is probably why they have been around for so long. This shop is very picky and their rules are less than desirable, with limits and other strange practices. Still, they offer some of the best strains I have come across, like Sensi Star and Pot of Gold, actually I have placed a few of their strains in my private collection. They also have a knowledgeable staff with friendly service that makes this place a must visit, even if you are only able to obtain a small amount of medicine.

There are so many other places that will blow your mind as well. In San Francisco there are places like The Love Shack that offer some of the best medicine at the best prices. Also in Berkley there are a few places worth trying, like BPG for example, they specialize in sativa. Other places, like CannaMed, AHHS, A Natural Source, Green Cross and The Hemp Center are all excellent places. There are far too many for me to discuss, but rest assured if you make the trip you will be pleasantly surprised. Thanks for reading my article; I hope I gave some pointers that will help people find the medicine they need. Keep your eye out for my DVD coming soon called "The Battle of the Buds: California vs. Amsterdam" more info can be found @ [www.AmsterdamDVD.com](http://www.AmsterdamDVD.com). Take it easy, have fun, don't believe the hype and find what works for you. Good luck.

By Jeremy Norrie



**SB Mango**



**SB Purple Erkle**



**Sensi Star**



**Soma A+**



# Q & A FROM THE TY FORUMS

**Posted by dirtyhippie:**

When do pre-flowers show?

I was stupid and germinated seeds at different times and now have different sized plants in the same grow room. Some of my plants are large and have been sexed. The other half of my plants should be transplanted but I'd rather not do that until they have been sexed. Half of my younger plants are blueberry started from seed. They are 4 to 5" tall. The other plants might be sativa dominant and are 5 to 7" tall. I have two 400w hps lamps. I could try rigging a curtain across and flower one side and vegging the other but I'm afraid of light contamination. any suggestions? I'm itching to set them into flower but would like to wait till the younger plants have shown there sex and are a bit bigger. One more question. What is the earliest plants can be flowered at??

*dirtyhippie: Cannabis is competent to flower after the leaves stop coming out opposite and start alternating. The first few sets come out in pairs, a leaf on either side of the stem. After a few weeks the leaves will start coming out on only one side and it will alternate. You can start flowering those plants with alternating nodes. A node consists of a leaf and the tiny bud that's directly above it. I couldn't tell you a number of weeks because it varies based on genetics and the growing environment. Somewhere between 3-8 weeks is a good start.*

Start planning how to make yourself two rooms out of the space you have so you can have a vegetative room and flowering room. You're on the right track. Finding a good material to make the curtain or divider can be tricky. The easiest material I've found to make temporary dividers out of is called Coroplast. I'm sure you've seen cardboard before. Coroplast is the same thing except plastic. It's what they make all those political yard signs out of. It usually comes in 4x8 sheets (black, white or colored) (I prefer the black for making dividers and the white for lining walls with) and it's a very easy to clean surface. However, I do like to line each side of a divider with Mylar because the sheets aren't 100% lightproof. Once in place I'm sure you can fix any tiny light leaks. I wouldn't worry too much, I've given plants a bit of indirect light during flower before and it won't kill them but the less you interrupt their cycle the better. With a good divider and the plan you have now I think that you'll be fine.

**Posted by Roy:**

Are green lights ok?

My question is about safe lighting, that is lighting that can remain on in your grow room. Because of the design of my grow room I find it necessary sometimes to enter the room during the dark period. I have been told that if you use a green light it will not hurt the plants. Is this true and are we talking about any green light (can I use for example a green Christmas light)? Also, I was thinking about "safe lights" that are used in the development of picture film. Kodak use to sell lights that could be left on in the darkroom while film was being developed or printed? Thanks!

*Roy: Here's a poem that shows why they never publish my work in poetry magazines!*

*Peeking at plants at night isn't bad,  
Just don't make a habit or your crop  
will be bad.*

*The occasional bump won't cause  
a plant fright,  
Don't do it for weeks or even all night.  
Your strain may be quite a light sleeper,  
Or ignore the interruption, like, whatever.  
I've peeked in the night and turned  
on lights early,  
And still managed a crop that  
turned out quite burly.  
The best interruption is nothing  
at all,  
But a green light will work  
better than no light and a fall.*

*In real words, a little interruption isn't the end of the world. Just try to do it as infrequently as possible or you can cause a plant to possibly become a hermaphrodite and put a few seeds in your crop. Some strains may be hypersensitive and any interruption can invoke a negative response while others really won't care about a bit of light in their dark period. I'd rather use a green light to do my work by than trip over something important.*

*There is a bit of*

*debate about what part of the spectrum is least damaging in terms of breaking the night cycle. Green is most often chosen because plants reflect some green light and it isn't significantly absorbed by chlorophyll. My best bet, if you were really concerned, would be to get one of the green LED key chains that produce a bit of light, but are not very powerful. One with a switch and hung as far above your plants as practical will serve you well.*

**Posted by Frankie:**

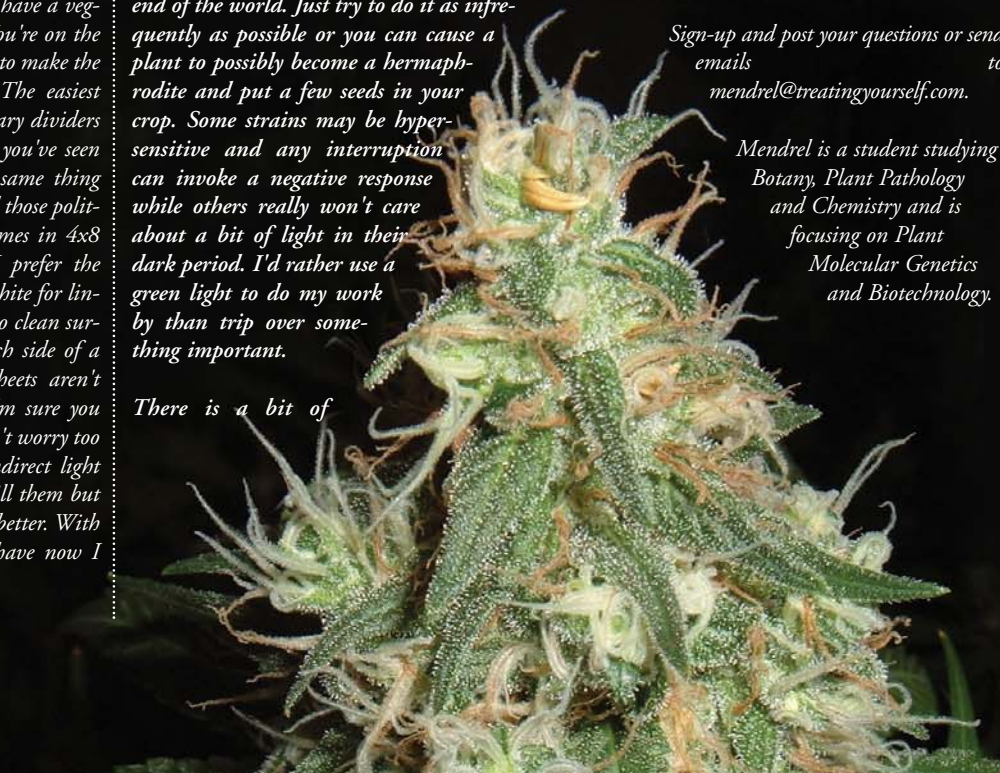
Outdoor growing with ditch weed nearby? I live in an area that is just swamped with hemp, around here we call it ditch weed.

Is there any way to have a good outdoor grow without screwing up the genetics of the resulting seed?

*Frankie: Who knows....that ditch weed still might have some good genetics hidden in it just waiting for the right mom to pollinate. Sometimes random crosses are the best way to find new and unique strains. However, the ditch weed population might just be full of crappy, unwanted genes that will do you no good. Your best bet is to grow outdoor anyway. You'll likely get a few seeds here and there with males in the area, but it beats paying street prices. Distance is really the factor to be most concerned with. For wind pollinated crops the best way to keep out pollen is to be upwind and as far away as possible. About 5km between your plants and the ditch weed should be plenty to keep your plants free of seeds though even at 1km your plants should still be mostly seed free.*

Sign-up and post your questions or send emails to [mendrel@treatingyourself.com](mailto:mendrel@treatingyourself.com).

Mendrel is a student studying Botany, Plant Pathology and Chemistry and is focusing on Plant Molecular Genetics and Biotechnology.





# Quick AND Easy CLONES!

**The purpose of this article is to detail the process** of cloning without the use of soil, as a hydroponics grower this is a MUST for me. This method also does not use “Rock wool”, I grow in “Hydroton” (clay pellets) and do not like to have rock wool in my garden as I fear it may be an easy source of contagion (my own opinion based on personal experience).

To begin I use a 12 liter “Rubbermaid” container, I clone up to 24 clones at a time so I have cut 24 1/2 inch holes in the lid (pic 1). The cloner pictured is one of my earlier unit's, I now use a 1/2 inch punch cutter to make my cloner's. Take care to keep your holes evenly spaced (2 inch centers) as this will ensure equal light distribution to all of your clones.

Now it's time to prepare the bottom half of the cloner, simply place the lid firmly on your cloner (snapped closed) now make two holes approximately 1/4 inch diameter to accept your airline (make these holes just below your closed lid). Feed in your 2 air lines and attach

Fill your cloner tank with slightly warm water balanced at or near 5.6 (keep the water BELOW your airline holes in the side). Time to take some clones!

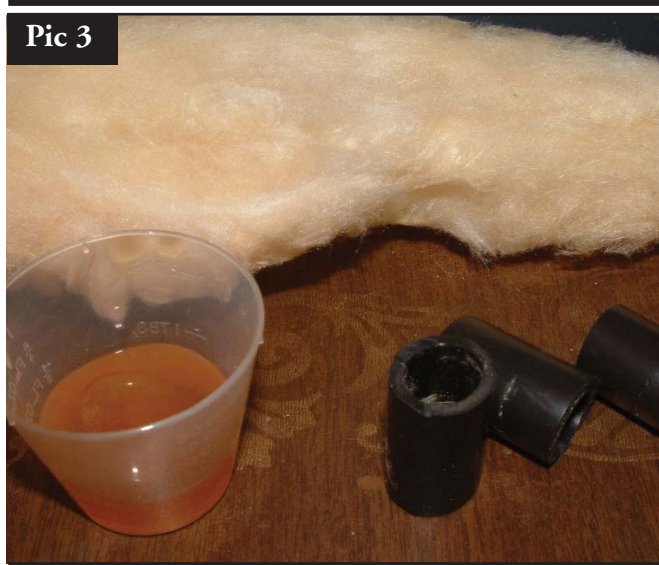
Select nice healthy clones from your “mother plant”, don't be shy... take nice long clones. Now here is where the “experts” and I disagree somewhat... It's long been believed that clones need to be single shoots that have been de-leaved or at least cut back on their “sun leaves”. The pictures will show you that I have removed very little leaf matter and in fact MANY of the clones that I cut already have TWO grow tops... even before they begin their “new life”. These



an equal number of airstones to each line, as you can see I have three stones on each of my feed lines (pic 2). Stones should all be of the same age and size as this does affect the “bubble action” in your cloner to a great degree.

Now you have a simple home-made “bubble-cloner”. It's time to CLEAN your cloner, it's very important to start with a “clean machine” (soap and water and a good rinse).

You need to make “bushings” for your clones; these prevent your clones from falling into the tank and from flailing about. The “bushings” are nothing more than 1 inch long pieces of 1/2 inch thin wall hose, cut 24 pieces 1 inch long and slit each piece lengthwise. Now cut “several” 1 inch wide strips of regular building insulation... yep... good old fiberglass pink! (Peel it into “layers” after you cut it). (pic 3)



clones are “Skunk #1”.

Cut your clones so that you will have at least one leaf node below the cloner top (you will have to remove any leaves that will be beneath the top), don't worry about removing leaves at this point... just cut all of your clones and put them straight into a container of water (be sure the tips are submerged until you are ready to finish). (pic 4)

Now select your first clone to be propagated, work quickly and carefully when the clone is out of the water. With a clean scalpel or razor knife make a 45 degree cut at the tip of the clone. Quickly remove the leaves that will be below the cloner top (I just pull them off). Now use your razor to make several “slashes” around the clone within the first inch of the tip, dip your clone in rooting gel, and be sure to cover the “slashed” area



with gel (NOT powder). Now take one of your strips of fiberglass insulation and carefully wrap your clone with the fiberglass just below the remaining leaves. It can get a little tricky here... (But with a little caution and practice you will be a Pro in no time) Hold open the slit piece of plastic hose and slip it around the wrapped part of the clone (pic 5). All that's left to do is to "wedge" the bushing about halfway into one of the holes in the cloner lid... repeat until all clones are done! (pic 6)

gle the root mass as you gently but firmly pull your clones from the tank. Your clones are VERY hardy at this point and will take some handling (don't worry if you "rip" a few small roots). Carefully remove the slit tubing, and then unwind the fiberglass strip. (pic 7)

Your clone is ready to be planted in ANY media that you choose. With a little practice and good cloning gel (I use Advanced Nutrients "Clone it") you should achieve the same 100% success

Pic 4



I place my cloner tank on top of a warming pad and leave the heat setting at medium. Place under 24 hours of fluorescent light. FLOOD the clones if possible with fluorescent light. Keep your lights within 6 inches if possible. Now connect your airlines to a two outlet air pump and make bubbles! Be sure to keep the pump ABOVE the water level to prevent siphoning. The more bubbles the better! With 6 airstones in my tub the water practically "fizzes"!

rate in your cloning that I have "finally" begun to enjoy!

Later on in this issue you will see 1/2 of these clones go into a hydro garden that I've just designed and built for a fellow licensed medical grower/consumer. If I've done my homework... this new system, planted with these nice BIG healthy girls... well they should grow like gangbusters! A full report will be given in the next issue.

Pic 6



Check your cloner water level now and then, once the level begins to drop I top up with a very MILD nutrient solution (I use 10-52-10 "plant starter" mixed VERY weak).

Within 7 days you should see roots, some of the clones may only show slight "bumps or lumps" at this time... these are the earliest signs of roots. At 2 weeks ALL clones should show VERY generous amounts of root growth!

To remove your clones from the cloner simply give the "bushing" a bit of a tug, work with one hand inside the clone tank to help untan-

#### Tips and tricks

- 1: slightly "warm" water propagates clones faster than cold water
- 2: use a shot glass for your cloning gel; don't dip clones into the bulk container
- 3: keep your cloning gel in the fridge when not in use
- 4: soak airstones in water for at least 1/2 hour BEFORE connecting to air supply

Gord Hume, partially disabled Army Veteran. Health Canada Licensed grower/consumer.



# GET A KING KONG GROW FOR PEANUTS!

Ok folks you've seen the clones

being produced and seen how well they did in that inexpensive bubble cloner right? Well here is where we put those clones after they have “done their thing” (nice big root system, lots of healthy upper growth)!



This is a garden that is “loosely” based upon my own garden; it is an “experiment in progress”! I call it a “high tech” system as it employs 3 basics of hydroponics. The first is the small amount of nutrients held in the bottom of each grow tank that is highly oxygenated (shallow water culture). The second is the high pressure spray that is developed inside the tanks directed onto the net pots (homemade “aeroponics”). The third is the “flood and drain” of the tanks every fifteen minutes (flood and drain). It is “Low Cost” in that MOST parts are available at your local hardware store for pennies as compared to buying similar or SAME parts at the hydro store for up to 4 times the cost!

I've wanted to “convert” a fellow licensee to hydroponics and finally got the go ahead to set him up with an indoor grow for the fall/winter season last year. I set him up with a small overcrowded “shallow water culture bubble system” (a large version of the “Bubble cloner”). It was a problematic grow from start to finish. In the end all that has been salvaged from that system is the high quality four

outlet air pump from 'General Hydroponics', the lights, the net pots and a couple of fittings.

The new system has been installed into an “in progress” grow room being built.

For starters we need 2 large plastic barrels. 45 gallon “Food safe”, knowledge of prior contents can be VERY helpful, if not VITAL! We got lucky enough to find 2 PERFECT barrels. One barrel (the one that is cut to make your two tables) has two “bung holes”... don't snicker... I didn't make up that name ya know... now the nice thing is that this barrels bung holes are identical. These bung hole plugs have threads already for a 3/4 inch hose fitting, all that needs to be done is to open up the holes with a hole saw in your drill, improvise if you have to... but try to buy some of these simple “specialty” tools, for this garden and future projects you will find them indispensable. We are going to take advantage of these “bung holes” in our garden and use them as “overflow drains” for the system. The



# **“I planted this garden with the clones that you saw me create earlier in this issue... in the space of 3 days I have seen the plants quite literally DOUBLE in size!”**

barrel that will become the table tops contained chlorine bleach, lot's of rinsing with fresh water and a tiny bit of scrubbing (after we cut the barrel) and we had two “squeaky clean” table bases for six plants each.

Our second barrel will become our “system reservoir”, again we got lucky... we managed to find a “Food safe” 45 gallon “Screw top” barrel (contents believed to have been barley or some other brewers product). This barrel was likewise scrubbed out with bleach/water solution to sterilize it.

First we need to establish the “centre line” of our barrel that is to be cut to build our tops. Our barrel had a casting line from the manufacturing process that was “on centre” with the bung holes, so I simply measured the barrel top from edge to edge along that casting line then marked it at it's centre point. From here it was a simple matter to place a rafter square along the casting line at the marked “centre point” and draw a line that crosses the casting line at 90 degrees. This is our “centre line” the accuracy of this line is fairly critical as any errors here will be amplified as we extend that line around the barrel. Now use your square to begin the line down the sides of the barrel, to do this simply stand the barrel on its base and lay the square along the top ridge that is on the barrel, let the leg of the square hang down where the centre line is drawn on the top... mark your line. Do this on both sides, now extend the lines with a piece of masking tape. Taking care to keep the tape VERY straight (check with a straight edge). Once each side is done you turn the barrel over and add a third piece of tape to the bottom of the barrel to finish the line. Give a quick check to see if you are “square” where bottom tape meets the side tapes... if you are then draw your line with a black permanent marker along the tape all the way around to meet the already established “centre line” on the top.

Take a drill that will allow you to insert a jigsaw blade into the barrel and drill a hole at the centre (Top end) of the barrel. Now take a deep breath and fire up that jigsaw! Cut along your line until you have two identical barrel halves... it can get tricky at the corners so don't rush yourself... try another direction of cut on each corner and you will soon have your tables cut out.

OK now we need “tops” for these tables! For this I used some heavy duty plastic sign board. I lay the sheet of sign board on the floor and then lay a barrel half flat on top of it. Here's a tip, make sure that the corrugations in the sign board run lengthwise with the length of your barrel half. With your black felt pen trace around the barrel half. Remove the barrel half and use your jigsaw to cut along the “inside” of this line (cutting along the inside of the line will make sure that the top won't be too big). Now make sure that this piece of sign board will fit inside your barrel half, and then try it in the other barrel half. If all has worked out to this point it will fit each with just a bit of resistance when first installing it into the barrel (you will have to trim the corners to get it to fit properly). Now take this piece of sign board and use it as a pattern to trace another for your other table top, cut the next table top. Place the tops aside for now.

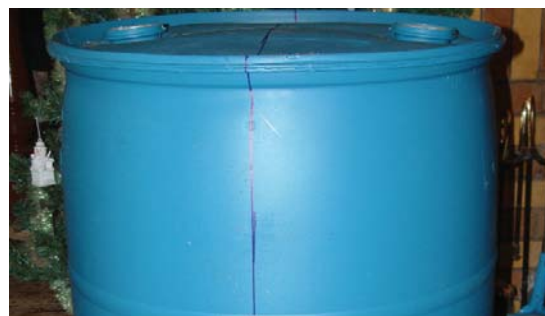
Time to begin the plumbing work on the tables! Measure the length of the barrel



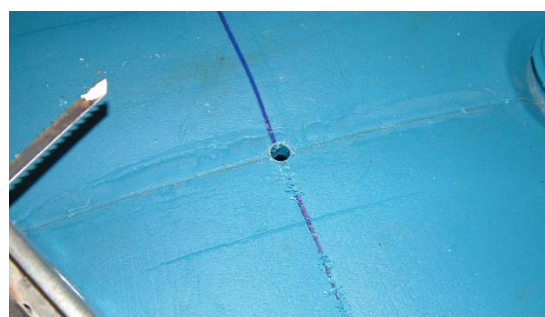
**Mark the barrel**



**The perfect bung holes**



**Extend the lines**



**Drill to clear jigsaw**





Begin cut



Split barrel



Trace tops



Mark where tubes run



Mark for net pot holes

and divide it into three equal sections, mark the two points on each side (for our barrel it was exactly where the “stiffening rings” were cast into the barrel at manufacture... this is very common). Lay the barrel on the floor with the curve on the bottom, at the divider marks measure down into the barrel approximately 3 inch's, Do this at the four required points as indicated. With a 3/4 inch hole saw cut four holes in each barrel half at the marked positions as you see in the pictures. Do this to both barrel halves.

Time to “lay some pipe”! For this we need nothing more than simple hardware store items, we need a few feet of 3/4 inch black poly semi rigid tubing and a hand full of 3/4 inch elbows, couplings and some stainless steel hose clamps. Make up your pipes and fittings as you see them in the pictures. Here's a tip... keep a kettle of hot water nearby, when you try to force the hose over the fittings hold the tube end in hot water to “soften it up” ... when placing hot tubing over your fittings do so VERY quickly as it cools rapidly and is VERY hard to get a good water tight seal if the fittings are not FULLY inserted into the tube. Place your hose clamps on ASAP after the hose is installed, tighten the clamp firmly but don't go crazy and strip the clamp. Place your clamps as close to the fitting as possible but make SURE that you are not tightening the clamp on the fittings “shoulder” thus NOT actually clamping the hose itself.

You should now have two tables partially plumbed; now it's time to make holes in your tops for your net pots. Mark where your tubing passes beneath your tops and draw a line across a top to show where the tube is, this will divide your top into three equal spaces. Now draw a line lengthwise along the top at its centre line. It's now just a simple matter of drawing an X from corner to corner in each of the six drawn “boxes” on your table top. Place the tops one on top of the other, make sure they line up evenly all around now take a 3/4 inch drill bit and drill through both tops at each X's centre (six holes in each top). Now here is one of those “special” tools that I highly recommend ... I have a four inch hole saw for my drill, with it I get perfect holes every time for my four inch net pots. Use the centre hole you drilled in the top as a guide for the pilot bit of the hole saw. In just a few minutes you will have twelve perfect four inch holes cut at the appropriate spots in your table tops. Take the tops outside and spray one side of each with black paint that will adhere to plastic (or just buy black plastic sign board).

Time to build a support for the tanks! Keep it SIMPLE yet strong! The support stand MUST be level and higher than the reservoir “inlet holes” (more on this later). In my case I had a set of steel legs “leftover” from an industrial sink unit... I used these to make the legs for my tank support, with a few feet of 2x4 lumber I soon had a CHEAP and sturdy tank support. Tip... use deck screws instead of nails! Try to keep some distance in between your two table tops to allow room for your girls to grow, in our case I left 1 foot in between the tops. Once your support is built place your barrel halves onto the support and secure them... this can be as simple as drilling a hole or two in each barrel “rim” (top of the barrel, solid thick plastic) and securing the barrel with a deck screw into the wooden support.

Now cut two equal lengths of tubing to fit between the tanks, warm the tubing and make your connections between your connectors in each barrel half, don't forget to properly clamp!

OK so far so good! Push your tops into the tanks until they rest on the tubing that runs across each barrel half... this tubing will serve as a support for the table top. Now reach inside and carefully mark each tube at the approximate centre of each net pot hole. Remove the tops and use a 1/16th drill bit to drill straight through each tube as it lines up with the net pots. Congratulations! You have just created a high pressure spray head for each net pot! Now drill one 1/16th hole in the centre of each tube facing DOWN into the bottom of the tank, this will create a LOT



of turbulence in the bottom of the rooting chamber. OK the Grow table itself is almost done now!

Now lets get back to those wonderful matching “bung holes” (stop that snicker-ing!). You will notice they are located near the bottom of your tanks, once they are drilled out so we can use screw in fittings they will be our “overflow” drains. A 3/4 inch thread by hose ninety degree elbow is used in each, this is extended with a piece of tubing then an elbow (hose X hose in this case) then another longer piece of tube runs back to the main system reservoir, this is repeated for each tank. This ensures that each of our tanks has a minimum amount of nutrient held in a small reservoir at the bottom of each grow tank. In the bottom of each tank we place two 12 inch air stones, this provides a VERY oxygenated nutrient solution available to the root system at ALL times.

Time for the drains! We need to be able to empty this system on a weekly basis to swap out our nutrients. For this you need two “Through hull fittings” I used 3/4 inch through hull's but the bigger the better! Put a tiny bit of water into the tanks to find their “low spot” this is where you want your drains. Install a fitting in each tank then use tubing and a TEE fitting to tie the two tanks together. On the open end of the tee fitting attach a longish piece of flexible hose and a ball valve at the end, this is your system drain, this also acts as a “balancing tube” to make sure that each tank has the exact same amount of water/nutrient in it.

It's time to setup the main system reservoir! First fill the barrel that will be your reservoir with at least 100 liters of water (use a “china marker” to mark the 100 liter point as we will be mixing 100 liters at a time). Use your 3/4 inch hole saw to cut two holes (well above the waterline) one will be for a flexible hose from your submersible pump to the feed side of your tables, the other is for a flexible hose from the return side of your tables to the reservoir (the return hose has a gate valve attached inside the reservoir, this is used to build pressure in the line if required... simply close the valve a little bit to raise pressure). Now line up and cut two more 3/4 inch holes for your “overflow” drain tubes to enter the reservoir.

Understanding “relative elevation” is CRITICAL for the proper setup of this system! By this I mean you MUST make sure that your overflow drains are located “higher” than your highest “full water” point in your reservoir... gravity and water are two factors that work FOR us if we let them.

Time to “test fire” the system! Make sure that your tops are installed and clean net pots are in the tops... best take a moment and grab a dozen small plates to cover the net pots... trust me with the return hose valve completely open.. When this system fires up the spray that comes from the tubing underneath the table tops... well let's just say that it is pretty “intense”! Once the pots are planted and filled with Hydroton the spray problem above the table top is greatly diminished. Run the system until you have circulated the entire contents of the reservoir; make sure your “spray jets” are clear and working well.

I have set this system up to run the pump 15 minutes on then fifteen minutes off, this fills each grow tank to close to 3 inch's from the bottom of the net pots. The fifteen minute off period allows the tanks to drain back down to their “overflow” drain height thus doing a VERY thorough job of keeping the nutrients agitated and aerated. The air pump is allowed to run 24/7 for the entire grow.

This system is running with “DNF” as its primary nutrient source, at bloom stage we will supplement with a few flower “boosters”. Follow the instructions that accompany your nutrients for mixing. In the following issue we will supply a full account of this grow.



Pre drill centre holes



The BEST way to cut for net pots



Cut for plumbing



Loop side of garden



Loop side feed return.





Tables on support stand with reservoir behind



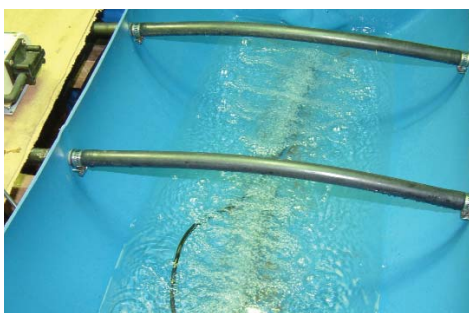
Connect from top to top



Small amount of water to find the low spot for drain



Tank drains



2X12 inch air stones makin bubbles

I planted this garden with the clones that you saw me create earlier in this issue... in the space of 3 days I have seen the plants quite literally DOUBBLE in size! Upon my first visit to the garden I noticed a slight yellowing of the leaves... this was attributed to a slightly high ph condition. Ph has been lowered in the system and the plants are growing greener and faster than before. Change nutrients every week, top up with plain water balanced at ph 5.6 in between nutrient swaps.

#### LIST OF MATERIALS:

- 1: one 1/2 sheet of corrugated plastic sign board
- 2: two 45 gallon "Food safe" plastic barrels
- 3: six hose by hose 3/4 inch elbows
- 4: four 3/4 hose by thread elbows
- 5: four 3/4 inch hose by hose couplings
- 6: approximately 12 feet of 3/4 inch black poly tubing
- 7: approximately 8 feet of flexible 3/4 inch "hydro hose"
- 8: one 3/4 inch ball valve
- 9: one 3/4 inch gate valve
- 10: one "general purpose" sump pump ("Princess Auto" at the cost of \$114.00 CDN)
- 11: several feet of straight 2X4 lumber
- 12: an "econobag" of 3/4 inch stainless steel clamps
- 13: four 12 inch air stones
- 14: one four outlet pump... the more air the better! (Get a GOOD air pump)

All said and done, this garden has been assembled for less than \$200.00 CDN (minus the air and water pumps and lights).

Note: It has become evident that a 1/4 inch x (appropriate length) stainless steel bolt and nut are required at each corner, a hole drilled through the grow tank "just below" where the corrugated sign board should rest when "Level" then the bolt inserted below the sign board then the nut threaded on from inside the grow chamber. There has been noticed a tendency for the corners to "sag", this procedure will solve this problem.

*Gord Hume, partially disabled Army Veteran.  
Health Canada Licensed grower/consumer.*



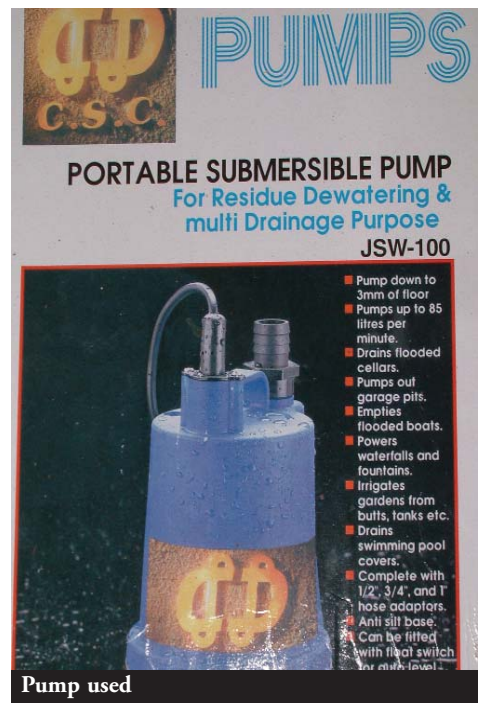
2 week old clone being planted



Freshly planted garden shows overflow drains



Week one double the size





100%  
Discreet  
Shipping

No  
Smell

Pre  
Essembled

1 Year  
Warranty

No  
Heat

24/7  
Tech  
Support



## "The Appliance of Science" BC Northern Lights

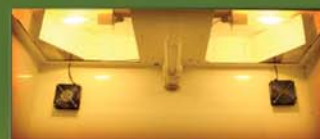


### The Producer NEW MODEL

- One flowering chamber for 18 -3.5" pots
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- Custom fit coco carbon filter
- Thermoformed reservoir with drain
- 85 gph pump with override switch
- State of the art CO2 injection system
- 172-CFM inline exhaust fan
- Dimensions - 27" x 54" x 46"
- Revolutionary Computer Control Centre
- 2- 430 W HPS bulbs w/ reflective hoods
- Grow from seed to full bloom all in one unit



State of the art  
Control Centre



Glass Enclosed -  
Air Cooled Lighting System  
Producer



### The BloomBox

- 2 chambers for continous cycles
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- Thermoformed reservoirs with drain
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- Veg chamber for mother & 12 cuttings
- 85 gph pumps with override switches
- State of the art CO2 injection system
- 4 independent exhaust systems
- Dimensions - 27" x 54" x 51"
- Revolutionary Computer Control Centre

Glass Enclosed -  
Air Cooled  
Lighting System  
Bloombox



Back of  
Bloom Box



**CO2 and Hydro are Optional with the BloomBox and Producer**



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# SERIOUS SEEDS:

For sure one of the most serious seed banks in the world!

Words and Photos by Green Born Identity - G.B.I.

In terms of cannabis, Simon, the founder, owner and breeder of the well known Dutch seed bank Serious Seeds, surprisingly was a late bloomer. He had always been a non-smoker, and even while studying biology at the Amsterdam University until the mid-eighties did not encounter marijuana. It was as late as after having finished his study that he initially came to know the joys of smoking weed, on occasion of travelling through Africa in 1986, he was 25 years old at that time. Smoking a pure "dagga" joint in the overwhelming natural panorama of Africa was an awesome experience to him. From that moment on he started collecting seeds right on the spot, taking for example Malawi and Durban Poison seeds back home to the Netherlands. There he immediately started growing those seeds out and crossing what he thought were the best plants. Contacts with other Dutch growers gave him access to different genetics from which he also selected the best ones.

At first, Simon worked as a biology teacher at high school for a couple of years. However, this job was rather unsatisfying. Apart from that the impressive dagga experience had left its mark on Simon, it was like a key to a new philosophy of life to him, his way of thinking and value system had become more alternative in the aftermath. This experience was the actual turning point in his life from being a teacher towards becoming a cannabis breeder in the long run. The cannabis plant had fascinated him that much that he decided to make it a main element of his life, and even his profession. But before starting his own seed bank, Simon decided that it would be wise to gain some basic experience in the business at first. So he started his cannabis career as Sensi Seeds employee, working in their shop in Amsterdam for some time. Simon made a lot of important contacts there and expanded his knowledge of the plant. In 1994, the time was right for him to establish his own seed bank, in cooperation with two American drug war refugees: Cerebral

Seeds. One of Simon's partner was Tony who later on founded Sagarmatha Seeds. At the High Times Cup 1994, Cerebral Seeds had a very successful premiere and took second place for AK-47 and third place for Chronic. But already in 1995, Simon fell out with his partners and Cerebral Seeds was shut down. In the same year, he then founded Serious Seeds. He chose this name because it perfectly epitomizes both his professional background and business philosophy: Simon indeed is very serious about seed breeding. On the one hand, he has acquired a great deal of biological and botanical knowledge at university and expanded it by reading a lot of literature on plant cultivation and breeding, both of cannabis and other plants - a perfect basis for his seed bank work. On the other hand and that's the other element of seriousness, Simon focuses on merely a handful of high grade strains instead of producing an excessive amount of mediocre strains. This enables him to guarantee outstanding and unique strains of superb quality. For many years, Serious Seeds has been offering only five strains: AK-47, Kali Mist, Chronic, Bubble Gum and White Russian, all of them multiple cannabis cup price winners. Although people cannot wait to get their hands on a new Serious Seeds strain release, Simon has not yet put another new variety on the market, because none of his attempts could meet his serious and strict quality demands so far. Several times he

thought he was very close to finishing a new strain, but then suffered an unexpected setback in the breeding process. At a certain point, other breeders would have been satisfied with the results and released the strain to market. But not Simon. He just goes on and on, for years in restless search of the golden one, the ultimate new genetic line that is worthy of becoming his sixth Serious Seeds variety. Simon's striving for breeding perfection sometimes results in an additional benefit for people who are interested in his genetics.

Some years ago, he had a lot of leftovers from breeding experiments that didn't really serve any purpose anymore. For medical purposes he gave them to Marco Renda who passed them on to medical marijuana patients. On these seeds, Simon received a lot of very positive mails that asked about their genetic background.

In the early

The High Times Cup medals won by Serious Seeds





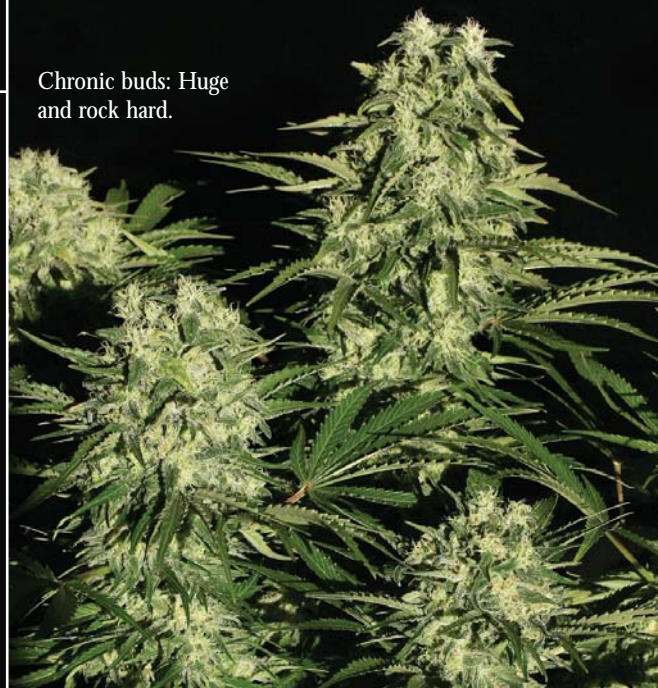
years of his seed bank, there was another factor that contributed to his breeding success: A lot of space. He had a total area of 250 square metres back then, what put him in a position to grow experimental genetic lines out thousand fold. The parents for AK-47 e.g. were selected from thousands of plants, until the "lucky punch" was finally made. The breeding work was easier and faster at that time, because Simon had a very wide range of selection to choose from when carrying out breeding experiments. In 1999, the Dutch government banned drug cannabis seed production and Simon decided to considerably reduce his area under cultivation. So nowadays it is much harder for him to develop a totally new and unique high grade strain. One should not forget that every seed bank's main work consists of maintaining already existing strains and producing seeds for the market, this alone consumes a lot of space and time. And the creation of new varieties is not the only additional project Simon has. Recently he has put more effort into the development of feminized seeds and is quite far advanced with this.

Simon has several locations where the production of seeds, maintenance of mother plants and breeding of new varieties is carried out. The production of seeds for sale is exclusively practised on soil. When asked about recommendable EC values, he said: "Most people wonder what maximum ECs their plants can bear, but I think the question is rather whether they actually also benefit from pushing the EC higher and higher. To my experience, an EC higher than 2.0 mS does not make sense. At least my varieties do not grow better or faster beyond this." He presently has no real outdoor strain in his assortment. Well, that's another project again... However, Simon points out the fact that both AK-47 (open field cultivation possible) and Chronic (rather for the balcony) have a favourable outdoor ripening time of end September until mid October and do very well outdoors also in Europe or Canada. And under the Spanish sun, even the late maturing Serious Seeds sativa Kali Mist is performing with excellence.

Serious Seeds' assortment is dominated by mostly sativa strains. Not without reason: Simon prefers the effects of sativas to those of indicas. Furthermore he has learnt from medical users that Sativa type plants usually have better painkilling properties than indicas. His unique sativa Kali Mist (flowering time: 70-90 days), amongst other prizes, has won the Sativa category of the High Times Cup 2000. This was a great act of confirmation for Simon, because he had previously changed its genetic composition a little bit. Kali Mist's extremely strong sativa turn has a very high therapeutic value. Simon reports about a very special field of medical Kali Mist application: "It is known that Kali Mist is used by women in Amsterdam against menstrual cramps. This came to my ears when I visited the Greenhouse coffee shop in Amsterdam a few years ago. The girls working there asked me when Kali Mist was going to be available again since it was out of stock for two weeks or so. They also said that several women were waiting for it because they were having their periods and Kali was preferred to anything else available." Well, Queen Victoria also used marijuana for menstrual cramps - for sure she would have been fond of Kali Mist, too! Like many other cannasseurs, Simon prefers a vaporizer for cannabis consumption: "For patients and non-patients alike, it's the most healthy, pleasurable and efficient way to use marijuana. On fairs I always use to have my vaporizer with me", he says.

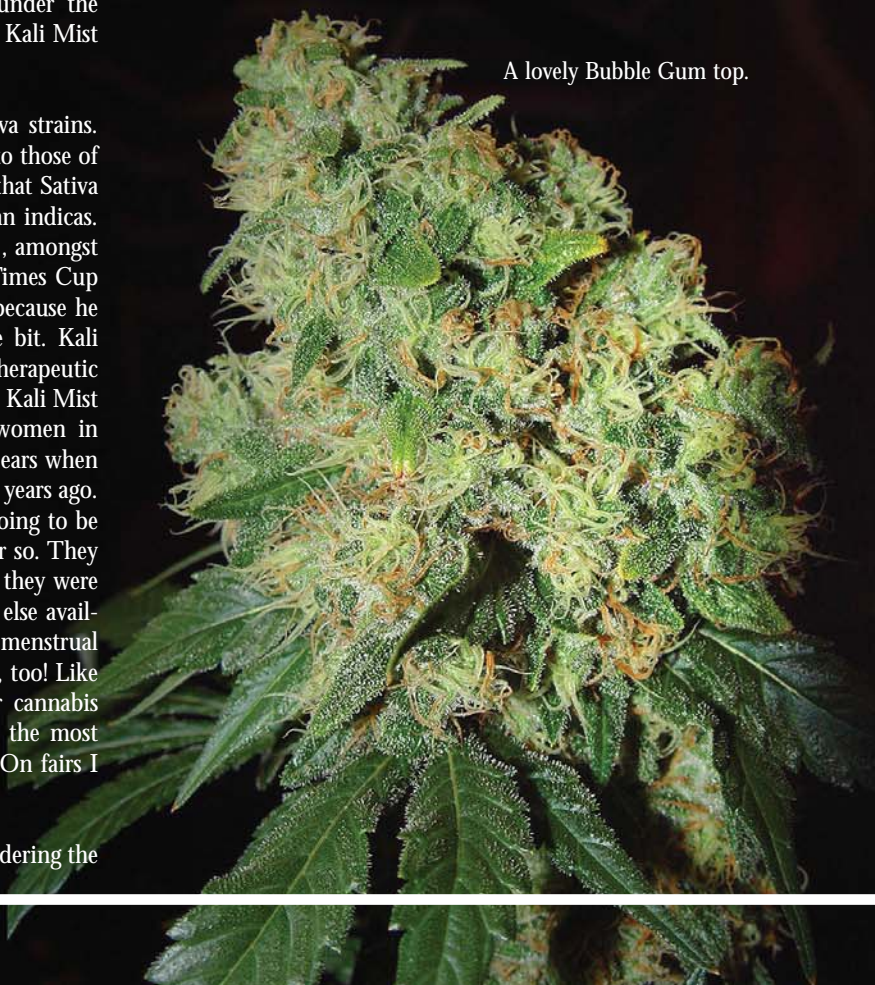
Some time ago, Simon had a kind of key experience considering the

Chronic buds: Huge and rock hard.



medicinal potential of cannabis: "It was with a patient who suffered quite badly from chemotherapy. He was always strongly against all drugs and it was not before he felt so miserable that he wanted to try everything to feel a little better. So I brought him my own vaporizer, in my eyes the perfect way to use marihuana, and showed him how to use it. He was afraid at first and it took him courage to make the vaporizer bubble and inhale just one mouthful of vapor. There was only a small amount of AK-47 bud in the head of the vaporizer. Only minutes later he seemed in a different state of mind. He was laughing and taking over the conversation while he had been very sad and inactive before that one puff. The other people present were looking at one another in astonishment of this effect,

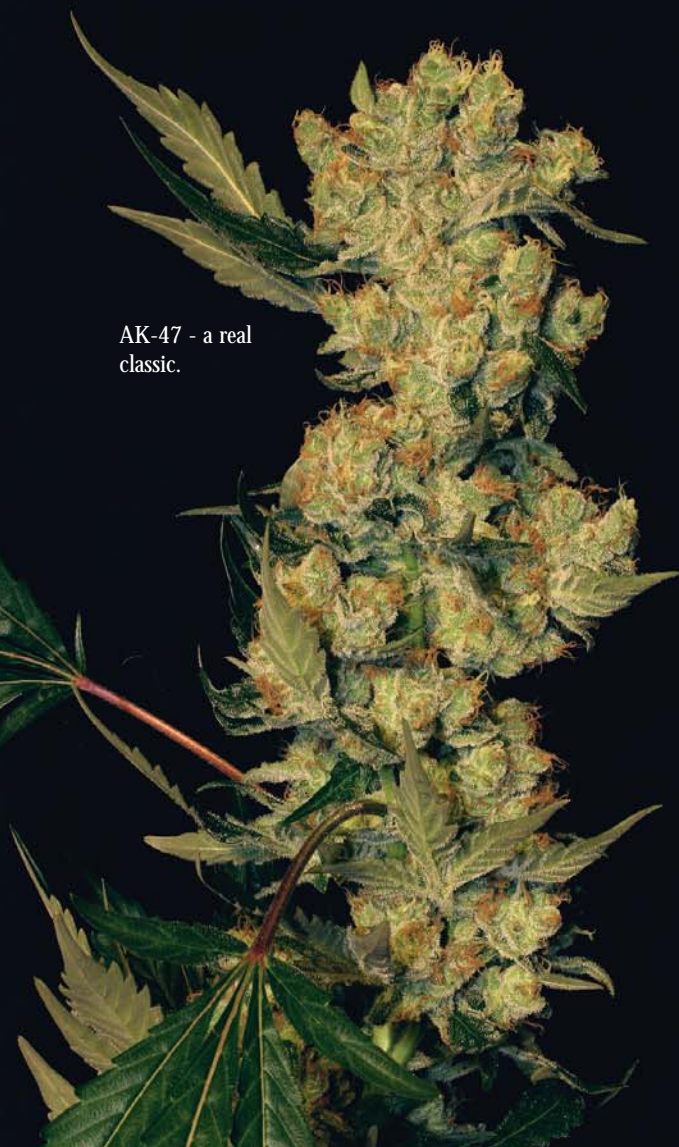
A lovely Bubble Gum top.





while the man himself didn't seem to notice this. Although it was clear that he had changed his behaviour during that afternoon I can still hardly believe that it was that single puff which had such a strong effect on him. And I cannot prove it either. I only know that this man still has my vaporizer and uses it not daily, but certainly several times a week. He says that he doesn't know whether the marihuana has any positive effect on him or not, as he doesn't know what he would feel like if he hadn't smoked weed..."

AK-47 (flowering time: 56-63 days) is another flagship of Serious Seeds, a real classic, the seed bank's top seller. It's a mostly sativa strain with good yields, an incredibly sweet aroma and that famous mighty "one hit wonder" high. Amongst worldwide cannabis strains, Chronic (flowering time: 56-63 days) is known to represent the best combination of quantity and quality, without making any compromises in both categories. This extra heavy yielder with brick-sized top colas can easily produce up to 600 g/m<sup>2</sup> without losing that cannasseurs feeling. Chronic flowers have a highly delicious wildflower aroma, smelling like sweet honey. This kind of medicinal honey certainly also has much therapeutic use. White Russian (flowering time: 56-63 days), winner of the Overall Cannabis Cup in 1996 and of the Cup for Best Bio Grass in 1997, is the sole mostly Indica variety in the assortment of Serious Seeds. As its name already suggests, it is heavily coated with thick resin layers that give a majestic white look. White Russian is a true THC champion. In the nineties, a huge seed comparison grow with 150



AK-47 - a real classic.



Certainly a glass of excellent medicine: Dry White Russian buds.

different varieties took place in a Dutch greenhouse. With 22% THC tested by an independent laboratory, White Russian turned out to be the most potent strain, leaving 149 strains behind. This powerful mostly Indica surely also is a precious medicinal weed for certain fields of application. And, last but not least, the famous Bubblegum strain (flowering time: 56-63 days) which has a very characteristic sweet and fruity aroma, truly resembling bubble gum. As it delivers an especially euphoric high, Bubble Gum may function as a mood lifter or even mild antidepressant. Anyone with respective experiences? Simon is always interested in getting new information on the medical issue and a feedback on his varieties. Accordingly he lets the readers of Treating Yourself know: "If, after having read this article, anybody who has more information about the therapeutic effects of marijuana, especially Serious Seeds varieties, wants to share his or her info with me and other people, feel free to send me an email." (info@seriousseeds.com)

It has always been a Serious Seeds policy to have the marijuana products grown from the different varieties available in some of the leading coffee shops in Amsterdam. Three of the best and most popular coffee shops in Amsterdam are selling original Serious Seeds weed and also the respective seed strains: The Dampkring, The Blue Bird and Greenhouse. "This gives people interested in our genetics the chance to convince themselves of the potency and aroma of the final product before buying a certain seed strain." Now that's what I call customer service. But Simon also complains about certain coffee shops: "However, there are also many black sheep that are just stealing our names for giving them to something completely different, most often mediocre or inferior strains. They want to benefit from the big popularity of our varieties, increase their sales figures by abusing the good name of the Serious Seeds varieties. It's the same with the seed bank business; there are a lot of copy cats sucking on your fruits."

At Serious Seeds, Simon gets a lot of support from his stepson Paul. He is his right-hand man who keeps daily business going whenever Simon is engaged with his second obsession: Falcons. And guess what he's doing with them? He is breeding them...



# TREATING YOURSELF MAGAZINE CONTEST BONANZA



This month we have FIVE, count'em FIVE contests.  
We're giving away Vaporizers, pipes, Bubble Bags, seeds and more.  
So read the rules, fill out your entry forms and enter today!  
You'll find the contest and prizes on this page and on the next page you'll find the entry forms.

## Contest #1

Grand Prize: Volcano  
Vaporizer



2nd Place: Paradise seeds  
Quality Genetics



3rd Place: A Book  
from Ed Rosenthal's  
Quick Trading



## Contest #4

Grand Prize: Bubble Bags  
7 bag kits



2nd Place: BC Boxes  
Large Kief Box



3rd Place: A Novus and  
Contero JR Grinder Combo



## Contest #2

Grand Prize: Vapir One 3.0



2nd Place: THSeeds  
Quality Genetics



3rd Place: A DVD from  
FS Book Company

## Contest #5

Grand Prize: Complete set of  
6 Celebration Pipes



2nd Place: Laplaya Glass Pipe



3rd Place: A Novus and  
Contero JR Grinder Combo



## Contest #3

Grand Prize: Deluxe Hands Free  
Vapor Box



2nd Place: Sensi Seeds  
Quality Genetics



3rd Place: A Book from  
FS Book Company

That's not all either!!!  
There will also be random  
drawings for prizes from  
these fine sponsors



**Contest Rules:** 1- You must be a resident of planet Earth and have reached the age of contest in your State, Province or Country. 2- No Purchase is necessary to enter. Hand drawing of photocopied entries are acceptable. One entry per contest per person. 3- Treating Yourself and contest sponsors are not responsible for entries that are lost, misdirected, delayed, destroyed or lost in delivery. 4- Entries that are late, incomplete, illegible, damaged, irregular, submitted through illicit means or do not conform to or satisfy any condition of the rules may be disqualified. 5- Winner will be notified by phone or email and announced in Treating Yourself Magazine. 6- Treating Yourself or contest sponsors are not liable for any damages or injuries as a result of entering any contest or as a result of attendance at events where prizes may be awarded. 7- Chances of winning depend on the numbers of eligible entries received. 8- Treating Yourself reserves the right to change these rules. Treating Yourself and contest sponsors are not responsible for any typographical, production or distribution errors that may occur during a contest or in any contest material. 9- Decisions of Treating Yourself and contest sponsors is final. 10- Prizes must be accepted as awarded and cannot be transferred or redeemed for cash. Contest sponsors reserve the right to substitute a prize of equal or greater value if the described prize cannot be awarded for any reason. 11- The sponsors are not responsible for completing the contest in the event of circumstance beyond their control. The sponsors reserve the right to cancel or modify the contest at their sole discretion, if it is determined that the contest is not capable of being run as originally intended. 12- All entries become the property of Treating Yourself. All entries will be destroyed four weeks after the completion of the contests. 13- These contests are subject to the laws of Ontario and the federal laws of Canada may be applicable. 14- By entering any of the contests you acknowledge that you will abide by these rules.



### Contest #1 - Volcano Vaporizer

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
State/Province: \_\_\_\_\_  
email: \_\_\_\_\_ Telephone: \_\_\_\_\_

### Contest #3 - Deluxe Vapor Box

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
State/Province: \_\_\_\_\_  
email: \_\_\_\_\_ Telephone: \_\_\_\_\_

### Contest #5 - Complete set of Celebration Pipes

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
State/Province: \_\_\_\_\_  
email: \_\_\_\_\_ Telephone: \_\_\_\_\_

### Contest #2 - Vapir 3.0

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
State/Province: \_\_\_\_\_  
email: \_\_\_\_\_ Telephone: \_\_\_\_\_

### Contest #4 - Bubble Bags

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
State/Province: \_\_\_\_\_  
email: \_\_\_\_\_ Telephone: \_\_\_\_\_

Where else would you find, so many great prizes, by so many generous sponsors all in one place? All in ONE issue of a magazine? I mean, who gives away 3 vaporizers? Well, Marco and TY Magazine do, that's who. So what are you waiting for? Fill out some entries, lick some stamps and get them in the post!! There's over 15 prizes to be given away in this issue and one of them just might have your name on it. But only if you enter. Oh, a few extra things FYI. Entries may be reproduced by hand drawing or photocopying. Only one entry person, duplicate entries will be disqualified. All entries must be mailed in a separate envelope. Random prize drawings will be drawn from all entries received. Mail all entries to:

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(Contest Number)  
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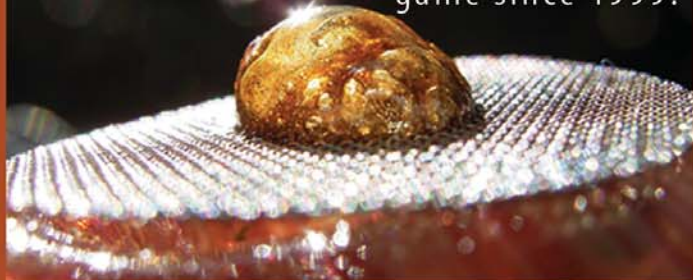
  
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