

# Treating Yourself

The alternative medicine journal

## Cannabinoids & Sexual Reproductive Health

## Cannabis as a Unique Functional Food

## A look at Harborside Health Centre

## Cannatonic by Resin Seeds

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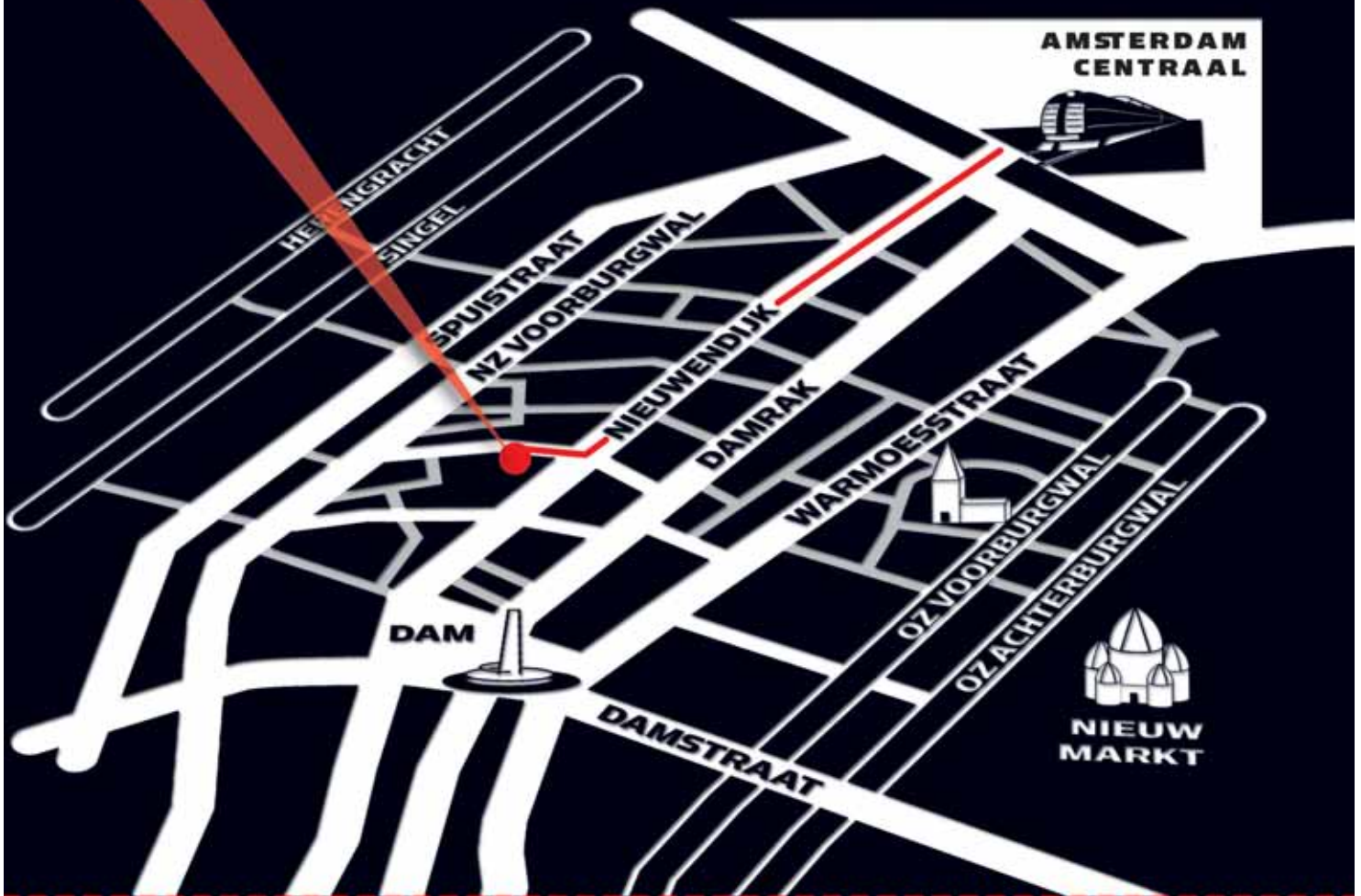


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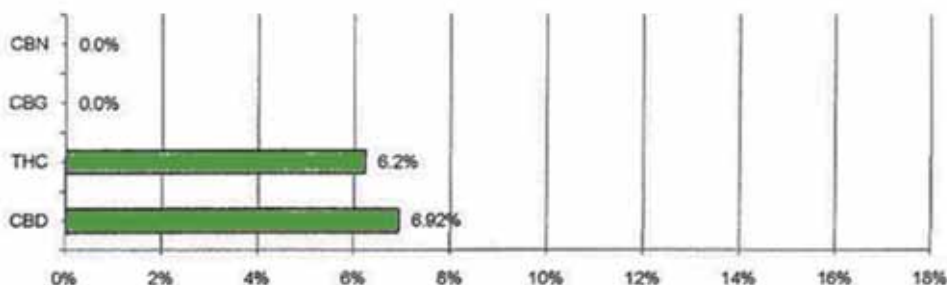
Many happy growers and patients in Europe swear that **"Cannatonic is different!"**

### ANALYSIS REPORT

Company: 0      Analysis Date: 2-28-2009  
Contact: 0      Analysis type: CBD, THC, CBN-measurements  
Sample Number: 20090228\_0212      Analysis method: GC  
Sample Name: Cannatonic

Compound	Percentage
CBN	nihil
CBG	Not determined
THC	6.2%
CBD	6.9%

#### Analysis Result



For further information about Cannatonic, the Resin Seeds seedbank & grow tips please visit:

**[www.resinseeds.net](http://www.resinseeds.net)**

Canadian Representative:  
[sales@medicalmarijuana-seeds-wholesaler.com](mailto:sales@medicalmarijuana-seeds-wholesaler.com)



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**Cover:**

Cannatonic  
By Resin Seeds



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# Extending an

Not too long ago I extended an olive branch to everyone in the movement that I have had issues with. I have been accused of doing this just to fill my pockets with more \$ \$ \$! I had to laugh at these accusations, as it couldn't be further from the truth. Taking a look at how fragmented our movement is right now is tragic. We really do need to put all of our differences aside and try to work with one another in hopes of being productive in ending PROHIBITION!

This leads me into stating that publishing the "Counterfeit Seeds" article in issue 23 was a coincidence and this article was given the go ahead back in November 2009 at the HTCC in Amsterdam. From time to time, articles get bumped due to the limited space we have in each and every issue. In no way did I place this intentionally, especially since Marc Emery was being extradited to the USA. We went to press a few days prior to his extradition, which came as a complete surprise. Following this event, I decided to extend an olive branch as his extradition should be noted as a warning sign to us all and he needs our support now more than ever.

Recently I had a long conversation with Jeremiah Vandermeer, from Cannabis Culture, and he made some valid points about listening to past employees as they may have a grudge to bear. I assured Jeremiah that I won't be



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# Marco's Editorial

## *olive branch*



publishing any negative articles about Marc, or anyone else, in our movement without having checked the facts 100% first. It's a real shame that there are so many PROVOCATURES in our movement who thrive on passing false information to others. The internet can be a dangerous platform for venting and revenge. From a political standpoint, we look as if we are too busy fighting amongst ourselves to be productive and it is time that we united to make a strong and supportive stance. If you have something destructive to say, then perhaps you should bite your tongue and keep it to yourself. I really hope that a movement that has had many different factions can work together to build a future where we provide a united front.

Most of my readers will be well aware that Treating Yourself has just come through the other end of putting on the first ever Medical Marijuana and Hemp Expo in Toronto this year. This event was extremely professional, united some of the major businesses in our industry across the globe and attracted nothing but positive media attention. There was an emphasis on the medical benefits of marijuana in the hope that we educate those who are interested in an alternative form of treatment. The visitors and vendors gave nothing but positive feedback and this will become an annual event. For a first time event, the attendance was pretty good and as is the case with other events, it will only increase as word gets around. Next year, I will make some adjustments to improve the show as it is a work in progress and will improve like a fine wine.

Finally, I would also like to thank all of our sponsors and vendors who had faith in me to pull off such an enormous event. As I was alone, several people jumped in to help out on a voluntary basis too and I will remain eternally grateful to them. I also need to say an enormous thank you to my parents who have been extremely supportive and patient. Without them, none of this would have been possible. Due to all the stress that I have gone through these past twelve months I was badly in need of a rest, so my fiancé and I decided to take a much deserved holiday in Mexico for two weeks. I am hoping to get back home fresh and rejuvenated so that I can continue to try and help med patients in need as well as fight this ongoing battle. Most importantly, I would ask that all of our readers write to their MP, Justice Minister as well as Prime Minister Harper in asking that they allow Marc Emery to serve his UNJUST sentence back home in Canada.

Until next time  
Take Care and Peace  
Marco Renda



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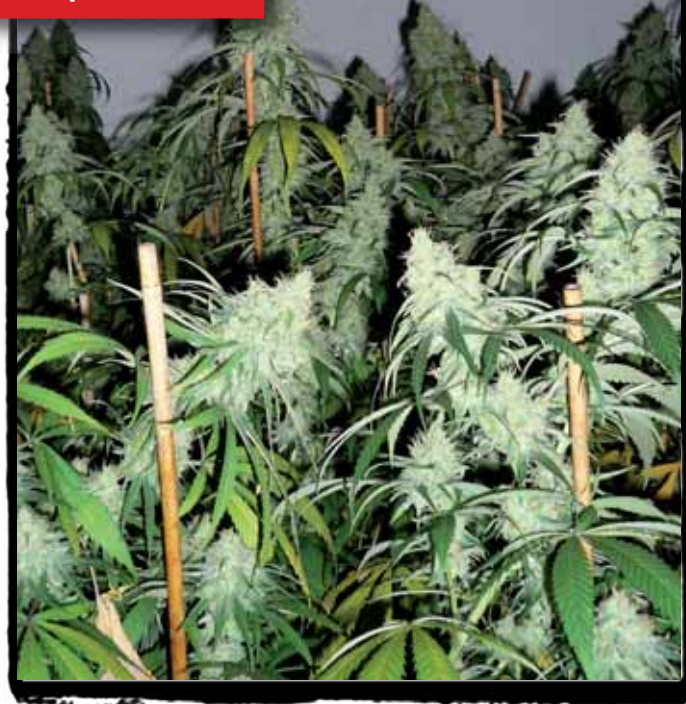
## Cartoons

- 13,23,124 Ivan Art  
 23, 111, 123 Georgiatoons

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## Cannatonic p.84



**Cannatonic**  
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- Format:** JPG, TIFF or EPS in (CMYK) **Resolution:** 300dpi at 1/1 (actual print size)  
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  - Full page: 203 x 276 (wxh) + 3mm bleed on all edges. / 8in x 10.9in + 1/8in bleed

### Articles

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

### Note

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

## Disclaimer

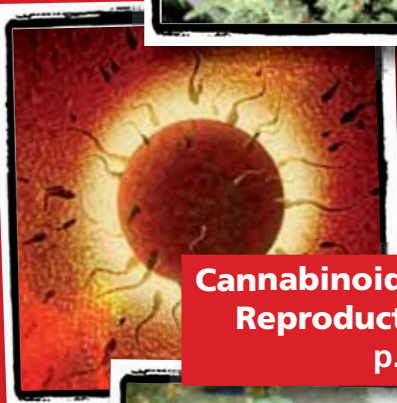
*Treating Yourself wishes to remind readers to be aware that the sale, possession and transport of viable cannabis seeds is illegal in many countries, particularly in the USA. We do not wish to induce anyone to act in conflict with the law. We do not promote the germination and growth of these seeds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



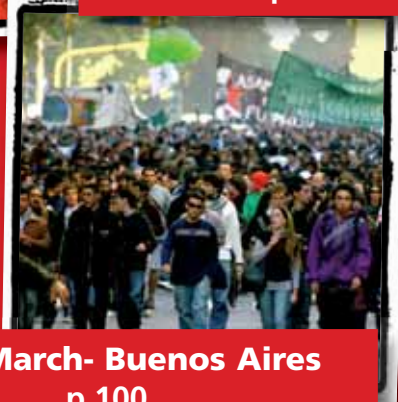
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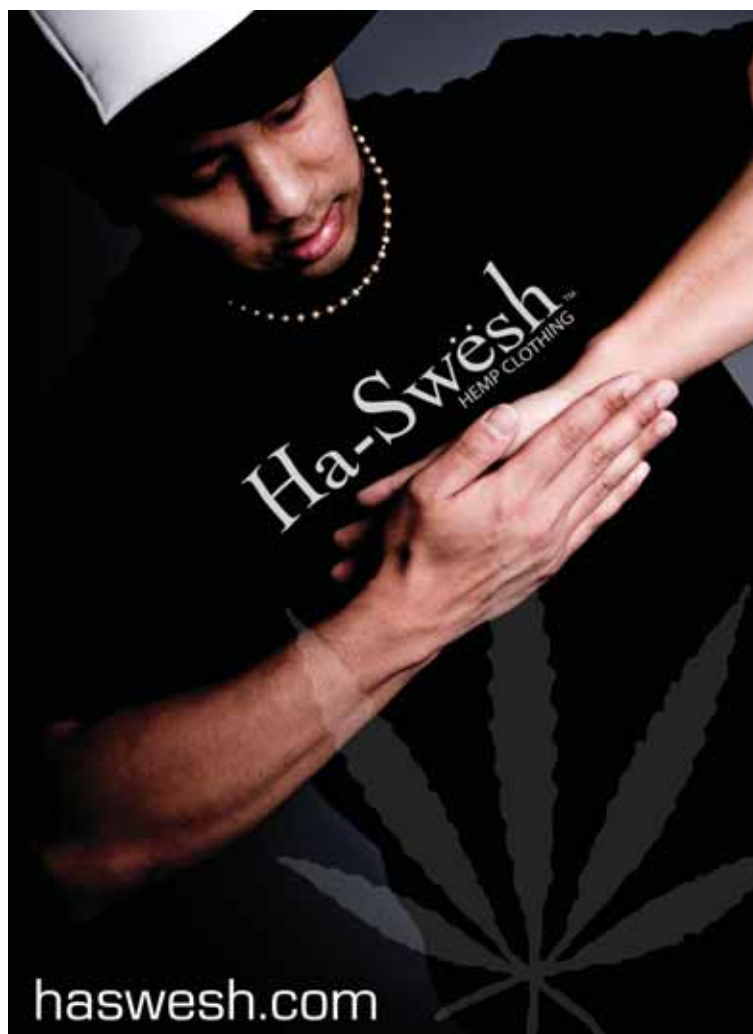
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Dear TY Readers,

Cannabis is illegal in Canada, with an exception if you are a registered medical user with Health Canada. I constantly hear from individuals all over the world believing anyone is safe to "toke up" in our beautiful country. Sure, our law enforcement is less aggressive when seeing a few harmless folks self-medicating or recreationally smoking, but it is at their discretion on whether to issue a warning, arrest you, confiscate or even impose a financial fine. Recently, half a dozen cannabis dispensaries were raided by police in eastern Canada, leaving thousands upon thousands of responsible adults without their life-saving medicine. Procuring marijuana from the streets is not only dangerous but potentially harmful when you have no knowledge of the product being consumed. Canadians must force their government to legalize marijuana — plain and simple. Health Canada recently released a statement clarifying their rules regarding clubs after the unnecessary arrests of these courageous owners and staff. I advise everyone to get involved and end the insanity.

xxooMedicinal Michelle

## Health Canada's Statement on Medical Marihuana Compassion Clubs

2010-94

June 7, 2010

### For immediate release

**OTTAWA** - Health Canada would like to provide information regarding the Marihuana Medical Access Regulations (MMAR) as they relate to organizations such as "compassion clubs" or "cannabis dispensaries". Under the MMAR, Health Canada does not licence organizations such as "compassion clubs" or "cannabis dispensaries" to possess, produce, or distribute marihuana for medical purposes. Under the MMAR, only individuals can be authorized by Health Canada to possess and/or be licensed to produce marihuana for medical purposes. As well, Health Canada is the only organization that can legally supply marihuana seeds and dried marihuana for medical purposes to such individuals.

*It has been reported that patients could purchase marihuana for medical purposes from compassion clubs provided they have documentation from Health Canada or a registered physician. This could mislead patients to believe that they are authorized to possess marihuana if they have a letter, or other documentation, from a physi-*

*cian, which is not accurate.*

*It is also incorrect that organizations such as compassion clubs or cannabis dispensaries are legally able to sell or provide marijuana to those who have authorization from Health Canada to possess marihuana for medical purposes.*

*The only way that individuals can be legally authorized to possess marihuana for medical purposes is to apply to Health Canada under the MMAR. This application includes a declaration of support from their medical practitioner. Once authorized, there are only three options for individuals to obtain a legal supply of dried marihuana: 1) access Health Canada's supply of dried marihuana; 2) obtain a license from Health Canada to produce for themselves; or 3) obtain a license from Health Canada to designate someone to produce on their behalf.*

*Under the MMAR, holders of a production licence can produce marihuana for a maximum of two individuals who have authorizations from Health Canada to possess marihuana for medical purposes. In addition, the maximum number of production licences (either personal-use or designated-person) at one site is four.*

*Individuals who disregard the requirements of the Controlled Drugs and Substances Act and its regulations, or the terms and conditions of their authorization to possess and/or their licence to produce, could be subject to law enforcement measures.*

*Additionally, if compassion clubs operate outside of Canadian laws, this is an enforcement issue and falls under the jurisdiction of law enforcement agencies. Under the MMAR, Health Canada is authorized to communicate information to Canadian police agencies, in the course of an investigation, that enables them to confirm whether a named individual or specified address is associated with an authorization to possess or licence to produce marihuana for medical purposes.*

*For information on the Marihuana Medical Access Program along with the roles and responsibilities of both authorized and licensed persons, please visit Health Canada's Fact Sheet on Medical Access To Marihuana. You may also contact the Marihuana Medical Access Division directly at:*

**Telephone: 1-866-337-7705**

**Facsimile: 613-952-2196**

**Teletypewriter: 1-800-267-1245 (Health Canada)**

## TEKtonic

# Know your role & ... Roll your own

by Jef Tek

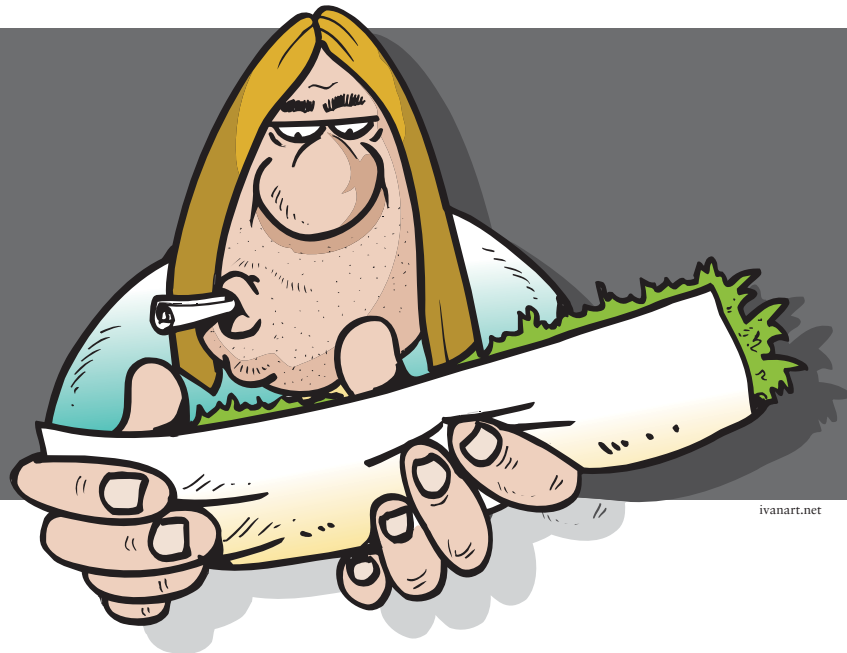
**A**lthough the sun has been reluctant in regaling us in western Canada with its regal righteousness; Summer is finally upon us, whew, I thought it'd never get here. I was beginning to think global warming was just a fallacy, like Al Gore's righteousness, marriage, or lack thereof. Maybe ol' Al was the truly sinister one in good ol' Clinton's administration. Scary thought. Now, Obama has just fired his General in Afghanistan for speaking too much truth. "You can't handle the truth!" Barack has trouble with his Generals and Bill had trouble with his privates. (Don't laugh, it's not funny) Yep, the fuel tanks are dry and we've been coasting on our laurels for quite a while now - without a piece of dry Terra firma in sight. Call FEMA, I think we're gonna crash, China's calling but we've got to pay in cash.

Does anyone but me find it irritating-ironic-moronic that this G-8/G-20 crapola is being hosted in Toronto, Canada; they've built a million \$ lake in a country that has more lakes than any other, AND China has just surpassed them all in world trade? It's like having Basketball playoffs and not inviting the L.A. Lakers! WTF (that means Laughing Out Loud). Little Stephen Harper is playing Gomer Pyle to the world and exposing the whole ugly (Mayberry) truth. I recall an old proverb that states it is far better to keep your mouth shut and have people wonder if you are stupid than it is to open it up and prove them right. Having a summit is like an open invitation to protestors and radicals to show their true dumbness. Have a video conference, those are hard to protest. Jeeze!

This whole situation stinks of cold war follies where now China has all the marbles so the rest of us have to gang up and somehow prevent their container ships - (approximately 70-80% of all container ships are owned by China) - from delivering full berths to us and returning empty. That's right, empty! Do you have any idea the operating cost of running a megavessel? Let alone empty, this is because we buy their cheaply produced crap at an ever increasing exponential rate, export nothing, then have summit conferences to discuss what the problem is. WE AREN'T EXPORTING SHIT, therein lies the culprit. End of meeting, no reason to protest, shut her down and go home. Go on E-Bay and buy some cool stuff.

Lately I have been flying cheap foam radio controlled airplanes, at my local park, with several friends. (Planes from E-Bay, friends from park, well there not actually FROM the park, they have their own planes - never mind!) In the old days you had to run gas, or nitromethane powered planes for any real fun, but recently there has been a boon with new Lithium Polymer battery technology. LiPo for short, is a very lightweight and powerful battery, that has massive storage/discharge rates and yet are easily charged/recharged. This LiPo technology, combined with ultra-cheap, ultra-light electronics, \$40 radios, \$50 planes, \$10 batteries, etc... Makes this sport super affordable, fun and very cost effective entertainment. Manufacturers in China keep making batteries with higher and higher capacities, higher and higher quality and all with lower and lower prices; Today I theorized that maybe, just maybe Lithium is





being harvested in backyards in China, and they are laughing all the way to the bank that we are so willing to buy their refuse, and pay top dollar to boot. Just thinking.

Okay, that was a semi-rant; I'd need several thousand pages to truly vent, but you get the point, right. Wait - what does this all have to do with marijuana? You ask. Marijuana was a made-up word because if they tried to outlaw hemp or cannabis back in the day there would have been hell to pay, so now we are paying for their foolishness. Hint: Do you really think the seatbelt/DUI/racial-profiling road stops are REALLY for your safety? Really? No, really? If you think the man in blue is just doing a job, checking your seatbelt because statistics prove yadda, yadda yadda, then you are not stoned enough. Toke, toke, pass - these interferences are simply a cash-grab, capital, to build more capitols. Driving is dangerous but nothing is more dangerous than complacency. I'm not saying that destroying an American Apparel, Foot Locker, or Subway is the way to go, but we do need to decommission the government's attempts to suck the life's blood from people who have bought so far into the North American Dream that their reality has distorted to the horror of it all; The Dream died long before James Dean's left turn. Or, as Ozzy said it,

**"...the media sells it and  
we live the roles..."**

( Ozzy Osbourne - Crazy Train)

Way off topic here but still maintaining the same knife-

edge trajectory, I had neighbors once who decided to build a hot tub on their deck. No problem, they were young, good looking and cool, actually bringing me a pizza when their order got screwed up but thoughtful nonetheless. She was a hair dresser and he was good at pretending to wind up power cords seconds before she came home after watching TV all day. I was on night shift if you wondered how I noticed such nuances, but I noticed nonetheless. Because of his laziness I decided I'd not be helping them install their obvious status symbol - the hot tub. Yea, working nights makes you paranoid and they weren't even the next-door neighbors, they were the next-next door neighbors, but I digress. Working 12 hour shifts consecutively for over 30 days at a clip is not only against OSHA laws it is against the laws of nature, but one day as I was leaving to do god-knows-what I was summoned over to help with the install of, you guessed it - the HOT TUB! They had four scrawny guys and one tiny asian dude, and then me. I immediately sized-up the situation and located myself away from the obvious pinch-point in the whole dumb equation. (After all who's gonna care in 100 years anyway?) Anyway, I skated (didn't get hurt) but the Asian dude got "pinched" and I was off to work with a lifetime coupon for endless hot tub sessions. I was a little bit jealous, I did use it once - about a month later - it was cool but the walk back home got me colder than if I stayed home in the first place.

**"Know your role, roll your own!"**

That is mine, all mine, I made it up in 1997 but I'll ▷

share it with you Jabronies, or whatever you'd like to be called. Readers, that's nicer. Thanks for reading, don't get discouraged because it seems like you are the only one in the whole world who not only picks up after themselves, but picks up the trash others have casually discarded, like a naive Don Draper picnicking by the side of the road and leaving the mess to biodegrade - a.k.a. Evaporate into space. Or the plastic acropolis mess in the Pacific Ocean, maybe it'll meld with the crude, crude oil in the Gulf of Mexico and create a new hydrocarbon Man:

**Nobody wants him  
They just turn their heads  
Nobody helps him  
Now he has his revenge**

*(Iron Man - Black Sabbath)*

I like Goerge Carlin's 1980's point of view in regard to plastic pollution. The universe - in all its intricacies and nuances, cannot and simply does not create plastic without the intervention of mankind. Maybe, just maybe, the Earth and in-fact the whole cosmos con-

spired to create humanity, so we could procreate - discover petroleum; Suck it from every conceivable crevice on Earth, burn it, create massive amounts of Co2 and of-course mountains of plastic. Then, and only when the Earth's bin is completely gorged on plastic, will it simply purge the humans and have all that plastic to itself, to covet. I feel all biblical. Thou shall....

The greed never ends, so just do what you can do, I smile a lot and fly my Chinese planes on the plains. I like to think I put the groan in home grown. Bad pun, but I got more and I don't get paid for this. (Now you can laugh) Not a dime. No, really, from the heart of my bottom I share my commitment to enlightenment. I really want to share, save you some lumps. Puff, puff, pass - don't bogart that joint. Keep the hash oil burning, don't let nay sayers say, "Nay." And if they do, just turn away, smoke your jay, live your life your own way. It was like that when I got here.

Peace, Metal-Buds & Piece,  
Brother Tekness 🍀

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# An open letter to Colorado about MMJ



medicalmarijuanadispenaries.org

Dear fellow Coloradans, (and by extension, the rest of this great nation),

This is a letter to implore all people to finally look at cannabis for what it is. It is medicine, it is helpful, it is natural, and it is here to stay. It is non-addictive (in the chemical dependence sense), and it is far less toxic (not to mention less addictive) than nicotine, alcohol, or even aspirin and ibuprofen. Not only does it help ease pain and muscle spasticity, increase appetite and relaxation, it also seems to help with anxiety, mild depression (dysthymia) and mild to medium ADD.

Cannabis is not a harmful substance, especially when compared to other drugs. Please do not believe the propaganda that started in the 1930s and continues even today that cannabis (no longer should it be called "marijuana" or pot!) is a gateway drug, or that it leads to schizophrenia or other psychoses. These are fallacies based on greed and racism that have been propagated by lobbyists and politicians and whose interests are questionable (to say the least!). I need only mention the practically omnipotent power of the Big-Pharma lobby, the alcohol lobby, the forestry/logging lobby, the textile lobby and others less seen and known. Cannabis poses a major threat to these industries (or so they think). It is in their "best interest" to keep it illegal. Could you imagine if cannabis helped with allergies and erections? The pharmaceutical companies would be nearly rendered useless! Big money (and I mean BIG!) is behind the continued illegalization and defamation of cannabis and hemp and the ruining of lives associated and attached to cannabis use, production, sale and transport.

The proliferation of dispensaries in Colorado can be seen as both good and bad. It is understandable (even to canna-heads) that 10 (sometimes more like 20 or 30) dispensaries within a mile or two of each other is disconcerting to those living or working nearby. Perhaps the same feeling applies to a street full of

liquor stores, adult bookstores or pawn shops. Nobody wants to feel like they live in the ghetto, right? Here is where the problem in Colorado lies: there is a stigma attached to cannabis that it is a drug comparable to heroin or meth, and that those who own, operate, work in or shop at a dispensary are stoners, addicts, thugs or generally disparageable. This needs to change. Not only is it just plain untrue, it is unfair to those of us living in chronic pain or suffering from the litany of ailments for which cannabis helps. The criminality of some dispensaries perhaps exists, and they are not helping our cause. These types of dispensaries perhaps seek ways to maximize profits with little concern for following the rules, or at best, positively impacting the advancement of cannabis as true medicine. Shame on them. These dispensaries will not last, no matter what the regulations. True medicinal users will not tolerate such shops. They will speak with their wallets.

As a dispensary owner and caregiver, I see hundreds of people walk through our doors every week. They are people suffering from all kinds of diseases and disorders, afflictions such as MS, Cancer, Crohn's Disease, fibromyalgia, CFIDS, glaucoma and bizarre stomach/gut disorders. The average age of our customers is over 40. Many have been in car accidents, their spines and other bones broken and held together with pins. Some have mysteriously disintegrating joints and limbs. Some have become addicted to prescription drugs containing opiates and benzodiazepines. They tell us they are finally sleeping through the night and taking fewer pills because the cannabis helps that much! Once again: these are not people who are just seeking to get high. Even if they were, at least they'd be using a completely benign medicine. Is hydrocodone benign? Is Percocet benign? Are drugs like Adderall, and Ritalin, or ones like Xanax and Ativan benign? If you care to know the truth, and if you dare, ask patients who have been taking prescription "painkillers" for years about the horrors of being





addicted to them.

Can we talk about chronic pain? Do you, fair reader, know what it is like to live in chronic pain? Can you wrap your head around what it's like to live every day of your life in unending pain and suffering? Those of you who know, know. We have customers at our dispensary who are so far into chronic pain that they use cannabis ONLY to help with the severe withdrawal effects of the opiates and other pain meds they are on. Does the cannabis ease their pain? In many cases, yes, although responses vary according to the causes and severity of the pain. But does the cannabis enhance a patient's quality of life by helping him/her take fewer types or quantities of other strong medications, or get a decent night's sleep? Undoubtedly. Day after day in our dispensary we hear our customers tell of improved quality of life resulting from cannabis.

Please do not presume to judge those who enter dispensaries. Please do not presume to assume that because they might look young or aren't in wheelchairs that they are not legitimate patients seeking compassionate care and relief for what ails them, and please do not forget that they have been recommended to try cannabis by licensed physicians. These are in all cases private matters between doctors and patients. Remember, too, that many pains and conditions are "invisible" in the sense that the observer cannot see or even guess something is wrong. Injury and pain and do not discriminate by age, gender or lifestyle.

Can we talk about the 16 year-old girl who comes into our dispensary who has Leukemia? She has no hair, and about as much hope. She still smiles, though. It's her parents who are truly suffering. They will try anything to ease the suffering of their daughter. Does cannabis make her feel better? I think so, but you'll have to ask her. Should she and her folks be allowed to purchase something (anything) that helps ease her pain, helps her feel better? Do you think that these

people should be able to choose what, where, when, and how they purchase cannabis and cannabis-infused products? I do. In fact, so did the voters in Colorado when they approved the legal use of cannabis for those with certain conditions. It is their choice, their privilege, and their constitutional right.

Be compassionate. Every day in my dispensary I meet people who are suffering with illness and pain. Some tell me they are dying. I consider it an honor to help in easing their pain. What if one of them was you or your child or your parent? Would you hesitate to help ease their pain or suffering in any way possible?

Can we talk about the politicians and law enforcement agencies here in Colorado (and elsewhere, too)? Representatives Massey and Summers, McCann, Rice, Labuda, Kagan, Pommer, along with Senators Romer and Spence, put forth House Bill 1284 and it has since passed and become law. Boy, oh boy did these guys get it wrong! In an attempt to "regulate" our fast-growing industry they have created a monstrosity of a law. Trying to make sense of this law is like trying to make sense of the U.S. tax codes. The law is an attempt to control something that was unsettling to some but was not illegal, and worse, it has nothing to do with the will and welfare of the voters.

The worst part of this entire lawmaking process was that these "public servants" did not consult the patients. They made no attempt to form a multifaceted, unbiased group of smart people to simply analyze, discuss and debate the issue. What they did instead was ignore, suppress and push out the caregivers, dispensary owners, and, worst of all, the patients. Keep in mind that those of us in this industry were generally "for" some sort of regulation. But we were not asked for our opinions, or our help. Are we as citizens and voters to assume that was fitting and proper, that this is how the lawmaking process should be? ▷

As a result of the new law, I believe we will see a very strong return to the black market. It's the old "one step forward, two steps back." The "growers of old" will ditch their attempts to be legal (which were actually working!) and return to selling their medicine illegally to their friends or even strangers. This is bad for both cops and growers. The cops know it, the growers know it, and now the patients will begin to know it. By trying to regulate medical cannabis, the state government has actually created more problems than ever existed before. For example, our state government just got a lot bigger with the creation of a whole new department inside of the Department of Revenue. It will cost millions to create and administer, and will create a huge new bureaucracy. The money that the state is receiving from the medical marijuana registry is now being allocated to this new department for the salaries and operating costs therein. Also, in my opinion, this newly-created department will put far too much power (and cash!) in the hands of those who might abuse it most. I predict the new regulatory agency will be rife with corruption and graft!

Next, this new law will put out of business many people who are not criminals, who are not "faking it" and who have just as much right to start a new business as anyone else. I believe that laws should not create criminals where there weren't any before. I believe laws should protect freedoms and safety and respect the will of the voters.

Furthermore, forcing a "Medical Marijuana Center" to grow 70 per cent of the meds it sells will not only destroy the small-batch boutique growers, but it will limit the diversity and quality of the medical cannabis available to those who need it, and that is certainly not in the interest of the patients. Some of the best medicine comes from these small operations. I look at it as akin to farmer's markets selling locally-grown organic foods, profiting the small business instead of the producers of genetically-modified crops like Conagra, Monsanto and the product-gentrification of Wal-Mart. These companies take no responsibility, insisting that the destruction of bio-diversity, top-soil and the overall decrease in public health are just collateral damages in the quest for profits. I argue that this new law promotes the same paradigm.

Lastly, the state and local governments are effectively hurting themselves by limiting the job growth and tax revenues of such a potentially large industry. The politicians talk endlessly about the need for new jobs but at the same time they are choking off potential new tax revenues and actually putting honest citizens out of work. Our federal, state and local governments are struggling with debts and budget cuts. Meanwhile,

libraries and recycling centers are being shut down for lack of funds. Are we to close our libraries and cut school funding while simultaneously cutting off new tax revenues available from people who are generally happy to pay tax on cannabis? Locally, our Fourth of July celebration has been canceled due to budget cuts. Perhaps it would interest you to know that our dispensary alone sends over \$7,000 in sales tax revenue to our state and local governments every month. Imagine that multiplied by 100? 500? 1000?

I urge you to think of cannabis as an innocuous herbal medicine that offers profound relief and tremendous help to many people. I beg you to stop generalizing about those who use it or sell it or grow it. I especially urge you to vote out any politicians and council members who don't at least have open minds on the subject, those who are ignorant and afraid and who don't seek out the real opinions of those in their constituencies. If our lawmakers don't demonstrate compassion for those in need, our country is in trouble. Please do not trust the newspapers or TV news (especially The Denver Post, Fox News, et al). Their reporting is consistently reactionary and biased. They are propagating the same lies that have been going around for decades. They are neither talking nor listening to the patients and caregivers, the ones most effected by these laws. Do they care? I ask you to act and vote with wisdom and compassion.

Truthfully, cannabis' efficacy for problems both physical and mental may not yet be shown with full scientific backing, but its use has proved beneficial to countless medically-referred patients. It is clearly time that our state and local governments, along with the feds, support and fund research into cannabis for ailments. We, the dispensary owners, caregivers and patients are already fighting this good fight, and finding that cannabis is a heavyweight contender. Thankfully, new research is being done and new studies conducted (mostly in other countries) that show promising results, but we have a long way to go. More research is needed.

Please keep your minds and hearts open, do your own research as needed and ask people who are using cannabis for medicinal reasons what they think. Here are some great places to start:

[www.safeaccessnow.org](http://www.safeaccessnow.org)  
[www.norml.org](http://www.norml.org)  
[www.cannabistherapyinstitute.org](http://www.cannabistherapyinstitute.org)

Thank you!  
 -Anonymous Dispensary Owner,  
 Colorado 🍀



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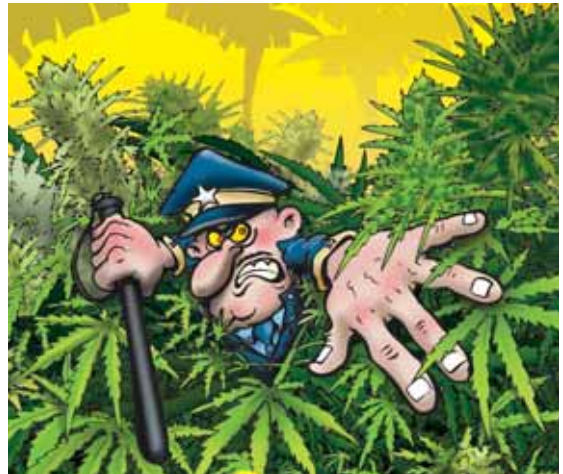
## Hello east coast Americans

Over the past few months I've been preparing a big surprise for the folks along the Bible belt.

So, without further ado, I bring you Jonny's Little Sign of Civil Disobedience 2010.

As the colors of the leaves on trees start to change, I urge everyone living along the I-95 (from DC to Fla.), I-85, and I-40 corridors take a nice drive along those Interstates and take a good look at what's growing along the guard rails. Feel free to stop and pick a little but please leave some for the next folks. This is my gift to you...

Next year, I challenge everyone to join me in doing this again. OGG (Over Grow your Government!) Hempy Trails, Jonny Appleweed 🍀



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### Cartoon



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"What took so long?"

# Let the Buyer be Aware

By Joe Pietri



activerain.com

A fair statement — unless you control cannabis information, cannabis media and grow gurus who write in support of fraud. At the release of my book at the last Cannabiz fair in Cologne, Germany in 2005, I noticed hash presses that we used in Mexico in the '60s being sold as if new innovations — made in Holland. The whiff of limburger cheese overwhelmed me.

The only person who has spoken to me truthfully has been Werner Bruining, so I have included some photos from his guidebook for flashes back in cannabis history.

Recently, I interviewed an MS patient. His granddaughter had been supplying him with Cali red bud, which he liked and made him feel good and happy. When I gave him some medical quality, he exclaimed it was the first time he had felt his feet in one and a half days. There is recreational cannabis — and there is medical cannabis. It seems as if every seed bank is now advertising their wares as “medical quality.” Medical cannabis must be consistent, something you do not get in F1 seed, nor something you could ever consider a chemically induced feminized auto-flowering strain. The West Coast was flooded with feminized strains; what did not hermie, became males. The big clinic grows cannot

chance growing feminized strains. Why? Hermaphrodite strains, when they self-pollinate, stop THC production and begin seed production. The cannabis never reaches its potential, never sensimilla. It paled when compared to California medical cannabis and affected the flow\$\$\$\$.

Medical cannabis seed must be produced organically, be naturally occurring; you blow out 10,000 seeds, you get 10,000 of the same plant — stable. As an example, African strains like Malawi Gold and Nigerian have been used as medicine for 1000s of years; you blow out 10,000, they're all the same medicine consistently. My patients love these strains, for the pain killing effect of CBD and the light high that allows patients to function and get an energizing effect from THC.

**They made mother  
nature's healing plants  
illegal and have been  
selling us chemical  
concoctions ever since.**

Recently Bedrocan BV came to try and sell medical cannabis to the State of Oregon, which, by the way, would have put all medical growers — including myself — out of business. The medical grower claimed that he had 14 years experience growing medical cannabis. In Oregon, we have 14 year olds with 5 generations' growing experience. It seems as if the Dutch Government wants cannabis to stay illegal and they be the only supplier of medical cannabis on the planet. I handed the legislators, 25 in all, my hand-out and



answer to Bedrocan BV, which clarified a few issues and infuriated the Dutch, who left with their tails between their legs.

Last summer, I grew a pure Afghan indica from seeds brought back from the war. That pure strain was real medicine. I have found that the original medical strains are the best medicine, and not the concoctions being produced today. The golden age of medical cannabis was 1840 to 1940, when legal farms produced massive amounts of medical cannabis for pharmaceutical industry. Farmers grew millions of plants and selectively bred for medicine. Give me those seeds.

Who do you want to buy seeds from? A Nigerian witch doctor, whose seeds have been handed down for thousands of years and used as medicine, or some seed bank-offered, GMO'd, feminized, auto-flowering strains that are painted with anti-pathogens and root stimulators — a well-known Dupont process for genetically engineered plants that have lost natural resistance to disease due to genetic modification. The Dutch hope to turn the cannabis seed industry into the tulip model. Cannabis is not chocolate, and this is not the 16th century.

On top of that, you have Hortapharm selling off strains to GW Pharmaceuticals, who now claim those strains as their intellectual property — when the seeds were collected illegally, since cannabis is illegal worldwide. It's harder to find pure strains due to Skunk being introduced worldwide in order to confuse origin. All the seed banks could be infringing on what is GW Pharmaceuticals intellectual property. As well, I wonder how governments like Thailand, Columbia, Mexico and Afghanistan feel about that...

They made mother nature's healing plants illegal and have been selling us chemical concoctions ever since. \$800 for an Oxycontin prescription in the US, when the same morphine is pennies to produce. They tell you dandelions are weeds, create Roundup that turns male frogs into females, when the truth is that the dandelion is one of mother nature's healing plants. They then sell you a chemically concocted copy of dandelion tea. Smoke a joint, go to jail; grow oriental poppies, dry the heads and brew into tea, go to jail. The witch-hunt goes on. It's harder and harder to tell which side is which, but one side they are not on is that of the patients. 🍀

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# Court Dismissed Charges of Cultivation of Marijuana

By: Eugene Davidovich

San Diego Americans for Safe Access  
www.safeaccesssd.org

**SAN DIEGO** - In another resounding defeat for San Diego District Attorney Bonnie Dumanis and her fierce fight against medical marijuana in San Diego, the Honorable Judge Frederick Maguire June 21, 2010 in Superior Court dismissed charges of cultivation of marijuana in the case of People v. Benjamin Gasper.

Mr. Gasper was charged with felony cultivation and possession of marijuana in November of 2009 after the San Diego Police found a warehouse where he and two other medical cannabis patients were collectively cultivating marijuana for their own medical purposes.

Bahar Ansari took on Mr. Gasper's case months ago, at practically no cost and has worked tirelessly to provide him with superb representation and has been a true advocate against a DA's office that for years now has been at the forefront of trying to overturn Proposition 215 and the will of California voters. Read the details of Mr. Gasper's arrest here: <http://nugmag.com/2010/05/benjamin-gasper/> In March of 2010, at the preliminary hearing in Mr. Gasper's case, Bahar Ansari called to the stand both collective members who testified that they all got together in October of 2009 and signed a Collective Agreement, which stated; "As qualified medical marijuana patients under California law, we choose to associate collectively or cooperatively to cultivate marijuana for medical purposes. All members of our medical marijuana collective will contribute labor, funds, or materials, and all will receive medicine."

During a court recess at that day in March, in a surprising move, the prosecution offered Mr. Gasper a

plea deal. Mr. Gasper however, refused the offer, and Ms. Ansari proceeded to present the case.

Judge W. Krauel that day decided that day to bind the case over for trial, even though the testimony of both patients proved that this was a legal collective of patients cultivating their own medication. At the hearing we heard Narcotics Detectives saying that they believed he was a "caregiver" therefore they decided to arrest and charge him.

Mr. Gasper and his attorney Ms. Ansari did not give up, they quickly filed a request for a hearing to review the decision Judge Krauel made in March, and today, after having reviewed all the evidence, and having heard all the arguments from both the defense and the District Attorney's office, Judge McGuire dismissed the cultivation charge against Mr. Gasper.

Ms. Ansari, following the ruling said "Judge Maguire in Department 53 granted our motion based on my argument that the preliminary hearing Judge failed to weigh the evidence, make any credibility findings, or assess any of the evidence that was presented at the conclusion of the hearing. He stated that he felt the credibility findings and weighing of evidence was an issue for the Jury. Today, Judge Maguire read transcript, heard my arguments, and agreed that Judge Krauel did not carry out his duty of weighing the evidence; therefore Judge Maguire dismissed the cultivation charge." When asked how she felt about the judge's decision, Ms. Ansari said "I feel elated. I've been told that this Judge hardly ever grants these types of motions. I went in there today thinking that he



absolutely should grant it and if he wasn't going to do it, I was already planning on appealing it. When he did grant it, I was absolutely and delightfully shocked."

In explaining what kind of message today's decision would send to the San Diego DA's office, she explained, "I hope that the message it sends to them is that they should not be wasting resources on persecuting medical marijuana patients. That is my hope. But given their conduct in the last few months, after the Jovan Jackson trial for example, they filed a new case against him, and based on statements from representatives of the DA's office since then, it would appear that they haven't stopped. The ruling in this case, however, was based more on the preliminary hearing Judge's error in failing to weigh the evidence. The judge entirely failed to carry out his duty, to do exactly what he is supposed to do during a preliminary hearing.

"I would advise patients to follow the law and the Attorney General's guidelines to the best of their ability. At the same time, that is exactly what many people have done who have nonetheless been prosecuted by the San Diego District Attorney. So, I say that with a caveat, that this won't necessarily protect them from prosecution. If they are prosecuted, however, they should fight it if they were following the law and should not take a plea bargain. It seems that the DA's office refuses to follow the law and makes every effort to subvert the law. I think patients should continue to follow the law, and if forced to go to court, fight it. Then there will be more cases like this where in the end they prevail."

After court today, Mr. Gasper said "I feel fantastic and relieved that the charge was dismissed, but still am concerned about the system. I am hoping that no one else has to go through this in the future. Patients should not have to lose everything to prove their innocence."

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# SAN DIEGO COUNTY Supervisors Adopt De Facto Ban on Medical Marijuana

**Eugene Davidovich**

San Diego Americans for Safe Access

**SAN DIEGO** —On June 23rd, 2010, the San Diego County Board of Supervisors adopted a de facto ban on medical marijuana collective facilities. Although this ordinance does not directly affect regulations in the City of San Diego or the work of the San Diego City Council on the issue, today's vote does set a troubling precedent for other cities and counties to follow, and effectively eliminates all safe access to medical cannabis within the unincorporated areas of the county.

The language of the ordinance does not include an outright ban on dispensaries; however, the draconian zoning and licensing requirements proposed by the county completely eliminate the possibility for any facility to open.

This morning, the meeting began at 9 a.m. sharp with the Deputy Director of Planning and Land Use Jeff Murphy presenting the staff's report and explaining how complex, dangerous and expensive indoor cultivation was. Mr. Murphy explained that the proposed ordinance was designed to protect the community from the "dangers" associated with cultivating marijuana indoors.

Following Mr. Murphy's report, the Commissioner of Planning and Land Use presented the commission's recommendations with regards to this ordinance. The recommendations included a suggestion to reduce the 1,000 foot separation requirement from sensitive uses down to a less restrictive 600 feet, a decision made at the May 14th planning commission meeting where advocates and concerned citizens presented maps showing the commission that there were no areas where such a facility could locate at the 1000 foot separation requirement.

After the county staff's report and presentations, Commander Predergust from the San Diego County

Sheriff's department went over the sheriff's licensing requirements in detail and reiterated the dangers he believes are associated with dispensaries. Cdr Predergust did not cite a single specific incident or any evidence to support his suggestions that these facilities were criminal enterprises and should be treated as such.

Following the reports and presentations, at least two dozen speakers from the community spoke out against the ordinance. Not all members of the public were in agreement on the medical efficacy of cannabis, but all were opposed to the ordinance as written. Many concerned citizens and members of the community that spoke today raised specific issues with the ordinance, as well as made specific recommendations to the Supervisors with regards to what should be changed in the ordinance.

Kate Valentine of San Diego Americans for Safe Access presented a short video that showed how all the proposed zones where the county's staff report says medical marijuana facilities could locate are either undeveloped land or cement factories.

## Video Link:

<http://www.youtube.com/watch?v=e48YnzWxcY8>

Ms. Valentine reiterated to the board that this ordinance would zone out all facilities and suggested that the Supervisors add the following zones as allowed uses into the ordinance: Medical Center Commercial-C46, General Commercial-C36, Office Professional- C30, Heavy Commercial- C37, Convenience Commercial-C32, Freeway Commercial- C44, Service Commercial-C38 and Rural Commercial- C40.

After the public comments on the issue, Supervisor Dianne Jacobs raised a motion to include the original 1,000 foot separation requirement rather than follow their own commission's recommendations and make





the ordinance even more restrictive. Supervisor Horn quickly seconded the motion.

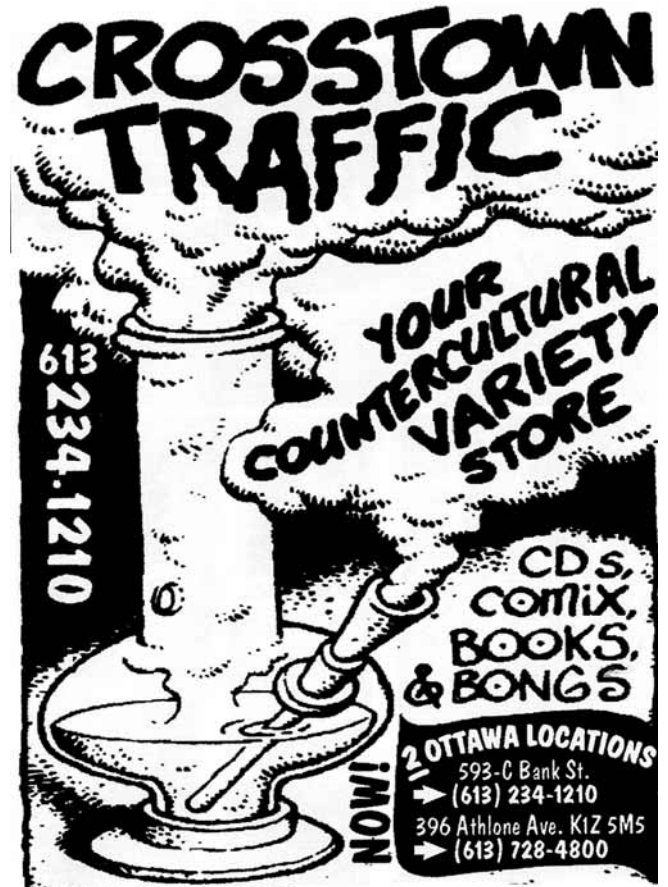
After Supervisor Jacob's comments, the rest of the Supervisors weighed in on the issue, and all with the exception of Ron Roberts supported the restrictive ordinance. The supervisors in support of the ordinance maintained that they did not have clarity as far as the conflict with Federal and State law, that they were still not sure if marijuana really was medicine and that they did not want it in their community.

The ordinance passed today with Supervisor Roberts being the only one to vote against it. The vote included Supervisor Jacobs' motion to increase the 600 foot separation requirement back to 1,000 feet and that the supervisors adopt the restrictive licensing requirements and other portions of the ordinance with the exception of the Zoning Regulations, which will be voted on June 30th.

Today, the Board of Supervisors did not even attempt to hide their bias and reefer madness propaganda. They openly were looking for ways to restrict and eliminate access to medical marijuana and were clearly trying to overturn the will of Californian voters. The Supervisors seemed ready to spend more of our tax payer dollars on litigating this issue.

It is the hope of many concerned citizens, patients and members of our community that the Supervisors reconsider their vote next week and modify the restrictive ordinance to actually provide safe access for patients in San Diego — rather than effectively eliminate it.

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## GROW tips



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# THE GOOD THE BAD AND THE UGLY



SYMPTOMS OF AN UNREGULATED SEED AND MEDICAL BUSINESS, THAT OFFICIALLY DOES NOT EVEN EXIST.



**If Government fails to draw guidelines to follow, we tend to do it ourselves, and in industries that are border-lining the legal and illegal it is difficult to make a law that reads logically. Those who draw up a set of rules and regulations to follow and pay for will always be one step ahead of those who deny existence of things that are not meant to exist, but do.**



It is hard to blame organizations taking the step to regulate things that are impossible for the governments to act on due to their stance in society or the religious ideas that constitute the actions of people in that particular society. However it is difficult to let people get blatantly ripped off by rogue traders without acting on it also. So in this article we will review how the seed companies rose from the ashes in the late 80s and 90s until they propagated into noxious weeds without anyone knowing how to select good from bad. It has always been a grey area and until it changes to either black or white, nothing will really change nor will there be mutual trust from both sides.

Seed companies began in Holland in the 80's and blossomed in that time and the early 90s based on good old fashioned selective breeding. This method was long arduous but with science on its side. Genetic diversity began to increase with stability and consistency. One could buy seeds from The Seed Bank and be assured of a genetic close to the description and with a genotype that was based from its origins. An Afghan crossed to a Thai was stabilized over a two year period with a lot of testing of different generations and then put out to the public market at a fair price for a fair amount of seeds. These F1 sold seeds went on to all the corners of the world and became the selected mothers of strains that grew in popularity in local areas. Names changed and other strains were introduced to those already being used as clone mothers and slowly the varietals (plant strains that are slightly different from each other) began to increase in numbers and diversity. Individual choices molded new sub strains. The process took time and things had legitimacy and authentic genetic origins with breeders knowing these origins to be sure.

The 90s saw a big explosion and larger growing movement in many countries that prior to seed company's existence only had hash cultures. This was in part due to a lack of sophistication in cannabis agriculture. Hash production took all plants big or small and represented a good average of all the crop in a resin form. So it was a good platform for growers of cannabis to use all plants no matter if they were good or bad. As the cannabis plant developed into specific individual plants like Skunk or Northern lights or Haze, the green revolution made those who did not like the hash culture stand up and show to the world that each plant that is selected for certain reasons was worthy of being grown locally and began to curb some of the demand for hashish ...as the cannabis increased in potency and taste and yields. The 90s was the golden age for cannabis of the modern day as it was the turning point in the education of cultivation. We implemented the technology and advancements in other



goldenseed.co.uk



Gregorio "Goyo" Fernandez

fields of the agricultural world .We learnt to keep cannabis alive consistently and how to clone and how to breed properly.

Cannabis seed companies were mainly found in Holland in the 80s and 90s but with the green revolution and the growing phenomena of cannabis as distinct from hashish, countries with the perfect climates to cultivate grapes and olives began increasing their hand to cannabis. Pockets of fanatical breeders gained reputation with certain selected plants and these grew into legends since this field was still very much illegal in most places in the world. Canada, USA, Australia, and Spain began growing some excellent strains and Holland seemed to be the place where most of those sub-cultured breeders and unknown growers congregated. Coffee shops in the early 90s in Holland were more like open forums of discussion on how to achieve different things with cannabis breeding and growing. Knowledge multiplied and became accessible to a wider audience than ever before and the golden age of cloning and breeding flourished with good reason and good products.

The early 90s in Holland was probably like Paris in the time of the \*Existentialist movement (1950s) or The Beat Generation...underground figures emerging into public cafes to debate compare and advance.

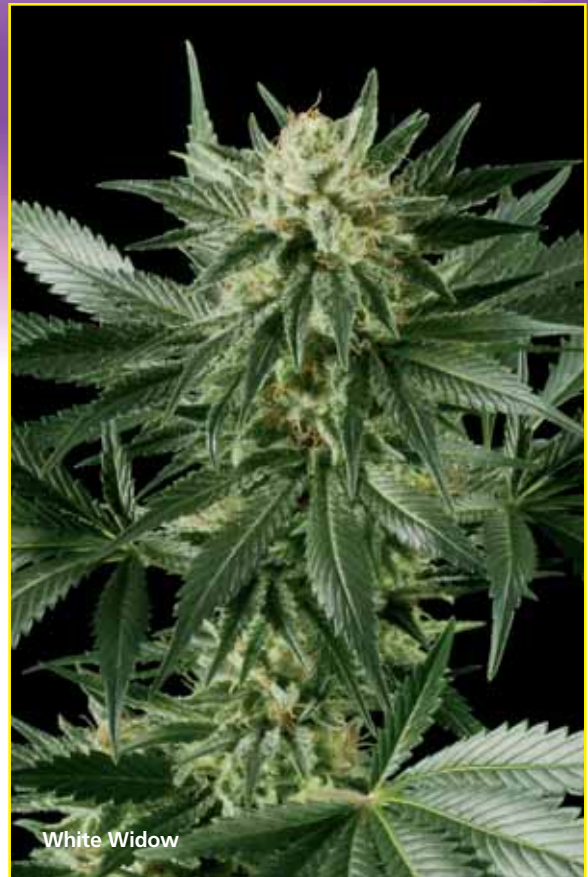
Companies were still few and most of them had their niche markets and followers. I was living in Amsterdam with the likes of Rob Clarke, Eddy from the flying Dutchmen, Ben Dronkers, NevilleSchoenmakers (The Seed Bank and Sensi Seed), David Watson, Soma and Luke from Paradise, Simon from Serious Seed, and many others. You could go to a coffee shop like Russland or Siberia or The Kajtsuand meet like-minded people all who had moved to this haven to breed their wares and make their products available to the world. Breeding was in its pinnacle of development and we all had time and the support and technology we needed to make this into a worthy and esteemed vocation. In fact with the aid of the High Times Cannabis Cup, which took on a real voice for the unrepresented breeder until this point; the whole industry reached a hype and status unfamiliar to it previously.

I recall winning several Cannabis cups in the early 90s and with the introduction of the seed form of the widow family hybrids in the mid 90s; well it became a world watched event. Even people not from this world would call me up to congratulate or ask questions on strains .It seemed like we, the seed breeders were moving into a time of freedom never seen on the planet before. Debate, experimentation, technology all seemed to compliment the cannabis breeders like never before in





Mr. Nice Super Silver Haze



White Widow

the world...and the heart was Holland. Even plants deemed special and discovered in Australia or USA were brought to breeders in Holland to wave their magic over and stabilize them enough to launch new varieties in seed form, to be sold worldwide. The Golden years shined over all who passed through or stayed long enough to sample...and the movement had certain integrity. Unstable poorly bred seed without real work fell by the wayside as they should and breeds that flourished and were worked on for several years and deemed worthy stable good products went on to reach legend status. Plants like Super Silver Haze, Widow, Critical Mass, Northern lights became the new super models of the cannabis world, winning multiple awards and putting the smiles on growers' faces worldwide. It seemed that Cannabis had shed its hippy and anti-establishment image and was now respectable. In fact Cannabis was becoming hip and useful to many people it had never reached out to before. People with cancer and severe depression or MS were beginning to use cannabis as a last alternative to generic medicines to avoid side effects worst than the real condition and seemed satisfied with managing their pain and suffering, without disturbing any part of society. In a compassionate way, it seemed Cannabis was beginning to give a quality of life to the terminally ill never known before from any medication, especially one that was accessible to grow from a seed

in your own garden in your part of the world.

With the advent of indoor grow rooms and the increased sophistication of growing techniques cannabis was fast becoming an underground self contained all round plant able to curb the pain of the sick and put a smile on the faces of the recreational user. There was something for everyone, and so much diversity it was like being at the entrance gates of Willy Wonkers chocolate factory ...

With the highs inevitably the lows rear their ugly faces too! The Seed business was like Brail for the blind; you could feel it but it was not visible to the eye.

Fast food phenomena began to replace the quality home cooked specialties of specific cultures making the taste for the entire world the same or similar. It was like we went to sleep one night after a hearty meal from mum and woke to MacDonald's or Kentucky Fried Chicken. The advent of feminized seed use and production came with a lot of promises of greatness but really achieved a backward step or a Holt more to the point in cannabis breeding. For the seed companies to survive and give to the people what they were vainly promised meant breeding took a back seat. Feminized seed has its use but its appeal and promises represented a bigger threat ▷



Male flower

to the armchair farmers. Cannabis was leaving the subculture world it had grown up in and flourished in for reasons of integrity and quality only to be consumed by fame and fortune. It has now reached a moment of rock star status and it seems that the stardom has blinded the masses.

Without blaming anyone or any one company, we must take responsibility as a group at the state of affairs that cannabis breeding is in at this moment. It is not the fault of any one event or phenomena, it is at a point where fertilizing a selected clone mother with chemical induction seems to constitute breeding...but it is nothing to do with breeding. In fact there is now a shift for established seed companies to buy in certain feminized seeds from 6 or 8 different seed producers and rename them according to their company's names but the seed sold is the same. So the only difference is that seed became easier to make and cheaper to make and process of renaming it and repackaging it made it somehow different from each other. It has little or nothing to do with breeding a strain which takes a minimum of 2 years from beginning to end, whereas feminizing a seed from a female selected plant with chemicals takes 6-10 weeks to produce seed. A company only needs to keep female plants and not males so the entire cost of research and mother rooms and numbers of plants are all less and therefore cheaper to maintain.

So why does seed, especially feminized seed become so

expensive if everything to do with it makes it more efficient and cheaper? Where do genetics origins arrive from for these seeds and can we be sure their descriptions are precise? In simple we cannot be sure nor do we really know where these origins arise from since most new seed companies like ones in Spain or Canada for example are all derived from regular old school genetics. That led to popularizing a female selected clone and then chemically inducing it to make female seed. In fact most new seed companies do not even hold a male in their camps! So with the increase in demand for promises of only female plants to those growers too lazy to select a plant from a natural set of seed, comes a decline in cannabis breeding which is what the seed industry arose from. It is almost like we are cutting off our nose despite our face, knowingly for convenience and sacrificing special or rare genes for mediocrity. Soon all seed will be the same if seed companies keep going down the road of least resistance, ease and convenience. You will not need to look at anything other than the price to make a decision for what to grow as that will be the only difference between seed companies.

It disturbs me greatly the seed business of today, even though I have been in it the past quarter of a century. When a person like me is disturbed by the industry he loves and has a passion for, how is the best way to explain that to the new comers without putting them off? It is a time now for the end user, medical patient and medical grower to get educated about the companies they choose to support. My advice to any potential seed buyers for the future is to first do a lot of reading to find out what plant seems to cater for your needs. Then go on some forums and ask other growers who have experience with a particular seed or plant, not rely on the descriptions and hype from any one company.

The wealth of grow reports and discussion and photos about strains are sufficiently represented in the public and private forums and you only need time to read and digest the information. The internet makes the end user the boss if they manage to do a good grow report, as those who review the thread usually believe a person who bought the seed and grew the seed, as would I ! Finding seed close to the origins of the pedigree is important, and instead of just looking at a name of a strain find when the strain originated from, which company, if they keep both parent plants, and so on. But most of all, the thing that will make seed companies become less dishonest will be a support desk. If a seed company is prepared to sell a product in blind trust to a client who is paying for it based on the integrity of the company, then the same company should also be able to support any problems or questions or supply a back up service to their resellers. Without support or having a place to be able to ask questions, the seed will be like playing the lottery. 🍀



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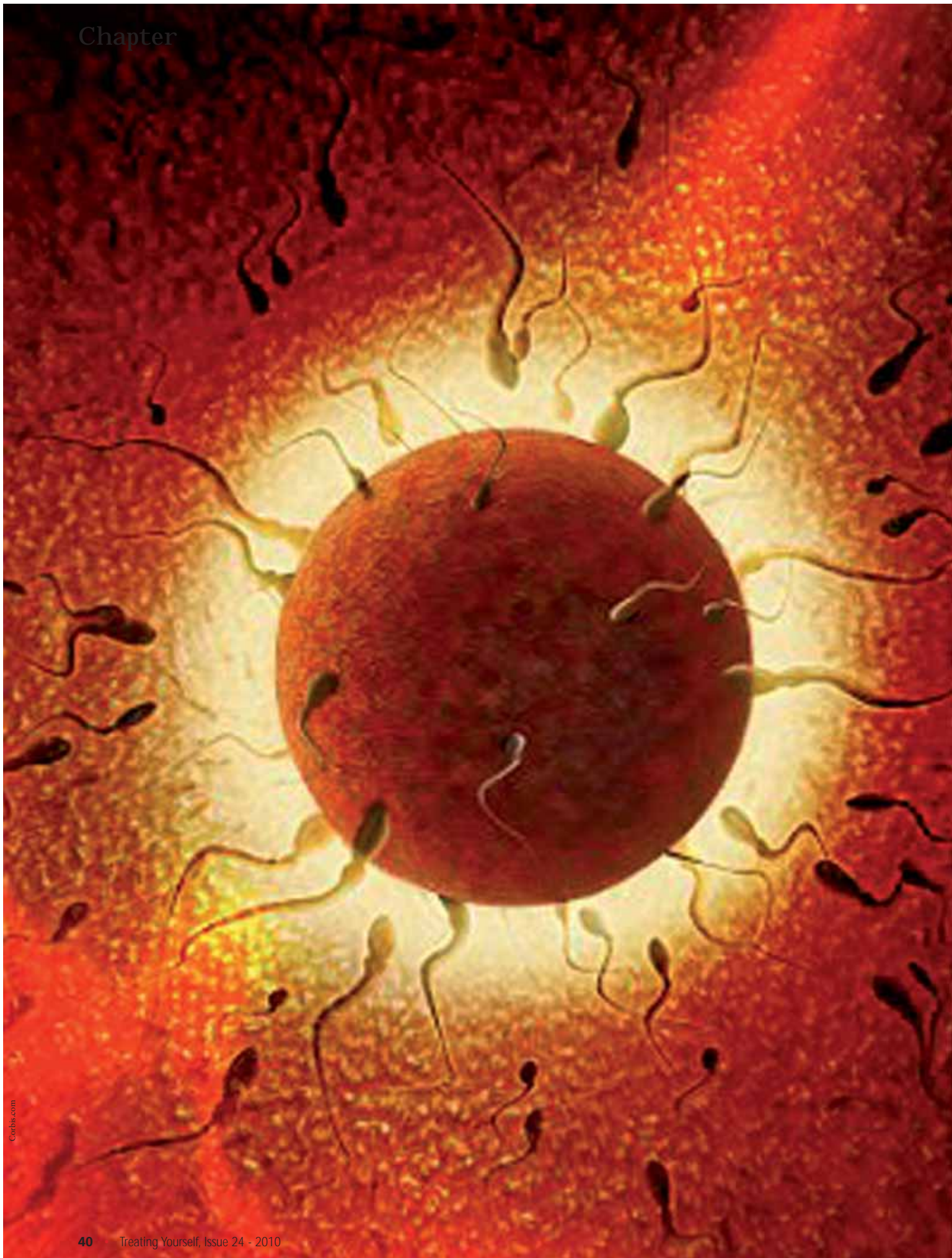
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# Cannabinoids and Sexual Reproductive Health

By Ally (aka pflover)

"Preserve Neuroplasticity!"

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Over the years, we have delved deeply into the effects produced by cannabinoids on the reproductive systems of humans and other animals. These effects constitute one of the earliest scientifically discovered areas of potential physiological risk associated with cannabis use. Furthermore, the real world risk posed to cannabis users by these effects have been hotly debated for at least four decades. The effects of cannabis use on most aspects of both female and male reproductive functions are generally of an inhibitory or suppressive nature, which has often been labeled negative or bad in the past. It is only recently that we have really begun to understand the role the endocannabinoid system plays in regulating reproduction and how this leads to the effects on reproductive processes which follow cannabinoid use. Although they are often lumped together I will not be covering ontogeny, i.e. fetal development, in this article. Instead, I will mostly focus on the parents and a few relatively superficial measurements of health at birth of offspring. ►



animalrightsafrica.org

## The Early Years

The early years of cannabis research occurred during a period of time when drugs with teratogenic qualities, or those which produce birth defects, were all the scare. Therefore the powers that be made a concerted effort to demonstrate that cannabis and THC produced clear teratogenic effects. To their dismay they found that THC produced no readily apparent teratogenesis (1,2,3,4) and that cannabis extract or smoke condensate preparations had minimal/subtle apparent teratogenic impact at best (worst?) (1). The most reliable readily observable results of giving cannabinoids to pregnant lab animals is that the mother has reduced weight gain and to a lesser extent the pups as well although this is not always observed (3,5,6). An increased rate of reabsorption of the fetus following the administration of cannabinoids during gestation is observed as well (1,5). There is also some evidence that relatively low postnatal weight in prenatally exposed lab animals persists longer in females than males (6).

Less consistently similar findings were observed in the human population. In a population of 420 predominantly middle class expecting mothers, of which about three percent used cannabis while pregnant, both reduced maternal weight gain and reduced length of gestation were associated with cannabis use. However, neither the birthing process nor neonate weight appeared to be effected in this population (7). Others have also found no apparent effect of cannabis use on human fetal development (8). Similarly, in a study of 12,424 mothers, although cannabis use was associated with malformations, reduced birthweight, and shorter gestation, these differences did not remain statistically significant when maternal habits, demographics, and medical history were factored in. This suggested that, like reduced birthweight and shorter gestation, use of cannabis was more symptomatic of these other factors than a causal factor itself (9).

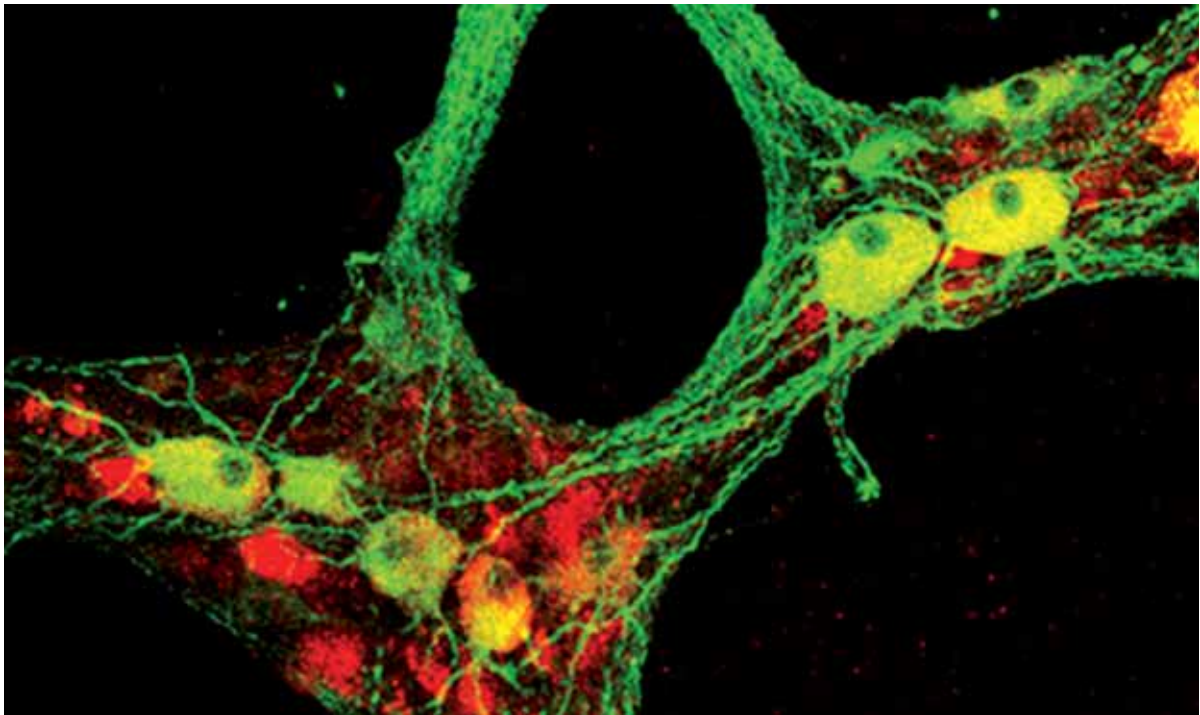
As I discussed in my preceding article, *Cannabis-Influenced Sexuality* (TY #23), cannabis use produces a pretty reliable effect on both male and female

endocrine systems. Early research found that acute doses of THC in female rats the day before they went into heat/estrus inhibited pituitary endocrine release and thus downstream hormonal increases in the ovaries resulting in delayed ovulation by 24hrs. This effect of THC appeared to be the result of a direct inhibition of hypothalamic production of gonadotropin releasing hormone (10). Similar results were found with mice such that exposure to cannabis extract for eight days delayed the onset of proestrus (the point in the female cycle immediately preceding heat) and at the highest dose tested inhibited female receptivity during heat while suppressing progesterone during the postestrus period. The only apparent effect of a 70 day treatment with either cannabis extract or THC was to dose-dependently reduce the number of pregnancies which made it to term (11). Another study found that administration of either cannabis extract or smoke condensate shortened the time female rats spent in estrus while in general increasing the non-estrus portion of their cycle but specifically the postestrus period (12). Female mice subcutaneously administered THC during pregnancy also were found to have reduced mammary gland growth compared to controls as well as impaired production of prolactin (13). Others found preliminary evidence of similar effects on human estrus cycle following chronic use by women in their twenties (14). Even though frequent human cannabis use did not appear to significantly alter a wide range of pregnancy-related hormones when compared to those found in nonusers (15), cannabis use was found to produce a dose-dependent statistically significant reduction in the length of human gestation (16). This reduction on average was not substantial.

In males, the inhibition of gonadotropin releasing hormone production in the hypothalamus by THC mentioned above was found to result in downstream reductions in luteinizing hormone by the pituitary gland and in testosterone production by the testes. This in turn was found to result in decreased sperm production (17,18,19). Early studies also often attributed the reduced motility of sperm observed both in animals given cannabinoids and in human users of cannabis who used it regularly to these endocrine changes (14,17,18,19), however, it was later determined that the effect on motility was more direct.

Others during this time suggested cannabis may be responsible for a small population of birth defects but this was never clearly substantiated. Indeed, even during this early period, the real world human impact of these findings was brought into question because of the lack of consistent and clear direct cannabis-related impact on either conception or successful childbirth in the cannabis-using population. As Abel, 1981, stated in his review on the topic:





Cannabinoids

*“Despite some consistencies in the data in virtually every study conducted with animals, there has been a basic confounding between direct drug action and secondary effects resulting from drug-induced decreases in food and water consumption and attendant weight loss. Almost all of the adverse effects of cannabinoid exposure on reproductive organs can be attributed to these secondary effects (17).”*



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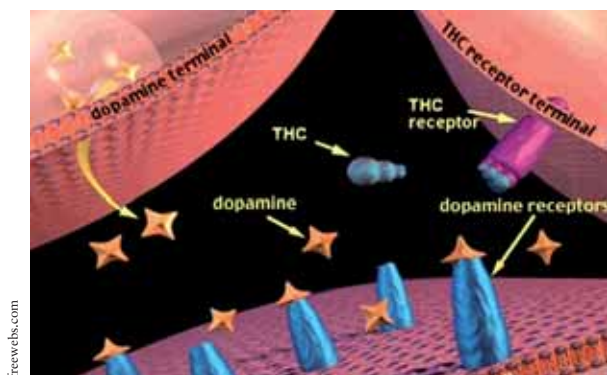
## Female Reproductive Health and the Endocannabinoid System

Since these early years of scientific exploration into the effects of cannabis, our understanding of the endocannabinoid system and its constituent parts has grown substantially. During this time period, we discovered the two primary cannabinoid receptors, several of their endogenous ligands such as anandamide and 2-AG, as well as the enzymes responsible for the synthesis, deactivation and transport of these ligands back into the

cells they were released from. We also have identified endocannabinoids which primarily function to modulate the function of these enzymes. The discovery of the endocannabinoid system has allowed us to begin to understand the role this system plays in regulating reproduction and thus why cannabis may be producing the effects we see on the reproductive systems of lab animals and to a lesser extent humans. Indeed, the endocannabinoids are not only found in most of the critical reproductive tissues and the fluids they produce (20) but also in the pre-implantation embryo and blastocyst (21,22). The cannabinoid receptors are found in these tissues as well (20).

In the pre-implantation mouse embryo, the CB2 receptor is present from the single cell stage onwards whereas the CB1 receptor appears near the end of the two-cell stage of embryo development. Administration of the cannabinoids anandamide, THC, WIN-55,212-2, and CP-55,940, but not CBD, to two-cell embryos in culture were all capable of dose-dependently terminating development of the embryos during the four to eight-cell stage of development. Anandamide also altered the normal in-culture course of embryonic development between the eight-cell and blastocyst stages of development. Furthermore, the mouse uterus and oviduct were found to express the requisite enzymes of the synthesis of anandamide (21).

Other experiments have demonstrated that a critical balance of endocannabinoid system tone is required for proper development and implantation of the embryo. ▷



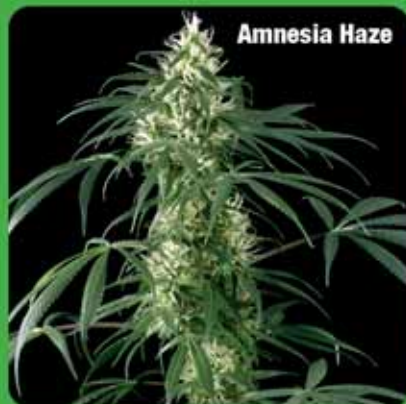
The enzyme responsible for the metabolic breakdown and deactivation of anandamide is known as FAAH. Increased levels of anandamide are found in the tissues of mice bred to not express the gene responsible for FAAH. Therefore, an imbalance is produced in the endocannabinoid system tone of these FAAH-knockout mice. Embryo development is altered and on-schedule implantation is delayed in these mice, both of which may lead to poor pregnancy outcome. These results are mirrored by either the administration of a FAAH inhibitor or a CB1 receptor agonist like THC. If a FAAH-knockout mother is bred to a wild-type father, the developmental alterations do not occur although implantation is still impaired, implying that the two effects are controlled by local FAAH action in the embryo and the mother separately (23). There are some basic similarities between the changes produced by excess prenatal anandamide exposure and those seen following exposure to prenatal stress (24). This suggests that prenatal stress may tip the balance of endocannabinoid system tone in the direction of more anandamide and thereby exert some of the changes seen following prenatal stress. In extreme cases this may even lead to termination of early pregnancy processes via endocannabinoid system mediated mechanisms. The role of the endocannabinoid system in gestation itself, but not ontogeny, appears to be reasonably limited after implantation of the egg into the uterine wall.

At least one recent study into the effects of using cannabis on reproductive cycle length in women has confirmed the early results found in animal studies. Cannabis use prolongs the phase of the cycle between menstruation and ovulation. Interestingly, this effect was found to have a biphasic dose-response curve such that occasional use of three times or less per three month period produced the greatest deferment of ovulation by about 3.5 days on average while more frequent use produced only a 2 day average deferment of ovulation (25). This effect may be in part explained by the expression and function of the endocannabinoid system in human ovaries. Here, most components of

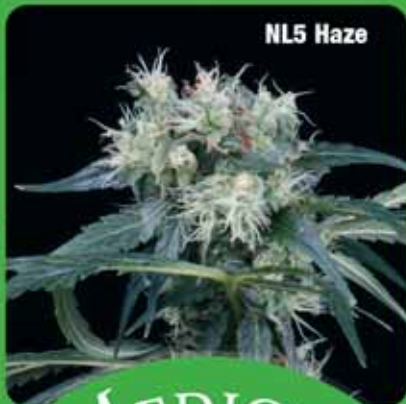
the endocannabinoid system are only present in the soon to mature, mature, and post-ovulation ovarian follicles. The follicular fluid concentration of anandamide also appears to correlate positively to follicular size/degree of maturity such that the larger and more mature the follicle is, the more anandamide is found in the fluid of this follicle. This correlation has been found to slight but statistically significant. The anandamide concentration found in follicles containing mature eggs is found to be 58% greater than the concentration observed in follicles contain immature eggs (26).

Interestingly, even though excess anandamide produced by deactivation of FAAH either genetically or pharmacologically produces negative consequences for pregnancy through a CB1 dependant mechanism, the lack of CB1 receptors during pregnancy can also affect outcome. CB1-knockout mice give birth prematurely. This appears to be the result of an estrogen/progesterone imbalance which is driven by an increase in corticotrophin-releasing hormone and corticosterone produced by the CNS late in pregnancy. If the action of corticotrophin-releasing hormone is pharmacologically blocked, the CB1-knockout mice go to full term (27). It appears that deficiencies in the CB1 receptor can also affect proper transport of the embryo through the oviduct/fallopian tube and that this may be a factor in ectopic pregnancy. In CB1-knockout mice about 40% of pregnancies are lost due to retention of the embryo in the oviduct. In the absence of the CB1 receptor, the smooth muscle of the oviduct appears to be in a relatively constant state of contraction which impairs the transport of embryos through the oviduct. This is probably due to a loss of feedback produced by the endocannabinoid system on the adrenergic neurons responsible for smooth muscle control (28). Similar findings have also been observed in the preliminary research on human ectopic pregnancies. In healthy women, CB1 receptor densities in their fallopian tubes vary with their menstrual cycle such that there are more of these receptors following ovulation to menstruation than following menstruation to ovulation. These receptors are located on the inner surface of the fallopian tubes and associated with smooth muscles cells therein. Women with ectopic pregnancies were found to have lower CB1 receptor densities in both their fallopian tubes and in their uterine lining compared to women with normal intrauterine pregnancies. Although this finding was not statistically significant, two difference polymorphisms for CBNR1, the gene encoding for the CB1 receptor, were found to be more frequent in women with ectopic pregnancies than in women with normal pregnancies, suggesting that genetic variation in the cannabinoid receptor may predispose women to developing ectopic pregnancies. The authors suggested the variations in CB1 receptor densities in the fallopian tubes may be governed by progesterone since their densities in the ▷





**Amnesia Haze**



**NL5 Haze**



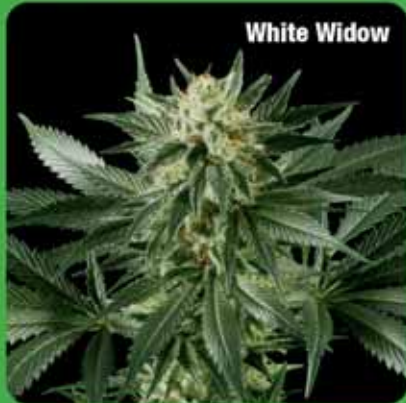
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# FINESTMEDICINALSEEDS



## Disclaimer

The possession and transport of viable cannabis seeds is illegal in many countries, particularly in the USA. We do not promote the germination and growth of these seeds where prohibited by law. Our strains are intended for medicinal and research purposes only.

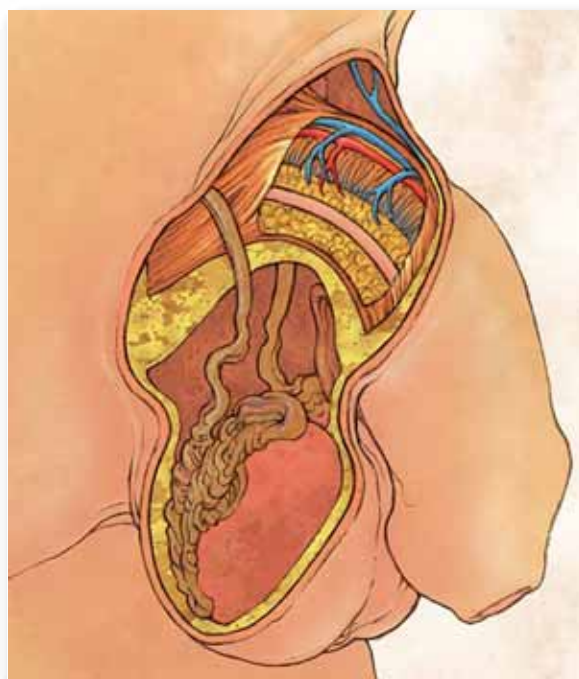


fallopian tubes peak when progesterone is peaking in the menstrual cycle (29,30). So clearly the endocannabinoid system plays a central role regulating gestational processes as well, both near the beginning and the end of pregnancy. This is particularly important considering that there are many women who use cannabis during pregnancy as a treatment for “morning sickness” and that the vast majority of those who do so report that it is effective to very effective (31).

## Male Reproductive Health and the Endocannabinoid System

Our understanding of the role of the endocannabinoid system in male reproductive health and thus how cannabis produces the effects on sperm that it does has grown substantially since the early days of the simple declaration that cannabis will produce male sterility. Early observations that cannabinoids could inhibit the production of sperm and inhibit their normal motility did not offer us much explanation for why or how cannabinoids produced these effects other than they centrally altered the endocrine balance in males, possibly resulting in these downstream reproductive changes. It was not clearly understood what if any direct effect cannabinoids had on male reproductive functions and especially on sperm. In recent years we have begun to more fully understand the integral role the endocannabinoid plays in some male reproductive functions and thus why cannabis and more specifically THC effect sperm the way they do.

In 2005, human sperm was found to express CB1, but not CB2, receptors on both the head and the mitochondrial sheath covering the base of the tale, a.k.a. the midpiece (32). When the CB1 receptors in the midpiece of the sperm are activated by anandamide or THC, the activity of the mitochondria which produce the swimming motion of the sperm is dampened. It is this dampening of the mitochondrial activity which produces the inhibition of sperm motility following use of cannabis. When the receptors in the head of the sperm are activated by anandamide or THC, the acrosome reaction is impaired. The acrosome is the outer shell of the head of the sperm containing the enzymes responsible for fusing to and penetrating the egg and thus fertilization. When the acrosome reaction is impaired, so is the ability of the sperm to fertilize the egg (33, 34). When sperm are incubated in culture for three hours in biologically relevant concentrations of THC, there are dose-dependent reductions in motility and both spontaneous and induced acrosome reaction. Sperm swimming velocity is also reduced by about 10%. These effects of THC on sperm appeared to be stronger in sperm of the 45th percentile (poor quality) than in the 90th percentile (those with the best fertilization potential). In other words, the less healthy the sperm, the



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more cannabinoids impair it. Interestingly, chemically-induced acrosome reaction was inhibited two to three times as much as spontaneous acrosome reaction (35). A stable analog of anandamide dose-dependently decreased the survival rate of sperm in culture at least in part by inhibiting sperm production of two different prosurvival proteins, whereas sperm survival was improved by exposure to the CB1 antagonist, rimona-bant (34).

This brings us to an interesting question: Why is the endocannabinoid system present in sperm and what biologically relevant role does it play in sperm health and/or function? We now know part of the answer thanks in part to our little friends the CB1-knockout mice. It has long been known that sperm entering the epididymus from the testes do not appear to possess the ability to swim and that by the time they leave the epididymus during ejaculation they have started to gain this ability. In 2007, it was shown that the epididymus produces endocannabinoids and that these act to inhibit sperm motility while sperm are stored in the epididymus. Furthermore, in wild-type mice, sperm entering the epididymus essentially lacked motility but had gained it by the time they left the epididymus. However, in CB1-knockout mice, sperm had already gained substantial motility upon entering the epididymus (36). Earlier this year, a 2-AG concentration gradient produced by sperm during their course through the epididymus was discovered. This gradient was such that 2-AG, one of the primary endocannabinoids, was produced in significantly higher concentrations by sperm entering the epididymus than by those leaving it. It is ▷



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this gradient which appears to be the activation mechanism for sperm motility upon leaving the epididymus. When CB1 receptors are deactivated either genetically (CB1-knockout mice) or pharmacologically (CB1 antagonists like rimonabant), sperm entering the epididymus are substantially more active. The opposite is true when the 2-AG gradient is abolished by the blockade of endocannabinoid reuptake transport, thereby creating a more stable 2-AG concentration throughout the epididymus, and thus sperm with impaired motility upon leaving the epididymus (37). This mirrors the effect on sperm motility seen following administration of exogenous cannabinoids like THC and cannabis.

The sperm produced by FAAH-knockout mice, genetically lacking the ability to produce FAAH and thus the ability to deactivate anandamide, take a high anandamide environment with them which produces some interesting effects. One of the first effects observed was that the average litter size resulting from a wild-type mother mating with a FAAH-knockout father was approximately 13% smaller than the average litter sized produced by two wild-type parents. It was then observed that FAAH-knockout males fertilized only about two thirds the number of wild-type eggs as wild-type males fertilized. In culture, FAAH-knockout sperm were only capable of producing about half the fertilization rate of wild-type sperm on wild-type eggs. Wild-type sperm respond to the female environment by becoming hyperactive and changing their swimming pattern from traveling in strain lines to traveling in large arcs. The FAAH-knockout sperm appear to swim slower than wild-type sperm in general, to travel in arcs and not strait lines before exposure to female environment, and failed to be hyperactivated by said exposure. In culture, FAAH-knockout sperm were able to bind to the protective barrier around the egg and produced acrosome reactions about as readily as wild-type sperm, yet still showed a significantly impaired ability

to actually penetrate the barrier and thus fertilize the egg. When incubated with eggs lacking this protective barrier, FAAH-knockout sperm produced an egg fertilization rate within the normal range. Because the hyperactivity of sperm induced by the female environment, which is lacking in FAAH-knockout sperm, plays a critical role in the ability of sperm to penetrate the egg's protective barrier, it was proposed that the sluggish nature of the FAAH-knockout sperm was impairing their ability to fertilize normal eggs (38).

The CB1 receptor is not the only receptor responsive to cannabinoids present in sperm or which plays a part in male reproduction. Both the CB2 and the TPVR1 vanilloid receptor are present and play a role. Whereas the CB1 receptor was found in both the head and the midpiece of human sperm, TPVR1 receptors were found only in the head (39). The mitochondria in the midpiece of the sperm are responsible for the swimming motion of mature sperm and it is the location of CB1 receptors on these mitochondria that allows cannabinoids to inhibit sperm motility. It is therefore not surprising that since TPVR1 receptors are restricted to the head of the sperm they do not appear to effect motility. These vanilloid receptors are, however, able to effect acrosome reaction and thus sperm/egg fusion. If activation of these receptors is blocked by a TPRV1 antagonist, their spontaneous rate of acrosome reaction increases while the rate of progesterone-induced acrosome reactions decreases. This in turn inhibits the sperm/egg fusion enhancing effect of progesterone. Anandamide binds to and activates the TPRV1 receptor. If the sperm are pretreated with an endocannabinoid reuptake transporter inhibitor which elevates the extracellular concentrations of anandamide around the sperm, TPRV1 antagonism fails to increase spontaneous acrosome reaction rates or impair the enhancing effect of progesterone on sperm/egg fusion (39).

Through the action of 2-AG, the CB2 receptors have been found to play a role in spermatogenesis. In the process of spermatogenesis, or creation of sperm, the sperm precursor cells known as spermatogonia undergo several transformations ending with two meiotic cell divisions, which result in four sperm cells from every spermatogonium parent cell (40). Meiosis is the process of producing sperm cells which only contain half the genetic code of the parent and is necessary for creating offspring which are a genetic mix of their parents. Spermatogonia which are about to divide express high levels of the 2-AG synthesizing enzyme and relatively low levels of the 2-AG deactivating enzyme, and, as a result, produce significant levels of 2-AG compared to meiotic or post meiotic cells. The 2-AG produced by these cells activates CB2 receptors which are expressed by spermatogonia during this phase of sper-



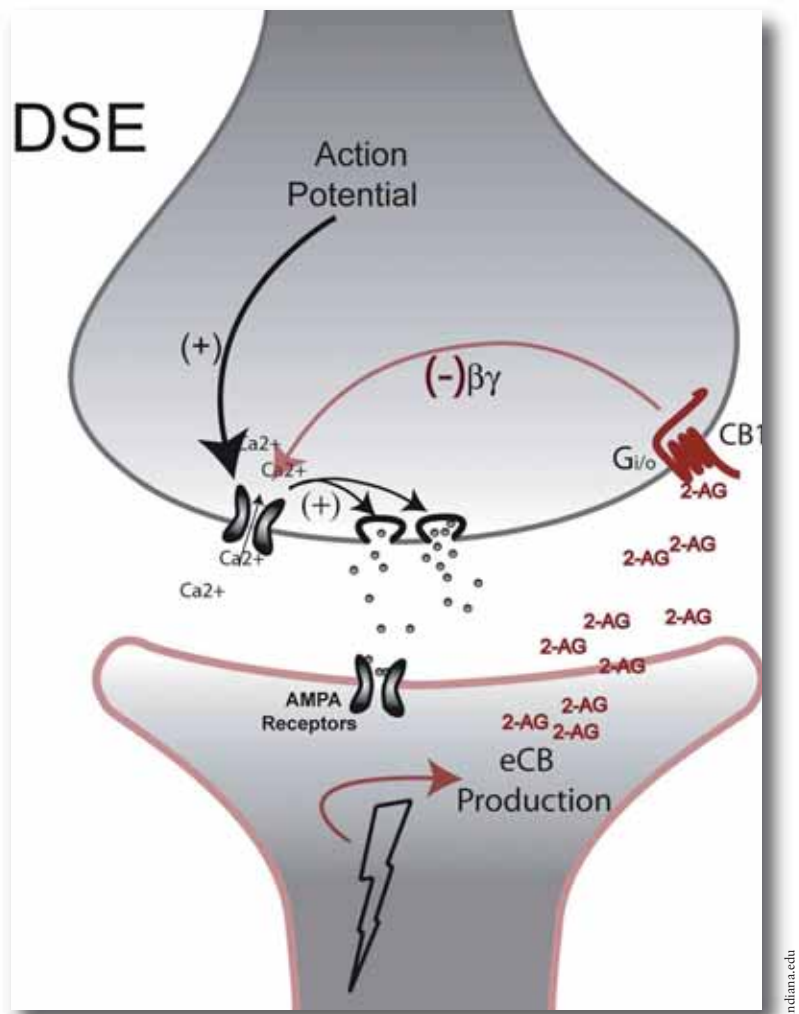
matogenesis and in so doing initiates pro-meiotic processes. Selective exogenous CB2 agonists are able to mimic this meiosis-facilitating action of 2-AG, confirming that 2-AG is exerting its spermatogenesis promoting properties through the CB2 receptor (41). CB2 receptors also appear to influence sperm motility. Whereas CB1 activation appears to increase the percentage of sperm which are completely inactive, CB2 activation increases the percentage of specifically slow/sluggish sperm (42).

### Questions Still Remain

As indicated above, because of a lack of consistent and clear real world human evidence that cannabis significantly impacted either successful conception or childbirth, and because most of the observed effects could be seen as secondary and not direct of effects of cannabinoids, their relevance to human cannabis users has long been questioned (17). At the time this was supported by animal study findings that indicated that proper nutrition could counteract the most the adverse effects of cannabis administration on gestation, and furthermore, that cannabis and poor nutrition produced a synergistically poor gestational outcome (43). This was a finding echoed a few years later when Adel, 1985, reported that alcohol or cannabis alone had no appreciable effect on the fetal mortality rate in either rats or mice compared to untreated controls while the combination of alcohol and cannabis together produced fetal mortality rates of 75% and 100% in rats and mice respectively (44).

The question of whether it is context or cannabis itself that is causing the negative impact on gestation is still being asked today. In 2006, Schempf and Strobino reported that in a population of 808 low income women delivering babies at Johns Hopkins Hospital, there was no effect of cannabis on poor birth outcomes which did not disappear when other risk factors such as drinking, smoking, social stress, lack of social/familial support, older age, depression, unemployment or poor education were controlled for (45). This led the authors to suggest that socioeconomic context played a much greater role in the previously observed negative birth outcomes associated with cannabis use than the cannabis use itself.

Finally, it had been previously reported in 1995 that



childhood acute myelogenous leukemia (AML) was associated with maternal cannabis use (46). However, even this adverse finding has been recently brought into question by a report published by a pediatric clinical cooperative group known as the Children's Cancer Group. In a large study of 517 AML cases and 610 matched controls, they found no connection between the mother having ever used cannabis and the risk of developing AML, whereas an apparent reduced risk of developing AML was observed in the population who reported using cannabis anytime during the 3 months preceding conception through pregnancy to delivery (47).

### Conclusion

In some ways we have come a long way to go in our understanding of why and how cannabis affects the two different sexes' reproductive systems the way it does. Interestingly, despite a great deal of research going into the topic, our understanding of what cannabis does to these systems has not changed much over the last four decades. What has changed is our discovery and growing understanding of the endocannabi- ▷

noid system and the roles it naturally plays in regulating the reproductive systems. Indeed, because the endocannabinoid system appears to be involved in an endocannabinoid/hormone/cytokine axis which exerts the majority of the observed biological control of human fertility, it has been proposed that the endocannabinoids represent a novel set of lipokines (lipid-based hormones) providing critical regulation of reproductive processes (48). This revelation may be one of the most important advances in the topic of cannabinoid/reproduction interactions in nearly three decades. This shift in perspective will likely allow for a more holistic understanding of what role the endocannabinoid sys-

tem plays in regulating reproduction. One of the potential future outcomes of this would be the development of cannabinoid or endocannabinoid tone modulating forms of contraceptive and/or pro-fertility therapy. In this sense, not everyone considers the impact of cannabis use on reproduction to be negative as such. Some actually consider the sperm and ovulation inhibiting properties of cannabis to be a desirable byproduct of use. However, for those who do not share this perspective, understanding how cannabis use may influence their reproductive health may be critical to their success at starting a family. 🍀



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Impact of THC on Dietary Intake of Cannabinoid Acids

# Cannabis as a Unique Functional Food

**William Courtney, MD**

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## Introduction

In the last half of life the inflammatory arm of the immune system takes on characteristics of an autoimmune disorder for which the Conditionally Essential Cannabinoid Acids / CECA's provide unique prophylactic and therapeutic relief.

Cannabinoids remediate affect on diabetes, cancer, autoimmune disorders and ischemic conditions qualify them for recognition as Essential Cannabinoid Acids across the entire life span.

Cannabis a unique functional food if used in its natural state, daily, provides benefits in excess of nutrition. Extensive cannabinoid patents and scientific literature establish the dietary value of cannabis. The psychoactive side effect of 10 mg of THC stops the comfortable ingestion of 500 mg THCA.

6,630,507, October 7, 2003, Cites 12 Us Patents, 10 Foreign Patents And 26 Articles And Publications Assignee: The United States Of America As Represented By The Department Of Health And Human Services

23. The Method Of Claim 22 Where The Compound Is Cannabidiol.

24. The Method Of Claim 22, Wherein The Ischemic Or Neurodegenerative Disease Is An Ischemic Infarct, Alzheimer's Disease, Parkinson's Disease, And Human Immunodeficiency Virus Dementia, Down's Syndrome, Or Heart Disease

6,410,588, June 25, 2002, Feldmann , Et Al.  
The Term Isolated Is Intended To Include A Naturally Occurring Cannabinoid Which Has Been Purified From A Natural Source Or One Which Has Been Chemically Synthesised. Preferably The Cannabinoid Is Used As An Anti-Inflammatory Agent Against Inflammatory Diseases, Especially Rheumatoid Arthritis Or Crohn's Disease, Sarcoidosis, Asthma, Alzheimer S Disease, Multiple Sclerosis, Psoriasis, Ulcerative Colitis, Osteoarthritis Or Spondyloarthropathy (Erg. Ankylosing Spondylitis)

## Nutritional Features of Cannabis

### Essential Amino Acids/ EAA's:

Edestin a highly digestible protein with balanced Essential and Conditionally Essential Amino Acids  
Essential Fatty Acids/ EFA's: Cannabis provides the ideal ratio of the 3-5 omega6:3  
Conditionally Essential Cannabinoid Acids: Cannabis is the sole source

### Terpenes:

Diverse immunologic, antimicrobial and anti-proliferative actions including allosteric modulation of cannabinoid receptors

### Flavonoids:

With diverse action including binding to the 1a and 2a post-synaptic serotonergic receptors

### Anti-Microbials:

Recently identified anti-leishmanial and anti-mycobacterium intracellular activity specifically address the potential detrimental effects of daily use of a potent antioxidant such as CBD. Cannabis provides an incredible synergism available only from consumption of the whole plant. ▷

## Clinical Review:

In Mendocino and Humboldt Counties of California, 7,514 patients have been seen in review of their use of cannabis. Based on patient report the initial non-psychoactive use of cannabis was as dry leaf capsules t.i.d. for migraines. After ICRS 2008 this was switched to juiced fresh leaf to improve access to the cannabinoid acids and terpenes. In October 2009 fresh mature bud was added to the leaf and juiced. A 43 year WM with 30-year history of working in construction was evaluated as being bone on bone at both hips and knees and was told he would need joint replacements. He presented with classic use of heat to decarboxylate THCA into THC. Heat increases THC from 90 µg/ml to 10,060 µg/ml. This sweeping conversion from negligible THC into clinically effective THC is done at the expense of reducing the 14,500 µg/ml of THCA found in the unheated plant into the 150 µg/ml of residual THCA in the heated plant and reducing the total tolerable antioxidant dose to 1/50th the origin dose.

The biggest drawback to steeping, sautéing, baking, smoking or vaporizing cannabis is that the THC generated creates a marked reduction in the THCA/CBDA dosage. The THC tolerant individual adjusts their smoking behavior to limit their ingestion to 10 mg. The amounts of THCA present in cannabis range from 16-17% w/w or 72 gm THCA/lb or 4.54 gm THCA/ounce or 162 mg/gm of cannabis. Complementing the THCA, CBDA is present at 1.0% CBD w/w or 4,500 mg/lb in Northern Lights, a common strain.

New strains at 5% CBD w/w provide 22,700 mg/lb. Current "Effective oral human dosage ranges for cannabidiol are contemplated to vary from about 1-40 mg/kg. for example 5-20 mg/kg, and in particular a dose of about 20mg/kg of body weight." US 6,630,507 Column 20, Line 29. However even at 5 mg/kg, CBD blocks the development of diabetes in 58% of NOD mice, a genetically driven model that normally develop diabetes in 86% of the mice. A dose of 5 mg/kg works out to be 250 mg for a 50 kg individual and a 500 mg for a 100kg individual.

## Discussion:

Autocrine and paracrine modulation of cellular physiology, resource management and remediation of sub-clinical and clinical pathophysiology has been the domain of Eicosanoid chemistry for billions of years. The arachidonic cascade includes the prostaglandins, leukotrienes, thromboxanes and the encannins (endogenous cannabinoids). Broad host virus transduct plasmid host DNA between plants, animals and bacte-

ria accounting for the lateral co-evolution of Endo/Exogenous Cannabinoids. Billions of years of single cell resource management, symbiotic, and endosymbiotic evolution culminated in multi-cellular life forms all of which were catalysed by the locally acting lipid messenger molecules. While the immunologic recognition of self / non-self is at the core of detecting foreign pathogens and pre-cancerous growth, regulatory access to this system is granted through the broad host virus domain to allow botanical partners to bind to orthosteric and allosteric sites on receptor molecules that modulate immunologic efficacy. As the life span increased from 3 to 9 decades through improvements in infant survival, agriculture and control of infectious pathogens the inflammatory system became over active secondary to accumulative traumatic and degenerative changes eventually the inflammatory system takes on characteristics of an autoimmune disorder. Cannabis is the sole source of a patented lipophilic anti-oxidants and neuroprotectants, a broad terpenoid profile with complementary immunologic activity as well as altering CB2 binding affinity through allosteric modulation. In addition cannabis is the unique source of the essential cannabinoid acids that aid in down regulation of the inflammatory arm of the immune system, mitigating oxidative associated diseases ranging from diabetes, cancer, CNS and myocardial degenerative and ischemic conditions and autoimmune disorders. The FDA approval of CBD as an IND at 600 mg/day mirrors DHHS effective oral human dosage schedule, inclusion of THC reduces tolerable dosage to < 10 mg.

## Dietary Labeling:

Nutritional labeling uses Daily Values also called Reference Daily Intake values based on Recommended Dietary Allowances / RDA's last updated in 1968. RDA's meet the needs of 97-98% of the population. EAR or Estimated Average Requirements are set to be sufficient to meet the needs of 50% of the population. Adequate Intake or AI is an estimate of an unknown RDA. To further complicate nutritional nomenclature in 1997 IOM developed the Dietary Reference Intake / DRI which is not yet in common usage. When Upper Limits (UL) have not been established or determined it is recommended that use be limited to whole food to prevent potential adverse effects from excessive intake. Based on current research Adequate Intake of the Conditionally Essential Cannabinoid Acids ranges from 250 to 500 mg/day, supported by FDA approval of CBD as an IND at 600 mg/day in divided doses. In acute ischemia cannabinoid dosages range from 1-2,000 mg/day. The psychoactive effects of 10 mg of THC restricts the dose of THCA / CBDA to negligible levels, markedly below the proposed AI. ❖



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Night Shade £37/\$76R £59/\$120F  
Phatt Fruity £35/\$70R £42.50/\$85F  
Red Cherry Berry £33/\$67R £44.50/\$89F  
Red Diesel £42/\$84R £62/\$129F  
Red Dragon £54/\$115R £67/\$140F  
Sweet Tooth £41/\$82R £69.50/\$139F  
Top Dawg £38/\$76R £51/\$101F  
Utopia £54/\$115R £67/\$140F  
Violator Kush £46/\$92R £72/\$145F  
8 Ball Kush £37/\$75R

### BIG BUDDHA 10 Seeds (Fem.)

Blue Cheese £45/\$90F  
Cheese £45/\$90F  
G-Bomb £45/\$90F  
Buddha Haze £45/\$90F

### DANK DAIRY 10 Seeds (Reg.)

Jack's Surprise £45/\$90R  
Lemon Venom £54/\$108R  
Pablo Cheese £40/\$80R

### DINAFEM 10 Seeds (Fem.)

Blue Hash £77/\$155F  
Blue Widow £69/\$140F  
Cali Hash Plant £80/\$162F  
Critical+ £79/\$160F  
Moby Dick £96/\$193F  
Moby Hash £87/\$170F  
Powerkush £61/\$120F  
Royal Haze £103/\$206F  
Santa Sativa £99/\$200F  
Shark Attack £83.50/\$167F  
Super Silver £92/\$185F  
White Widow £87.50/\$171F

### DUTCH PASSION 10 Seeds (Fem.)

Blueberry £106.50/\$213F  
Blue Moonshine £97.50/\$195F  
Brainstorm £44.50/\$89F  
California Orange £71/\$145F  
Dolce Vita £80/\$161F  
Durban Poison £66.50/\$133F  
Euforia £75/\$151F  
Flo £106.50/\$213F  
Friskies £66.50/\$133F  
Green Spirit £71/\$142F  
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Oasis £75.50/\$151F  
Orange Bud £62/\$125F  
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Power Plant £75.50/\$151F  
Purple #1 £57.70/\$115F  
Sacra Frasca £71/\$142F  
Shaman £48.80/\$98F  
Skunk #11 £44.30/\$89F  
Skunk Passion £62/\$125F  
Skywalker £111/\$222F  
Strawberry Cough £84.25/\$169F  
Super Haze £71/\$142F  
Trance £57.70/\$115F  
Twilight £53.20/\$106F  
Ultra Skunk £75.50/\$151F  
Voodoo £53.20/\$106F  
White Widow £97.50/\$195F

### DNA GENETICS 13 Seeds (Reg.)

Annunaki £60/\$120R  
C13 Haze £50/\$100R  
Cannalope Haze £66/\$132R  
Cannadental £60/\$120R  
Connie Chung £66/\$132R  
L.A. Confidential £75/\$150R

Lemon Skunk £60/\$120R  
Pure Afghan £27/\$54R  
Sour Cream £60/\$120R  
Super Cannalope £50/\$100R  
Sweet Haze £30/\$60R

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

Afghanica £31/\$62R  
Amsterdam Mint £75/\$152F  
Arctic Sun £40/\$80R  
Aurora B £28/\$56R  
Blueberry Skunk £79/\$172F  
Dance Blanche £79/\$172F  
Dutch Delight £61/\$133F  
Royal Orange £31/\$62R  
Early Durban £23/\$46R  
Edelweiss £70/\$151F  
Feminised Mix £49/\$98F  
Flying Dragon £61/\$133F  
Fuma Con Dios £31/\$62R  
G Force £57/\$123F  
Hayleys Comet £36/\$72R  
Haze Mist £45/\$90R  
Kerala Kush £27/\$54R  
Mixed Sativa Diva's £36/\$72R  
Nepal Kush £97/\$205F  
Original Haze £58/\$129R  
Pineapple Punch £40/\$80R  
Pot of Gold £40/\$80R  
Power Skunk £79/\$172F  
Real McCoy £40/\$80R  
Skunk #1 £52/\$112F  
Skunk Classic £70/\$151F  
Swazi Safari £40/\$80R  
Temple Haze £88/\$191F  
Thai Tonic £27/\$54R  
The Pure £15/\$30R  
Titan's Haze £45/\$90R  
Voyager £61/\$133F  
White Widow £88/\$193F

### GREENHOUSE 10 Seeds (Fem.)

Alaskan Ice £43/\$86F  
AMS £29/\$58F  
Arjan's Haze #1 £57/\$120F  
Arjan's Haze #2 £57/\$120F  
Arjan's Haze #3 £52/\$110F  
Arjan's Strawberry Haze £61/\$122F  
Arjan's Ultra Haze #1 £61/\$122F  
Arjan's Ultra Haze #2 £61/\$122F  
Big Bang £24/\$48F  
Bubba Kush £47/\$94F  
Cheese £38/\$76F  
Chemdog £43/\$86F  
The Church £29/\$58F  
El Niño £52/\$104F  
Great White Shark £52/\$104F  
Hawaiian Snow £71/\$142F  
Himalaya Gold £43/\$86F  
Jack Herer £43/\$86F  
K-Train £47/\$94F  
Kaia Kush £47/\$94F  
King's Kush £43/\$86F  
Lemon Skunk £33/\$66F  
Neville's Haze £71/\$142F  
NL5 Haze Mist £43/\$86F  
Super Silver Haze £66/\$132F  
Train Wreck £43/\$86F  
White Widow £57/\$115F  
White Rhino £57/\$115F

### HOMEGROWN FANTASEEDS 10 Seeds (Reg.)

Afghani £28/\$56R  
Armageddon £53/\$106R  
Australian Blue £53/\$106R  
Amazing Haze £53/\$106R  
Big Bud £31/\$62R  
Blue Haze £53/\$106R  
Blue Pearl £53/\$106R  
California Orange £26/\$52R  
Carmella £31/\$62R  
Cheese £53/\$106R  
Citral £20/\$40R  
Early Girl £22/\$44R  
Eclipse £49/\$100R  
First Lady £53/\$106R  
Flashback £31/\$62R  
Fourway £26/\$52R  
Genie Of The Lamp £45/\$90R  
Haze £40/\$80R  
Indoor Mix £18/\$36R  
Jah Herer £53/\$106R

Kamamist £49/\$98R  
K2 £28/\$56R  
Mango £26/\$52R  
Master Kush £26/\$52R  
Millennium £40/\$80R  
Northern Light £35/\$70R  
Original Mist £49/\$100R  
Outdoor Mix £13/\$26R  
Purple £22/\$44R  
Shiva £26/\$52R  
Shiva Afghani £35/\$70R  
Skunk #1 £22/\$44R  
Super Crystal £53/\$106R  
Top 44 £31/\$62R  
Train Wreck £53/\$106R

### KIWI SEEDS 15 Seeds (Reg.)

2 Pounder £51/\$102R  
Algeria £66/\$132R  
Daddy's Girl £47/\$94R  
Hindu Kush £32/\$64R  
Indoor Mix £37/\$75R  
Kiwi Skunk £23/\$46R  
Mako Haze £94/\$188R  
Milky Way £51/\$102R  
Mt Cook £47/\$94R  
Outdoor Mix £37/\$75R  
South Star £56/\$113R  
Tasman Haze £66/\$132R  
White Island £51/\$102R

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

Biddy Early £30/\$60R/F  
Biddy Sister £30/\$60R  
Double Dutch £55/\$120F  
Exile £55/\$120R/F  
Motivation £55/\$120R/F  
Warlock £45/\$90R/F

### PYRAMID SEEDS 12 Seeds (Fem.)

Now available as single seeds just divide the price by 12.  
White Widow £100/\$200F  
New York City £110/\$220F  
Northern Lights £100/\$200F  
Shark £95/\$190F  
Pipi £95/\$190F  
Nefertiti £105/\$210F  
Vernemby £100/\$200F  
Lennon £110/\$220F  
Galaxy £65/\$130F  
Tutankhamon £65/\$130F

### RESERVA PRIVADA 6 Seeds (Fem.)

R.K.S. £35/\$70F  
Silver Bubble £35/\$70F  
Snowcap Romulan £50/\$110F  
Tora Bora £50/\$110F

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

Afghani #1 £20/\$40R  
African Buzz £20/\$40R  
Ata Tundra £20/\$40R  
Columbian Red Haze £20/\$40R  
Early Durban £20/\$40R  
Haze Mix £13/\$26R  
Hash Passion £20/\$40R  
Hindu Kush Skunk £20/\$40R  
Hawaiian Skunk £20/\$40R  
Indian Haze £13/\$26R  
Indian Skunk £20/\$40R  
Jungle Wreck £20/\$40R  
Narkush £20/\$40R  
Mama Mia £35/\$70F  
Mama Thai £20/\$40R  
Mazari £35/\$70F  
Nemesis £35/\$70F  
Northern Lights £20/\$40R  
Northern Soul £35/\$70F  
Outdoor Mix £13/\$26R  
Original Haze £13/\$26R  
Original Skunk #1 £35/\$70F  
Power Africa £35/\$70F  
Purple Bud £20/\$40R  
Skunk Haze £13/\$26R  
Skunk Mix £13/\$26R  
Swazi Skunk £20/\$40R  
Skunk #1 £20/\$40R  
Sugar Haze £20/\$40R  
Velvet Bud £35/\$70F  
White Widow £20/\$40R £35/\$70F  
Top Skunk 44 £20/\$40R

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

Afghani #1 £45/\$90R  
American Dream £61/\$129R  
Big Bud £78/\$156R £88/\$166F  
Black Domina £85/\$184R  
California Indica £39/\$88R  
Durban £49/\$108R  
Early Girl £49/\$108R  
Early Pearl £49/\$108R  
Early Skunk £20/\$40R  
Ed Rosenthal Superbud £125/\$250R  
First Lady £45/\$90R  
Four Way £88/\$188R  
Fruity Juice £88/\$188R  
Guerrilla's Gusto £22/\$44R  
Hash plant £106/\$212R  
Hawaiian Indica £61/\$129R  
Hindu Kush £20/\$40R  
Indoor Mix (25 Seeds) £48/\$100R  
Jack Flash £88/\$188R  
Jack Flash #5 £97/\$204F  
Jack Herer £133/\$266R  
Jamaican Pearl £49/\$108R  
Maple Leaf Indica £45/\$90R  
Marley's Collie £100/\$222R  
Mexican Sativa £20/\$40R  
Mother's Finest £71/\$142R  
Mr Nice G13 x Hashplant £126/\$252R  
Northern Lights £97/\$204R  
Northern Lights #5 x Haze £121/\$252R  
Outdoor Mix (25 Seeds) £39/\$81R  
Ruderalis Indica £20/\$40R  
Ruderalis Skunk £40/\$80R  
Sensi Skunk £23/\$46R  
Shiva Shanti £30/\$60R  
Shiva Shanti II £20/\$40R  
Shiva Skunk £59/\$138R  
Silver Haze £78/\$156R £88/\$188F  
Silver Pearl £61/\$129R  
Skunk #1 £20/\$40R £35/\$70F  
Skunk Kush £73/\$156R  
Super Skunk £39/\$81R £49/\$109F  
Sensi Female Mix £67/\$146F

### SERIOUS SEEDS 11 Seeds (Reg.)

AK47 £60/\$120R  
Beagle Gum £55/\$121R  
Chronic £55/\$121R  
Kali Mist £60/\$120R  
White Russian £55/\$121R

### SEEDISM 5 Seeds (Fem.)

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# Cannabis Pain Patch

by Petey McEnroe

I came up with this idea while making an alcohol-based tincture. Almost every time I make it, I forget to put on gloves and about half way in I am usually pretty stoned just from absorbing it through my skin.

## Here's what your going to need:

1. Alcohol-based tincture
2. Paper towels
3. Plastic wrap



1


**Dip your paper towel in your tincture.** I only dip it half way in; then I work the tincture to the other side of the towel. Be sure not to get it too wet or else it will drip.





**3**

**Wrap in plastic.** I have lots of plastic mailers around, so i just cut it long ways. It has an adhesive on one end which I use to close it and keep it in place. Secure the outer shell and you're done!



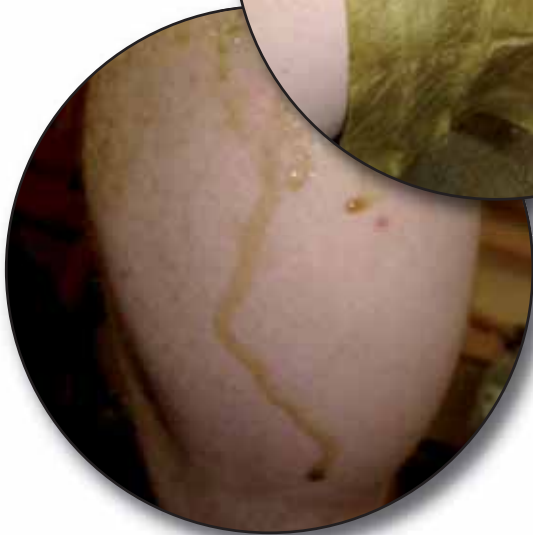
I usually wear it for about 30 minutes. It gives a good 4-6 hours of warm, relaxed, looseness. I bet if I used a higher quality tincture it would last longer. One thing that I have noticed is if I smoke a cigarette while I'm wearing it I get a cool little head change.

*\*The only negative with this is it will stain your skin green. use some soap and water and it will come right off\**

**2**

**Drape the damp towel over the area you need pain relief.**

In my case it's my knee, but this has also been tested on the lower back with decent results.



**I believe this is going to be the next break through in spot specific pain treatment with cannabis tinctures.**



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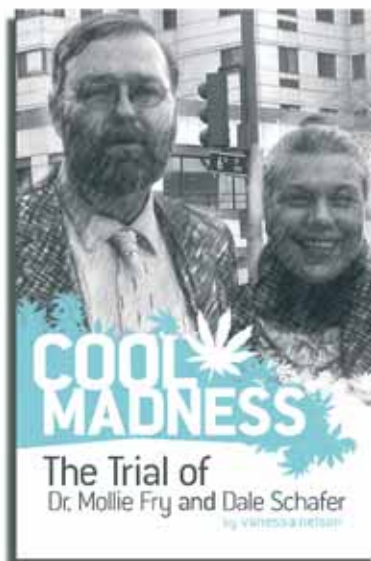
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**COOL MADNESS**, The Trial of Dr. Mollie Fry and Dale Schafer is the riveting true story of a medical marijuana doctor undergoing a federal trial for the first time in history. The main character of Cool Madness is Dr. Marion "Mollie" Fry, a cancer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

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

## BOOKS BY VANESSA NELSON

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



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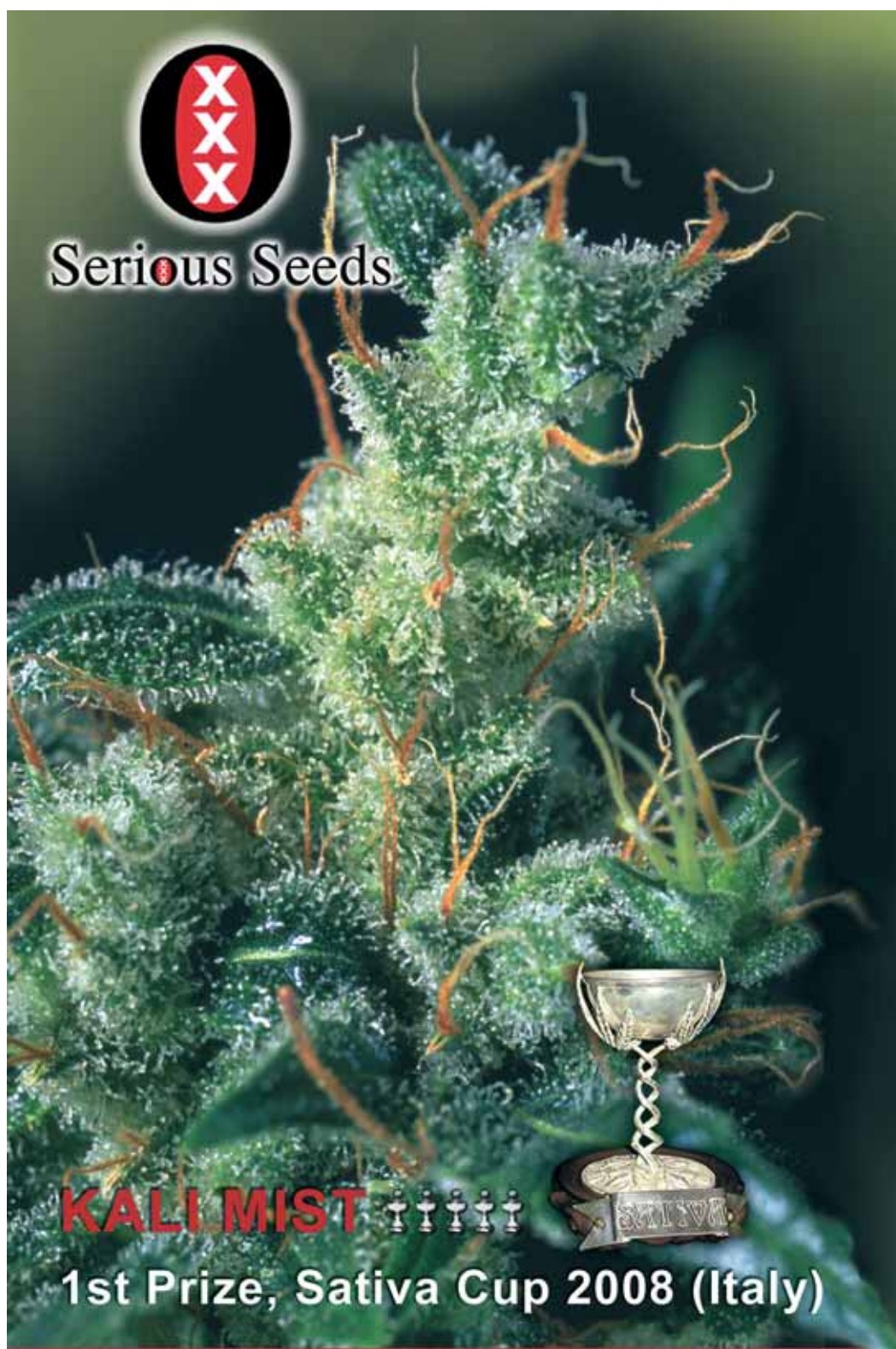
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A look at

# Harborside Health Centre

By Jeremy Norrie



**T**his issue we get to take a special look at one of the best medical marijuana dispensaries in California. Located in Oakland, it is a truly special place where medicine is top quality and the people greet you with a smile. Yes, it's Harborside Health Center. Already a very well-respected name in the community, they have only been around a few years but have gained momentum so quickly they have come to be one of the model examples of what this movement should really be all about. It's simply compassion. Steve DeAngelo was gracious enough to take time out of his busy schedule to talk with us and to give me some real insight into what Harborside is all about.

**Thanks for sitting down to talk with us today, we really appreciate it when someone as busy as you are takes the time to give the patients an extra look at what you do.**

Steve - No problem, I have been meaning to take a look at one of your magazine so I was really happy you were stopping by and that you brought some with you. Thanks.

**Can you tell me more about Harborside, like why you decided to open and have you been the owner from the get-go?**

Steve - I am one of two co-founders of Harborside Health Center, yes. I opened Harborside to create a new model of excellence in both activism and professionalism in the medical cannabis industry. When I got here from my home town of Washington D.C. about 10 years ago, I found that almost all the dispensaries — well, all the dispensaries — either fell into one of two categories. Either they were well-meaning activist dispensaries run by people with very little business experience or capital, or they were thug dispensaries run by people who basically who wanted to get legal protection for their already existing underground businesses, but didn't really want to change the way they

were doing business very much. They just wanted to continue to make huge profits and not really put very much into the community or their facilities. In both cases, the dispensaries that these groups put together were often in inappropriate locations. They were often not very clean. They were often not very well furnished or equipped. The staff was often either indifferent or poorly trained, they were not very well organized and the selection and the quality was not very good. I felt that neither the patients nor the community were being served very well. It got even worse when we started seeing newspaper stories and exposés about dispensary operators who owned 200 pairs of sunglasses and \$3 million houses and Porsches and Mercedes Benzes. It became clear to me that there was a need for a new model of dispensary to demonstrate that cannabis could be distributed in a way that was safe, seemly and responsible. So I started Harborside in order to provide that new model of excellence for the industry.

**Can you tell us how you've had to change since you began?**

Steve - Well, we're a non-profit community service organization. So, as our patient base and our revenues have increased, we've been able to introduce more and more





new programs. So, for example, when we first opened, our holistic care clinic was only open two days a week and offered five therapies. We are now open seven days a week and offer eleven different therapies. We've also introduced entirely new programs. We introduced a care package program — well, the care package program, we've had since the beginning, but it has grown. Our program, before the recession hit this year, was serving about 200 people, but it's now serving 600 people per week and we give each person a free gram and a half of medicine. We've been steadily introducing new patient services. One of them was the Patient Activist Resource Center, where we have a dedicated phone, fax and computer. Patients come in and they are provided with contact information for their elected representatives, and they are presented with talking points. They sit down and use the facility for an hour, lobbying and standing up for their rights, and at the end of that hour we give them a free gram of medicine. And it is a great program. We also introduced a new program recently, our cannabis-friendly substance use and misuse program. This is a program that we set up in response to complaints from patients of ours who had developed dependencies on various different types of substances and were trying to find some help. Often they had gone to other twelve step groups or other NA groups and, when they said that they were also using medical cannabis, were expelled from those groups or shunned. So we surveyed our patients and found that about 15% of patients did have some type of substance that they felt was problematic and wanted some help. For the most part, in this order of preference it was: tobacco, alcohol, pharmaceuticals, other illegal street drugs, and we even had a couple patients who wanted help with their cannabis use. So we now have a trained treatment specialist who does intake interviews with each patient who ▷



wants to participate in the program and then we have three different support groups that we can put them into.

We have a whole network of cannabis friendly treatment specialists that we can refer people to, and we even do one-on-one counseling. So I think it's just love turning the paradigm on its head. Here they accuse us of being drug dealers, right? But now we're using our cannabis sales to be able to help people end their dependencies on dangerous but legal substances like tobacco, alcohol and other pharmaceuticals. One thing we're working on now is the insurance and licensing issues. So we will be able to provide a primary care clinic twice a month here and also in our San Jose location. We are going to have a licensed MD who will come and provide primary medical care to people who need it, for people who do not have normal insurance and who do not have primary care in their lives. Low-income patients will be able to come here, and we will be able to supply them that primary medical care that the US health care system has been unable to provide to so many people in need. So that's another new program, but probably the most exciting change at Harborside since we opened was in December of 2009. We introduced our analytical laboratory testing program. We became the first facility anywhere in 3000 years of cannabis history that I know of, to actually send all of our medicine to an analytical laboratory for safety screening and potency evaluation before it is provided to our patients. That has been a tremendously successful program in the last year. We started learning really new, and fascinating things about the cannabis supply in California. Most notably that there is almost zero CBD present in the medical cannabis supply in most dispensaries, or at least this dispensary. So in response to that we started a CBD propagation program, where we have identified high CBD strains. Then provided those strains to trusted growers who are now growing them out, so that we make sure that we have high CBD medicine available for patients with really grave diseases. Cancers, for example, can respond especially well to high CBD strains.

**That is very interesting. Can you tell our readers more about why it is important to have high CBD strains rather than just medicine that is high in THC?**

Steve – Sure, I would be happy to. Much of the most exciting new research that has come out about the efficacy of medical cannabis in recent few years is evidence about the effect that CBD has on tumors. CBD has a potent anti-tumor effect, and there have now been studies of various cancers, skin cancers and breast cancers, all which have demonstrated that CBD has the ability to slow down, stop or possibly reverse tumor growth. So this is hugely exciting information and we, for that reason, want to make sure that we have high CBD strains available so that we supply it to our most gravely ill patients. In addition to cancer, there are a number of other diseases that apparently respond very well to CBD, and they are often life threatening illnesses. So by having high CBD strains of cannabis available, and by being able to identify them as such, I

think that we actually are going to be able to save quite a considerable number of lives in the next couple of years.

**That's excellent. Now, about your name — what is the meaning behind Harborside?**

Steve - Look out the window!

**Oh, are we near a harbor here?**

Steve - Well, you know, what I noticed about the names of dispensaries is that too many dispensaries were named various different acronyms. You know, combinations of letters that stood for the organizations that they were but very often people wouldn't refer them by those names, they would refer them by a location that they were in. So, you know, instead of calling something the Berkeley Patients Group they would call it, "The San Pablo Club". Or instead of the CARE dispensary they would say, "You know the one across from the police station", and I didn't want people to call this place the freeway club. So I said to myself, how am I going to avoid that happening? I needed to choose a name, which somehow refers to the location, because that's what people always naturally do, but I somehow wanted to control that naming process more. I also thought that because from the very beginning what I wanted to do was create something that was some kind of a model, something that could possibly be replicated elsewhere, I wanted something that had some kind of universal feel to it. I was thinking about what kind of place I wanted to create, but the words that kept coming back to me were safe harbor. I wanted to create some kind of safe harbor for people to come to. I wanted a place where people can get shelter from the storm, where they can come and get the supplies that they need, and that's what a harbor is. So it seemed to me that Harborside would be a name that really, you could take to places that weren't anywhere close to a harbor, because the harbor is the dispensary itself. So I thought it was a name that was expandable.

**Any difficulties? What kind of troubles have you run into since you've been open?**

Steve - Lots of small trouble, I'd say. You know, the most threatening thing that happened to us was when our landlady received a letter from the DEA, threatening to seize this property unless she evicted us. It was a very scary time, lots of dispensaries had gotten letters and many people were evicted as a result of that. Fortunately, our landlady is a woman of great conviction and moral strength, and she decided that she was not going to act out of fear, she was going to act out of conviction. She allowed us to remain open, at obviously great risk to herself. So we were very fortunate that we had cultivated a positive relationship with her, and that she stood by us. That was probably the scariest thing that happened. When we first opened we had some rogue police officers that started pulling over patients and harassing them, making our patients empty out their bags of medicine, putting them on the hoods of their cars. There was this one cop who was taking pictures of the medicine with his iPhone and then he would berate



patients and tell them that these places were nothing but a scam, but then do nothing and send the patient on their way after detaining them for 30 minutes, putting them through all of this torture. This happened several times before I was able to get the IDs of the officers who were involved. Once I got that ID I contacted the Oakland Police Department command structure and explained to them the problem. Almost immediately those problem officers were transferred out of the district and I never had a problem with them again.

There are little things too, we've never had any type of serious security incident here, but one night we did have a call and my cell phone went off. The alarm company was calling me and telling me the alarm was going off. When I came up here I found that one of our front windows had been smashed in with a rock, I went in and no one was there. I looked at the security tapes and it was just some kids who had thrown a rock through the window. They were probably trying to grab the computer monitor or something. By the time I got there we just found pictures of them running away. Little things; we had a couple that brought a domestic dispute into the parking lot. Nothing major. We have had operational challenges as we grow, and we've grown very rapidly. We are now serving around 700 patients a day at this facility. So we've had to continually expand our parking facilities. I've had to continually recruit and train staff. We had to develop line management mechanisms, add more cash registers. Just generally keep on growing. It's been challenging, but no real problems.

**What is currently going on with the laws and how will these changes impact you in the future?**

Steve - There is a lot of talk right now in various different jurisdictions — including Oakland — about different steps forward, different ways this could go. There are conversations about centralized large-scale production and figuring out a way to move cannabis cultivation from an unlicensed arena into a more licensed and regulated arena.

I think that's something that's coming down the road eventually. There is discussion about potentially opening more dispensaries within the City of Oakland, so that could possibly happen. It might not, nobody really knows at this stage of the game. We do have the tax and regulate initiative that's on the ballot. If that passes, the City of Oakland is going to have the option of regulating and taxing adult cannabis sales. I think it will probably take the city a little while before they feel comfortable doing that. We learned from the passage of prop 215 in 1996; until 2004, the city of Oakland, like every other jurisdiction in California, did not regulate medical cannabis dispensaries.

Oakland, of course, was the first to regulate in 2004, but you have a few years that went by there. So my guess is that even if the initiative wins, we're still looking at a couple years before Oakland would really move to bring adult sales into the taxed arena, but it could happen quicker. If ▷



that happens, I think that probably given the track record of success that Oakland has had with medical cannabis dispensaries, they would continue to allow those dispensaries to be the outlets for legal cannabis sales, simply allow us to start admitting all adult Californians as opposed to just those with a medical recommendation.

**What are your plans in the future? Any new projects or anything like that?**

Steve – Yeah, we have all kinds of things that we are working on for the future. As I mentioned, our primary care clinic is something that is very exciting that's coming down the pike. We are also working on a major revamping of our website so that we have an interactive menu. That will give patients the options to get a huge amount of information about their cannabis before they buy it, like the genetic lineage of the plant, the analytical test result, a growers report, a photo gallery, be able to access other patients comments about that strain of cannabis, be able to compare the various different strains of cannabis on a chart so you can see what the price is versus the test results and they will be able to make a quick analysis. They will be able to pre-order their medicine online so that they would be able to come in, and there would be a special pickup section, so they won't have to wait so long for their medicine. We're working on an iPhone App so that patients can check in and see what's available at the dispensary from their iPhone.

**That's excellent! Thanks again for taking your time to talk with us today. I am sure a good number of our readers will really enjoy hearing about your dispensary from the inside.**

After a quick check of my medical documentation, I was given a clipboard with various documents for me to both read over and sign. There were various things about my health and the symptoms I treat with cannabis, as well as instruction on how patients are supposed to conduct themselves and other good general information. Once I was done, they went over everything in detail and asked me if I had any questions. I didn't, so the next step was a tour. We went all around the dispensary and they showed me each and every service they provide. There were really a number of great things a person could come to do at Harborside, as well as obtain plants and medicine. Speaking of plants, I must say they had the best clone section I have ever seen. Everything was properly labeled and there was a huge variety of top-notch genetics available to any patient with the knowledge. Each plant looked healthy and the people working knew a great deal about how they grow and what would be good for different situations. I was blown away. As far as the medicine, I have to say it was very good but compared to some of the medicine we get in here in Hollywood, I was not sure everything was really top quality. The huge difference was the testing. They had THC percentages for a good number of their strains, with the prices not really being indicative of the THC content. One thing we do know is there



are no molds or anything else harmful in this medicine — and that's worth more to some people than anything. Seems like they have a hard time keeping the absolute best medicine around with the huge number of patients they take care of. All in all I got some excellent Blue Cheese and some Huckleberry Kush that were both a little expensive but well worth it. The hash they had needs work, I am sad to say, but they did have a couple varieties and some really rare and nice solvent extraction hashes. Their bubble hash was definitely much better than their oil/wax/budder selection. Some of their Full Melt was definitely very good and seemed to turn mostly to liquid. I saw they had a number of other things like edibles and tinctures, all of which looked very impressive and excellent tasting. I am sure any patient would be completely happy with their visits to Harborside, and I look forward to making the trip again.

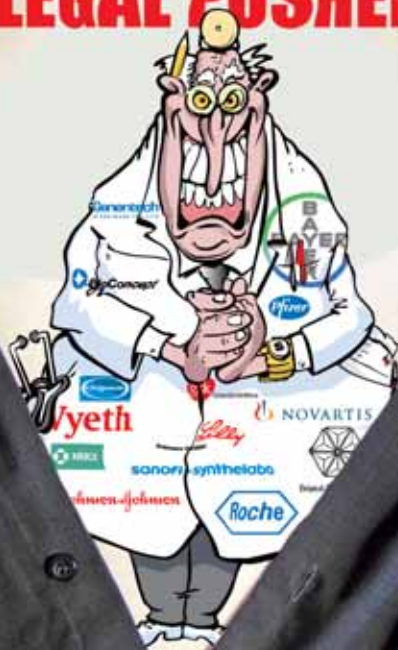
That concludes this issue's in depth look at Harborside Health Center! Hopefully you will be able to use the article to find more information about Harborside and now you can arrange to make a trip to their fine establishment! Maybe they will be coming to a city near you as they start to expand and get bigger, but until then you can use this info to make use of Harborside's two current locations in Oakland and in San Jose! Next issue we will talk about more cannabis related news, make sure you get yourself a copy as soon as it hits news stands.

Don't forget to check out [www.FutureofFighting.com](http://www.FutureofFighting.com) to bet on fights and get the latest news about UFC and Mixed Martial Arts, also [www.RLDDVD.com](http://www.RLDDVD.com) for the very best DVD about Amsterdam's Red Light District.

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



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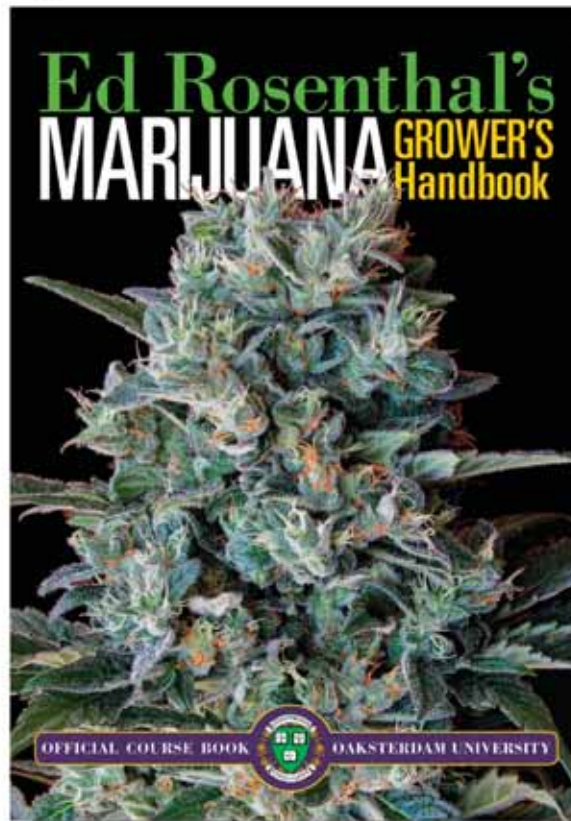
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Interview with

# The folks at OGF

I recently had the positive opportunity to meet John Young and Jim Klahr from Oregon Green Free in Portland, Oregon. John is "Mr.Fixit" on the OGF forums.

**H**e helps with OGF through management skills, knowledge of horticulture and just by being a down to earth good guy. Jim is one of the three Chief Petitioners for I-28, the lead chairman for ACMM, a cannabis court expert and a chairman on the board of OGF. Jim is the formal part of OGF; his joining OGF kicked it into gear and began the snowball effect to what OGF is today. OGF is hopeful for I-28. If passed, this bill will allow the establishment of medical marijuana supply systems, assistance and research programs, which would allow limited selling of marijuana. If I-28 passes, Jim sees more legal and less illegal growing — and more patients getting the proper medicine. Through desperation and need, people will go through too much to try to get proper medicine. Through the proper work, OGF has established a friendly relationship with the local law enforcement.

They are proud to say that police will point people their way. They have had new members come to them because of police telling them they should go to OGF. If I-28 passes, a new non-profit Oregon medical marijuana program resource center could open, which could provide more services through grants, car washes, raffles, parties and selling medicine.

Oregon Green Free started April 1, 2002. John and Karla — the founders of OGF — were chatting with a doctor at the clinic. They noticed an elderly couple and that the women had received a certificate to use medical marijuana. The couple were leaving with grow books and a look of confusion. They by no means were going to be able to grow proper medicine. John and Karla saw the need and decided to do something about it. OGF was born then and there. This led to handing out clones from their van in a local Safeway parking lot — and people joining their forces. Later would come meetings and getting together for picnics with medical tents for patients, to "smokeNbow!n", a private bowling event where shy and brave, old and young, members in wheelchairs, vibrant and not-so-vibrant gathered. Yet, they all had one thing in common: all were "like minded people coming out to have a good time." OGF meetings are open to the public; they invite all to come and learn.



**OGF has 14 chapters throughout Oregon state. OGF has a public meeting daily attempting to educate the public and bring the community together. At the Portland chapter, you can enter after showing a proper ID.**

You first enter into the Social room and see tables, couches, and an educating platform. Display cases are full of hand-blown glass from a member, and computers for Internet access.

Located near homes, you would never know what is happening behind these doors. The building looks like an old warehouse, but it serves its purpose. OGF is presently looking for new digs.

While inside, you might catch a glimpse of Black Jack and other proper gear to grow your own medicine. OGF is proud of its members' knowledge base! They teach the basics: down-to-earth, simple and true.

Being a member of Oregon Green Free gets members discounts on all growing equipment. Grateful Garden supply assists with keeping OGF flowing. OGF has also been building a good foundation working with soil companies for their new soil product. That is to be released in the next few months! It will be 100% organic! 🍀

A visit with

# Robert Willy Neron

By Subcool



I would like to tell you about a very unique person I have had the honor of meeting and tell some of his story. I first met fdrlxmt online on Cannabis community web site. He used to pop by chat and the first time he did so he surprised us by telling us his real name ( Robert) and letting us know proudly he was a Canadian marijuana exemptee under section 56. Finding a reliable source for cannabis medicine can be a big problem for exemptees in Canada if they can't grow there own. Fdrlxmt , however seems to have incredible passion and also a vast knowledge of growing.

Robert Willy Neron has Hodgkin's disease which is bad enough but during some Chemo treatments it burnt his heart and lung leaving him with only one lung partially working. Imagine life with half a heart and half a lung! His brother actually passed from this same illness, so when I say that he has a medical need it's a severe understatement. Hodgkin's disease, is a type of lymphoma

<http://en.wikipedia.org/wiki/Lymphoma> (cancer

<http://en.wikipedia.org/wiki/Cancer> originating from a type of white blood cells

[http://en.wikipedia.org/wiki/White\\_blood\\_cell](http://en.wikipedia.org/wiki/White_blood_cell) called lymphocytes

<http://en.wikipedia.org/wiki/Lymphocyte> ).

It was named after Thomas Hodgkin [http://en.wikipedia.org/wiki/Thomas\\_Hodgkin](http://en.wikipedia.org/wiki/Thomas_Hodgkin) , who first described abnormalities in the lymph system in 1832. Basically cancer of the immune system. He was diagnosed in 2004 and unfortunately he has

the really bad Non lymphoma type with a very low rate of survival.

Originally he received his Cannabis exemption for cervical dystonia spasmodic retrocolis. Basically involuntary muscle spasm of the neck shoulders and back, which he initially received from a work related injury while working in a plywood mill. Robert feels all the pills he was fed eventually made him develop cancer due to the extreme stress associated with the loss of income and lost of mobility all the time being doped up on pharmaceuticals. His favorite strain is Willy Jack but in particular a special clone from Willy Jack himself.

Here is an Interview I did with Fdrlxmt;

**SUB: Should I use your real name or stick with the nick?**

ROB: My name is Robert Neron and on internet my name is fdrlxmt ( federal exemptee) But my friends call me " Willy ".

**SUB: What condition do you have ?**

ROB: I suffer from Cervical Dystonia Spamodic Retrocolis and in 2004 i have been diagnosed with Hodgkin Disease Non Lymphoma.

**SUB: How does it affect you physically ?**

ROB: It a life changing disability suffering from intense muscle spasms in the neck shoulder back area. It was first described as Torticolis. But mine just won't go away. So I have had to re learn how to do many things that I





then took for granted like riding a bicycle or going fishing in my canoe..Which I can no longer can do. Then cancer came along...I presume all the pills I was then taking must have triggered it along with the unreal amount of stress I had at the time in my life.

**SUB: What benefits do you receive form cannabis.?**

ROB: I was happy to have cannabis in my life when before I was injured , since 12 year old. So I knew the quality marihuana had and when I saw I wasn't going to get any better and that all them pills were making me sicker by the day ,I opted for the natural way. Marihuana relieved some of the pain associated with muscle spasms , making the spasms less intense.

When I received A,B,V,D Chemo , I dint need any of the pills for nausea, so I dint take them . I had an appetite and helped make bad days into somewhat better days. When I received Radiation Therapy, there again it helped me eat and kept the food down.( no nausea).

**SUB: When did you first get your 56 status and once you did have you had any problems with its application or the cops?**

ROB: I started my fight in January 1998 , I have had to take health Canada 9 times to Federal Courts System. I represented my own self as lawyer an WON 7 times. The only two time i lost was when we ask for the rights to import / export of course we were denied and i lost when we asked for concentrations like butter , hash, oil ect that too we were denied.

I have had to fight every step of the way for my exemp-tion and it would apear i would have to re do it all over again.

**SUB: Can you tell me more about your Exemption?**

ROB: Well this is a big controversy as none of the exemptees in Canada have the same permit. There is no equity, meaning whats good for you can and should also be good for me. So if you have 30 grams a da....well , that what every one should have..." Equity " But thats far from the case sub. you start at 5 grams a day then slowly move up.I was the first canadian to break all them records.I had a very suportive Dr at the time wich made it somewhat easier.Eventually i ended up at 73 plants a day an in a letre sent to health canada on july 1st 2007 demanding a unlimited amount of plant..exemption.

For security reason we do not talk about personal amount ect...it tends to attract thieves and rip-offs.

But I was the first one to get the biggest exemptions at the time.

**SUB: Whats your fav day strain and night strain**

ROB: Every one knows Im a " Willy " kind of guy , day or night.

**SUB: What's your favorite way to ingest?**

ROB: It used to smoke my joint like everyone else, but following all the health issues I have had to deal with , I now eat 2 grams of oil a day and vaporize about 4 to 5 grams of kief a day. I smoke about 1 to 2 joints a day.

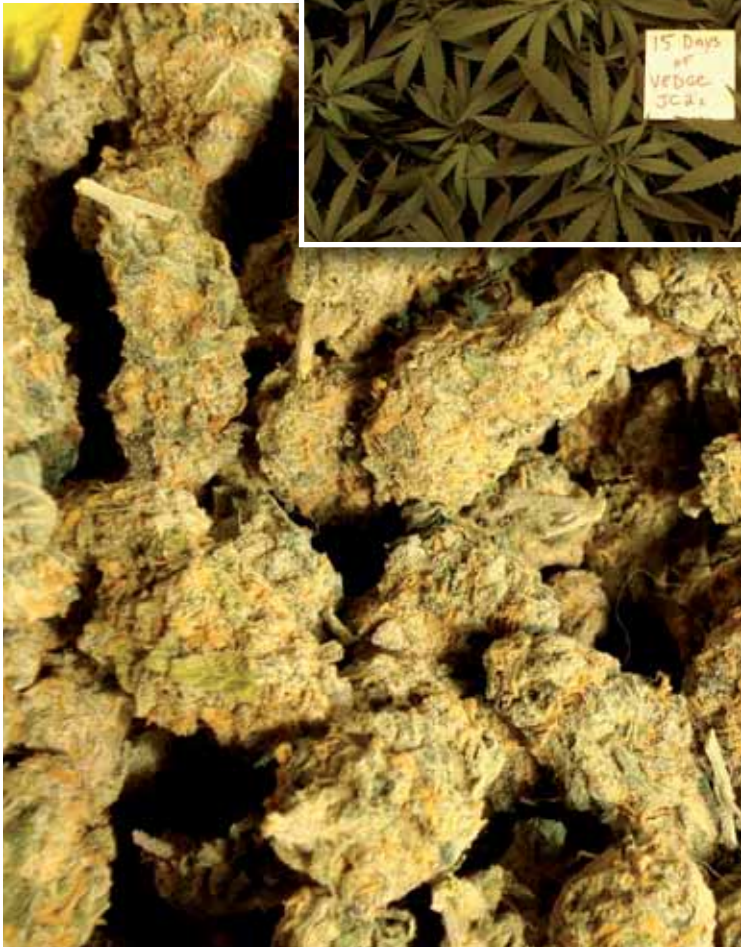
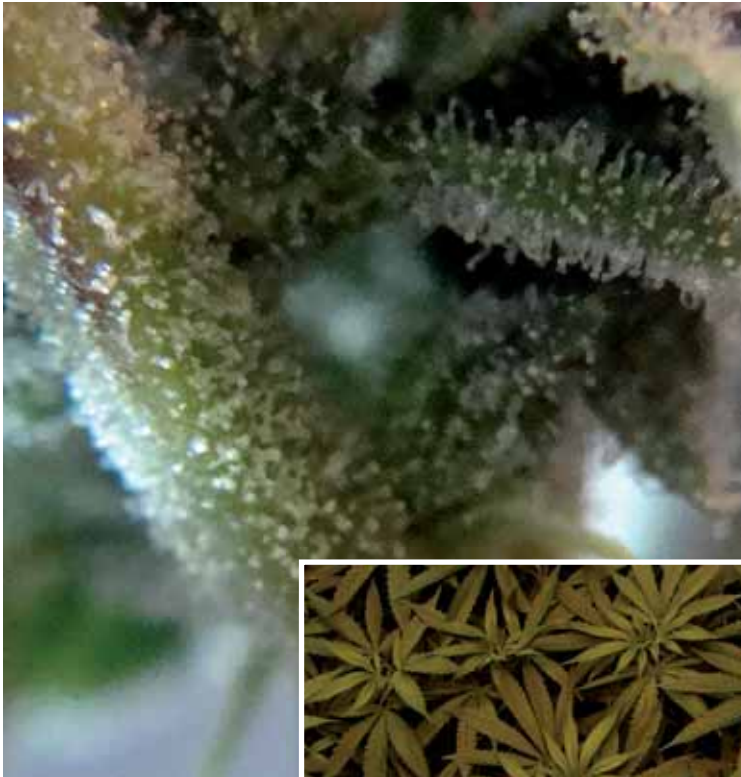
**SUB: Do you get better relief from medibles?**

ROB: Like i said i now eat 2 grams of oil a day ,i take em in gel caps ( size 00 ).I use to do medible but now with my radiated stomach its more difficult to eat it. ▷









I live one day at a time, I'm eccentric, spontaneous and determined, I live every day to its very fullest. Life's too damn short, enjoy it to its maximum. I wouldn't be able to live with myself over the thoughts of.. "I should have said something or I should have tried that."

#### **SUB: Thanks Robert**

ROB: Your Welcome my friend, any time.

ROB

As I got to know him better by reading his post and hanging out with him in the chat room I grew fond of his love of my favorite plant and I asked him if he would care to try one of my more potent sativas Jacks Cleaner 2, and he agreed to do so. He also has some unusual ideas about growing, some of which have some surprising results. I was surprised to read he removes a large majority of his fan leaves from his plants and from looking at his amazing online thread it certainly looks like his yields were amazing to me. I have always thought that the fan leaves were the fuel tanks for the buds. I only remove just enough to allow better light to the lower buds but at least from the pictures I cannot see a reduction in bud size. I plan on doing my own test to see if there is a huge difference. Fdrlxmt stated he is growing buds not leaf and he feels the leaf just gets in the way. I like the way he thinks but I will have to look into his method and do some side by side testing.

The other practice I found unusual is the amount of stress he puts the young plants under in order to force any possible herm traits to show early. Now almost any plant can be made to herm with stress I have seen first-hand female clones that do fine in other gardens throw bunches of male flowers due to the stress of my hot soil. But this method does eliminate any undesirable plants early and I am happy that he was able to find a female plant out of the pack of seeds that had no problems and that he deemed a permanent keeper. Again initially I was thrown off by his method but as I watched his amazing grow thread unfold it was clear he knew what he was doing and there is merit in his method. Robert went on to also grow out our Deep Purple strain and we are honored he would try some of our gear.

I wanted to tell this brief story about this medical Marijuana Patient so that people will understand how insane it is to deny anyone relief from a condition like Roberts. Some days I wish the law makers were confined to Roberts' chair. 🍓



Lowryder #2



Lowryder #2



Lowryder #2

## Physical Examination

**Strain:** Lowryder #2  
**Breeder:** The joint dr.  
**Grower:** Skunk-mad  
**Judge:** Skunk-mad & wife  
**Date:** June 6, 2010

**1. Visual Appeal:** 9 Visual appeal of the buds from 1-10 unappealing-excellent.  
 very nice looking bud & full of sticky trichomes

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

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

**4. Colors present in the buds and/or on a scale 1-9 light-dark:**  
 Brown 7, green 8, White 6, Rust 8, Orange 7

**5. Bud density:** 8 Bud density from 1-10 airy-dense.

**6. Aroma descriptors:** scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.  
 Floral 8, Pepper 6, Fruit 9, Hash 7, Skunk 8, Spice 7

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

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

**9. Weeks cured:** 1 If know the number of weeks your sample has been cured.

### Comment -

For an automatic strain im very impressed with the lowryder#2 crystal content & apperance.as soon as you see this strain it look's like it's been covered in snow.





## Smoke Test

### 1. Utensils: Top Vape Vaporizer

**2. Taste descriptors:** Use numbers 1-9 that apply to the taste where 1 indicates a subtle presence and 9 indicates a very pronounced presence

Berry 8, Floral 7, Pepper 7, Fruit 9, Hash 7, Skunk 8, Spice 7

**3. Taste:** 9 Impression of the taste from 1-10 unpleasant-delicious.

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

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

**6. Smoke expansion:** 7 smoke expansion in the lungs from 1-10 stable-explodes.

**Smoke Test Comments:** - I love growing this strain just for the smell & taste which is very fruity with a after taste of hash.it smokes very well not harsh on the throat a very tasty strain but not the most potent out there.Not to bad for an automatic strain.

### FOLLOW UP QUESTIONS

**1. Dosage:** - 3 joints or 2 bowls on a vaporizer to reach desired effects.

**2. Effect onset:** 3 Rate of how quickly the effect hit from 1-10 immediate-major creeper.

**3. Sativa influence:** 25% Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.

**4. Indica influence:** 45% indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.

**5. Potency:** 6 Rate the potency of the sample from 0-10 none-devastating.

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

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

**8. Usability:** - from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.

Morning/wake up 8 Day/work 9 Evening/relax 6 Night/sleep 2

**9. Overall satisfaction:** 8 Rate your overall satisfaction from 1-10 poor-Holy Grail.

**10. Ability and conditions:** 8 Rate your overall ability to judge from 1-10 low-high.

**11. Do you personally consider this strain a keeper for long term use? Yes**

**12. Effect:** What effect did the strain have write P if the you got a POSITIVE effect and N if you had a NEGATIVE effect

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

### Extended Medical Survey:

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

**FINAL COMMENTS:** -Overall this is a great all round strain that works well for people suffering with adhd & crohn,s this maybe because of the high cbd content?..It,s not the most potent strain or the best yeilder out there yeilding an oz if lucky but it definitely has a place in my garden because of it,s medicinal qualities.I have grown the lowryder# 2 on various occasions & have always been pleased with the overall quality but not the yeild.there are a lot of better yeilding auto,s on the market today but the quality is there & that,s what counts.



Mr. Magoo's White Majic



Mr. Magoo's White Majic



Mr. Magoo's White Majic

## Physical Examination

**Strain:** Mr. Magoo's White Majic  
**Breeder:** Mr. Magoo  
**Grower:** 420grower  
**Judge:** Skunk-mad & Family  
**Date:** May 19, 2010

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

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

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

Clear - 40% Cloudy 50% Amber 10% Dark

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

Brown 5, Green 9, White 6, Rust 8, Orange 8,

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

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

Floral 7, Pepper 7, Hash 6, Skunk 8

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

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

**9. Weeks cured:** 3-4 If know the number of weeks your sample has been cured.

**Comment** -On first seeing this bud i was struck by how crystallly it was.it had been dried & cured very well.this is a quite compact/dense strain with nice size nuggets.



## Smoke Test

- 1. Utensils:** Joint with Headquater papers, Wild Honey blunts
- 2. Taste descriptors:** Use numbers 1-9 that apply to the taste where 1 indicates a subtle presence and 9 indicates a very pronounced presence  
Floral 6, Pepper 7, Hash 8, Skunk 8, Citrus 7
- 3. Taste:** 9 Very nice Impression of the taste from 1-10 unpleasant-delicious.
- 4. State of dryness:** 5 excellent 1-10 wet-dry where 5 is ideal.
- 5. Smoke ability:** 8 very kind to the throat smoke ability of the sample from 1-10 harsh-smooth.
- 6. Smoke expansion:** 8 very thick smoke from this strain smoke expansion in the lungs from 1-10 stable-explodes.

### Smoke Test Comments:

We found that this strain is a great for during the day & is by far the best strain we've come across for migraine sufferers. I'm not saying that it's not strong because it does pack a punch but you can quite easily get work done. My partner said it put a spring in her step today & she went through the house cleaning like a Tasmanian devil.

### FOLLOW UP QUESTIONS

- 1. Dosage:** 2 spliffs or 1 fat blunt to reach desired effects.
- 2. Effect onset:** 7 slight creeper Rate of how quickly the effect hit from 1-10 immediate-major creeper.
- 3. Sativa influence:** 0 Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- 4. Indica influence:** 10 indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
- 5. Potency:** 8 Rate the potency of the sample from 0-10 none-devastating.
- 6. Duration of effect:** 15 -2 hours
- 7. Tolerance build up:** - Rate of how quickly tolerance builds from 0-10 none-rapid.
- 8. Usability:** - from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.  
Morning/wake up 7 Day/work 10 Evening/relax 7 Night/sleep 6
- 9. Overall satisfaction:** 8 Rate your overall satisfaction from 1-10 poor-Holy Grail.
- 10. Ability and conditions:** 7 Rate your overall ability to judge from 1-10 low-high.
- 11. Do you personally consider this strain a keeper for long term use?** Yes
- 12. Effect:** What effect did the strain have write P if the you got a POSITIVE effect and N if you had a NEGATIVE effect

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

### Extended Medical Survey:

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

**FINAL COMMENTS:** - This is a great little strain by Mr Magoo it's very tasty & I've found that elusive strain for migraine sufferers. Thank you Mr Magoo.



Cheese Bubble Hash



Cheese Bubble Hash



Cheese Bubble Hash

## Physical Examination

**Strain:** Cheese Bubble Hash  
**Breeder:** Rockster  
**Grower:** Skunk-mad  
**Judge:** Skunk-mad & Family  
**Date:** July 14, 2010

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

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

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

Clear - Cloudy x Amber x Dark

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

Brown 8, Gold 8, Black 9

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

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

Pepper 6, Menthol 6, Hash 9, Musk 7, Spice 7

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

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

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

**Comment -**



## Smoke Test

- 1. Utensils:** glass bong, medium glass pipe, bucket bong
- 2. Taste descriptors:** Use numbers 1-9 that apply to the taste where 1 indicates a subtle presence and 9 indicates a very pronounced presence  
Hash 9, Spice 8
- 3. Taste:** 10 Impression of the taste from 1-10 unpleasant-delicious.
- 4. State of dryness:** 5 1-10 wet-dry where 5 is ideal.
- 5. Smoke ability:** 10 smoke ability of the sample from 1-10 harsh-smooth.
- 6. Smoke expansion:** 9 smoke expansion in the lungs from 1-10 stable-explodes.

### Smoke Test Comments:

I have made bubble hash a few times from different trim but this hash made from the trim of a cheese plant is by far the best tasting hash ive had the pleasure to smoke. The plant was harvested when I had 50% cloudy & 50% amber trichomes which I think has produced some excellent smoking bubble hash which is very smooth on the throat.

### FOLLOW UP QUESTIONS

- 1. Dosage:** 1 bowl to reach desired effects.
- 2. Effect onset:** 1 Rate of how quickly the effect hit from 1-10 immediate-major creeper.
- 3. Sativa influence:** 8 Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- 4. Indica influence:** 2 indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
- 5. Potency:** 10 Rate the potency of the sample from 0-10 none-devastating.
- 6. Duration of effect:** 2-3 hours
- 7. Tolerance build up:** 0 Rate of how quickly tolerance builds from 0-10 none-rapid.
- 8. Usability:** - from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.  
Morning/wake up 4 Day/work 4 Evening/relax 8 Night/sleep 10
- 9. Overall satisfaction:** 9.5 Rate your overall satisfaction from 1-10 poor-Holy Grail.
- 10. Ability and conditions:** - Rate your overall ability to judge from 1-10 low-high.
- 11. Do you personally consider this strain a keeper for long term use?** Yes
- 12. Effect:** What effect did the strain have write P if the you got a POSITIVE effect and N if you had a NEGATIVE effect

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

### Extended Medical Survey:

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

**FINAL COMMENTS:** - This bubble hash really surprised me in both its potency & its ability to give me a good nights sleep. The smoke from this hash is very thick & you can feel it explode in your lungs like a bomb. It definitely gets the creative juices flowing but if you smoke too much you are not doing much as it just sticks you to the chair. It's amazing what you can get from left over trim im never throwing any away again.



## STRAIN CATALOGUE



### DNA

REGULAR PACKS OF 13  
Lemon Skunk \$150.00

FEMINIZED PACKS OF 5  
Cataract Kush \$80.00  
Headband \$110.00  
Kushberry \$100.00  
Kandy Kush \$110.00  
OG Kush \$110.00  
Sour Cream \$80.00  
The #18 \$110.00



### DUTCH PASSION

FEMINIZED PACKS OF 5  
AutoBlueberry (auto flower) \$100.00  
Blueberry \$134.00  
Dutch Cheese \$110.00  
Durban Poison \$90.00  
Mazar \$110.00  
Ortega Indica (medicinal strain) \$85.00  
Pamir Gold \$82.00  
Passion #1 \$80.00  
PolarLight temporarily not available  
(auto flower)  
Power Plant \$100.00  
Purple #1 \$80.00  
Skunk #11 \$68.00  
Snow Bud \$72.00  
Snow Storm temporarily not available  
(auto flower)  
Strawberry Cough \$110.00  
The Ultimate \$116.00  
Tundra \$86.00  
Ultra Skunk \$100.00

FEMINIZED PACKS OF 10  
Durban Poison \$150.00  
Jorge's Diamonds #1 \$180.00  
Orange Bud \$140.00



### FINEST MEDICINAL SEEDS

FEMINIZED INDICA PACKS OF 5  
Citrus Skunk \$75.00  
Medifemss \$75.00  
Medi Kush \$75.00  
Peace Maker \$75.00  
Skunk NL \$75.00  
White Rhino \$75.00  
White Widow \$75.00

FEMINIZED SATIVA PACKS OF 5  
Amnesia Haze \$95.00  
G13 \$95.00  
NL 5 Haze \$95.00



### GREEN HOUSE SEED COMPANY

FEMINIZED PACKS OF 5  
A.M.S. \$60.00  
Arjan Haze #1 \$95.00  
Arjan Haze #2 \$95.00  
Arjan Haze #3 \$92.00  
Arjan Strawberry Haze \$97.00  
Arjan Ultra Haze #1 \$97.00  
Arjan Ultra Haze #2 \$97.00  
Big Bang \$55.00  
Black and White Mix \$80.00  
Bubba Kush \$85.00  
Cheese \$75.00  
Dam Sour \$85.00  
El Nino \$90.00  
Great White Shark \$90.00  
Green-O-Matic \$80.00  
Hawaiian Snow \$105.00  
Himalayan Gold \$80.00  
Indica Mix E \$80.00  
Indica Mix F \$80.00  
Indica Mix G \$80.00  
Indica Mix H \$80.00  
Indica Mix I \$80.00  
Jack Herer \$80.00  
Kaia Kush \$85.00  
Kings Kush \$80.00  
K-train \$85.00  
Lemon Skunk \$70.00  
Neville's Haze \$105.00  
NLSH \$80.00  
Rasta K \$80.00  
Sativa Mix \$85.00  
Sativa/Indica Mix A \$80.00  
Sativa/Indica Mix B \$80.00  
Sativa/Indica Mix C \$80.00  
Sativa/Indica Mix D \$80.00  
Super Lemon Haze \$120.00  
Super Silver Haze \$100.00  
The Church \$60.00  
Train Wreck \$80.00  
White Rhino \$105.00  
White Widow \$105.00



### MR NICE

REGULAR PACKS OF 15  
Afghan Skunk x  
Afghan Haze (ASH) \$145.00  
Critical Haze \$170.00  
Devil \$120.00  
Dreamtime \$75.00  
Early Skunk Haze \$170.00  
Mango Haze \$240.00  
Master Kush Skunk x  
x Afghan Haze \$145.00  
Neville Haze \$240.00  
Walkabout \$55.00

Photo courtesy of Gregorio Fernandez "GOYO"





Photo courtesy of Sonic

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#### NEXT GENERATION

REGULAR PACKS OF 10

Avalon	\$80.00
Brain Warp	\$80.00
Jamaican Grape	\$80.00
Medicine	\$80.00

(Romulan Island Skunk)



#### NIRVANA

REGULAR INDOOR PACKS OF 10

Haze 19 x Skunk	\$80.00
Nirvana Special	\$80.00
Skunk Special	\$80.00
Super Skunk	\$80.00

REGULAR OUTDOOR PACKS OF 10

Mix Sativa	\$80.00
Swiss Miss	\$80.00

FEMINIZED PACKS OF 10

Kaya	\$140.00
Medusa	\$140.00
PPP	\$140.00
Venus	\$140.00
Wonder Women	\$140.00



#### PARADISE

FEMINIZED PACKS OF 5

Automaria	\$90.00
Delahaze	\$100.00
Ice Cream	\$100.00
Jacky White	\$100.00
Opium	\$120.00
Magic Bud	\$75.00
Nebula	\$120.00
Sensi Star	\$140.00
Sheherazade	\$90.00
Spoetnik #1	\$100.00
Sweet Purple	\$75.00
Whiteberry	\$120.00
Wappa	\$90.00

#### PYRAMID

FEMINIZED PACKS OF 6

Lennon	\$140.00
Nefertiti	\$140.00
Pipi	\$120.00
Tiburon (Shark)	\$120.00
White Widow	\$130.00

FEMINIZED PACKS OF 12

Lennon	\$245.00
Nefertiti	\$245.00
Pipi	\$215.00
Tiburon (Shark)	\$215.00
White Widow	\$230.00



#### SERIOUS SEEDS

REGULAR PACKS OF 11

AK47	\$160.00
Bubble Gum	\$140.00
Chronic	\$140.00
Kali Mist	\$160.00
White Russian	\$140.00

FEMINIZED PACKS OF 5

AK47	\$160.00
Chronic	\$140.00
White Russian	\$140.00



#### SOMA

REGULAR PACKS OF 10

Amnesia Haze	\$285.00
Buddha's Sister	\$180.00
Hash Heaven	\$285.00



#### TGA

REGULAR PACKS OF 10

3D Third Dimension	\$105.00
Agent Orange	\$105.00
Apollo-13	\$105.00
Chernobyl	\$105.00
Dairy Queen	\$105.00
Jack The Ripper	\$105.00
JC2 - Jack Cleaner	\$105.00
Jilly Bean	\$105.00
Pandora's Box	\$105.00
Qleaner	\$105.00
Querkle	\$105.00
Space Bomb	\$105.00
Space Queen	\$105.00
(aka Space Jill)	
Flav	\$105.00
(Romulan X Space Queen)	
Vortex	\$105.00



#### TH SEEDS

REGULAR PACKS OF 10

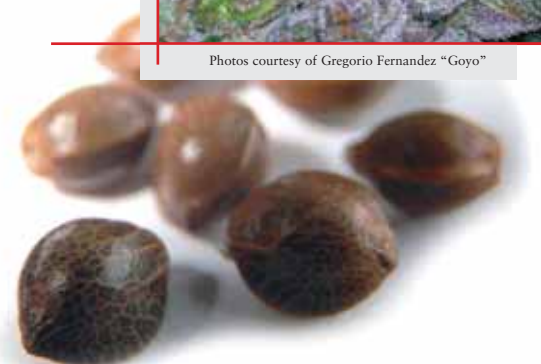
Burmese Kush	\$162.00
Darkstar	\$172.00
Heavy Duty Fruity	\$156.00
Kushage	\$182.00
MK-Ultra	\$202.00
S.A.G.E.	\$152.00
Wreckage	\$192.00

FEMINIZED PACKS OF 5

A-Train	\$92.00
BUKU	\$82.00
(Burmese Kush)	
Kushage	\$92.00
MK Ultra	\$102.00
S.A.G.E.	\$72.00
Sage 'n Sour	\$92.00



Photos courtesy of Gregorio Fernandez "Goyo"





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 K1S 3T4  
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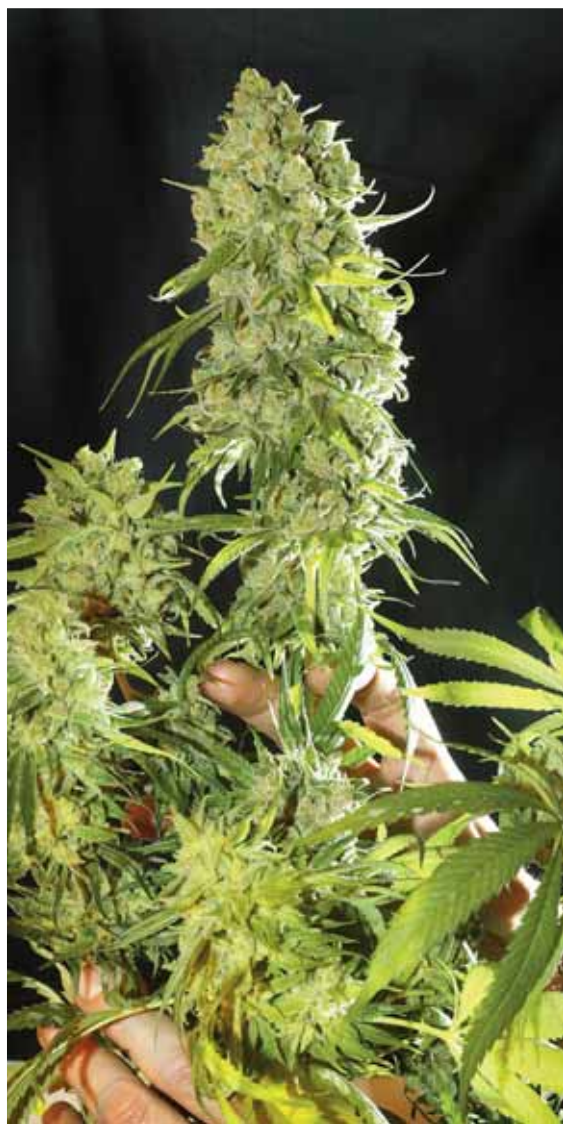
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# Cannatonic

By Resin Seeds



**C**annatonic is a variety from Resin seeds, a Spanish cannabis seedbank, founded in 2008.

Jaime is the founder and breeder of Resin Seeds. He has been active in the grow scene of Spain since 1998, when he opened one of the first grow shops of Spain in Barcelona. Since then he has been involved in the Spanish grow scene, participating and various grow shop projects and as speaker in grow seminars.

On Sunday 27th January 2008, the strain Cannatonic of Resin Seeds won the 3rd prize in the Sativas category at the 21st High Times Cannabis Cup in Amsterdam.

The real surprise though came during the Spannabis fair in Barcelona 2009, at the stand of CANNA, 2 different sample of Cannatonic tested high on THC and CBD. An amazing result considering that expensive pharmaceutical products like Sativex© have this 1:1 ratio between THC:CBD - a ratio very difficult to find in Cannabis where the biochemistry of the plant pushes to either have a THC or CBD dominant variety. Jaime was indeed looking for a medicinal strain and Cannatonic turned out to be the real queen of CBD!

## Genetics

Cannatonic represents the best of both worlds, a phenotype selected from the hybrid cross between a female MK Ultra (F1) & the all time famous G13 Haze male. Grows like an Indica, smells like a Sativa, and renders you...

## Flowering:

Interior 9-10 weeks / Exterior October

## Yield:

Interior 500gr per m2 / Exterior 250-400 gr per plant

## What is CBD?

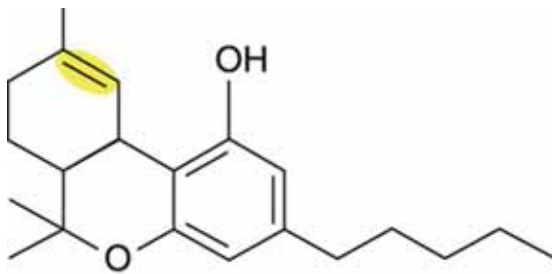
Cannabidiol (CBD) is a major, non psychotropic constituent of cannabis. It has been shown to cause numerous physiological effects of therapeutic importance.

Its exact chemical structure was elucidated by Dr. Mechoulam and Dr. Shvo.

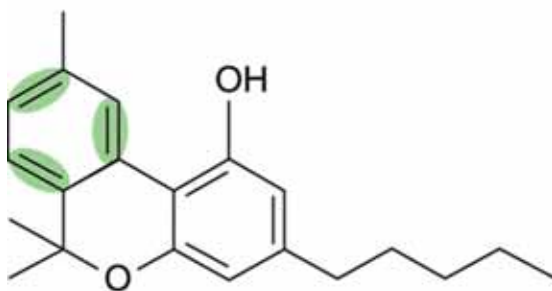
In the last 15 years we have had a remarkable increase in number of scientific publications on CBD, mainly stimulated by the discovery of its anti-inflammatory, anti-oxidative and neuroprotective effects. ;

CBD has an extremely safe profile in humans, and it

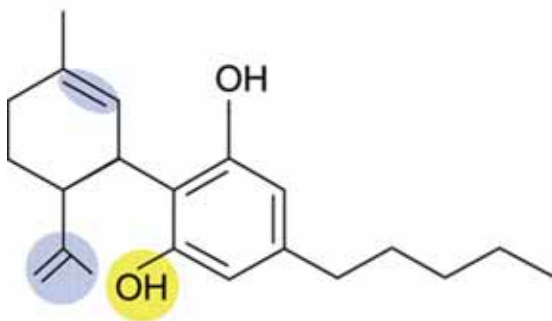




$\Delta^9$ -Tetrahydrocannabinol



Cannabinol



Cannabidiol


has been clinically evaluated (albeit in a preliminary fashion) for the treatment of anxiety, psychosis, and movement disorders. There is good pre-clinical evidence to warrant clinical studies into its use for the treatment of diabetes, ischemia and cancer.

### In which Cannabis plants and products do we find CBD ?

Most of the varieties of industrial hemp, from which we extract natural fiber and seeds for food products, are CBD dominant and contain an average 4% CBD / 0.3% THC

Most Cannabis consumed in the recreational market is THC dominant, meaning that it ranks high in THC and very low in CBD (on average 12% THC / 0.2% CBD). Breeders efforts to increase the THC content of their varieties have left CBD (not dominant) down to very low levels.

In hashish, especially the one made in the Himalayas and Morocco, CBD is usually present in concentrations that are equal and sometimes superior than the ones of THC (I.e 12% THC / 11% CBD). This is due to the fact that hashish is made by extracting the resin from a large population of plants, which have grown outdoors from mixed seeds THC dominant plants are harvested and dried together with CBD dominant plants. During the extraction process the extracted resin from all plants is mixed together – therefore bringing both cannabinoids in the final product.

More recently new varieties that contain both THC and CBD in high concentration in the same flower have been reported. In particular the variety Bediol, available in pharmacies in the Netherlands, which contains an average 6% THC and 7.5% CBD and the variety Cannatonic, from the Spanish seedbank Resin Seeds with 6.9% THC and 6.2% CBD, as tested by CANNA research at Spannabis 2009 

### Scientific references:

*Non-psychoactive plant cannabinoids: new therapeutic opportunities from an ancient herb*

Angelo A. Izzo<sup>1,4</sup>, Francesca Borrelli<sup>1,4</sup>, Raffaele Capasso<sup>1,4</sup>, Vincenzo Di Marzo<sup>2,4</sup> and Raphael Mechoulam<sup>3</sup>

<http://www.ncbi.nlm.nih.gov/pubmed/19729208>

*Org. Biomol. Chem.*, 2005, 3, 1116 – 1123

*Enantiomeric cannabidiol derivatives: synthesis and binding to cannabinoid receptors*

Lumir O. Hanu, Susanna Tchilibon, Datta E. Ponde, Aviva Breuer, Ester Frider and Raphael Mechoulam

<http://www.ncbi.nlm.nih.gov/pubmed/15750656>

*Cannabidiol: from an inactive cannabinoid to a drug with wide spectrum of action*

Antonio Waldo Zuari

Department of Neurology, Psychiatry and Medical Psychology, Faculdade de Medicina de Ribeirão Preto, Universidade de São Paulo (USP), Brazil

<http://bit.ly/a3lcSS>

Chemical data	
Formula	C <sub>21</sub> H <sub>30</sub> O <sub>2</sub>
Mol. mass	314.46
SMILES	eMolecules & PubChem
Physical data	
Melt. point	66 °C (151 °F)
Boiling point	180 °C (356 °F) (Range: 160°C-180°C) <sup>[1]</sup>

Dutch Cheese feminised from Dutch Passion:

# Say "Dutch Cheese"

and smile (for hours)

Words & Pics: Green Born Identity - G.B.I



© GREEN BORN IDENTITY - G.B.I





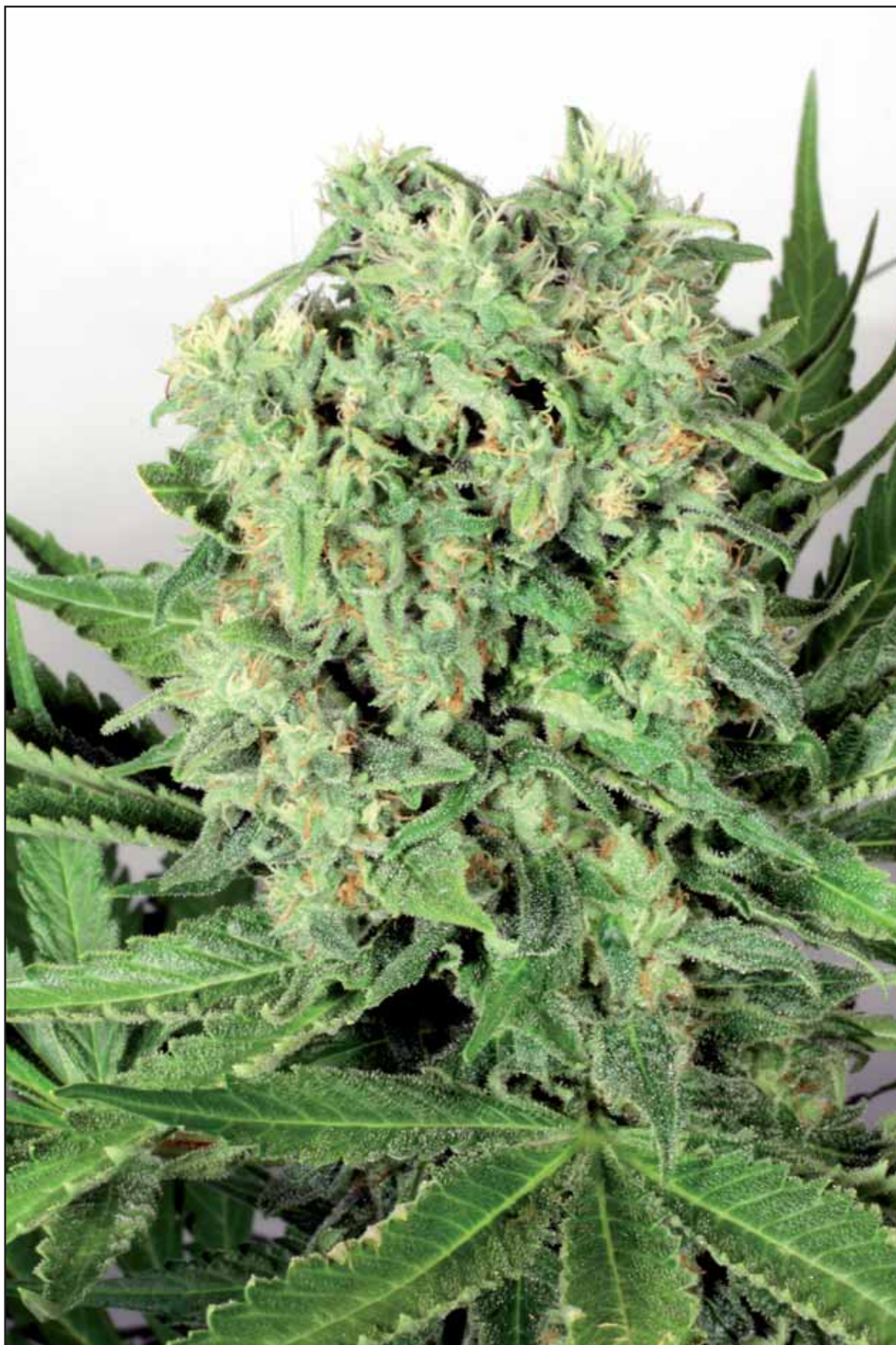
**D**utch cheese, the milk cheese, enjoys worldwide popularity, well-known as a superior product. When a seed bank like Dutch Passion aims at breeding cannabis genetics that shall bear this traditional trade mark name, it faces the challenge to live up to that high standard associated with Dutch cheese, to make Dutch Cheese, the cannabis strain, a new quality standard itself. No wonder that Dutch Passion reports on the breeding process of Dutch Cheese: “For the creation of Dutch Cheese (60% sativa, 40% indica) our breeders took the best cheese genetics and crossed them with various other strains. We were looking for the ‘perfect match’, where two stable strains can be crossed to give a new variety that improves on both of the parents.” That ‘perfect match’ then was found in Dutch Passion’s own Euforia strain, a potent and high yielding Skunk selection that is a personal favorite of some of the Dutch Passion team. According to Dutch Passion, “the crossbreeding with Euforia has not compromised the cheesy qualities at all. But it has given improved potency and significant yield improvements, growing to a height of 60-80cm with lots of sticky side buds that show some internodal spacing that will help prevent bud rot/mould – an important feature for a heavy-yielding variety.” Dutch Cheese is suitable for indoor and greenhouse cultivation, it finishes flowering within 8-10 weeks, under natural light ripening in the second half of October.

The famous Cheese genetics that were used by Dutch Passion for creating Dutch Cheese date back to 1988/89, it was a special genotype of Skunk #1 that

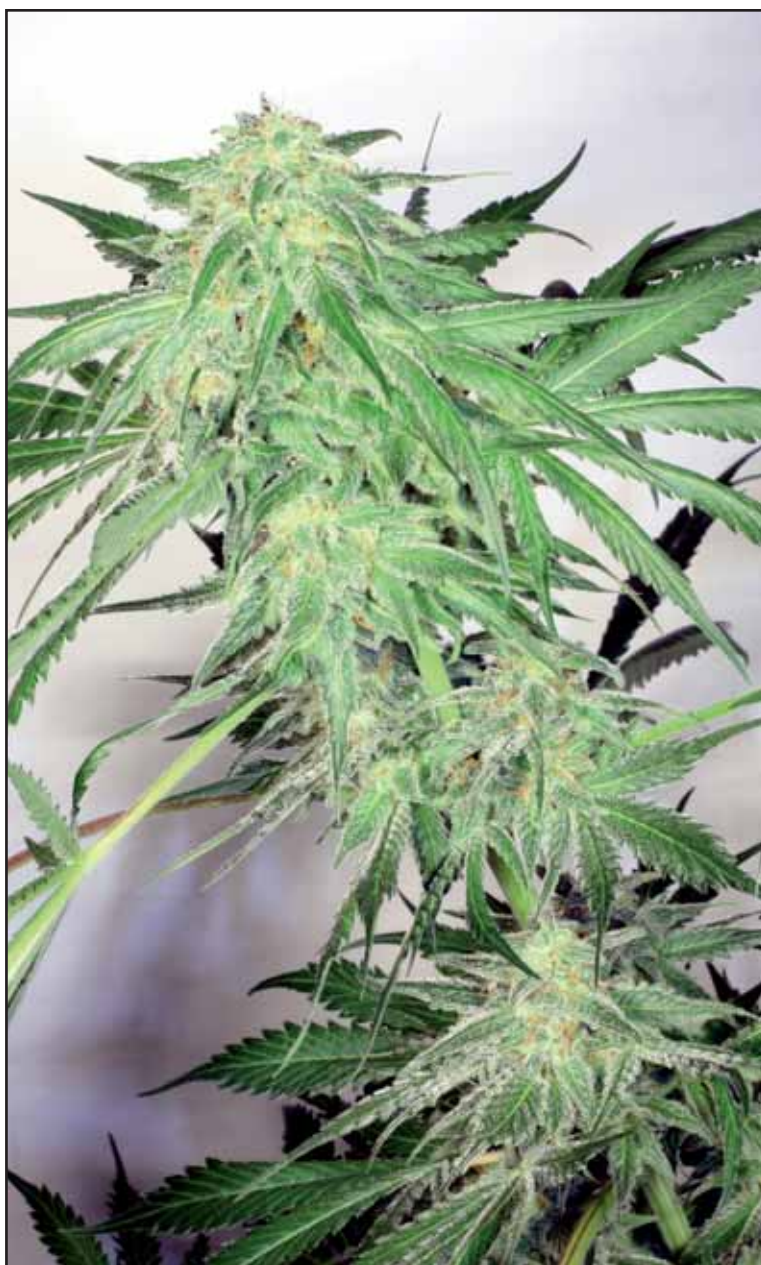
had been selected by a grower in South East England. This special Skunk plant had big buds and a cheesy sweet aroma and was maintained as a clone that was called “Cheese”. This clone was spreaded all over England in the 90ies, gaining a big deal of popularity. It was UK breeder Big Buddha who brought the Cheese genetics to worldwide prominence then in the middle of the next decade, by having bred Big Buddha Cheese which was genetically very close to the original Cheese plant, but refined with Afghan landrace genetics.

The grower “Greenhouse Joe” put a whole bag of 10 feminised Dutch Cheese seeds to the test. Contrary to what his name is associated with, he grew them indoors, under a 400 watts high pressure sodium lamp. They had to share the growing area with six other plants grown from feminised seeds.

Germination of the ten Dutch Cheese seeds was super fast, setting a new record never experienced before by Greenhouse Joe – within 48 hours, all of them had successfully sprouted! So they seemed to be extremely viable and the grower was looking forward to a great cultivation cycle. After a few days, he transplanted the young seedlings to 7.5 litre pots filled with Plagron Standard Mix soil. They were illuminated by four 36 watts fluorescent lights - one half with cool white, the other with warm white spectrum - in the first two weeks, then Greenhouse Joe replaced them with a 400 watts high pressure sodium lamp suitable for both the vegetative and flowering stage. They spent four weeks in the vegetative stage, with a daily light period of 18 hours. ▷







Vegetative growth was excellent, the ten Dutch Cheese plants thrived very well, turning out to be very homogeneous also. They produced indica typical dark green and quite broad leaves, but had a more open canopy (while they still were quite compact) and significantly more and longer side branches than a pure indica when flowering was induced by Greenhouse Joe after four weeks by reducing the light period to 12/12. The height of the plants was between 70 and 85 cm at that point of time. They already gave off a strong spicy smell that was omnipresent in the grow room.

In the course of flowering, certain differences in height became more noticeable, but almost all of the plants

had a very similar growth and flowering pattern, producing a thick main cola surrounded by several well-developed side tops in the medium and lower zones of the plants. They had a very high calyx-to-leaf ratio for the most part, with the top colas exhibiting particularly few flower leaves. Bud formation was dense and tight, much more reminding of indica than sativa. All the plants produced excellent or even abundant amounts of resin, while some of them were especially white and sticky. That trade mark cheesy smell was present on all of the plants and extremely powerful in the end. Also, the ten Dutch Cheese plants had proven to be 100% female, there wasn't any male flower at all. They measured between 95 and 115 cm in height on the first harvest day, when after 56 days the first five plants were stripped down. The other five were harvested within five more days. Against the background of 8-10 flowering weeks stated by Dutch Passion, that flowering time of 8-8.5 weeks was a fast finishing flower result for Dutch Cheese.

Weighing the carefully dried Dutch Cheese buds revealed that each plant had yielded 33 grams on the average, resulting in a total of 330 grams. Together with the yield of the six plants of the other feminised strain grown on that area, the outcome was more than 500 grams from 1.2 sq metres – certainly an excellent result for plants grown from seed.

The buds had a great cheesy and skunky aroma and taste, but produced quite a mild delicious smoke. The onset of the THC effect was very quick and mighty, emerging into a long-lasting strong high that covered the whole spectrum, providing both an intense cerebral sativa flash and a certain deal of indica stonedness that was increasing in the second half of the high.

Needless to say Greenhouse Joe was very happy with the overall results of his feminised Dutch Cheese grow. With a big tupperware box full of Dutch Cheese buds in his hands, he had a broad, very "cheesy" smile on his face...

Green Born Identity – G.B.I. 🇳🇱



# Women and Weed

Female energy is some of the finest energy I know of on Planet earth. All of my finest smoke comes from female plants. Back in '67, I started smoking Marijuana. Ever since then it has been pretty much a guy thing, working with weed. That is until the last few years.

What I see happening now is that women are starting to jump in to the mix. Bringing their nurturing energy into the growing and selling department. Women being Mother's or potential Mothers, bring that caring mothering energy to the plants. The plants Love working with women.

In a great garden you need all the different stages of growth doing their thing in a particular area, ie. Seedlings, Mother-plants, clones, and flowering females.

In my gardens I have a lot of help from women. One of my friends, a beautiful lady, keeps Mother-plants for me and makes clones. She never did this before I showed her how. Now she can run the whole operation. Taking cuttings from the Mom's, sticking them in the rooting agent, spraying neem oil to prevent spider mites, fertilizing with guano and organic supplements. Women are fast learners.

When it comes to sales in my seed company, I always ask the girls around me for feedback and ideas to make

the business run better and smoother. They always help me with order and artistic enhancement.

When I first started entering in the High Times Cannabis Cup, there were very few Goddess's in the group, now there are even Miss High Times, and many have now had the chance to wear that title.

When I was younger it seemed almost all the girls I knew smoked tobacco, but not cannabis. That has changed a lot over the last few years and many women have stopped smoking tobacco and taken up weed smoking instead.

Except for the heavy lifting, soil bags, water, lumber, etc. in my opinion Women rule. When I smoke cannabis that fine women I know have grown, it tastes like Heaven. So much cannabis is covered with male energy from start to finish, I have started to really notice cannabis with mostly feminine energy behind it, and I like it better.

What I see in the near future is that the role of women and weed will grow more and more and certain women will get leading roles in the cannabis movement.

Every Tuesday night I go to this great sauna. They have let me turn Tuesday night into a cannabis night, where





**3 Goddesses**  
**Fine Smoke**  
**Lavendar**  
**Giant Somantra and Goddess**

I bring my Volcano vaporizer, a bunch of organic smoke, and some great water hash. When I first started doing this I would hand the filled balloon to some ladies and offer it to them and many times they would say “no thanks”, and pass. When my Sweet girlfriend Chlorophylla, started helping me at the sauna some of those same women who said no thanks to me, said oh yes to her, and liked it. I watched that happen many times and realized that a women’s role is very important in public relations.

Women are natural healers and men too, but women are softer, and have a glow about them that is very attractive.

As far as photography is concerned I would always rather take pictures of cannabis plants with beautiful women behind them than men.

In the future ladies will emerge as a great inspiration to the masses of the healing therapeutic uses of this most Sacred of plants.

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





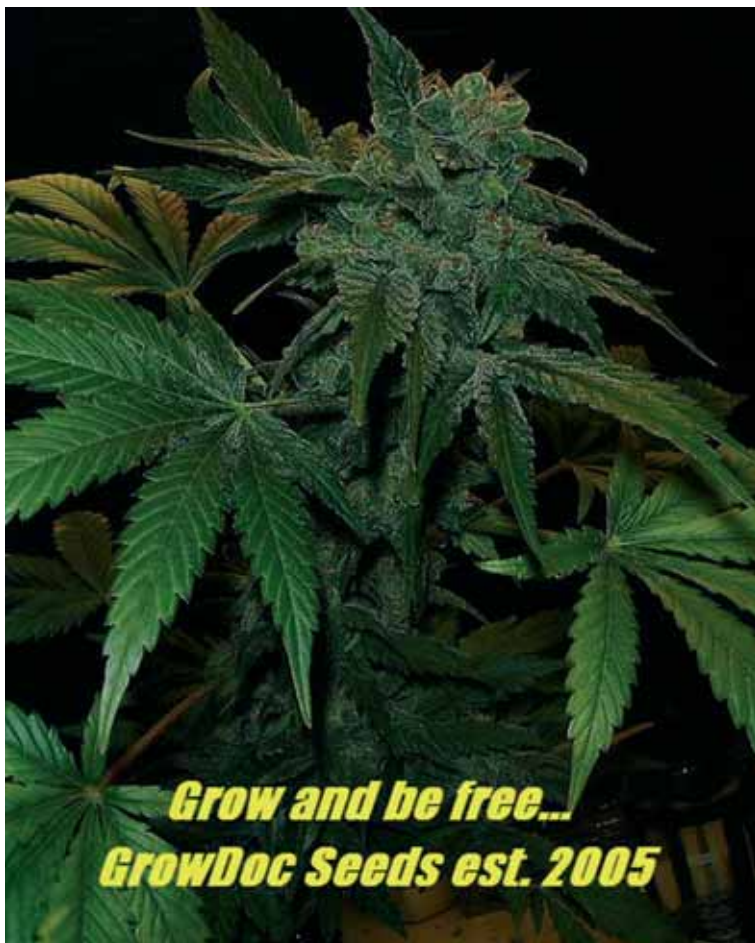
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# T.H. SEEDS PRESS RELEASE

## T.H. Seeds presents MK-Ultrawreck!

Amsterdam, 31st of May 2010

Sounding like a government terrorist plot the MK-ULTRAWRECK will you leave as the name implies ultra-wrecked.

The parent plant MK-Ultra has gained many fans as the OGer bloodlines helped the world taste that now almost world standard KUSH flavor. Twisted together with the unique mentholated signature flavor of the Arcata-E32 Trainwreck, brings on a more complex overall smell and flavor package and boosts the yield through ease of growth. Producing more uniform and sturdy standing plants than the classic "leaning TW's" which can be a bit unruly and effect overall yield.

So If you are looking for a new member to join your cannabinoid liberation front look no further than MK-Ultrawreck...



MK-Ultrawreck, after 9 weeks into flowering

### Specs

Type 50/50 Sativa/Indica  
Height 120-160 cm  
Yield 350-450 p.s.m.  
Flowering Time 58-62 days

### Prices

5 pack: 45 euro  
10 pack: 80 euro

only available in feminized seeds

### Now also Feminized!

The T.H. Seeds Feminized line turned out to be a big success. The line includes the most popular T.H. Seeds strains like MK-Ultra, S.A.G.E., A-Train and Burmese Kush. Recently Kushage, Sage 'n Sour and Wreckage have been added to the Feminized line.

### Contact Info

Hemp Works / T.H. Seeds

#### Head Quarters:

Nieuwendijk 13  
1012 LZ Amsterdam  
tel : 020 4211762  
fax : 020 4210991

[www.thseeds.com](http://www.thseeds.com)  
email: [info@thseeds.com](mailto:info@thseeds.com)

## Product Review



### ...The History of Trimmers

Trimpro has become the industry standard for leaf trimmers worldwide. Indeed, when one thinks of trimmers, the name that immediately comes to mind is Trimpro. But how did this all happen?

Pierre Mercier, whose experience as a machinist at a company that made turbine engines, inspired him to create the first Trimpro Original and found the company. He had been asked by a friend to try to develop a machine that could separate the leaves from plants with minimal damage to the delicate flowers. After a couple of unsuccessful experiments, he came up with the idea of creating a vacuum effect, like a turbine, under a grate so the leaves would be gently pulled through the slots where a spinning blade just below the surface of the grate would cut the leaves off, leaving the flower on the surface. Prototypes were made and introduced to a distributor based in Eastern Canada by the name of Biofloral. The owner, François Deguire, immediately realized the potential of the product and agreed to take on the task of marketing and distributing Trimpro products. The acceptance and demand from consumers was greater than anticipated, forcing Pierre to move production from his garage to a machine shop with offices and storage. The company was moved to just outside Montreal, Canada and remains in the same location.

Patents were secured in Canada and the United States, with Pending status in Europe and Australia. Andre Mercier, Pierre's brother, joined the company to continue to expand its scope of sales. He was living in Barcelona at the time and travelled throughout the country, as well as other parts of Europe, and quickly picked up on the specific requirements of the region. To respond to the demands from European growers, a plant trimmer based on the same principal as the Trimpro, but smaller, was introduced to the market. It was called the Trimbox.

Soon after, enhancements were made to each machine to meet the particular demands of customers. The **Workstations** for both the **Trimpro** and **Trimbox** were introduced, resulting in four machines available to meet most trimming styles, but the continuous effort to improve did not stop.

They realized there was a requirement for a more productive and safer piece of equipment, so they started the development of the second generation of trimmers. The focus was to design a machine requiring less manipulation by the operator. A circular hermetic structure was added on top of the grate, creating a whirlwind effect. Adding a stronger motor and a second set of the famous Trimpro blades created enough wind for the plants to move on the







surface of the grate while the leaves were pulled through the slots and trimmed — the same concept as the original Trimpro. In 2006, this novel machine called the Automatik was introduced with great market acceptance.


It wasn't long before requests to produce a higher volume **Automatik** machine were being received from growers. This led to the development and production of the largest Trimpro presently on the market, the **XL**. Again, a more powerful motor and extra set of blades were required, as well as a redesign of the grate. The results were spectacular, with immediate acceptance in the North American and Australian markets, Europe not being far behind.

Innovation is at the cornerstone of Trimpros success. In 2009, the **Gasoline** model was added to the line. Made for growers who prefer to work outdoors, the machine employs a 1.3 hp Honda gas motor with the Automatik technology.

In their continuing efforts to meet the requests of their customers, they will be introducing another new machine this year — the **Trimpro Rotor**. The design deviates from the traditional Trimpro but displays the same pride and engineering. The plants are gently rotated over the grate by leather fingers and trimmed by the razor sharp Trimpro blade system. This machine compliments the Automatik by using a different technique to move the flowers on top of the grate.



The success of the Trimpro product line is based on the fact that they are simple, efficient and durable machines. When introduced, they responded to a real market need, as, apart from scissors, there were really no other products available to growers. By constantly improving upon the original model through innovation, Trimpro has succeeded in building an excellent reputation, one that is the envy of their competitors. This is backed up by their excellent after sales service and warranty.

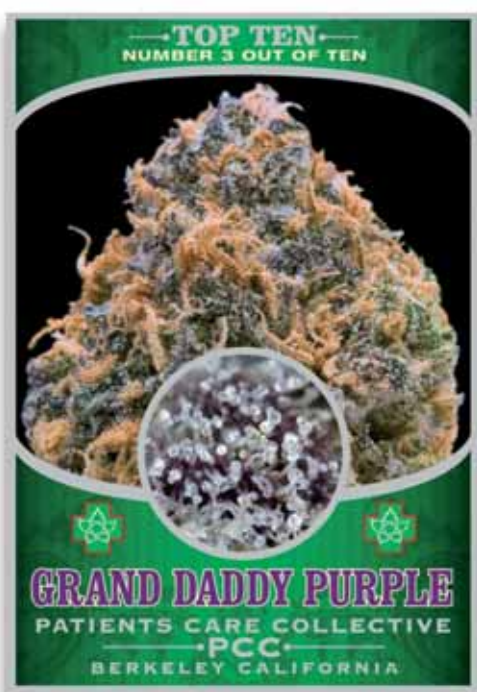
Trimpro has grown from a concept to an established company employing more than 20 people in their shop and offices. Proudly made in Canada, the Trimpro line of trimmers are simply the best on the market. 

## New Product

June 16, 2010 FOR IMMEDIATE RELEASE

# MEDICAL CANNABIS COLLECTOR CARDS RELEASED

Educational and Fun Cards are a Big Hit at Cannabis Expo's in San Francisco, Los Angeles.



### Contact:

David Bowers or Erik Miller  
Berkeley Patients Care Collective  
Phone: 510-540-7878  
Email: [berkeleypcc@gmail.com](mailto:berkeleypcc@gmail.com)

**Berkeley, California, USA** - The Patients Care Collective (PCC), a medical cannabis dispensary, has introduced the first 10 of their strain-specific collector cards aimed at providing information about cannabis strains in an accessible way. The cards debuted at the International Cannabis and Hemp Expo, at San Francisco's Cow Palace Arena on April 17, 2010, and quickly became the talk of the event. The cards were then shown the following weekend at the THC Exposé at the Los Angeles Convention Center, and again made a splash as one of the most talked-about facets of the show. The cards feature beautiful photos taken at the PCC, along with genetic, flavor, effect, and medicinal use information for each of the strains showcased. Innovative design and a





distinctive foil stamping really set the cards apart as individual works of art. For this first "Top Ten" series, the featured strains are:

**OG Kush, Jack Herer, Grand Daddy Purple, Afghani Goo, Cheese, Head Band, Strawberry Kush, Blue Dream, Romulan, & Sour Diesel.**

"The trading cards were designed as a fun way to help patients learn about the different varieties of medical cannabis," said David Bowers, manager at the Berkeley PCC. "We are excited to see more awareness about the many benefits of cannabis, and we are going to do our best to educate ourselves and others about this amazing medicine."

The Berkeley Patients Care Collective was established in 2001 to provide the highest quality medical

cannabis, along with personalized service and information to help patients get the most from their medicine. For now, the collector cards are available exclusively at

**the PCC**  
**2590 Telegraph Avenue**  
**Berkeley, CA 94704**

although digital versions can be seen on their website, [www.berkeleypatientscare.com](http://www.berkeleypatientscare.com).

## What's next?

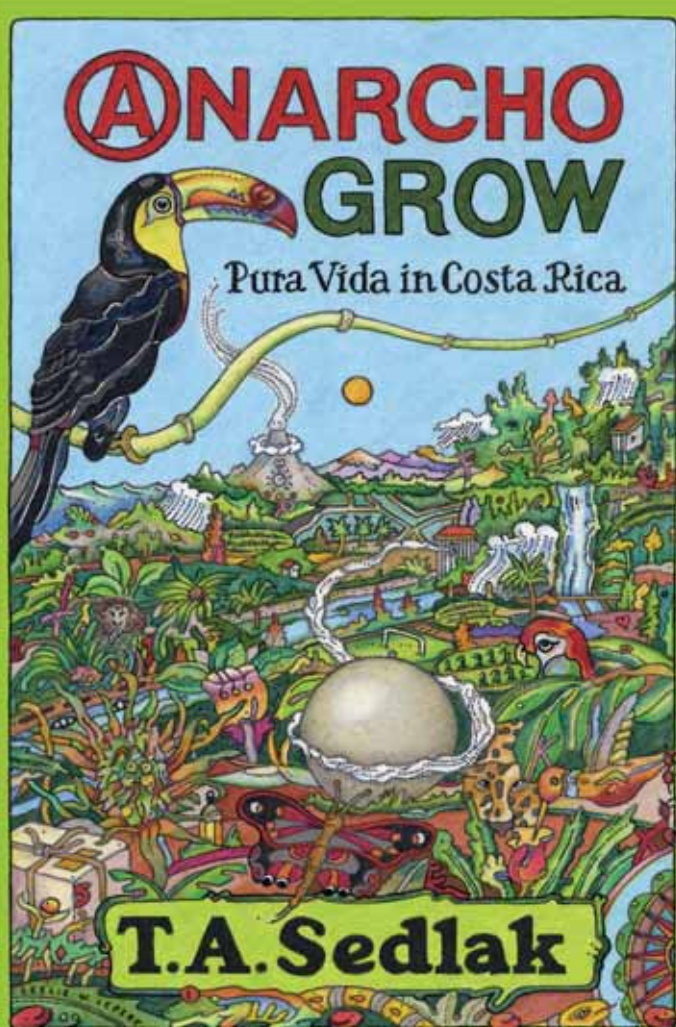
Cards 11 through 20 are already in the works... For more information, please contact David Bowers or Erik Miller at 510-540-7878, 12 noon to 6 pm, PST. 🍀



# ANARCHO GROW

Pura Vida in Costa Rica

THE PATH TO REVOLUTION



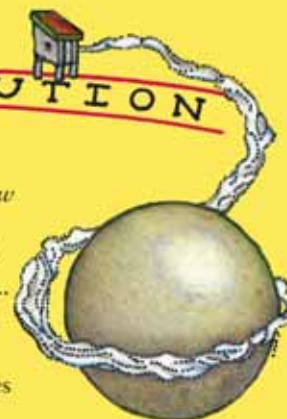
"T.A. Sedlak's *Anarcho Grow* is the best marijuana adventure novel since T. C. Boyle's *Budding Prospects*... a quick, compelling read."  
—Steve Bloom  
former editor of *High Times*

"*Anarcho Grow* is an engaging story of love, political intrigue and utopian hopes. It is eminently readable and emotionally compelling."  
—Howard Zinn  
renowned historian and author

"...the adventures within the storyline will keep you interested until the last page."  
—Skunk Magazine

"It's a riveting, rollicking read..."  
—Weed World

Read the first chapter at  
[www.tasedlak.com](http://www.tasedlak.com)



The above images appear before each chapter, so the reader witnesses the life cycle of the plant as he reads.



# BEST STONER STORY TO DATE

by Alexander Goldman

AUTHOR T.A. SEDLAK has been making his rounds to stoner circles nationwide to promote his new novel, *Anarcho Grow*. He's already traveled from coast to coast this year for marijuana events, concerts, and readings, with more stops still planned in Denver, Seattle, Portland, OR, and Boston. If you haven't caught him yet, look out for him in the future. He could be the next big marijuana celebrity.

Sedlak's novel, *Anarcho Grow*, is set in Costa Rica where the main character had done volunteer work in a small village during college. He later returns, thinking he can help the people more through other means, and introduces them to guerrilla growing. The community begins secretly cultivating in the rain forest, and the money rolls in as they transport the grass to the United States by catamaran boat. However, the C.I.A. soon catches wind and heads down to check in on the operation.

Secondly, though fiction, it's evident that everything in *Anarcho Grow* could happen. Sedlak's of the school that believes fiction should mirror reality. And because of this, there isn't a point where readers say, "Yeah, right," and roll their eyes. Lastly, while marijuana is at



the center of the story, the book's extremely intelligent. T.A. doesn't spend pages rambling about what it feels like to be high, he doesn't create one dimensional, pothead characters who talk slowly and giggle. Instead, he uses marijuana culture, which he's been fully immersed in for more than half his life, to teach readers about different societies, political philosophies, and other topics associated with high-grade literature. And that's why *Anarcho Grow* has drawn hefty praise from former High Times editor, Steve Bloom, countless marijuana industry magazines, and even famous intellectuals, like Howard Zinn and Noam Chomsky. It is the best stoner story to date.

*Anarcho Grow* is an intriguing read. First off, it's fast paced. The rhythm is quick, like a Talib Kweli rhyme, and the diction is simple, like the spare, tightly written prose of Hemingway. After two chapters, you're hooked and won't put it down until it's finished. The reading experience lasted two days for me, five hours each day.



Illustrations and cover artwork by Leslie LePere





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Sean Kush: as featured in the June 6, 2010 L.A Times.



Edible girl from the T.H.C. expose 2010.



Pinapple Kush girl and Sean Kush at the T.H.C. expose 2010.



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May 2010

# Global Marijuana March Buenos Aires

by Mike Bifari

This last Global Marijuana March was an historical one. Nothing will be the same after this incredible demonstration .

This was the first time that the growing cannabis community decided to leave the “Planetario Park” for a real demonstration. “We are tired of just lying there and doing nothing; we want our voice to be heard!” said one. And they did — around 8000 persons gathered around the historical Plaza de Mayo before the rally marched through the main Avenue de Mayo and directly to the congress. It was something never seen before because there were many groups organizing the rally that came from very populated neighbourhoods across the vast province of Buenos Aires.


Different “tribes” gathered around a stage where we had different speakers, who mentioned Edith “La negra,” who passed away this last year; we also mentioned “Jack Herer,” and it was like as if his spirit were there, telling us about all the benefits of our lovely plant. All speakers had one common petition: “Stop the raids against our brothers,” “Stop the

**“Stop the raids  
against our brothers,”  
“Stop the police  
arresting people for  
marihuana”**

*police arresting people for marihuana”* — and they also asked for those who are in prison. We are still waiting for a change in the current “drug law” after the supreme court ruled around eight month ago that, according to the constitution, small amounts of

cannabis for simple possession was no longer a crime. After this a commission was created to give a new draft to the congress, but so far we are still waiting. In the meanwhile, we have suffered raids these last month in the interior of the country .

Something that many of us noticed is that the press did not give the proper attention this time. The day after, one of the members of the Supreme Court, Eugenio Zaffaroni , said that “It [is] the congress’ turn to come out with a new bill and finish with this nonsense with the marihuana issue.”

One thing that everybody agrees is that the law must catch up with us; nobody can stop our growing healthy cannabis movement, especially now that we know how to take to the streets when it’s needed. 





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# 2010 May CABA CUP BUENOS AIRES

x Mr Haze  
Fotos x Eloisa

The cannabis cup Caba is a Grower's cup that supports a greener and happier city besides the claim for the right to home growing as a way to put a limit to the illegal cannabis trafficking.

This event was held at the end of May after a record of cannabis harvest in this part of the world, during this last long 2009-10 season with all the outdoor samples. This was also made in the environment of an incredible gmm2010 that we had the last 8th of May with more than 10000 people marching for their Rights, the general Claim was for a change in what here is called "drug law 23737", and also to ask for medical cannabis as well as the right to homegrown operations.

More than three hundred persons gathered around a closed bar, set up for this special event in the obscure of Buenos Aires city.

It was a rainy day and perfect for a meeting with friends and the more than fifty competitors to smoke and vaporize.

The event had great support from the local head-shops, and had gifts and different prizes for the Winners up to the 7th place in the final charts. We also had a vaporizer table with Mike taking care of the gentle vapor, their was also an Exchange of seeds and buds. Among the supporters we can count grows Cultivaires, Sannabis, Prolec Indoor, Basta de Lobby, Canuto Cañete, Cannabis Club, Bayres no problema, Natural Rasta, Cannabis Club, 1422, Siga la Rama, Pulpot, Mundo Rasta, Cultivo Esperanza, Jamming Bar, and the new "Haze" magazine the first in its kind in Latin America to talk about growing experiences and totally made by growers and breeders from all over South America.

The event started at 10am and finished around 8pm, 8 tables were set up for the growers and judges, the judges had the samples 3 weeks in advance and continued to try them along the day, so between the once chosen by the tables and the judges were the definitive Champions. 🌿

## Each Judge had a card to vote for

- 1- Presentation : appearance, cured, and trimming.
- 2- Aroma
- 3- Flavor
- 4- Potency

## The final positions were:

- 1- CANNALOE HAZE de Chirri
- 2- KALICHA de Pablo
- 3- WHITE WIDOW x SKUNK N° 1 de Ema Ganjah
- 4- CANNALOE HAZE de Bud Science
- 5- WHITE WIDOW de El Chino
- 6- CANADIENSE de Jairo
- 7- MOBY DICK de Craig
- 8- ICE x AK 47 de Turu
- 9- CREAM CAMEL de Pablo
- 10- LOLO de Kili

# OGG:2010

## "Over Grow your Government"

I first heard about the OGG movement in the winter of '08 when I was asked to produce a video announcing it.

Over the past two years it has gained an almost urban legend status amongst the toker's crowd.

Well, what is it?  
When does it happen? Where?

Those were my questions too, and now it's clear to me what it means.

Everybody who smokes medical or recreational cannabis would go out this spring and plant 10 seeds. And think, if 1 in 10 people would plant their seeds, what a statement that would be! And if they got two people to plant and so on and so on...

...We would be unbeatable, undeniable, and a force for Change!

This project starts March 20 in the Northern Hemisphere, so get ready and plan where you will plant. City parks, forests, courts, jails, government buildings, along the highways... Anywhere and everywhere! If they don't get the message, then they will just have to live with it.

So when it is spring in your area, go out and sow some seeds. Get the word out to everybody on the web you know to go out and plant this spring.

The governments are not listening to the will of the people!

Let's show them what we want and how we want it to be!

We, the people, pay their wages!

And they still do what they want.

Marc Emery has fought his whole life to get our herb legal and he is saying

### "OVER GROW THE GOVERNMENT"

Let us all make this year, 2010, the year we bring the governments of the world the message that we want cannabis to be legal!



Print flyers!  
Post them everywhere!  
Phone booths, bathrooms, nightclubs, telephone poles, everywhere!

Let us all get the word out!

### OVER GROW THE WORLD!

Now that the word has gotten out on OGG, I would like to urge all the readers in the southeastern region of the east coast to take to the highways in your area and pay close attention to what is growing along the guard rails. Please feel free to stop and pick a little for yourselves, but please leave some for the next folks too. This is our gift to the people of our states; please enjoy it while you can...

And if this is the first you are hearing of this movement, then please remember next spring and do you part to show your government that we mean business.

Peace and  
Godspeed,

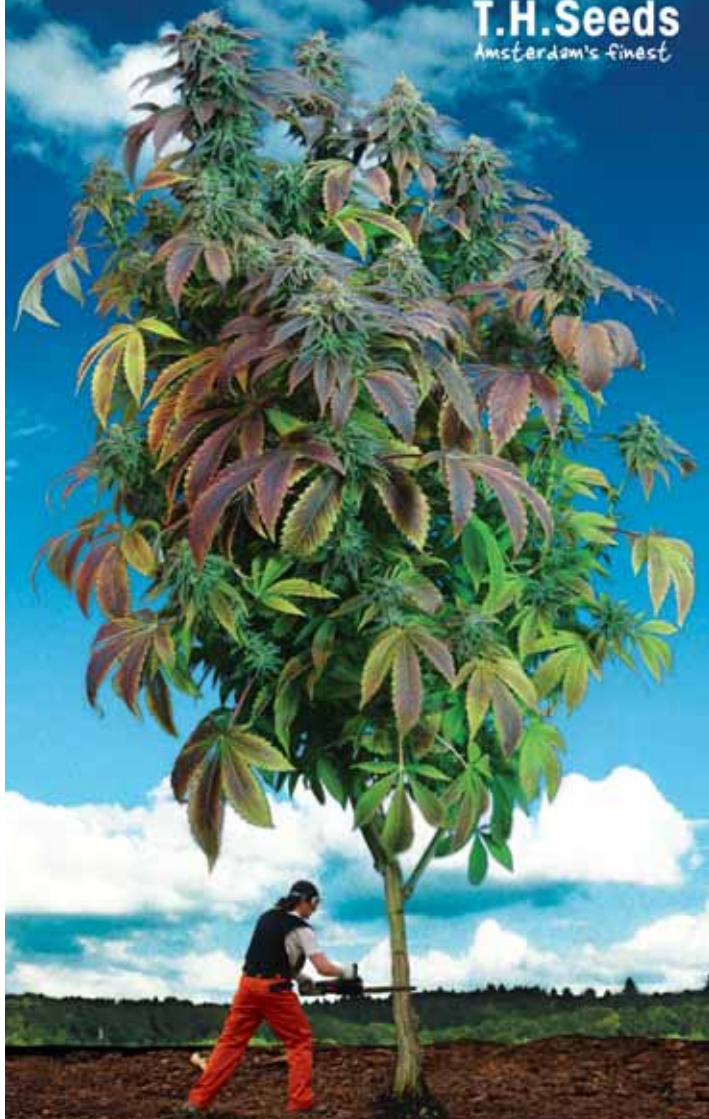
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# Mission Accomplished!

By Compassionate Clevelanders'

In 2009, I attended a Global Marijuana March for the first time ever... I KNEW IT COULD'VE BEEN BETTER. I had stumbled upon this event by accident and had no idea what to expect. On the ride home that day, I imagined making it bigger, better -more educational. During the 30 minute ride home everyone discussed how it could've been better. We daydreamed about next year, and sat some realistic goals for the 2010 Global Marijuana March. I am happy to announce that we achieved every goal (to some degree) this year!

## First Goal: GET THE WORD OUT!

Last year it was only by accident that we discovered this annual event. Everyone we'd spoke to had never heard of this event. There was very limited information about my cities participation on the internet. There was no media covering the march or rally- before or during the GMM.

This year we changed all of that- at least in our town! We told everyone about the event - friends, neighbors and co-workers. We made and posted flyers around the entire town. We had a group of five females posting flyers everywhere. We placed them in public places, and posted them on the intersection light poles. We took turns visiting community boards and reposted as needed. We gathered as a group one night and designated a non-toker to drive us around in her vehicle. It made for a fun night. In all, over 200 posters were displayed in our town!

We also made a HUGE banner with the event location date and time. We planned on draping it across the overpass of a busy intersection. I am sad to announce...

WE CHICKENED OUT! We were not sure of the whole legality issues behind displaying a banner above an interstate highway, and at the end of the night, we postponed it for another day. Unfortunately that day never came. It did make for a nice picture though. There's always next year, and we've already scoped out the perfect location!



We used the internet this year to spread this event information to as many people as possible. We used social networking sites to invite people, and educate them on the medicinal benefits of medical marijuana. We attempted to send out a press release to the major media outlets, but they all failed to print anything about the event. So instead, we used the opportunity to comment on their stories and posted the event info there. Any story that pertained to MJ or health issues, we took the time to comment about the event in their section.





### Third Goal: SPREAD MORE MEDICINAL MARIJUANA INFORMATION!

Medical Marijuana... Where do we begin? This was a dilemma we faced right from the start. There is SO MUCH information that needs to be spread regarding MMJ and the wonderful healing benefits that come along with it. We got overloaded right from the start. I had wanted to spread information on Rick Simpson and the 'Healing Hemp Oil', I wanted to distribute copies of 'Granny's List'. I wanted to burn some DVD's that contained medicinal information to distribute. I wanted to do SO MUCH! There is so much info and so very few people in our group so we had to come up with a plan. We decided to pick just one issue/topic and stick to that.

### Second Goal:

#### GET MORE PEOPLE IN OUR GROUP TO SHOW UP!

Last year there was only a total of four people that we could gather to the GMM. Since we only had a few days notice, we cut our friends some slack. This year we had plenty enough time to gather people up. We had a lot of people saying they were going, but in the end, our group only consisted of seven people. This was a little frustrating since we have tons of friends who toked, and a lot of non-toking friends who support MMJ or legalization, and only seven of us showed up. That is still almost DOUBLE of what our group was last year so hey, I'll take that. There's always next year- and I already starting rallying next years group.

We decided to represent 'The Unconventional Foundation 4 Autism'. This is a foundation that is close to my heart, and an organization that we as a group felt PROUD to represent! I contacted Miekko Perez and offered to do my part to represent UF4A. She sent us 500 postcards with information to distribute. We made matching T-Shirts the night before displaying the website address. We made a large banner to carry at the march. We stayed at the end of the march so the banner would stand out from the rest and wouldn't get lost in the crowd. We entered the banner in the Best Sign Contest - intending to only get our sign read over the loud speaker. To our surprise... We came in 2nd place! We passed out approximately 300 postcards, and spoke with many interested parents and adults who have the diagnosis of Autism or AD/HD somewhere in their family. We brought a whole new medicinal aspect of Marijuana in the picture and educated a lot of misinformed/uninformed people. My brother even managed to get the attention of surrounding police officers and passed out the information to some of them also- and they were actually interested! It was AWESOME!

"I am proud of our group and all we accomplished. I KNOW next year will even be better!

Thanks to all who helped make this years GMM a success... and a special 'Thanks' to our small, but growing group!"

**Lindsay- Organizer**

**Nicole- Posting flyers/Postcard distributor**

**Kelly- Posting flyers/Postcard distributor**

**Kelli D- Posting flyers**

**Falon- Designated driver**

**Jr.- Photographer**

**Sara- Postcard distributor**

**Van- Postcard distributor/Police officer informer**

**Kieola- Supply carrier 🍀**



TY magazine visits the



**By Jeremy Norrie**

TreatingYourself.com  
FutureofFighting.com  
RLDDVD.com

**W**e return this issue to tell the story of the newly renamed THC Expose, the wonderful event that happened this past April in Los Angeles California. Previously, not even a year before, the first attempt at this Expo took place at the LA Convention Center. Since then due to a difference of opinion, the people who put on that original show had parted ways and it was possible it would not return. Despite the problems, there was a new show created inspired by the last, and it would be called the THC Expose. So many companies were excited since the other similar show was such a huge success, and just recently the smaller Hemp show was also very popular, leaving all the vendors very happy. Everyone assumed it would be another great show with more vendors and hopefully more enjoyment for the attendees.

The first day was a Friday and it ended on Sunday, we arrived early to find out that the show had a special crew who was building everything and setting everything up. We foolishly allowed them to help us only to find out later it would cost us a pretty penny. No worries, the show looked promising. There was an age restriction this year, but that meant no “adults” section. There were a good number of vendors, more than the prior shows, and some showed up in just as large a

fashion as before. Still a good number also were much smaller than last time, if they even showed up at all, so that was interesting right away. There was also a noticeable randomness to how the booths were arranged, although some general areas did have a small attempt at organization. Some new cool things were introduced, and they really were great ideas.

There was a relaxation area, and this was a great idea, but it cost extra to go in. Not really worth paying anything extra, but a nice idea I guess. There was a movie screening area that was very cool, and the screening of various marijuana related films was really cool. There was an art section where people had paintings and all kinds of art related items, they also had the tow and grow set up, and there was a hemp museum section. Still if a person walked around, they could easily find out of place booths, I found a hemp oil booth near all the glass pipes, and I found a number of various other misplaced booths. It was very confusing and a number of people came to our booth asking questions and telling us that some of the booths were not where they were supposed to be.

The first day was very slow, only a few people compared to any of the other events. People were disappointed right away. It was nothing like the previous ►



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year or even the Hemp show that happened weeks earlier. There was a small line, but both those previous shows had lines that wove all around the convention center. This seemed like less than 25% as many people as were at either of these other shows, and THIS show was a less expensive ticket price with far more vendors and a much bigger location. It made no sense, and was a shock for everyone. Almost without saying, you can imagine how poorly this whole event was going to go.

The next couple days would be basically the same, with the Saturday being the most popular day by far. When celebrities showed up, there was a bit of pandemonium, but for the most part it was just the booths that featured them that got any attention at all, and I hear they even expected much more. There was something about a Jack Herer memorial and a Cannabis Cup competition that also took place around the same time, so I suppose a good number of people were attending those if you want to give the benefit of the doubt. Still for our booth and all the vendors we spoke to, it was a depressing event. People had spent huge money with many not feeling like they got what they had paid for. Not many of the vendors were making many sales, and even some of the people who had done really well at the previous shows were having a good bit of trouble at this one. The bottom line, people didn't attend like before, and it was up to speculation as to why not.

There were plenty of vendors and the show looked fine with plenty more than the other shows, but I guess people just didn't hear about it or they decided it wasn't worth attending. That Hemp show was so well advertised, everywhere in the city there were signs and virtually everyone anywhere remotely close was bombarded with advertisement for the show, for many people that seemed to be the big difference.

The highlights of the THC Expose for me were the same big names as usual. Advanced Nutrients showed up with a bigger than life display, and so many employees all there to help explain their products and help their loyal customers. They gave away buttons and the winners made money yet again. Then there was Greenhouse who showed up with a huge display of clothing and promotion. There was a nutrient company from Humboldt and a number of glass pipe manufacturers, all looking good. The girls this year were insane, and overwhelmingly abundant, with Pineapple Kush, 420 Nurses and Chronic Candy bringing in the big hitters. DNA has a double display with an Amsterdam side and a California side. THSeeds was representing. Farmacy was also there but much smaller than before. So many great magazines and so many other smaller companies were there, it was really a great collaboration but it just didn't turn out.





So all in all the THC Expose was a fun show. By the end of the last day we hadn't sold even half of our magazines so we just gave the rest away for free and we gave away thousands of postcards. So many people that appreciated the magazine came up to share their stories. It was really great, and once again our friends were all such a big help, a huge thanks to Marijuana Saves Lives! I couldn't have done it without you. Also we want to thank all of our faithful readers who came over to just say hello and offer their compliments on the things they enjoy about our publication. It makes doing what we do much more meaningful when we meet the actual people who get help from reading the magazine. I can't wait for the next one!

That concludes the THC Expose story for this years show at the LA Convention Center. Hopefully you will be able to use the article to find more information about the THC Expose and how you can attend the next one! Maybe they will be coming to a city near you and now you can use this info to make it there or maybe even start a show like this in the future! Watch out for the next issue where we will talk about more cannabis related news. Don't forget to check out [www.Futureoffighting.com](http://www.Futureoffighting.com) to bet on fights and get the latest news about UFC and Mixed Martial Arts, also [www.RLDDVD.com](http://www.RLDDVD.com) for the very best DVD about Amsterdam's Red Light District. Take it easy, have fun, don't believe the hype and find what works for you. Good luck. 🍀

## Cartoon





2010 Amsterdam

# The Highlife Cup

Cup Entries





By Harry Resin

I recently had the pleasure of attending the 2010 High Life cup. The last two years has seen the High life turn back to its roots as a more underground style party. The cup used to always be part of a huge expo first held in Utrecht, a city twenty minutes from Amsterdam. In recent years it changed venues moving to Amsterdam where it was held in the RAI the main convention center here. When the public smoking ban went into effect 3 years ago, the event moved into more of an underground party. The last two years the cup was held at Ruigoord. Ruigoord is a magical village that was abandoned in the seventies and was squatted, eventually becoming a free society/community. In recent years it has thrived as a sort of artists village. An amazing place to see if you are in Amsterdam and if you get lucky they will be hosting one of their amazing parties.

This year at the High Life cup was divided into two

events with a massive barbecue tossed into the middle. The two cups were the Cannabis related cups that they have each year, and this year for the first time they had a product award show with a big tent that had all of the products set up for inspection. As the High Life cup is tied to Soft Secrets magazine they had products from each of the seven or so European countries they publish in.

For this year's cup I was honored to be asked to participate as a judge for the event and was looking forward to judging the samples, however at the very last minute I got bumped as they had more judges than anticipated. I must say I was more than disappointed. I was lucky though as a friend of mine ended up being a judge so we were able to look at all of the samples. As they are all numbered and anonymous it was quite the task going through all of the samples and separating everything. The first thing we ►



**Highlife Bubble**

did was to separate the Indica's from the Sativas which were already divided on the main list so all we needed to do was to match up the numbers to the types. Once we separated the entries into Indica's and Sativa's we could really have a good look at what was there. Our first criteria was smell as this let us make another division into what we could easily identify. We took out the most familiar things which are quite common in Holland, this included the Amnesias, the Cheeses, the Power Plants and Skunks. What we were left with was a small sampling of some interesting things. On the indica side we found a couple of really nice kushes, an SFV type thing and something else that had a similar OG smell. On the sativa side there were not too many samples that stood out. One was the AMG while the other was Sour Diesel from our friend Karma. At the event we check out what the strains were as they being verdamped in Evert's vaporizer's. The standout of all the entries was not even a bud it was a piece of bubble hash (see pictures). This hash was special, it came from a kush as the OG smell was really prevalent when you burned the hash, but we had no idea where it came from. For us it truly was the best in show.

The event is always nice because it's held in the summer and this year the weather was spectacular. We set up with Karma and his crew in Amsterdam and they would follow us in the huge van they rented as we headed out to the party. Karma showed up with his whole crew who are a wicked bunch of guys. They all had these black tins filled with killer dank buds. Karma had just done a selection so we go to try a bunch of things like his jack-nesia. One of my favorites strains that he has is his Happy Brother an old Dutch Indica, so I was quite happy when he whipped out the tin with the Brother. Karma even brought the Karma Genetics bong out to play.

The night started off pretty chilled out as we got a huge table right in front of the church which is a central point in Ruigoord. We blazed out and they started serving some treats from the barbecue. The only thing lacking was in the dessert department, as a smoker you notice the lack of sweets. All in all it was a pretty old school chilled out party.

Ed Rosenthal was there, dressed up as a marine captain and adorned in cannabis leaves as he presented the prod- ➤





Karma sample  
Stilt walker  
Product tents

uct awards. During this part of the evening they also gave out the girl of the year award which was the strain Sensi Star from Paradise genetics. An always welcome smoke, having grown it out myself. One notable standout from the product awards was the 00 box from Spain. This is an awesome storage box ranging from huge humidor style boxes to small portable ones. They all have a screen and make some great hash, I know first hand as I've had the pleasure of meeting the inventor in Spain at Spannabis and he let us puff some of his stash. After this came the actual High Life cup where the awards were handed out for best cannabis strains.

I like awards shows as it is a way for the growers and breeders to get some recognition for their work. In this case one standout amongst the winners was the third prize for haze Hydro, the AMG. This strain is from a dutch breeder that I know who is also in the south of Holland called Ganjaman. The AMG is an old Haze called the MG that is crossed with an Amnesia. I had the pleasure of visiting his shop where he treated us to some AMG and showed us one of his giant trees that he is known for. Its hard to see but the tree in the photo is over 2.5 meters tall about 9-10ft. I needed a huge ladder to get some pics of the top.

Some of the other winners included a shop in Amsterdam called Ocean and one of my favorite shops outside of Amsterdam called the De Vrolijke Gaper, in a city called Gorinchem. They both won for Amnesia, but the Vrolijke Gaper won the overall High Life cup. It seems that the Amnesia is by far one of the most awarded strains out there, and if you include their food line the Hy-pro guys have probably won close to 100 cups. I have to say having met the guys from Hy-pro not only do they have some great Amnesia but they also have one of the simplest, least expensive and best food lines out there. All in all it was a fun night and the party carried on till the wee hours of the night. We left a bit early and headed to Haarlem, a city near Amsterdam for a night cap of some of the finest gelato in Holland. A welcome treat after a night of puffing.

Wish you all love  
and light

Harry Resin

[www.harryresin.com](http://www.harryresin.com) 🍀



Ganja Baba



Karma Bong



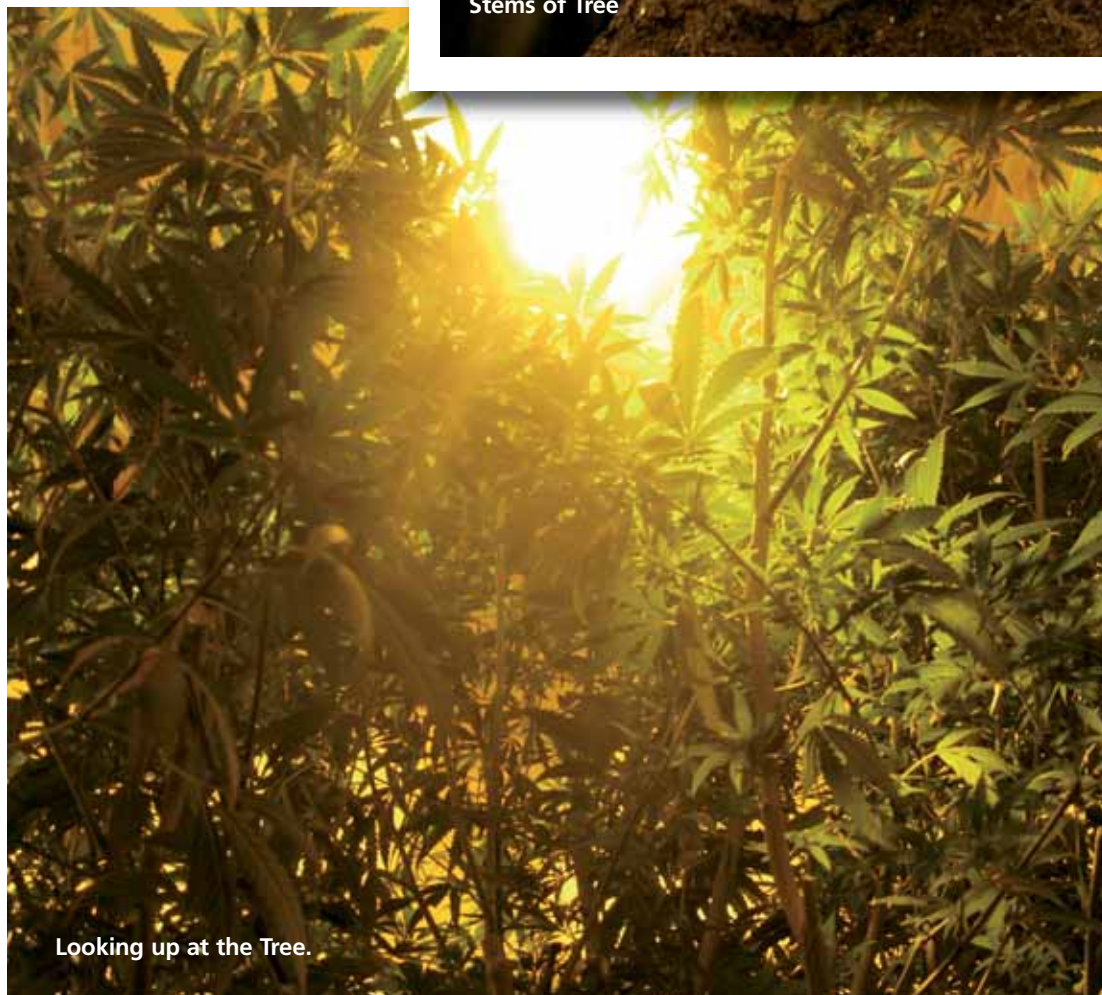
Funky Church steeple



Stems of Tree



Looking up at the Tree.





## The Continuing **ADVENTURES OF MA**



**By Wendal Grant**  
Medicinal Awareness  
[medicinalawareness.ca](http://medicinalawareness.ca)

# Toronto Freedom Festival & Global Marijuana March

**H**ere in Canada if you can get a snow ball rolling you can make it really really big. If you can just keep it rolling it'll grow really large. For Cannabis as Living Medicine (CALM), as well as everyone else involved in the Toronto Freedom Festival and Global Marijuana event knows, exactly what I mean as this event just keeps on rolling and getting bigger all the time. The Freedom Festival is held annually on the north grounds of Queens Park in downtown Toronto Canada. It happens on the first Saturday in May and in conjunction with the Worldwide Global Marijuana March.

When Medicinal Awareness first started to attend this event, as onlookers, the attendance was around 10,000 people. This past year, while participating as helpers at the Treating Yourself booth the announced attendance was over 40,000 people. What can I say but it was packed.

When Mike, Kass and I arrived at the booth, Marco had just dropped off some supplies. As we walked up Scrumptious, a TY member was busy spreading out the newest issue of Treating Yourself Magazine as well as the Treating Yourself Expo show guides. The table display

also had our M.A. brochures as well as VIP pass requests for the TY Expo. Just as we were getting things set up and trying to build up a stock pile of information to give away, we quickly found ourselves handing it out. Sort of like, in one hand and quickly into another. No time to save it, just like in real life with the pay check. This was at 10:30 am, ninety minutes before the festival is to even begin. Otherwise it was great to see people super eager about getting to the site and participating.

After several years of not having a TY booth at this event Treating Yourself editor and publisher Marco Renda thought that this year would be the year to return. Over the past few years members of Treating Yourself web forum have always collected at a special location in the park. This year this special location was behind the TY booth. This would give everyone a location to meet and gather to discuss the latest news or review their latest medication.

Several TY members had chosen to use the booth as a meeting location. Online names like Soma Tek, PH Pete, Mamahawk, Clear Head C and many others made their





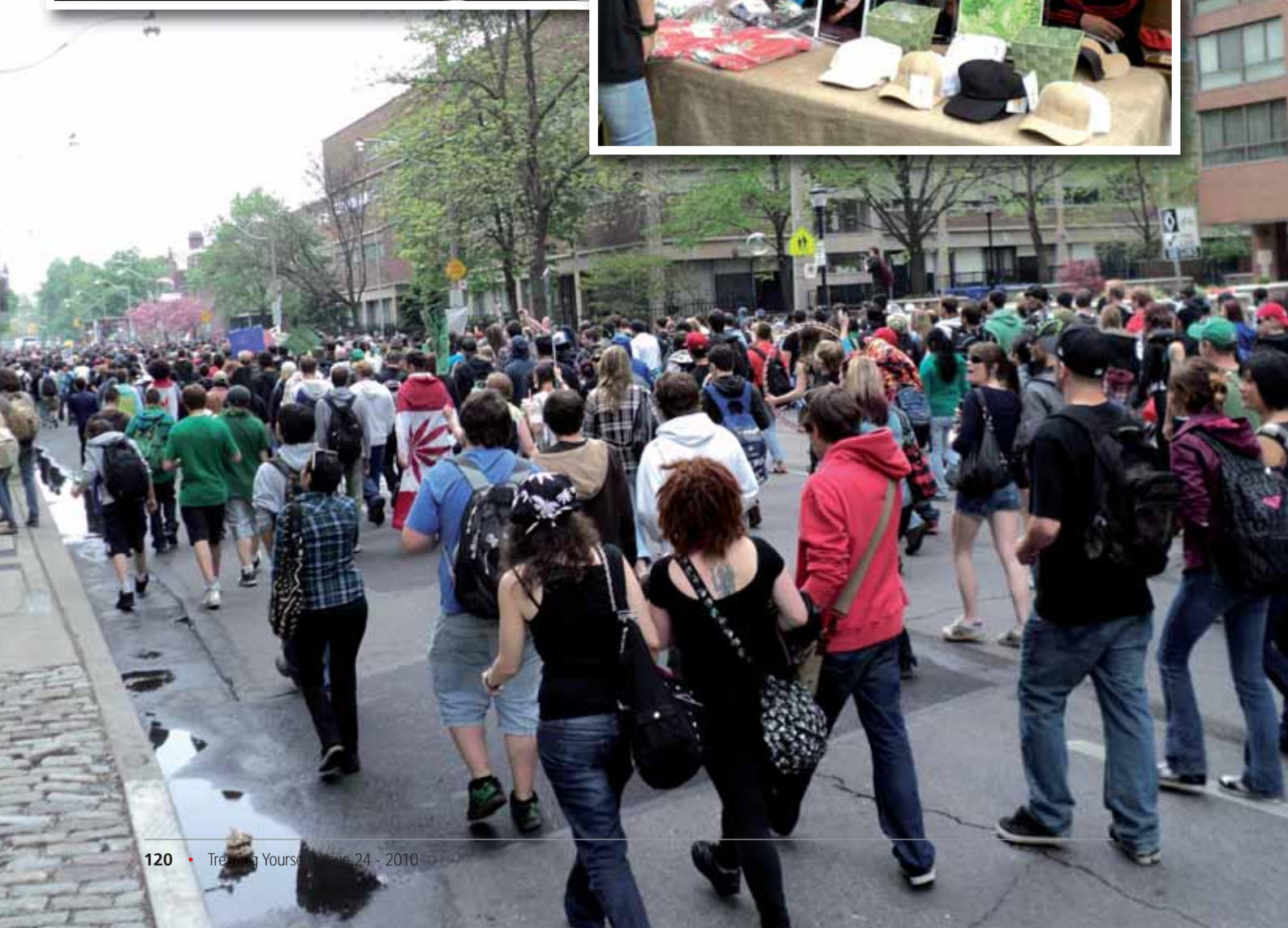
way to the booth. Some people told us they were looking for a person that looked like so and so. With such a huge crowd, like what we had, everyone looked the same so descriptions weren't much good.

To adventure away from the booth was tricky as it was easy to get lost. If you stood away from the booth all you would see was a sea of heads, the tops of the vending booths and trees. The problem was indentifying the booths as not many had names or logos on top of them. A well known pizza company has joined the festival and their top had their logo on it. Maybe over time others will follow. I'm sure there were lots of people that got lost trying to find their way back to where they started.



Shortly after lunch Grama Dee, Bill ►







and Cdndwger arrived and took over things. They also found the booth extremely busy and very hard to keep up with everything. Marco and Scrumptious were still in the booth and the five of them teamed up to form a production line. While two of them put the paperwork together the other three were busy handing them out.

Shortly afterwards Marco had to leave as he was scheduled to speak to the crowd around the speaker stage. While I didn't get over to hear Marco speak, not that I didn't try but the crowd was massive and I couldn't find the speaker stage because of the people, I'm told that Marco did a fantastic job. His harshest critic and best friend thought he may do "ok" but she too was overly surprised by his speech.

At approximately two o'clock the Global Marijuana March got started. If you weren't watching the clock you missed it. With no announcement being made by the organizers, many people were not aware the parade had even started. I left twenty five minutes after the parade had departed and I wasn't alone. When I finally caught up to the front of the parade, just as it got back to the park, I was excited to see that there was a float leading the parade. I don't recall ever seeing a float on this march so it was nice to see that one was put together this year.

When I returned from the march and got back to the booth, I found many people were asking when the parade was to start. They were disappointed to know that it had left over an hour earlier but if that was their only disappointment I'm sure it didn't last long.

The people who missed out on the parade probably did so because of the 80 vendors that were located throughout the park. There was so much to do, so much to see and so many people to talk to that time just flew. Add in the speaker's booth and the music coming from the main stage it's no wonder people weren't paying attention to the time.

Throughout the afternoon and into the night many others came and visited the booth. Wesley and his mother attended and brought along some delicious treats for everyone to enjoy. I spotted people that I hadn't seen for a while and I know others in the group would say the same thing if I asked them.

At dinner time John and Richard along with Marco and Scrumptious manned the booth until things wrapped up for the day. They informed the group the next day that they were busy right up until they packed things away. Sounds like the day ended like it started, very busy. 🍀

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# The Continuing ADVENTURES OF MIA

## Oshawa S-10 Protest



**By Wendal Grant**  
Medicinal Awareness  
[medicinalawareness.ca](http://medicinalawareness.ca)

**T**he first week of June brought our group to Oshawa Canada to protest Bill S-10. Bill S-10 is the mandatory minimum drug crime bill that our Conservative government is proposing for serious drug crime. I ask how it is a serious drug crime if you have one marijuana plant.

BC Fudge arranged this day of protest to allow us a chance to make our voices heard. It was a small group of about fifteen people but we were loud. Fudge brought along two bull horns which we used to spread the word. We also had our signs up as we wanted to make sure people knew why we were there.





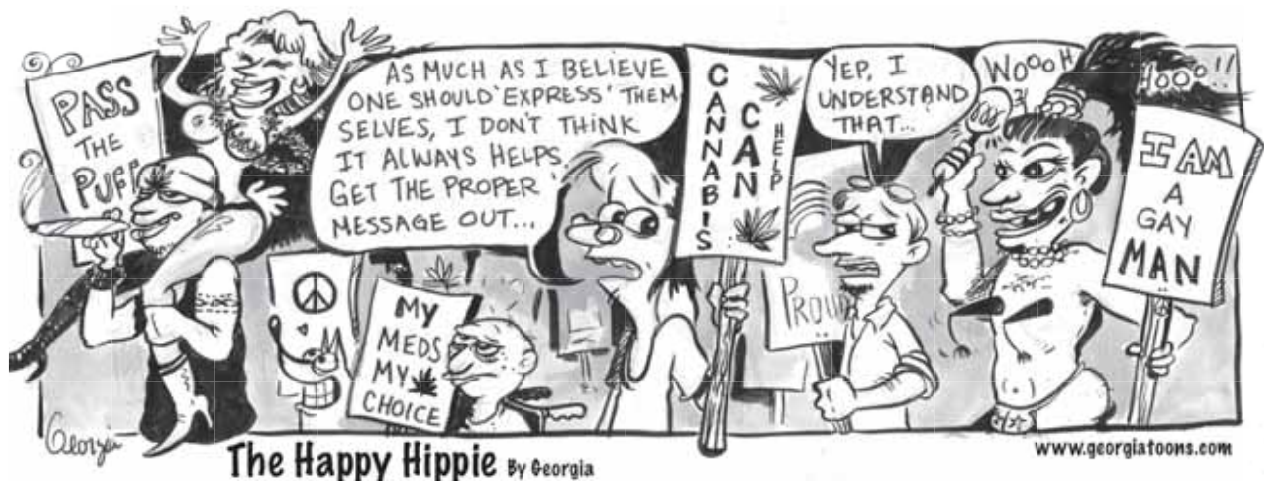
It was good to see some younger adults out there helping out. People like Nate and Rina and Darren were out there voicing their views and opinions. It's great to see this happen as it's these younger adults that will see keep this kind of activism going for as long as it's needed.

Of course the day didn't go by without a visit by the local police. They told us that they had received a complaint and were there to investigate. They checked for medical licenses on the people who were medicating and those that were just standing there. To check the ones that showed no sign of cannabis use was an infringement on their rights as they were not doing anything wrong. It would be like allowing police to check ID randomly to anyone on the street. There were a few words of protest on this from some of those in attendance but after checking us out and asking that we do not block the side walk the men in blue left.

Everyone stood out by the busy four lane road for approximately three hours as we delivered our messages. We made sure that everyone knew that Bill S-10 would cost Canadians billions of dollars, that it would split up families and that it would be locking up sick people. Most of the people who went by honked their horns in appreciation for our efforts while we only know of three people who didn't. All and all it was a good day of education for everyone and we look forward to the next time.

Medicinal Awareness can be found online at [www.medicinalawareness.ca](http://www.medicinalawareness.ca) and on Facebook at <http://www.facebook.com/home.php?#!/group.php?gid=107220733999> or Email us at [ma@treatingyourself.com](mailto:ma@treatingyourself.com) 🍀

## Cartoon



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How to make

# Chocolate Bubble Cups

by Lazystrain

Chocolate Bubble Cups are a great way of using small amounts of bubble-hash to make medicinal munchies.

**Heres one for you chocolate lovers out there!**



thehungrymouse.com

## what you will need:

100g/3.5oz. chocolate

0.5 g dried bubble-hash

2tbsp cream

5 tbsp drinking chocolate powder

## Instructions

- 1) Melt 100g / 3.5oz of chocolate into a glass bowl
- 2) Add 0.5g of dried bubble-hash from organic trim-waste
- 3) Add 2 large tablespoons of cream and 5 large tablespoons of drinking chocolate powder.
- 4) Stir the mixture together thoroughly in a glass bowl until completely even. This will help the oils in the hashish marry with the oils in the chocolate and cream.
- 5) Pour mixture into small cake/truffle cups and set in a fridge.
- 6) Enjoy!

**Warning! Always consume edibles slowly to gage their strength before consuming more!**

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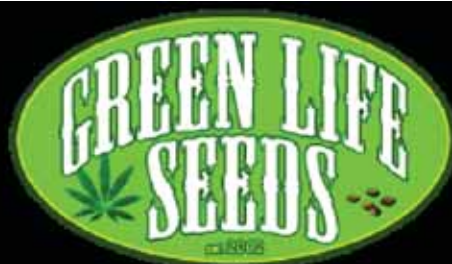


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Mighty Mite	\$80
Donkey Dick	\$80
Purple Skunk	\$80
Can de Espana	
Godzilla	\$90

**British Columbia Seed Co.**

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A-K	\$90
Baldy	\$90
Big Blue	\$90
Blaze	\$90
Bubblefunk	\$90
Cali Miss	\$90
Couchlock	\$90
Electric Haze	\$90
Fast Freddie	\$90
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Jack	\$90
Maui Mist	\$90
Northern Lights #5	\$90
Purple Lightning	\$90
Super Kush	\$90
True Skunk	\$90
White Lightning	\$90
Heavy Duty Fruity	\$90
<b>Vancouver Island Seed Co.</b>	
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GSPot	\$130
Fuckin Incredible	\$180
Blackberry	\$80
Indigo	\$80
Gold	\$80
Sweet	\$80
Black Velet	\$80
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Strain #1:	<input type="text"/>	Strain #2:	<input type="text"/>	Name:	<input type="text"/>	City:	<input type="text"/>
Strain #3:	<input type="text"/>	Strain #4:	<input type="text"/>	Address:	<input type="text"/>	State/Province:	<input type="text"/>
Total \$ enclosed:	<input type="text"/>	E-mail:	<input type="text"/>	Country:	<input type="text"/>	Area Code:	<input type="text"/>

Send orders to: Greenlife Suite 117 - 95 Wilton Road, Victoria - London, SW1V 1BZ, U.K.



# Contest

# Win a Volcano

**Digital Vaporizer**

Just answer the question and complete the following entry form and send it to TY!

One lucky winner will be chosen for each prize. GOOD LUCK!!!

**Deadline for contest entry is October 1/10**

**Answer the following TY QUESTION :**

**What country does Volcano come from?**

**Deadline for contest entry is October 1/10**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Province / State : \_\_\_\_\_  
Postal / Zip Code: \_\_\_\_\_ Country: \_\_\_\_\_  
Home Phone # : \_\_\_\_\_ Best time to call? \_\_\_\_\_  
Email Address : \_\_\_\_\_

Please mail completed entry form to:

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

**Only 1 entry per person.**

If more than 1 entry is received then  
you will be disqualified from the contest.

**Deadline for contest entry is**

**October 1/10**

Winners name will be announced in Treating Yourself issue # 26

Winner will be contacted by phone / mail / email  
so please be sure to provide your contact information in full.

**ALL INFORMATION WILL BE DESTROYED IMMEDIATELY AFTER  
A WINNER HAS BEEN PICKED AND CONTACTED**



**WIN  
NOW**

**Volcano**

**Contest WINNERS  
for TY issue 22&23**

**Will be  
announced  
next issue**

Please keep those  
entries coming.  
We know there are many  
more lucky winners.





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WORLDWIDE SHIPPING

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INFORMATION ON SOME OF THE WORLD'S LEADING BREEDERS



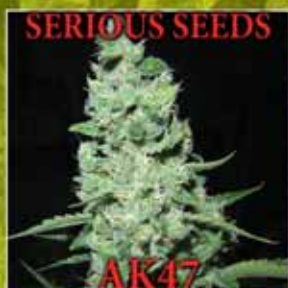
GREEN HOUSE SEEDS

SUPER LEMON HAZE



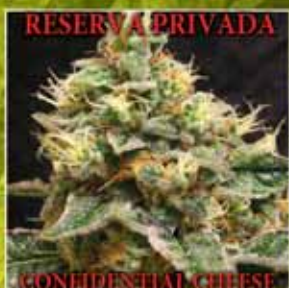
DNA GENETICS

CHOCOLOPE



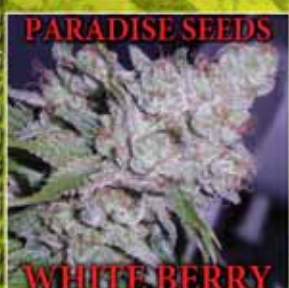
SERIOUS SEEDS

AK47



RESERVA PRIVADA

CONFIDENTIAL CHEESE



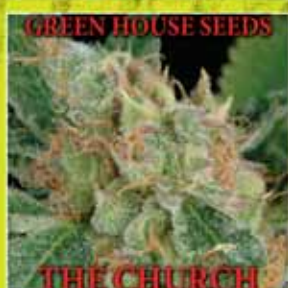
PARADISE SEEDS

WHITE BERRY



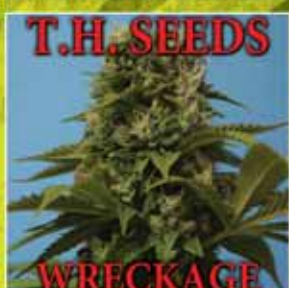
RESERVA PRIVADA

X18 PURE PAKISTANI



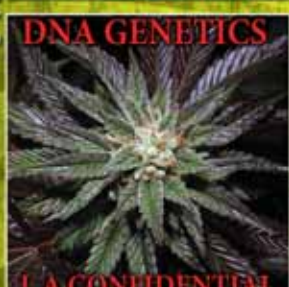
GREEN HOUSE SEEDS

THE CHURCH



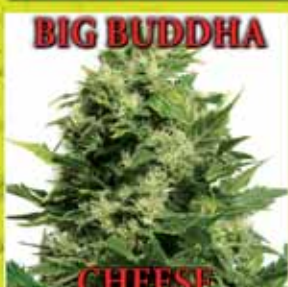
T.H. SEEDS

WRECKAGE



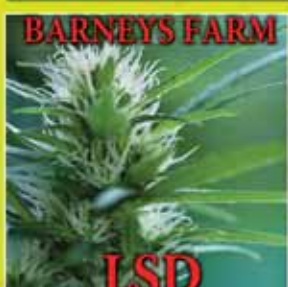
DNA GENETICS

L.A. CONFIDENTIAL



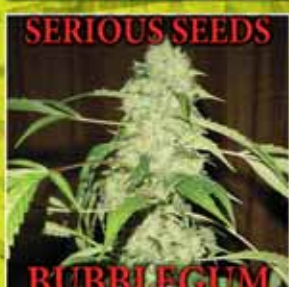
BIG BUDDHA

CHEESE



BARNEYS FARM

LSD



SERIOUS SEEDS

BUBBLEGUM



TGA SUBCOOL

CHERNOBYL



TGA SUBCOOL

QLEANER



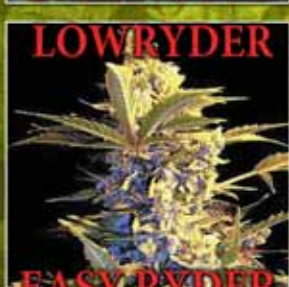
TGA SUBCOOL

VORTEX



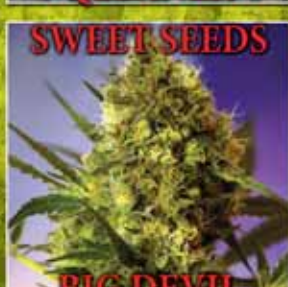
TGA SUBCOOL

JACK THE RIPPER



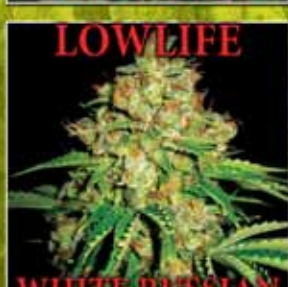
LOWRYDER

EASY RYDER



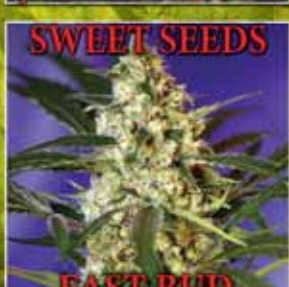
SWEET SEEDS

BIG DEVIL



LOWLIFE

WHITE RUSSIAN



SWEET SEEDS

FAST BUD

01473 724698 INT: 0044 1473724698 INT: 011 44 1473724698

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**A WHOPPING 10% OFF WITH OUR VOUCHER CODE: 420**





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EL NIÑO



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ARJAN'S HAZE #1



ARJAN'S HAZE #2



ARJAN'S HAZE #3



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