

# Treating Yourself

The alternative medicine journal

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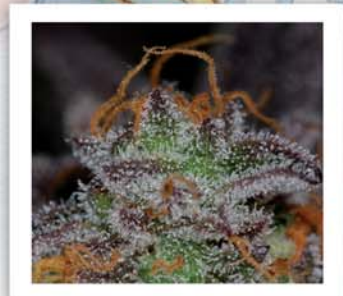
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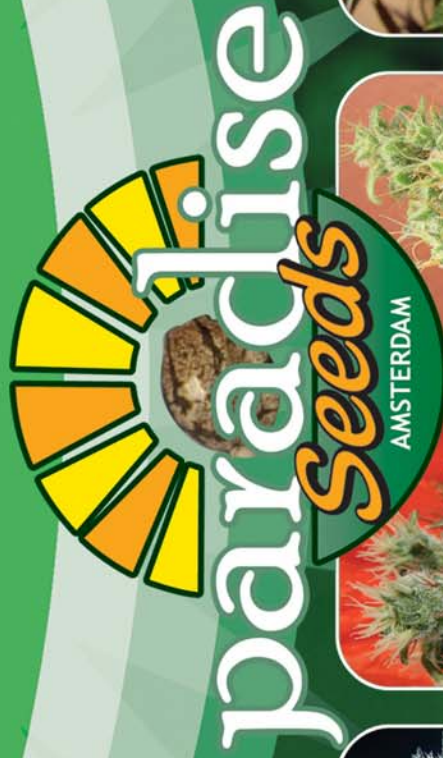
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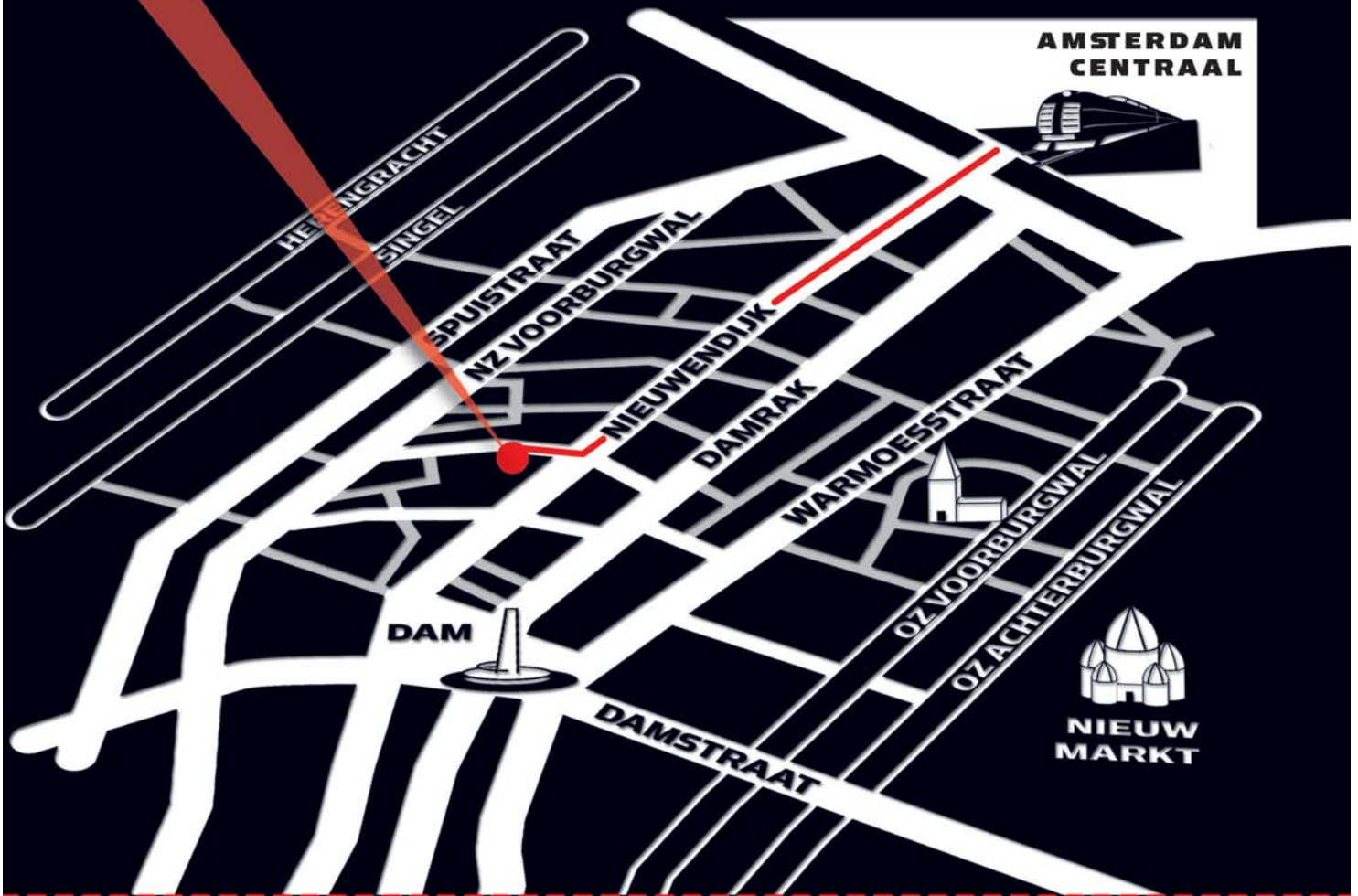


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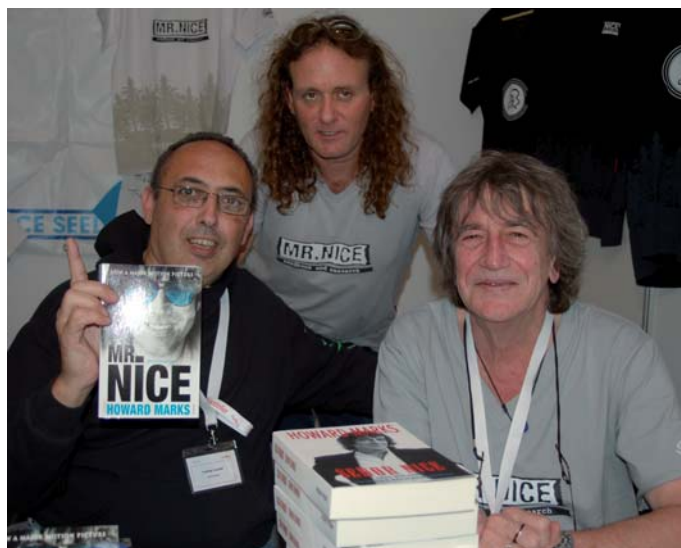
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# Working together

We here at Treating Yourself are extremely sad to have lost our Marketing Director Michelle Rainey to Cancer on October 20, 2010. Michelle wasn't just the Marketing Director at Treating Yourself she was a friend to both my fiancé and I, I am happy that I was privileged to have her as both a close friend and confidant. Michelle was also an extremely active activist who continually worked at trying to help educate doctors, politicians and the uninformed. She will be missed by thousands of people worldwide. From here on we will be recognizing October 20 as Michelle Rainey Day. We will continue to follow in Michelle's footsteps the work that she has started.

There are many cannabis related shows that have started up worldwide and we here at Treating Yourself will try to participate in as many as we possibly can in order to let folks know about our magazine and online community. Treating Yourself has also started to participate in quite a few non cannabis related events in order to help educate the uninformed such as the National Woman's Show, Alternative Health Expo, and the National Home Show.



Marco Renda, Shantibaba and Howard Marks at the Cultiva in Vienna



# Marco's Editorial

## *to make a difference!*

Well the voters in California didn't pass prop # 19 but the voters in Arizona did vote for the passing of the medicinal use of cannabis to become the 15th state to allow the use of cannabis as medicine. I do believe that those who voted NO in California will try and work together with those who wanted to pass prop #19 in order to put forth a much better proposition for the 2012 elections.

I would like to invite all of our readers to the **2nd annual Treating Yourself Expo** being held in **Toronto on June 3 – 5, 2011 at the Metro Toronto Convention Centre.**

The last thing that I would like to address is the fact that I have done some further research into Dave Watson aka Skunk Man and I have to say there is NO TRUTH to him ever selling any feminized genetics nor is he a DEA agent / informant. I would personally like to apologize for publishing the article by Joe Pietri. I also would like to inform the readers to the fact that Joe Pietri stated in his book King of Nepal ( Pg. 53) that he himself worked with the DEA to get someone he worked with busted with 500 kilos of hash. Now isn't that the pot calling the kettle black?

In ending we here at Treating Yourself would like to enter the new year on a positive note and ask that all in the movement put aside their differences and try and work with one another in order to achieve legalization.

So until next time  
Take Care and Peace





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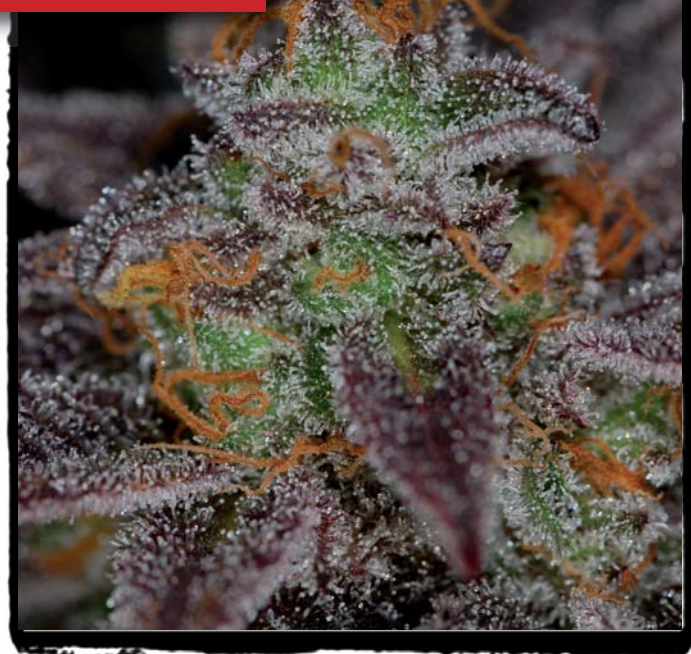
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## The Color Purple

By Subcool  
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The alternative medicine journal

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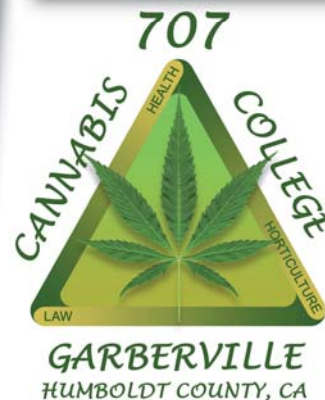
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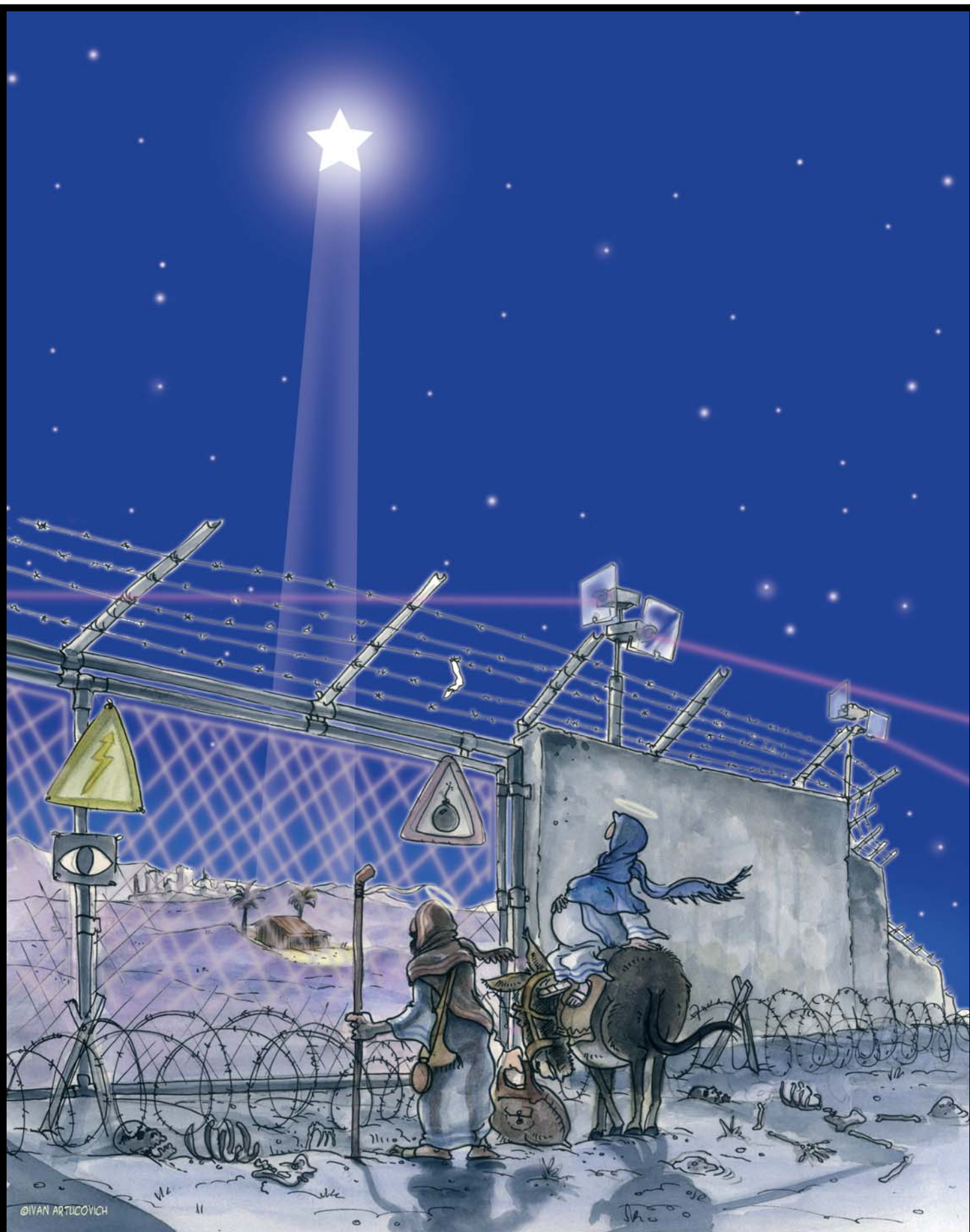
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*Season's Greetings from Ivan Art*



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I herby decree...

# Michelle Rainey day will be held on October 20th (10-20), all over

Cliches abound in my head but I'll try to be succinct.

Born on the day of gutsy confrontation, she left this realm naturally, at home and on her own terms under a barren Aries moon, while her mother and I each held one of her hands like she wished. Three weeks earlier, to the day, her family Dr. took one look at my beautiful, serene wife and said, "Three weeks." She was glowing when she told me what the doctor said while we sat in her favorite duck park, minutes later.

Dr. Fong also predicted she wouldn't live beyond her 30th birthday after two surgeries for Crohn's disease in her teens. She made it through 39 years, 4 months and 6 days of almost constant suffering. From pouring her alcoholic father's Canadian Club down the sink at age 4 to full blown Politicking; and from losing that father to Cancer as a child, and to losing her eldest 1/2 Brother to Cancer as an adult, Michelle hung tough.

She was diagnosed with melanoma, stage 1 just three and 1/2 short, wonderful years ago, and just like every other challenge placed in her path, Michelle met Cancer head on, being very vocal about it and cramming for her final exam. Life 101. She bought

and paid for her stairway to heaven a long-long time ago. In fact, I'd swear on a stack of bibles that she's known her fate all along, and instead of making people in her life feel sorry for her - losing her father, her brother, her brother-in-law (by his own hand); she did the polar opposite and made people feel special, worthy and loved.

Her confidence intimidated some. She was driven to make this world a special place, and in the 6 1/2 short years we have been blissfully intertwined, hasn't taken many sick days, she saved them all for the last two weeks of her life while her mom, Emilie and I tended to her comfort and peace. I loved her so. She didn't just make all my dreams come true, she reintroduced me to my real father and created realities I'd never dreamed of. I was a nobody when I met her and I feel like a nobody now.

Alone again, naturally.

I became a minister of the Universal Life Church back in July, I figured it couldn't hurt. I ministered Michelle's Last Rites myself. She certainly didn't need my help getting into the Kingdom but I certainly am thorough. It seems to be an underlying theme to my life; if you want it done right, do it yourself.





wherever you are each and every year  
the globe from now onward!

Now, with the help of many we will create The Michelle Rainey Foundation for the continuing research into Crohn's, Cancer and Cannabis Education. The foundation will bestow an endowment every year on October 20th to benefit a medicinal cannabis patient or a cannabis advocates' legal fees. The foundation will continue Michelle's life work of helping thousands of medicinal patients here in Canada to receive their legal exemptions to use marijuana, grow marijuana and possess marijuana. She was a living saint. We will not forget her.

On the way home from the Doctors office, we talked quietly. Michy told me to have the fence fixed, get a dog for companionship, and promise to take care of her mom who's taken such good care of her. I vowed then and there to do whatever she wanted me to do. It took two weeks to get Marvelous Marvin to replace our fence and another week to apply/find/receive a dog from Beagle Paws Rescue. She always wanted a beagle but couldn't due to apartment living and allergies. Our 17 year old lab, Misty passed away 2 years ago and it was time to get another, now the mantle is getting filled with loved ones and I'm too young to be a widower... Carter arrived two days after Michelle left this world, she meant the whole world to me

and now I tell people he rescued me.

He is just 11 weeks old as we go to press, a very good dog, a Virgo boy. I call him President Carter. He likes making policy, politics and puddles.



Genetics are amazing, Michelle had cancer in her family tree and you just can't escape bad genes. Those same genes did create an angel, why-oh why did Billy Joel have to be right when he sang only the good die young?

Michelle's faith in cannabis' medicinal values never wavered, she believed it just wasn't enough to cure her. She would want everyone to know that in reality it was pot - plain and simple - that gave her the last decade to love and be loved. The extra 9 years, 4 months and 6 days the doctor didn't account for. It was the pot!

Peace, Light and Buds,  
Reverend Jef Tek



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# Back to Nature

**W**hen Man does things right, he actually has replicated Nature's way without it looking contrived!

Man is fascinated with knowledge. Breaking it into smaller units of life allows us to see how to rebuild things the way they work. So why have so many of our normal everyday life events become increasingly further and further away from the point of Nature. Is it Man's way to complicate and confuse his fellow Man for the sake of financial gain instead of taking the option of doing the right thing? A preoccupation with the façade seems to have taken on greater importance than why we do what we do.

For me, when it gets too confusing or too much work to feel happy with life then it is time to walk or drive through somewhere Man does not go often, usually a remote part of Nature. Seeing the beauty of where we live and seeing the green of the forest gives me power. It is hard to not sound esoteric but there are strong and powerful vibes that balance me from Nature more so than there are from Man! So going Back to Nature is a necessity for me and my family rather than something to do for a Sunday afternoon when the TV is not working.

I suspect that I am asking myself where the tipping point is between Man and Nature. Where is Man no longer acting as part of the natural world?

When we consider some of the most precious things we base our lives on are all free (but need time and patience), it would seem that we have lost the essence of what is really important at some stage? We need Nature to remind us of this from time to time...and if you really consider the rubbish we put into the water ways and air and soil, it is not surprising that Mother Nature does not react more severely than she has! In



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my life it is definitely getting more frequent and (Mother Nature) is as mad as hell and she is not going to take it anymore! So we should be concerned at the very least.

There are so many examples of Mankind's blunders in the short time he has been on Earth. How can you actually blame him when he maybe had to learn things a lit-



# ...is it far to go?



tle by trial and error? Making one mistake one time is fair, but to make it again or a number of times, means you are doing something fundamentally wrong. It is time to change these old ways and get with the program if we wish to inhabitant a world worth inhabiting. It does not mean we are not to take risks to get things done, but we cannot afford to wait for our fellow man to act. It is our decision that counts for us!

So how can we do that on an individual scale that will contribute positively to the scheme of things, and have a feeling of affecting the outcome? Difficult at first glance but just as all business decisions are made to make a positive outcome we need to frame our thinking to see helping our planet as a positive outcome too.

The mere fact that Humans make mention of going back to Nature, means we are doing something incorrect. Going back to move forward seems incongruous.

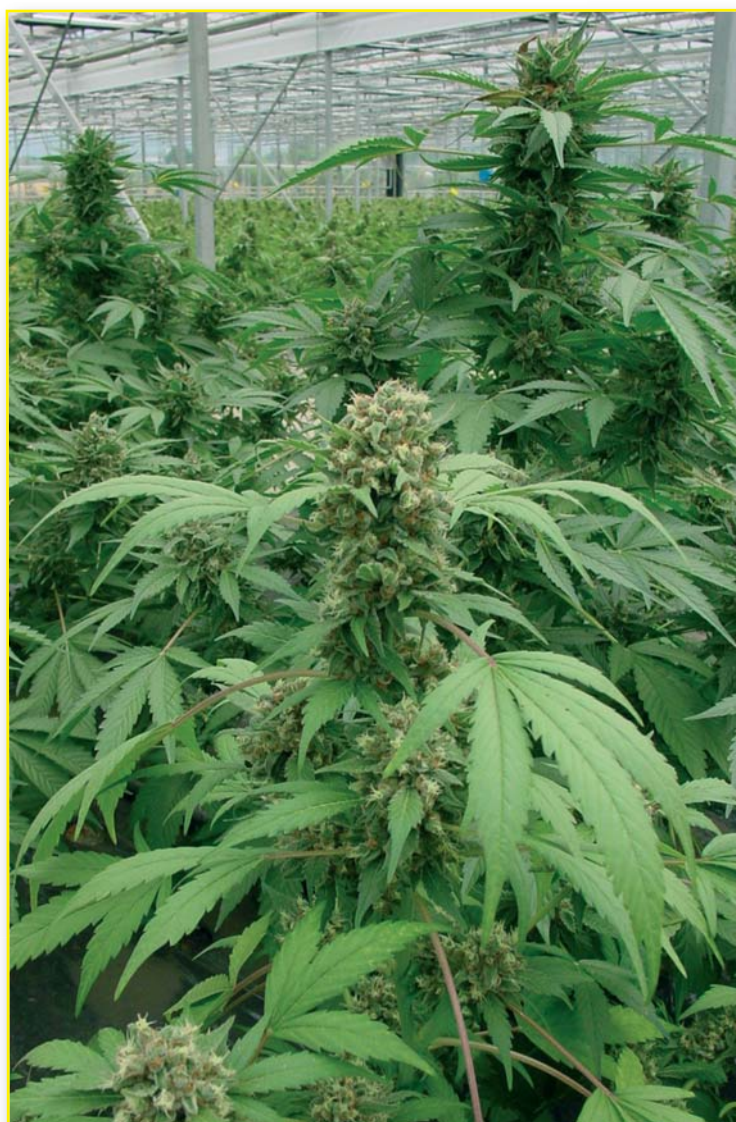
Let's take the Medical Marijuana movement as a simple working example and review the power of each person to get things rolling.

Cannabis has been around longer than we have... fact! We now understand things better as we have had many years and many different opinions on the topic discussed deeply. However intelligent people grow Cannabis, and use it frequently in their lives as they do with traditional medicaments prescribed by doctors for various conditions. No one is too arrogant to think anyone is playing god, so obviously doctors and prescribed medicines have helped in many cases too. But simple chamomile teas have aided a multitude of people sleep or unwind at times so they too have merit. What I am saying is that there is a time and a place for each way of thinking and since everyone is different metabolically, some things work better with some than they do with others and vice versa. Medical Cannabis is not really a well defined term and a little over used at present without consistent understanding by all, but it is a starting point.

Going Back to Nature for me means to look at what exists in front of us to solve a problem. Rather than complicate it with theories and procedures and so forth before getting to a goal similar to a goal reached another way, through Nature's gifts. Many people who may have viewed Cannabis negatively before, for whatever ►

reasons, are now part of the program of self medicating with real positive results. Not to mention a lot less taxing on their bodies and less all round impact on their health with a lot of positive benefits. Possible image problems, stigmas and self interest may have temporarily limited scientific work on the Cannabis plant from 1930s till the end of the century, but the sub culture was strong enough to develop the plant to where it is nowadays. This means the desire by individuals to keep working on strains of Cannabis was more powerful in the end than Human laws? To knowingly break a law and acknowledge that there is risks involved but still desire to go on and do that is a decision that is made by an individual for the individual. If there are enough of these decisions going on in the same area, all of a sudden we have the power of the people at work. In this case it is the power of the sick people; a population that noone denies help for and to. So on compassionate grounds and due to a small amendment in a law back in 1996 in the USA, we now only 14 years later are doing similar things but with a new lease of respectability added to scientific knowledge and new developments all due to a medical/health approach to an existing problem.

Going back to Nature for us was to redefine our reasons for doing what we do. Taking an active stance in choosing what we wish to put into our systems to help live normally or without too much pain has shown that all people are equally important to a cause. I did not begin using Cannabis for medical reasons way back when. As time passed by and I grow older, I find that for me going Back to Nature was what I was choosing as a job and a way of life. Cannabis helps me; rarely did it create anything other than a positive influence in my life, so I expect the tipping point between Man and Nature is really a private issue that is now in the public domain. 🍀



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# The Controversial Comeback:

Two Views of the Medicine that Lingered Sub-Strata for Decades

by Mary Lou Smart

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## I — From Recreation to Medicine A Patient Advocate



For Michael Krawitz, founding director of Veterans for Medical Cannabis Access, at least 10 years passed before he began to see his marijuana use as medicinal. Cannabis saw him through a tough time during his junior year of high school, when his family

life imploded and he ended up accepting social services assistance and a friend's mother as a guardian. During his senior year, he took on a double course load to make up for the courses he'd dropped the previous year. Knuckling down, he persevered and graduated with high marks, all the while smoking more than he had the previous year.

Well aware of a leading argument against marijuana — that it causes the grades of young students to fall — he notes that proponents of this theory never mention other factors at play in the lives of teenagers. Studies in addition to considerable anecdotal evidence reveal the value of cannabis in treating young adults with attention deficit disorders. The irony, he points out, is that the legal prescription medications handed out like candy, which include antidepressants that list suicidal thoughts among numerous side effects and amphetamine derivatives for attention disorders, sound an awful lot like the drugs that the “gateway” drug marijuana was supposed to lead to.

After high school, Krawitz joined the military. While on Guam in 1984, he was seriously injured in an accident

that ruptured his spleen. During surgery to treat an infection after taking out his spleen, it was discovered that his pancreas was nicked, a complication that almost killed him and left him disabled for months. When he was finally able to leave his room and venture across the hall to watch TV, another soldier offered him the butt end of a joint.

“Even at that point,” he recalled, “There was no thought of medicine in my mind. Pot was something that had happy connotations for me, and here I was feeling about as bad as you could possibly feel. I thought I deserved a break.”

In constant pain, Krawitz learned about pain medication and the facilities that dispense it.

“Believe me, if there is anything worse than pain pills, it's suffering for lack of pain pills,” he said.

Over the years, Krawitz's knowledge of standard pain treatment grew along with the pain medications he was prescribed. He drew the line at Ultram, a synthetic, narcotic pain killer whose negative side effects were “so horrible that they made taking the medication unbearable.” After his Ultram experience, he insisted on researching each new drug before agreeing to take it, which he did when Amitriptyline was offered. He told his doctor that the negative side effects that he'd read about - seizures, dizziness, drowsiness, impaired thinking, sexual complications, suicidal thoughts and fatal reactions when combined with other drugs - made him reluctant to use it. With Ultram, the warnings he'd read stated that up to 40 percent of the patients taking it experience the same side effects. A series of other pain medications came with similar warnings. He also refused to take Vioxx, Celebrex and Lyrica.

He became a patient advocate. At an evidentiary hearing for the 1999 Institute of Medicine's report

**... when Amitriptyline was offered. He told his doctor that the negative side effects that he'd read about - seizures, dizziness, drowsiness, impaired thinking, sexual complications, suicidal thoughts and fatal reactions when combined with other drugs - made him reluctant to use it.**



“Marijuana and Medicine: Assessing the Science Base,” he was asked to give testimony, and he did so by explaining that his journey with Mary Jane began with recreational use.

**He was surprised that researchers were much more interested in his statement that a routine part of pain management treatment included antidepressants to counter the depressive effects of the narcotics. When he was first being treated as a disabled veteran at a VA facility in Omaha, NE, he said that he was routinely given jars of Zoloft, an antidepressant.**

He testified that he’d looked up each antidepressant that he was given, and the beneficial effects seemed to be much less than the relief that cannabis provided. He stuck with what worked.

“They were very curious to know if after all those years of use, did marijuana still have that kind of effect, and if it was still working,” he recalled. “That question caught me off guard, so I stopped for a second, thought about it, and answered honestly. I looked at them and said, “Thank goodness, yes.””

The report, requested by the White House Office of National Drug Control Policy, was a landmark study to assess potential health benefits of cannabis and its constituent cannabinoids. In April 1999, one month after that report was released, a patent application was filed for Cannabinoids as Antioxidants and Neuroprotectants. Patent US 6,630,507, B1, which was issued on October 7, 2003, raves about the therapeutic value of some cannabinoids. The owner of the patent is the United States of America as represented by the Department of Health and Human Services. The same United States of America that holds up critical research while it lists marijuana as a Schedule I drug having no currently accepted medical use in the United States under the Controlled Substances Act of 1970.

About 15 years ago, physicians started requiring that patients sign standard pain contracts stating that if it was found during a random drug test that they were taking certain illegal drugs, they would be denied treatment. In 2004, Krawitz was given one at the VA. Before signing, he asked that his family lawyer review it. His family lawyer pointed out that a contract is something that both parties must have a benefit from; something that the standard pain contract that he was being required to sign did not give him. In signing a document where he’d agree to random drug tests in order to receive pain medication that he needed, he was told

that he’d only stand to lose. By this point, Krawitz knew that marijuana had a beneficial symbiotic relationship with the pain medications that he was taking. He refused to sign.

The VA, he said, is obligated by law to provide pain treatment to soldiers injured in the line of duty. For any doctor to withhold treatment for anything other than medical reasons is something that has received attention in the courts. In 2003, in *Conant v. Walter*, by refusing to hear the case, the Supreme Court upheld a lower court’s decision (Ninth Circuit Court of Appeals effecting nine states), ruling that a Bush Administration plan to strip doctors of their licenses if they were caught talking to patients about the medical use of marijuana was a clear violation of First Amendment rights.

In addition, Krawitz maintains that the pain contracts and associated drug-testing provisions violate veterans Fourth Amendment right to be secure from unreasonable search; violate the Fifth Amendment by forcing veterans to testify against themselves when submitting to drug tests; and violate the Fourteenth Amendment provision for equal protection under the law by targeting only pain patients.

While Krawitz has no problem signing a treatment attestation for pain management acknowledging he is who he is and agreeing to not misrepresent his history, he does not agree with the standard pain contract. Part of his problem with the contract is that the federal government’s stance in placing marijuana in Schedule I of the Controlled Substances Act is particularly cruel in light of seriously ill patients that depend on the therapeutic benefit of cannabis. He mentioned that marijuana’s classification is quite bizarre in light of Schedule I’s requirement that a drug have no currently accepted medical use in the United States. The inappropriate placement has been noted by landmark rulings by two Drug Enforcement Administration (DEA) Administrative Law Judges (Mary Ellen Bittner 2007 and Francis L. Young, 1988) both of whom strongly favored more access for research and rescheduling in rulings that that were ignored by the DEA.

The VA is changing with the times. In July, the Department of Veterans Affairs, through the Veterans Health Administration (VHA) issued Directive 2010-035 outlining guidance on access to and use of medical marijuana by veteran patients. The directive acknowledges that laws in 14 states authorizing the use of medical marijuana are contrary to federal law, that veteran physicians recommending marijuana can lose the ability to prescribe controlled substances and be subject to criminal charges, and that marijuana cannot be used on VA property even in states that allow medical marijuana ►

na. The directive states that VHA policy does not prohibit veterans participating in programs of states that authorize medical marijuana from participating in VHA substance abuse programs, pain control programs or other clinical programs.

The VA directive is a clear case of a federal authority deferring to state law, according to Krawitz. In a letter to Krawitz from Department of Veteran Affairs Under Secretary for Health Dr. Robert Petzel, “Standard pain management agreements should draw a clear distinction between the use of illegal drugs and legal medical marijuana.”

“It’s a recognition of validity of state law,” said Krawitz. “There’s no federal law or rule or anything else requiring a doctor take a patient off of pain treatment should that patient be using legal medical marijuana.”

The standoff continues. Krawitz’s pain medication is being withheld while his own standard pain contract remains unsigned and he stands firm in his belief that an honest relationship with a physician is critical and should not be compromised by edicts from above.

## II Unearthing Cannabis Rx

Dr. David Bearman has been seeing medical cannabis patients in California for about 10 years. The first person who told him about the medicine was his father, a pharmacist who recalled that one of his assignments at the University of Minnesota’s pharmacy school in 1928 was to make tincture of cannabis. The cannabis grew in an unfenced, unmarked field and nobody thought much of it. At the height of the Prohibition, getting alcohol for the tinctures was the trick.

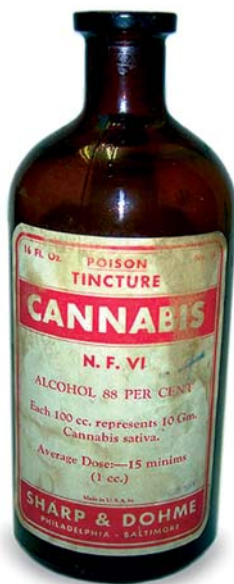
Well-versed in the medical use of cannabis, drug abuse treatment and prevention, and the origins of American drug policy, Bearman is often called upon as an expert witness in court testimony on the pharmacology of recreational drugs. His website, [www.davidbearmanmd.com](http://www.davidbearmanmd.com), is filled with information about his books, speeches and presentations. A true clinician looking to the root of the matter, he digs deep and shares his knowledge.

Anyone trying to understand why a natural medicine with documented therapeutic value ends up not just illegal but rated by the federal government as having zero medical benefit — sitting in a stricter classification

than methamphetamines — has to begin with the farce that launched its prohibition.

**In the late 1800s and early 1900s, pharmacists sold numerous cannabis remedies. The hearty plant was used for everything from migraines to arthritis. Many apothecaries bought cannabis from farmers and made their own medicine. After the Pure Food and Drug Act of 1906, these remedies were approved by the U.S. government and sold by the large pharmaceuticals of the day, including Eli Lilly, E.R Squibb & Sons, Parke Davis & Company, Upjohn & Company and Johnson & Johnson.**

Prior to the more stringent Controlled Substances Act of 1970, The Marihuana Tax Act of 1937 halted all business, including agriculture, in legal cannabis in this country, for decades. Cannabis remained on the U.S. Pharmacopeia until 1942, but taxes have a way of killing commerce.



Harry J. Anslinger, the first director of the Bureau of Narcotics that was created in 1930, obsessed over emerging populations of minorities and insisted that “the primary reason to outlaw marihuana is its effect on the degenerate races.” America’s first Drug Czar’s legacy is no shortage of pronouncements such as “reefer makes darkies think they’re as good as white men,” and “this marihuana causes white women to seek sexual relations with Negroes, entertainers and any others.” Anslinger’s shtick was pulling catchy sensational headlines relating to sex, insanity, rape and murder from tabloid publications. While the news successfully fanned the flames of fear, any evidence that marijuana caused the highlighted maim and/or madness that sold these publications was slim to nil.

On the floor of the House, passage of the prohibitively high commodity tax didn’t even need to be fueled by the nutty racist’s usual diatribe of unsubstantiated tales of murderous, crazed addicts running rampant in the streets. The act was a slam dunk, estimated to be over in less than two minutes.

Picture this. The 1937 House vote was deliberately placed after 5 pm on a Friday afternoon in late August.



Besides a security guard or janitor milling around prior to a weekend in the dead of summer pre-air conditioning, the few hot bodies in that sweltering room most likely either had a vested interest in making cannabis illegal or were otherwise paid to be there.

When the discussion came up, one representative asked what the bill was about. The Speaker of the House responded, “I don’t know. It has something to do with a thing called marijuana. I think it’s a narcotic of some kind.” To the question, “Does the American Medical Association support this bill?,” Kentucky congressman Fred M. Vinson responded that the American Medical Association (AMA) was behind the bill 100 percent. Vinson, who went on to be Chief Justice of the U.S. Supreme Court, knew full well that the AMA was dead set against the act. Under the pretense of a tax, the first federal ban went into effect.

The only fly in the ointment of the act’s rubber stamp came beforehand, at its only hearing. In a Ways and Means Committee hearing, which was itself a fast track to avoid any negotiation; the AMA’s objections were heard.

Dr. William C. Woodward was instructed by the AMA’s executive committee of the board of trustees to oppose the bill. The hearing was old hat to this seasoned professional who said that he’d been testifying before Congress since 1892. A lawyer and a doctor, he was Washington, D.C. Commissioner of Health from 1893–1913 and Boston’s Health Commissioner from 1913–1919. He was involved in the drafting of the Harrison Narcotic Tax Act and was president of the American Public Health Association when it passed in 1914. Fred M. Vinson attended and spoke at the hearing.

Woodward questioned the need for a marijuana tax act, reasoning that a simple amendment to the Harrison Narcotic Tax Act to include marijuana would eliminate the administrative burden and cost of further legislation. He testified that he’d contacted relevant federal agencies and found nothing to back up claims that there was any problem requiring legislation.

Woodward testified that, “We are referred to newspaper publications concerning the prevalence of marihuana addiction. We are told that the use of marihuana causes crime. It has surprised me, however, that the facts on which these statements have been based have not been brought before this committee by competent primary evidence.”

He asked why nobody had contacted the Bureau of Prisons, the Children’s Bureau, the Office of Education, the Division of Mental Hygiene, the bureau of Public Health Service or the Indian Bureau to find any evi-

dence of a marijuana problem. He had checked with more than one of these agencies, and it seemed that no effort had been made to find any data to substantiate the claims behind the great need for the act.

Woodward said that the administrative and economic burden would be unfairly placed on physicians and pharmacists, and that the ultimate harm would be to patients.

“The entire amount of this cost will presumably be passed along to legitimate users of cannabis, chiefly the sick, and the cost of sickness be thus increased.”

He noted that the act had been put together secretly over two years and if the AMA had been consulted earlier, legislation could have been adjusted to meet the needs of the medical community. He said that the opportunity for research into additional benefit of a plant known to have therapeutic value would be lost.

“To say, as has been proposed here, that the use of the drug should be prevented by a prohibitive tax, loses sight of the fact that future investigation may show that there are substantial medical uses for cannabis.”

He testified that the requirements of the act would create as many or more problems than those that had plagued the alcohol Prohibition. He said that nobody could eradicate a weed like marihuana growing wild along railroad tracks and in wilderness. He questioned the need for more regulation, stating that many states already had marijuana statutes. He said that this type of legislation should be left to the states.

Woodward also complained about the “mongrel” name marihuana being used in the legislation. He and other members of the AMA wanted the scientific cannabis to be used to make it crystal clear to anyone voting that the act was essentially outlawing the same ingredient found in numerous patent medicines and industrial products sold at that time. The common name marijuana was not commonly known to the legislators that voted on the bill. Farmers and others investing in hemp crops were blindsided by the act.

The atmosphere during Woodward’s testimony was hostile. At one point, the chairman of the committee admonished, “If you want to advise us on legislation, you ought to come here with some constructive proposals, rather than criticism, rather than trying to throw obstacles in the way of something that the federal government is trying to do.”

There is more than enough circumstantial evidence pointing to additional forces at play in sidelining the plant with many uses, but the decline of cannabis-based ►

medicine was also a result of its own drawbacks. Strength of batches varied, making standardization tough. Compared to new-fangled pills and syringes, tinctures seemed downright old-fashioned. Efficiency and convenience vaulted modern pharmaceuticals into the mainstream and left the natural remedy in the dust.

Dr. Bearman has a long interest in cannabis, but admits that it was a good 20 years before he began to take the medical aspect seriously. The connection between medicine and recreation came as more than a few patients walking into his primary care practice in Santa Barbara wondered if the marijuana they were smoking was helping them do more than get high.

In his autobiography, *It Ain't Easy Being Me*, comedian Rodney Dangerfield revealed that he received his California Proposition 215 medical marijuana recommendation from Bearman.

"You don't get into making these recommendations if you don't have some feel for the medical utility of the drug," said Bearman. "I must say that I have been amazed by the benefits that some of the patients have ascribed to it. The word miraculous has been used by more than one. People are just incredibly attached to the benefits that they've gotten from cannabis. Even when you are favorably disposed to the concept, it can be surprising sometimes."

**He's treated combat veterans with post-traumatic stress disorder (PTSD). A debilitating condition following emotional trauma, PTSD is one of the most common medical conditions veterans treat with medical marijuana.**

Bearman advocates the need for professional standards to promote the field and is one of the founders of the American Academy of Cannabinoid Medicine (AACM). Established in 2009 for physicians, including researchers and clinicians, AACM is a specialty committed to cannabis education and advocacy of professional standards in distributing medical cannabis. Physicians within AACM working with the AMA's Council on Science and Public Health have influenced national policy. In November 2009, the AMA adopted a policy calling for further adequate and well-controlled studies of marijuana and related cannabinoids in patients with serious conditions. To facilitate well-designed clinical research, the conservative AMA urged that marijuana's status as a Schedule I controlled substance be reviewed. The AMA also urged the National Institute of Health to issue grants to conduct the studies.

One of the goals of the AACM is to become an accessible media resource. Interest within the medical community is strong, and physicians backing a professional affiliation are no strangers to mixed messages coming from the federal government.

"I don't know how big we have to get before they can stop ignoring us," he said. "The fact is that we are doctors, most of us trained in the United States, and we are not out of our minds. We are recommending this. Not only are we recommending it, but we are saying that there is a good deal of solid science behind it and this is perfectly reasonable to recommend." 🍀



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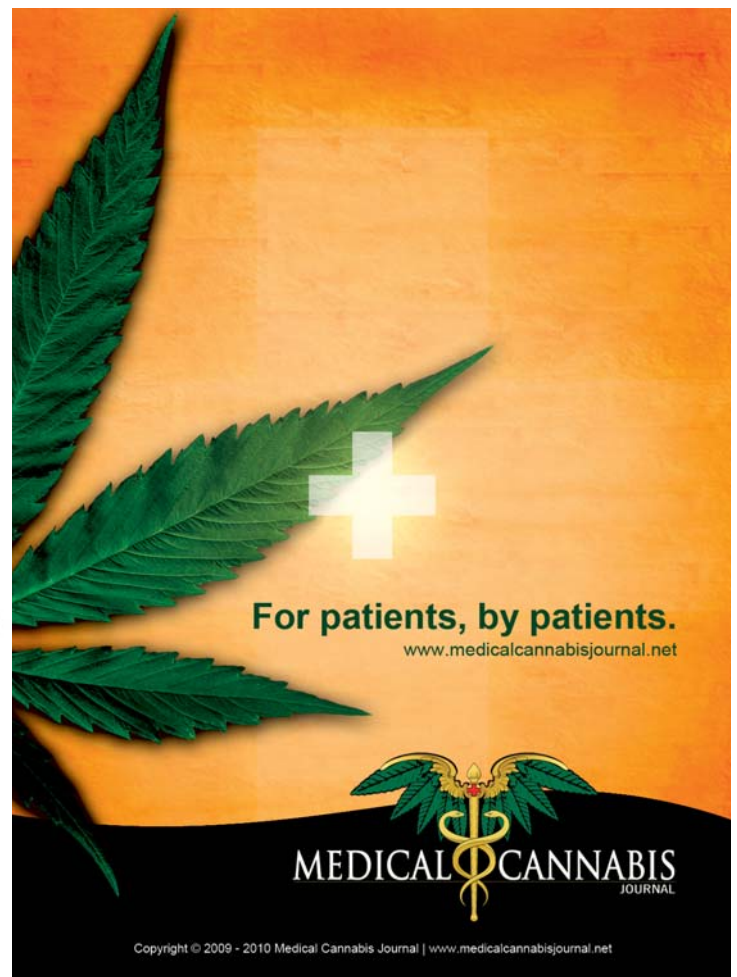


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BY BOULET

# Man faces ten years for taking his medicine

By Ron Crumpton



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**M**ichael Lapihuska is facing a sentence that could be as much as 10 years, in an Alabama prison, not for rape, burglary or murder, but for the possession of a single joints worth of marijuana. Michael is a 37-year-old man who was raised in a troubled home and due to events that we will not mention here, he suffered from anxiety and depression. He has been in and out of hospitals since he was in his teens, his current doctors have diagnosed him with Post-Traumatic Stress Disorder (PTSD), but with each new doctor came a new diagnosis and a new prescription.

His doctors told him that he suffered from psychotic tendencies and a myriad of other problems. Anxiety, stress and depression ruled his life. Thoughts were racing through his mind so fast that even he could not comprehend them. Whenever he slept, he was plagued by night terrors. Michael's doctors prescribed Zanax, Klonopin, Thorazine, Paxil and at least a dozen other anti-anxiety and anti-psychotic medications, but none of them provided him with any real relieve from his condition and Michael's struggles continued.

The anxiety and stress associated with his condition



caused him to develop several other health related issues including Irritable Bowel Syndrome (IBS) and even caused him to have surgery on a delicate area of his anatomy pertaining to his digestive tract.

As a teen Michael experimented with marijuana, and when he tried marijuana the stereotypical "marijuana making a troubled kid worse," did not happen. Instead, Michael found that marijuana eased his mind, and made the demons that had terrorized his soul since childhood... fade away.

Unfortunately, treating himself in Alabama resulted in two arrests, for the second he spent a year in prison. Of course, the stress and fear of prison life and inadequate medication for his illness caused his condition to worsen even further.

After his release, Michael moved to California. There he saw a doctor who recommended that he treat his condition with marijuana, and a lot of physical activity. He found that the medical grade marijuana available to him, as a registered patient, did so much more for him than any of the medications that doctors had given him in the past and it was better than the low grade marijuana he had tried back home. It allowed his mind to slow down to a point where he could think in a more rational manner, and for the first time in his life he was able to sleep without the terror



that he had faced on a nightly basis for as long as he could remember.

In November of 2009, Michael traveled back home to visit his family and friends for the holidays. On the 15th of that month, he was walking to a local hospital to visit a friend who was dying from cancer. An Anniston City Police Officer stopped him for no apparent reason, searched him and found a medicine bottle containing one gram of marijuana.

Michael told the officer that it was his legal medicine in California, he produced his ID card for the officer who examined it, and then he arrested him and took him to jail.

Due to Alabama's archaic marijuana laws and his past arrests, Michael is facing a prison sentence of 2 to 10 years for taking his medicine. Michael was appointed a lawyer by the court, but all that attorney did was try to coerce him into taking a plea deal. The deal would keep him out of prison initially, but in return, he would be on probation and required to take drug screenings. He is quick to point out that the deal offered to him is useless.

"If I can't take my medicine I am just as well off in jail," he said. "Eventually my condition would get to the point that I would go back to taking my medicine, I would fail the drug test and go to prison anyway; probably for an even longer sentence."

When Michael told his attorney that he wanted to go to trial, "she seemed offended," he said. From that point on, he could not get her to return his calls or establish any kind of dialogue! Eventually, after nearly a year, she had herself removed from the case, which essentially forces Michael's criminal proceedings to restart from the beginning.

This man suffers from stress, anxiety and other stress related physical ailments, for the last year, he has been on an up and down ride filled with enough stress to challenge anyone's mental condition. The turmoil and anguish that he has been put through is punishment enough, considering that what he did should not be a crime to begin with, it is simply torture.

How long must Americans continue to suffer, and put their health in jeopardy because of preconceived notions based on lies and spurious propaganda started and kept alive by people who are only looking after their own financial interests?

There is no reason to for Americans to suffer when there is a remedy that will help them with their ailment, especially when that remedy has fewer and less dangerous side effects than the drugs that doctors prescribe and considering that marijuana usually helps more, and your biggest worry is that you are going to drink a gallon of milk and eat three bags of Oreos: which would you rather take?

As Americans, we are guaranteed certain rights, and among those rights is liberty. Should our right to liberty not include the liberty to choose the medicine that is most effective in treating our illness? Should our right to liberty not include the right to choose the medicine that is in most cases is safer than their pharmaceutical counterparts? Should our liberty not include the right to do what is best for our families? If taking the medicine that does us the most good is not what is best for our families. What is?

For no apparent reason, this issue is drawing a line through the heart of our nation, but if we must have a war on marijuana... can we at least remove the patients from the battlefield first? 🇺🇸

## Cartoon



# Arizona

## Becomes 15th Medical Marijuana State



Provisional Ballots Secure Victory for Measure That Will Allow About 120 Medical Marijuana Clinics in Arizona

**By Mike Meno**

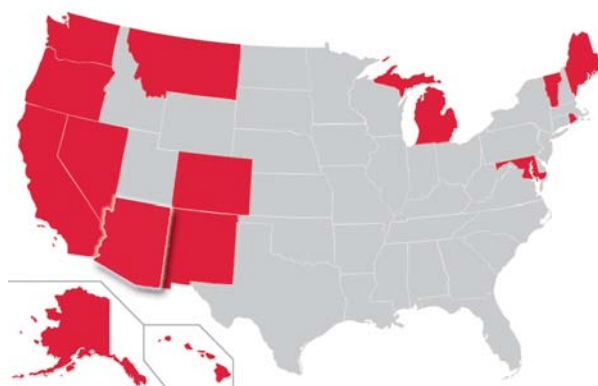
MPP director of communications:  
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**WASHINGTON, D.C.** – After a tally of late provisional ballots, the Associated Press is reporting that Arizona voters have approved Proposition 203, a state ballot measure that will allow patients suffering from cancer, AIDS, and other life-threatening illnesses to use medical marijuana with a recommendation from their doctor. Arizona now joins the list of 14 other states, along with the District of Columbia, that have passed medical marijuana laws since 1996.

“Voters in Arizona have sided with science and compassion while dealing yet another blow to our nation’s cruel and irrational prohibition on marijuana,” said Rob Kampia, executive director of the Marijuana Policy Project, which provided significant funding and support to the Arizona Medical Marijuana Policy Project, the local group that ran the Proposition 203 campaign. “Arizona’s law now reflects the mainstream public opinion that seriously ill people should not be treated like criminals if marijuana can provide them relief, and that doctors should be able to recommend marijuana to patients if they believe it can help alleviate their suffering.”

Seventy percent of Americans favor making marijuana legally available for doctors to recommend in order to reduce pain and suffering, according to a recent Gallup poll.

“Sadly, patients in 35 states still have no legal protection if marijuana is the medicine that works best for them,” Kampia said. “We will continue working in the years ahead to ensure that others are awarded the



respect and compassionate care that seriously ill patients in Arizona will now enjoy, thanks to this law.”

Proposition 203 allows for the establishment of about 120 tightly run, state-regulated clinics that will dispense marijuana to qualified patients in Arizona. Patients who live more than 25 miles from a clinic will be allowed to grow their own medicine. The other jurisdictions with medical marijuana laws are Alaska, California, Colorado, Hawaii, Maine, Michigan, Montana, Oregon, New Jersey, New Mexico, Nevada, Rhode Island, Vermont, Washington state, and the District of Columbia.

With more than 124,000 members and supporters nationwide, the Marijuana Policy Project is the largest marijuana policy reform organization in the United States. 🍀

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# The Search of Truth:

## Patients Out of Time

by **Mary Lou Smart**

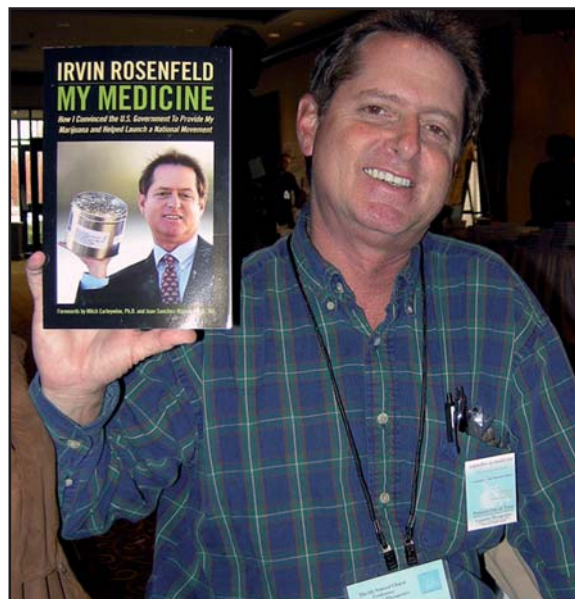
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**I**rv Rosenfeld is a walking, talking federal cannabis patient who is not being studied in any in-depth scientific fashion. Under the defunct yet functioning Compassionate Investigational New Drug Program, he benefits from one of the world's oldest homeopathic remedies. Since 1983, he benefits from a can of 300 marijuana cigarettes every 25 days, care of the U.S. government. The Food and Drug Administration's program for legal use of cannabis obtained from the National Institute on Drug Abuse (NIDA) presents the perfect opportunity for a relatively controlled study of seriously ill patients receiving a specific quantity and type of cannabis. Certainly a cakewalk for a government driven to analyzing and regulating every other obscure aspect of its citizens' private lives. While the same University of Mississippi facility that grows Rosenfeld's medicine is paid to analyze marijuana seized all over the country by the Drug Enforcement Agency (DEA), the government is not tracking his condition. The reason given is that as a Schedule I drug under the Controlled Substances Act of 1970, cannabis has no medical benefit.

Rosenfeld's rare bone condition, multiple congenital cartilaginous exostoses, is characterized by bony protrusions or tumors constantly popping up at the ends of long bones. Diagnosed when he was 10-years-old, the condition prevented him from attending public school, left him in constant pain and necessitated several surgeries. During a late-night college poker game in the 1970s, smoking on a rare occasion, he realized that cannabis alleviated his pain. Over time cannabis use allowed him to wear himself off of the addictive levels of prescription drugs like Dilaudid, Quaaludes and morphine that he had been taking for years.

In 1992, during the first Bush Administration, the program that supplies his medicine stopped taking new patients. Rosenfeld, 57, is one of four remaining patients in the federal program that refuses to test results or admit new patients.

"We did have assurances from the Clinton Administration that they were going to reopen the Compassionate Care protocols," he said. "We were very disappointed when that didn't happen."



**Irv Rosenfeld**



Promoting the science of the plant has been a key motivator of **Mary Lynn Mathre** during most of her career as a nurse. Frustrated by the federal government's refusal to acknowledge benefit, she became an advocate. She and her husband Al Byrne, a retired Navy officer, joined the National Organization for the Reform of Marijuana Laws (NORML) as board members for several years. During that time, Mathre was on NORML's Council for Marijuana and Health Issues. Seeing urgency following the Bush Administration's decision to shut down the federal program, the couple decided to break away from NORML and focus solely on the medical aspect. Along with the federal medical patients, they formed Patients Out of Time in 1995.

The leading educator for health care professionals and the public on the therapeutic use of cannabis, the organization hosts biennial national conferences. For a few days every two years, physicians, nurses and patients come together to share first-hand experience, focusing on the health aspect that receives scarce air time and print space in conventional media. Besides discussions on the known benefits in treating conditions such as multiple sclerosis, glaucoma and nausea following chemotherapy, speakers delve into revelations surrounding the endocannabinoid system's homeostatic regulators throughout the human body.



**"There has been very little research done," he said. "They (National Institute of Health (NIH) and NIDA) tend to refuse any type of research that's looking into a benefit of marijuana. Proposals for grants looking into any kind of benefit get rejected outright. They say that because it has no accepted medical use, they don't have the research to demonstrate that it's safe."**



Leaders in the field of cannabis study, including Dr. **Raphael Mechoulam**, professor at Hebrew University in Jerusalem and **Dr. Robert Melamede**, chairman of the Biology Department at the University of Colorado, speak at Patients Out of Time's conferences. Since isolating the main active constituent in cannabis, tetrahydrocannabinol (THC), in 1964, Dr. Mechoulam has spent his career studying cannabis. He played a major role in the discovery of the endocannabinoid system. Dr. Melamede studies complex relationships of endocannabinoids in the body and the role of cannabis in reducing harm from free radicals, thus promoting cardiovascular and digestive health.

Rosenfeld is a member of Patient Out of Time's board of directors and has attended each of its conferences. His major beef with the federal government is that even though it has provided him with approximately 3,000 ounces of marijuana, it has not studied him. A productive member of society – senior vice president of Newburgh Securities in Fort Lauderdale, Florida and a volunteer helping disabled youth – he wants more people to know that cannabis is a positive force in his life. He has written a book, available at [www.mymedcinethebook.com](http://www.mymedcinethebook.com).



**Bryan Krumm**, psychiatric nurse practitioner, is on Patient Out of Time's advisory board and has spoken at its biennial conferences. He has sued the federal government in an effort to have cannabis moved from Schedule I to protect patients as well as medical professionals.

"There has been very little research done," he said. "They (National Institute of Health (NIH) and NIDA) tend to refuse any type of research that's looking into a benefit of marijuana. Proposals for grants looking into any kind of benefit get rejected outright. They say that

because it has no accepted medical use, they don't have the research to demonstrate that it's safe."

Krumm helped draft New Mexico's medical cannabis legislation, pushing for the addition of Post Traumatic Stress Disorder as an approved condition and including nurse practitioners as well as physicians as professions permitted to make referrals.

"In terms of safety, there is nothing that we have to offer pharmaceutically that can match the safety of cannabis," he said. "In my own practice as a clinician, I have never come across a single pharmaceutical agent that is as well tolerated, and lacking in significant side effects, as cannabis."



Private studies document the science. In 2001, Patients Out of Time, received grant funding to allow a team led by **Dr. Ethan Russo**, a GW Pharmaceuticals researcher who was then working with Montana Neurobehavioral Specialists, to conduct a thorough medical exam and

numerous laboratory tests on four of the federal patients. Available on its website, [www.medical-cannabis.com](http://www.medical-cannabis.com), the aim in the Missoula Chronic Clinical Cannabis Use Study was to establish therapeutic benefits and adverse effects of prolonged use in four of the seriously ill patients. In addition to complete patient review, which turned up no significant adverse effects, the report compared results to previous but larger group studies, mostly completed in other countries, and found similar outcomes.

"Cannabis: The Medicine Plant," Patients Out of Time's 2010 conference – The Sixth National Clinical Conference on Cannabis Therapeutics in 10 years – was held just outside of Providence, Rhode Island in April and co-sponsored by the Rhode Island State Nurses Association and the University of California, San Francisco (UCSF) School of Medicine. In attendance were 320 MDs, RNs, dozens of PhDs and patients. The conference was approved by the American Medical Association (AMA) and the American Nurses Association (ANA) for continuing education credits. Speakers came from as far as Canada, Brazil and Israel. ▷

One focus of the Rhode Island conference was a greater commitment to dedicated specialties within physician and nursing professions.

Established in 2009, the American Academy of Cannabinoid Medicine (AACM) for physicians, including researchers and clinicians, is a specialty committed to cannabis education and advocacy of professional standards in distributing medical cannabis. Physicians within AACM working with the AMA's Council on Science and Public Health have influenced national policy. In November 2009, the conservative AMA adopted a policy calling for further adequate and well-controlled studies of marijuana and related cannabinoids in patients with serious conditions. To facilitate well-designed clinical research, the AMA urged that marijuana's status as a Schedule I controlled substance be reviewed. The AMA also urged NIH to issue grants to conduct the studies.



**Dr. Sunil Kumar Aggarwal**, AACM co-founder and current Advisory Board member, was a student when he began working on the 2008 resolution that was later incorporated into the policy statement. As summarized by AMednews, "Medical research and use of marijuana is stymied by its classification as a Schedule I drug and by criminal prosecutions of patients and physicians."

The ANA, representing 2.6 million registered nurses nationwide, endorses medical cannabis. In 2003, the ANA's House of Delegates passed a resolution strongly in favor of therapeutic use. That was followed by a position statement, "In Support of Patients' Safe Access to Therapeutic Marijuana," which was developed by

its Congress on Nursing Practice and Economics and approved by ANA's Board of Directors in December 2008.

At the Rhode Island conference, a nursing advocacy group, the American Cannabis Nurses Association – [www.cannabismnurses.org](http://www.cannabismnurses.org) – was established. The aim of the specialty nursing association is to educate nurses, health care professionals, policy-makers and the public about the therapeutic use of the cannabis plant.

Running an advocacy group on an all-volunteer basis is incredibly tough work. Sponsoring accredited conferences would be enough to set most people back. Instead, Mathre is accessible, passionate about the cause and proud that the organization she co-founded is celebrating its 15th year. Besides the wealth of information supplied by Mathre and Byrne, Patients Out of Time's extensive library containing sources of cannabis research and clinical use is available to all at [www.mediccannabis.com](http://www.mediccannabis.com). Health care professionals earn continuing education units by viewing the 2006 and 2008 conference proceedings online though a link to USCF's School of Medicine's online Continuing Medical Education program. While she admits to being close to burn-out at times, her fascination with the topic and commitment to the medicine remain strong.

**"Basically, we are here to educate health care professionals and the public about the therapeutic use of cannabis," she said. "We're real simple in that regard. My goodness, this is a no-brainer. Cannabis is a safe medicine."** ✚

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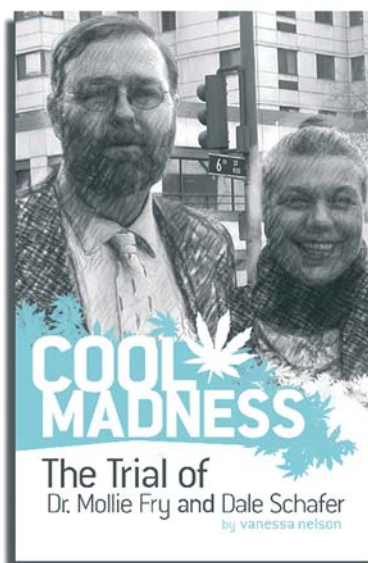
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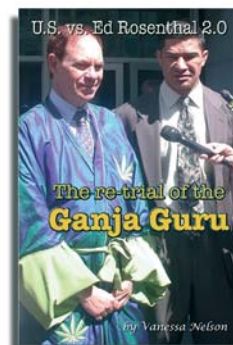


**COOL MADNESS, The Trial of Dr. Mollie Fry and Dale Schafer** is the riveting true story of a medical marijuana doctor undergoing a federal trial for the first time in history. The main character of Cool Madness is Dr. Marion "Mollie" Fry, a cancer survivor who learned about the benefits of medical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

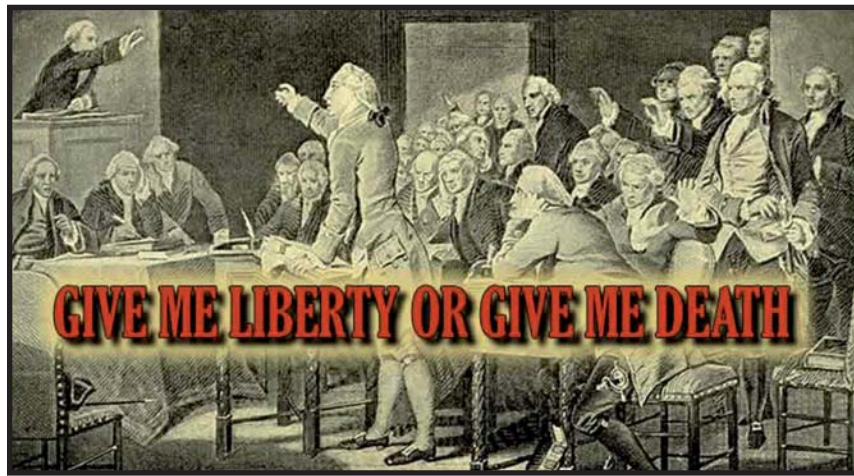


# The New American Revolution

Part 2

## "Secure the Blessings of Liberty ..."

Preamble to the United States Constitution



By Brett Bratcher, M.Div, LNFA,

The famed American revolutionary leader Patrick Henry was quoted as saying, "Give me liberty or give me death" ... a sentiment at the heart of what most Americans would tell you is the basis of their political credo: freedom. The preamble of the United States Constitution emphatically celebrates freedom, in the passage "Secure the blessings of liberty to ourselves and our posterity," underscoring the philosophical and cultural importance of personal and professional freedom.

**T**he core idea of freedom has always been the hallmark of what most people will tell you gets them excited about being an American. Chad Gouge's story is no different — personal and professional freedoms define the "good life" for this Fort Worth, Texas, resident.

An electrician by trade, Gouge stands 6'2", with a long mane of blonde hair and an athletic build. He has a quiet but friendly way about him that makes you feel like you're talking to Clint Eastwood, and you're grateful he's in a good mood and that he likes you. Gouge has always enjoyed an active life, whether helping people get their electric systems operational in peak Texas heat or spending time outdoors fishing and hiking with friends; freedom has always been about the ability to make choices that were best for him. Like most people, freedom is something Gouge took for granted, being

able to choose which schools he would attend, his vocation and even his healthcare options.

Today, much of Gouge's life has changed with respect to his views of freedom. In October 2009, he was diagnosed with multiple sclerosis (MS). The first indications that something was wrong were the numbness on the entire right side of his body. His hands, arms, side and right leg were becoming progressively numb or having uncontrolled spasms that would often leave him in excruciating pain. Gouge sought clinical help due to his first exacerbation of MS; he describes the event as having a "Charlie horse on steroids" over the entire right side of his body. His first exacerbation was the worst; spasms would go on indefinitely, causing such fatigue in his muscles that between the cramping and the exhaustion, the pain would become unbearable.

After seeking medical care, Gouge was prepared for



bad news, but not of the magnitude that was presented to him. Gouge explains, “When the doctor told me I had MS, I was devastated. I had known something was wrong with me for a while, but I didn’t know what and I certainly didn’t expect MS! I couldn’t stop crying; I thought my life as I knew it was over. Then I started thinking, will my wife still want me, how is this going to affect my love life.” Questions too often asked when someone is given the news that they have a chronic, debilitating condition.

When considering his options for care, Gouge made several decisions about how to handle his MS clinically. Initially, traditional medicine would be his answer. After completing hours of rigorous research, he found two medications that emerged as the best clinical options for him. “The first treatment, the physician put me on were steroids [for inflammation]; I had three massive doses ... and I hope never to take them again,” he says. Although the anti-inflammatory drugs were meant as a short-term therapy, Copaxone became Gouge’s long-term hopeful. Sadly, according to Gouge, “After 30 days of using the Copaxone, the side effects were worse than the disease.” He cites ongoing burning at the injection site, along with skin irritation, aches, pain, low-grade fever and other flu-like symptoms, not to mention the astronomical cost associated with a drug that many insurance companies won’t cover.

## Providential Brownies

After reconciling his decision to quit the Copaxone, Gouge was left with the question all chronically ill patients face: “What now?” Initially, cannabis was not an option, as the dialogue surrounding his MS was focused toward traditional medical interventions. Upon hearing about television talk show host Montel Williams having MS and his success handling his pain and symptoms with cannabis, Gouge began researching cannabis as an option and even discussed it with several family and friends. “My family and friends were all surprisingly supportive; no one judged my desire to seek alternatives and, in fact, after a hospitalization due to an MS exacerbation, a friend brought by several special brownies to me as a gift.”

He continues, “I remember getting these brownies and realizing that they contained cannabis, which was both appealing and frightening [at possibly getting caught]. After my friend left, I started to unwrap my present and a nurse came in to check my vitals. I panicked and slammed the brownies in the bed-table drawer, just knowing I was going to get busted because of the smell. As soon as the nurse left, I ate everything immediately and was amazed at how well it relieved my muscle spasms and pain.”

Today, Gouge can laugh about his almost being discovered with his special brownies, but that event underscored a significant point in his journey. Now Gouge was faced with the dilemma of finding a medicine that worked for him, but for the first time in his life not having the freedom to pursue what was clearly in his best interests of his health and quality of life.

As a result, liberty has taken on a new dimension for Gouge. While still means having the freedom to choose the healthcare options that are going to give him the greatest success, it also means using medical cannabis in dealing with the symptoms of his MS.

For Gouge, the rewards outweigh the risks.

Using medical cannabis in Texas involves a certain amount of risk. Finding medical cannabis, finding it in a place or from a person who you feel safe dealing with and obtaining medical cannabis that you are sure is a quality product ... all present unique risks in a state that does not have medical cannabis laws in place to protect patients. According to Gouge, “Trust is a big issue. Not knowing your Constitutional rights and stress could be eliminated if medical cannabis were legal.”

The therapeutic success Gouge has had plays a major role in persuading others of the viability of medical cannabis. People — especially Gouge’s mother and father — have been very supportive and understanding. The benefit of finding something that gives him relief and does not have the same side effects as his traditional treatment is worth it all, Gouge says. “The spasticity has been greatly reduced over time, to the point of being almost nonexistent,” he notes.

With the support of family and friends, Gouge began to reclaim what he thought he had lost: his life. “Before MS, I was very active and in good physical shape. I still do all the things that I did before: disk golf, fishing, volleyball, etc.,” he says. “You can’t let MS take away your freedom. If you do, you have already lost the battle.”

Taking that same attitude toward activism has made Gouge examine the liberties that are being denied others with chronic illness, which sparked his activism and got him involved in a local chapter of the National Organization for the Reform of Marijuana Laws (NORML). According to Gouge, “I got involved with the Dallas/Fort Worth (DFW) NORML chapter about a month after I was diagnosed with MS. DFW/NORML played a big part in changing my negative mental state regarding my MS, and I’ve made some great friends along the way. Involvement with NORML has empowered me and helped me find leadership skills I didn’t know I had.” ▷



## Reluctant Hero

"Some are born great, some achieve greatness and others have greatness thrust upon them."

William Shakespeare

Since his time with DFW NORML, Gouge has been elected the assistant director to the board of the local chapter. "I had no idea that when I joined NORML a year ago that I would be a board member," he remarks. Executive Director Larry Talley saw the leadership potential in Gouge, and the two have collaborated on several political initiatives, including a recent NORML chapter startup at the University of North Texas in Denton. The same energy Gouge put into his electrical business now finds a new conduit with his activism. Gouge states, "I'm getting more involved in the political end of things now, like going to congressional debates and organizing other Texas chapters."

The basis of Gouge's tireless efforts is to provide and protect the freedoms of people with chronic illnesses to gain the medicine they need. Gouge adds, "There need to be legal protections factored in for patients using medical cannabis and the physicians who recommend it ... no one should be branded a criminal for using cannabis as medicine." Gouge recommends employers work to protect patients, citing the case of a Michigan man with an inoperable brain tumor getting terminated from his job for using physician-recommended medical cannabis. "We don't want what happened to Joseph Casias in a Michigan Wal-Mart to happen here," he says.

There is still much speculation about what medical cannabis legislation will look like in Texas should some resolution be passed. Although different models exist across the United States, one thing is for certain: States continue to grow in number as more and more see that medical cannabis is viable for patients, is a taxable commodity and is desirable to weaken the grip that illegal drug cartels have on this country. As a result of his involvement in activism, Gouge sees the future of medical cannabis as very positive. "I believe we are going to see more states legalize medical



cannabis, and a majority of people are going to see that our government has waged a propaganda war on drugs based on ignorance," he says. "Education is key, knowledge is power, and that is what I strive for every day."

## Prologue

The new breed of American revolutionaries is taking its best interests into its own hands. Today's American revolutionary is no longer satisfied with placing complete trust in their legislators, who seem to represent corporate interests rather than representing the individuals who put them in office. These freedom fighters rally behind the original notion of their forefathers, who fought against "taxation without representation." These reformers have set upon a course of activism, risking their reputations with family, friends and community members. Everyday people like Gouge and Talley are committed to changing the way Texans view and manage medical cannabis. Some of these reformers are patients; others are caregivers, risking their livelihood in order to gain the liberty to make decisions about the course and quality of their medical treatment. Men and women are losing their jobs (as in the Casias case) for simply treating their conditions with medical cannabis. Others are risking their very freedom to obtain and use the medicine that is effective for them. Activists like Gouge no longer take for granted the freedoms we hold dear but that seem to come so easily. They not — freedom comes with a price. Freedom fighters like Gouge work tirelessly to deal with the challenges found in their clinical conditions, as well as challenges that come from their choice of treatment. It is their courage to do what they believe is right and to stand up for the freedom — both their own and that of others — to use medical cannabis. And for that, we are all better off. 🇺🇸

**By Brett Bratcher, M.Div, LNFA,**

is the founder/owner/operator of Trinity Hospice of Texas, LLC, and has served as executive director of several Texas-based hospice, home health and nursing home companies. He also is a regular contributor to both mainstream medical and alternative-medicine magazines.



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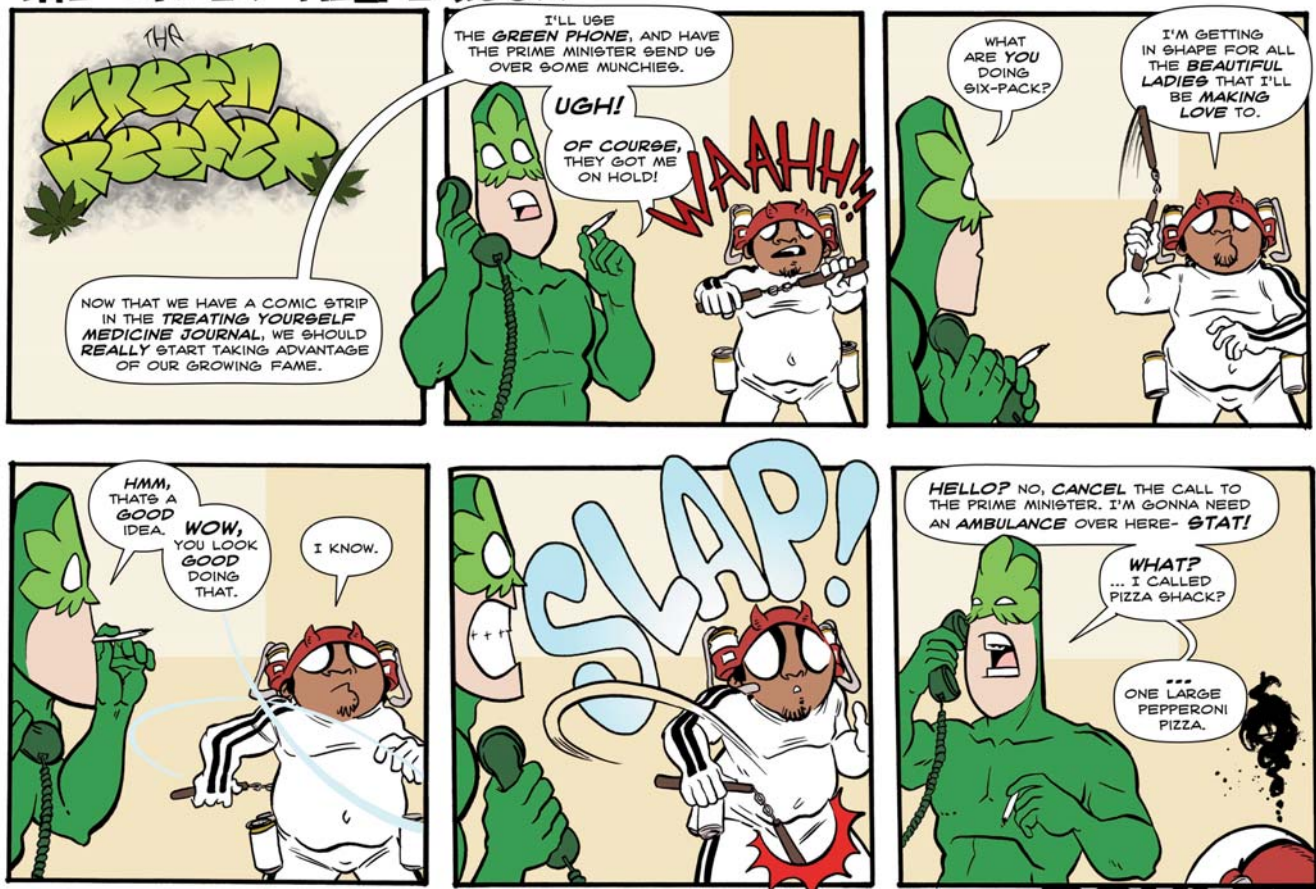


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Northern Lights £20/\$45R  
Northern Soul £35/\$80F  
Outdoor Mix £13/\$30R  
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California Indica £39/\$88R  
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Early Pearl £49/\$109R  
Early Skunk £29/\$65R  
Ed Rosenthal Superbud £125/\$270R  
First Lady £45/\$98R  
Four Way £48/\$100R  
Fruity Juice £88/\$189R  
Guerrilla's Gusto £22/\$53R  
Hash plant £106/\$222R  
Hawaiian Indica £61/\$130R  
Hindu Kush £29/\$65R  
Indoor Mix (25 Seeds) £49/\$109R  
Jack Flash £88/\$189R  
Jack Flash #5 £97/\$204F  
Jack Herer £133/\$280R  
Jamaican Pearl £49/\$109R  
Maple Leaf Indica £45/\$98R  
Marley's Collie £106/\$222R  
Mexican Sativa £20/\$45R  
Mother's Finest £71/\$155R  
Mr Nice G13 x Hashplant £126/\$271R  
Northern Lights £97/\$204R  
Northern Lights #5 x Haze £121/\$259R  
Outdoor Mix (25 Seeds) £39/\$91R  
Ruderalis Indica £20/\$45R  
Ruderalis Skunk £40/\$92R  
Sensi Skunk £23/\$51R  
Shiva Shanti £30/\$71R  
Shiva Shanti II £20/\$45R  
Shiva Skunk £59/\$134R  
Silver Haze £78/\$169R £88/\$189F  
Silver Pearl £61/\$136R  
Skunk #1 £26/\$60R £35/\$76F  
Skunk Kush £73/\$158R  
Super Skunk £39/\$91R £49/\$109F  
Sensi Female Mix £67/\$146F

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Bubble Gum £55/\$121R  
Chronic £55/\$121R  
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White Russian £55/\$121R

### SEEDISM 5 Seeds (Fem.)

Cheesewreck £45/\$90F  
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Global Update:

# Election Overview

New York City • Kathmandu • Oaksterdam

## More Than 3 Million Californians Voted To Legalize Cannabis

By Jerry Beisler

Author Jerry Beisler has contributed two articles to Treating Yourself. His book the Bandit of Kabul will be rereleased in Hardcover January 2011 by Trineday Publishing.

### “You can pick your teeth with a New York joint”

a vocalist/poet, Jim Morrison of the Doors quip.. captured during the intro to one of the band's songs 40 years ago. Now New York City supports a cottage industry of bong, vaporizers and every sort of pot pipe. Across those decades, the one constant is expensive. The price of cannabis in New York City is always exactly the price of gold..

In the mid 70's when gold was legalized in the U.S.A. and freed from its arbitrary value of \$38.50 per oz., it quickly floated to \$100.00 per oz. cannabis was already twice the price. When gold rises to \$500.00 an oz. cannabis hits \$4,800 a pound in California.

The Jamaican community supplied a small portion of New York City's tokers behind the Reggae music genre inroads. Clubs, rehearsal studios, band management were the beneficiaries of the area's extensive harbor and dock commerce. 911 changed everything “custom's enforcement” wise. Now whatever Jamaican's can come up with stays tight among the musicians and their immediate family.

NYC IS GREEN GOLD. The risk/reward for delivery to New York at \$800 an oz. is cheap!

The original N.Y.C. pot run was begun by Brooklyn Jews that called themselves The Vipers. They brought cannabis from New Orleans into an artistic scene of Jazz and literature. Ten years later in 1944 a popular mayor of N.Y.C. released the La Guardia report that stated cannabis was harmless and helpful. The federal government's new drug bureaucrats countered the report by threatening to arrest doctors that had “anything” to do with cannabis. Within 5 years, these zealots further assaulted cannabis with a lives ruining, culture killing, jailing frenzy. Statistics state there were 60,000 cannabis users when this War began.



Poet Allen Ginsberg in NYC

There are now 60 million. So it is not surprising that gold and grass still hover together in price at a \$1000.00 plus per ounce and rising.

The Wall Street types are making small fortunes a day at the click of a mouse and so demand for killer bud is insatiable. As they say, on Wall Street now

“It is better to have cannabis in the times of no gold than it is to have gold in the times of no cannabis.” ▷

## Kathmandu is fears and tears

There is no hashish available in Nepal. No locally produced cannabis in the not so long ago Mecca of Mellow. There is dried out, third rate, Indian low land, Harsh. The farmers that grew it for centuries and survived in difficult climate and terrain are now starving along the teeming, violence prone, edges of Nepal's capitol. Work stoppages and ethnic mob beatings are daily occurrences, the farmers families fight for survival now. A good example of what Nepal was like in the early 70's is in the counter culture history "The King Of Nepal" wherein the author writes, "Using my \$100 U.S. license to trade in hashish and ganja in the Kingdom of Nepal ! would rent a helicopter and fly to Ra Ra Lake (the highest lake in Nepal) in the Humla Jumla district. There I would buy out the area's complete production of Spaghetti Finger Hash, fly it back to Kathmandu, declare it at customs and pay the 35 rupees (\$3.50 U.S.) per kilo tax".



## Cannabis was LEGAL until 1974.

Even worse after the slaughter of the entire Royal Family and the ascent to the throne of the "Black Prince" (now deposed) a threatening, pay-off-prone, Authority arose for cannabis. Rather than deal with subtle intimidation that exists today tourists are no longer coming.

In 40 years the place known to traveler's as the "Valley of Smiles" is now the valley of slowly-fading-away-day-to-day-starvation for thousands of people.

## Oaksterdam is Safe Access

*You gots to understand this birthday yam now banging on 66 when yam stating this. So, the fact that I's bubblin' in the yay area with the dank broccoli, yes the Indo, not some janky, bug sprayed Nade, puts me craculatin with some cheddar perchance I meet some hella saucy.*

*Now this donmean I'm a bossballer in the Eastside O killin' fields or a macmailman in EPA city faSheezy, cause me casa Berkatown phat livin' 'cause what you don't want facin' 66 is: no sideways - no smebbin - no hoorides, no bluebirds or busters and faShiggedy NO yayo or stupid gurpin' of any kind. Understand - no penelopes or elroys, no grindin' and no hot ones flyin'. Feel me? No Purple Drank.*

*And I do not mean high on twizzy . . . feel me.*

*After 65 whatchywan is getting' keyed with some cud-die that has fetti of they own, marinatin', talking 'bout off the chain-pimp skillet - gravity. It ain't easy all this during a time of organ harvesting, prison packin' and open season on Arabs for profit.*

*Read the sign "SAFE ACCESS" that's why I'm right here.*

*When I was young they gave Aaron Neville three years for three joints. "SAFE ACCESS", read that sign, that's why I'm in Oaksterdam. They give Aaron*

*Neville awards in Washington D.C. now. Hey don't give me No Medal or Plaque, give me my three years hard labor in Angola prison back!*

*Yes, yes - you can see though I'm 65, I ain't no null and void Nathan and so I can quote another white man that ties it all up thru his age and wisdom; that be Mr. Natural:*

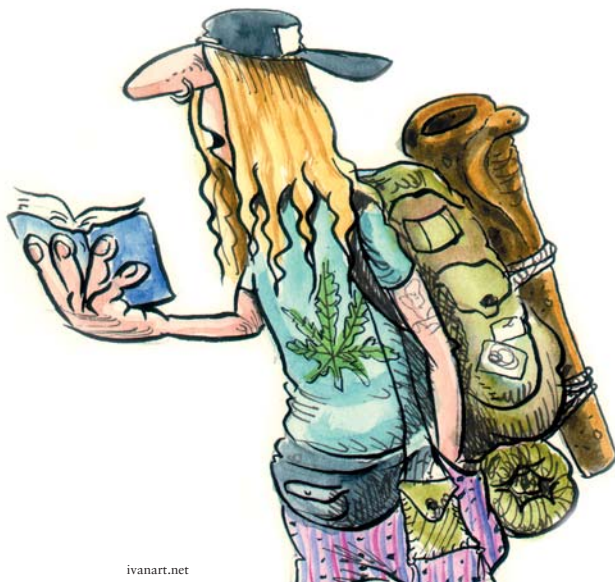
*"Quest Into the unknown", so "keep on truckin!" START SAVIN' MOTHER EARTH. ▷*





## Glossary

**Bluebirds:** liars  
**Hot ones:** bullets  
**Bossballer:** pimp that operates on fear  
**Bubblin':** enjoying life  
**Busters:** exaggeration speech  
**Cheddar:** money  
**Null and Void**  
**Craculatin':** on the move  
**Cuddie:** friend  
**Mother Earth:** where we ALL live  
**Dank broccoli:** Quality cannabis  
**Elroy:** male police  
**EPA City:** East Palo Alto  
**faSheezy, faShiggedy:** without disbute, for sure  
**Fetti:** money  
**Grindin':** dealing crack  
**Gravity:** the best  
**Gurpin':** getting drunk  
**Janky:** second rate  
**Keyed:** high  
**Macmailman:** successful crack dealer  
**Marinating:** hanging out  
**Nathan:** wealthy white man  
**Off the Chain:** good  
**Penelope:** female police  
**Pimpskillet:** better  
**Purple Drank:** mix of cognac and codine cough syrup  
**Smebbin:** driving without a license or registration  
**Saucy:** girl  
**Sidewayz:** driving drunk  
**Twizzy:** Ecstasy  
**Yayo:** cocaine 



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Nexus Magazine

# Hemp A lifeline to the future?



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By Dr Andrew Katelaris MD

It is often said that in war the first casualty is truth. Nowhere is this more accurately seen than in the so-called war on drugs. Beginning with an hysterical media campaign by the Randolph Hearst press in the early 1930's the image of Cannabis was transformed from a valuable fibre crop and important source of oil and medicine to "a heathen devil weed with its roots in hell". Whether by design or circumstance the suppression of Cannabis paved the way for a dramatic transformation of the world's economy. Prior to the late nineteenth century the world operated on a carbohydrate based system, where all fibre, fuel and medicine required to meet human needs was produced by photosynthesis, with the sun's energy utilised to combine carbon dioxide and water into cellulose, the basic building material of the natural world. During the twentieth century much of this carbohydrate was replaced by hydrocarbons generated by the extractive coal and oil industries. In place of natural Hemp fabrics came the petrochemical fabrics. Nylon, polyester and other synthetics were manufactured on a massive scale and promoted by aggressive advertising. In place of the paper bags and boxes came the ubiquitous plastic bag. Billions of these toxic, non-degradable items have been manufactured only to be used once and then discarded, to find their way into streams and waterways and eventually to coalesce into massive submerged islands of



garbage in the Pacific and other oceans, releasing a toxic time bomb of hormone disrupting chemicals into the marine and human ecosystems. Instead of paper being made from annual fibre crops vast tracts of ancient forest have been felled and chipped, then cooked with chlorine and other hazardous chemicals to produce an inferior product when compared to what it replaced.

The destruction and contamination of the natural world is not the only adverse effect of the suppression of Cannabis. Again, whether by design or circumstance the legislation put in place to enforce the prohibition has served as a template towards the establishment of a repressive

police state with an incremental curtailment of individual liberty. Under the guise of preventing damage from the "scourge of drugs" the population has been subject to phone tapping and other methods of surveillance, intrusive and often violent police raids and a range of chemical surveillance including enforced testing of hair, urine and saliva. The majority of the current prison population comprise non-violent drug offenders, especially in the United States, where the privatisation of the prison industry has created a repressive but highly profitable industry for the Wardenhut corporation and other prison industry players. The damaging consequences of the prohibition are not restricted to individuals, but are felt across the geopolitical sphere. Because



## It is often said that in war the first casualty is truth.

much of the Cannabis and the other plant based drugs are grown in third world countries, political intervention under the guise of drug interdiction has been and continues to be manipulated for political purposes, by serving as a pretence for military action. The invasion of Panama and the political turmoil in Afghanistan, Mexico and Colombia, to name a few, are the results of the militarisation of the war on drugs. Despite the mass



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of evidence implicating the amerikan military in drug dealing on a massive scale, including the importation of many tons of cocaine from South America to the US to help fund their covert activities, the drug war warriors continue to claim the moral high ground.

However, due to the tireless efforts of thousands of Hemp activists around the world the tide is slowly starting to turn. Cannabis Hemp can now be grown legally in most countries, although the United States remains a notable exception. Whilst still a minor player on the world scene the scale of the Hemp industries and the range of products are steadily rising, due to the increasing acceptance of the concept of industrial agriculture. In order to produce true sustainability industrial agriculture seeks to use annual crops as the starting point for factory production, replacing mined inputs such as iron ore and coal. But can Hemp and other select crops really make an impact on the looming environmental catastrophe? Imagine our country one generation into the future, following the passage of a law requiring all industrial production to be completely non-toxic, biodegradable and sustainable. In this world cars and many other things are now made of Hemp bio-plastic. This material is not new. It was developed by Henry Ford in 1941, who made a car body that was one sixth the weight of steel but had ten times the impact resistance. Documentary footage of this remarkable achievement is available on the internet. Future generations will never know what a panel beater actually did and the insurance industry will be much downsized. Perhaps in this future world those respon-

sible for suppressing such valuable green technology will finally be brought to task.

Australia earns about \$400 million a year by selling old growth forest chips, but we import finished paper products to the value of \$1.4 billion. The use of trees and chlorine in paper making in the future world is now a receding memory. Modern non-wood paper making factories operate surrounded by green fields of Hemp. The billions of dollars saved on imports are invested into massive reforestation programs, stabilising erosion and facilitating the return of biodiversity. Synthetic fabrics are long gone, replaced by breathable naturals of Hemp, ramie or bamboo. Hempcrete is a building material manufactured from the chipped inner fibre of the Hemp stalk. Mixed with lime, ground slag or other additives, it forms a cellulose cement lighter than conventional materials but with improved thermal and acoustic insulation properties. The material is fire-proof and completely resistant to termites. Hempcrete revolutionises home building in the future. Hempcrete sets like concrete but can be cut like timber. Any unwanted structure can simply be ground up and thrown into the new mix. A more "organic" style of building can develop, because it is now a straightforward process to rearrange internal walls and make any other changes to a home to suit changing family needs. In some European countries nearly half of all dwellings are owner built. Hempcrete dramatically reduces the

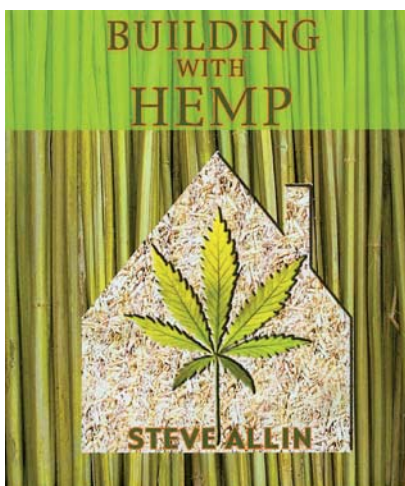


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cost of housing by simplifying construction. For example, a roof cast of hempcrete reinforced with bamboo can replace a tiled roof, fascia and guttering. This roof will have better thermal and acoustic insulation than the tiles, it will be resistant to hail and will greatly reduce the risk from bushfire. In addition to the direct benefits of hempcrete in construction it also functions very efficiently to sequester carbon dioxide. Bio-sequestration is the process by which plants take up carbon dioxide and water and use the sun's light to synthesise glucose and then cellulose. If the cellulose is used in long lasting structures, then the atmospheric carbon ▷

dioxide is effectively removed or “sequestered”, improving the weather health on Earth. The average Australian family generates about ten tons of carbon dioxide each year. One hectare of Hemp can sequester up to twenty tons of carbon dioxide annually. The average hempcrete house would sequester about forty tons. When a house is made of hempcrete it is not only this direct carbon dioxide which is saved. Using bricks, tiles and other fired ceramics generates a huge amount of carbon dioxide in manufacture. An average brick house generates up to five hundreds tons of carbon dioxide in its total construction and the housing industry generates a large proportion of the country's domestic carbon dioxide output. A large scale change in building methods would facilitate our compliance with targets such as, or preferably exceeding, Kyoto levels. Unlike the doomsayers who claim that compliance with such protocols would harm the economy, a large scale transition to Hemp based paper, building and fabrics industries would function as a massive economic stimulus, creating quality employment and export opportunities, unlike the short sighted consumer based stimulus strategies currently in use.

In the areas of health and medicine the use of Hemp could lead to dramatic improvements in society. Hemp seed is one of the richest sources of alpha-linolenic acid (ALA), the plant based form of the essential fatty acid omega 3. ALA has an eighteen carbon backbone, which is elongated in the body to a twenty-two carbon chain to form DHA and EPA. In this form omega 3 is incorporated into the brain, forming a critical part of the neuronal membrane. Omega 3 from marine sources occurs as DHA and EPA and taking omega 3 in this form bypasses the need for the conversion. However, ALA has beneficial effects itself and using marine derived omega 3 places a severe strain on the aquatic environment. Further, omega 3 is a very reactive molecule and the harsh industrial conditions used in the extraction and deodorisation of the oil leave it with less than optimal activity, with detectable levels of contaminants including mercury and PCB found in many commercial samples. Fortunately, most individuals can readily convert ALA to DHA and EPA in sufficient quantity for optimal brain development. Luckily, two groups with par-



ticular need for DHA and EPA, pregnant women and young children, are particularly efficient at this conversion. The enzymes responsible for the conversion can be impeded by an excess of saturated fats, so for optimal results these must be reduced in the diet. There are two essential fatty acids, omega 3 and omega 6. They are referred to as essential because they cannot be synthesised by the body, but must be obtained in food. The ideal ratio for optimal health between the intake of omega 3 and omega 6 is one part omega 3 for each three parts of omega 6. The industrialisation of the western diet has had

the critical effect of seriously reducing the intake of omega 3 whilst at the same time dramatically increasing the omega 6 intake, due to the mass marketing of canola and other inferior oils. The body maintains homeostasis by a dynamic balance between opposing forces. For example, the musculo-skeletal system balances opposing flexion and extension muscles to maintain posture. Biochemically, the body maintains its interior homeostasis by delicately balancing pro-inflammatory and anti-inflammatory effects. The body must be able to mount an effective inflammatory response to repel microbial invaders and as an adjunct in wound healing, but it must then be able to down-regulate this inflammation to prevent unwanted collateral damage to adjacent tissue. In general terms the omega 6 fatty acids and their derivatives are pro-inflammatory, whilst

the omega 3 series produce mediators which down regulate the inflammatory response. With a predominance of omega 6 and a deficiency of omega 3 the body is in a permanent state of excess inflammation. The release of inflammatory cytokines initiates the process of tissue damage which, if the process continues long enough, manifests as illnesses, including vascular disease, loss of vision and dementia. When the synovial joints are affected

osteoarthritis results, causing much pain and suffering for a large proportion of the population. Like knights in shining armour the pharmaceutical corporations offered their response, the non-steroidal anti-inflammatory drugs called NSAIDS. These chemicals are based on aspirin but have been modified to exhibit a more rapid effect, better analgesic properties or some other characteristic to give their product a marketable edge over the competition. NSAIDS have generated an industry with multi-billion dollar sales annually, despite



the fact that they are responsible for the deaths of hundreds of thousands of people globally. As a spin off advantage for the corporations, the most frequent side effect of the NSAIDs is gastric irritation, often leading to ulceration. To the NSAID billions were added the billions of dollars from the sales of antacids like zantac and more recently the proton pump inhibitors. All this expensive medicine and the progression of the disease is barely slowed with the hapless patient then requiring complex surgery to managed the damaged joint. Is any of this really necessary? People who strive to maintain a rea-

sonable omega 3/6 balance and also keep their bodies free of oxidative stress by regular intake of natural plant based anti-oxidants are generally not troubled by osteoarthritis or other degenerative diseases. Also, they are rarely troubled with blood pressure problems and they have no need for anti-depressants, two major money spinning drug groups for the global pharmaceutical companies. The behaviour of the pharmaceutical companies often challenge ethical boundaries and the relationship between "big pharma" and the public could be likened to a fox minding the pigeons. Of course, over the years certain pharmaceutical products such as the anti-malarial drugs have greatly reduced human suffering, but the modern pharmaceutical industry appears bent on a course of medicalising the population, for conditions which are often caused in the first place, by their subsidiary companies in the food industry. The ethically challenging behaviour of big pharma and the unholy alliance that exists between global pharmaceutical corporations and media was clearly seen during the recent swine flu drama. Using techniques of molecular biology researchers have provided convincing evidence that what the public was told was a wild type pig virus actually contained genetic elements from human, avian and porcine sources. The probability of this happening by chance is vanishingly small and the likelihood is that the offending virus was actually a recombinant creation intended as a immunisation agent for large commercial piggeries. It is noteworthy that unlike the earlier avian influenza outbreak, where millions of birds were slaughtered, the current swine flu caused no deaths in



**In 1974 Richard Nixon tried to mandate universal immunisation for swine flu, but the program was abruptly ceased after thousands of people were paralysed by the vaccine.**

on anti-viral medications. Huge stockpiles of tamiflu manufactured for the fizzled bird flu scare now found a ready market. Despite the lack of evidence of public health risk millions of dollars of public money were spent on questionable vaccines. People blessed with a functioning memory will recall this was not the first swine flu scare campaign. In 1974 Richard Nixon tried to mandate universal immunisation for swine flu, but the program was abruptly ceased after thousands of people were paralysed by the vaccine.



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Over the last century cane sugar has gone from being a rare luxury food to a massively over-consumed health risk. Added in large quantities to soft drinks and most processed foods, in the sedentary body it causes wild swings of blood sugar with mood disturbances and widespread oxidative stress as the excess glucose attaches to haemoglobin and other tissue or is transported to adipose stores where it adds to a swelling girth. The type II diabetes epidemic continues unabated, while key culprits like McDonald's use PR gurus to re-invent themselves as a health food restaurant, while still peddling the same toxic mass of saturated fats and sugar they call food. The derangement of the diet leads to disturbances in blood chemistry, especially the lipid profile, with increases in low density lipo-proteins and total cholesterol. Based on pathological studies showing cholesterol in artery narrowing atheroma, the medical and pharmaceutical establishment devised the cholesterol theory of heart disease, claiming that high levels of serum cholesterol impregnates itself into the arterial ▷

wall, thereby causing disease. With cholesterol as the number one bogey man the pharmaceutical industry then presented the frightened public with magic bullets, the statins, certain to cure all their problems. These drugs cause serious side effects but despite this the statins have grown into a multi-billion dollar industry. Yet there are many weaknesses in the cholesterol theory and the observed facts are better described by considering oxidative stress as the key initiating event in atheroma formation. Oxidative stress results from the action of oxygen free radicals. Free radicals are unstable molecules with unbalanced electron clouds that can damage any tissue they come into contact with. These free radicals are an inevitable result of biochemical respiration. However, oxidative stress is dramatically increased by exposure to toxic chemicals, additives, volatile fumes and electro-magnetic radiation. Like sparks flying from a camp-fire free radicals can cause damage to the tissues they occur in, if they are not quenched. In its well state the body is equipped with an impressive endogenous anti-oxidant system, in addition to exogenous anti-oxidants found abundantly in tree and vine ripened fruit and berries and in vegetables. In the oxidative stress theory, disease results from an inflammatory reaction occurring around sites of oxidative injury. When atheroma are subject to careful biochemical analysis it is found that the cholesterol in the plaques, ingested by immune cells known as foamy macrophages, is actually rancid. Rancidity is the state of an oil that has been subject to oxidative stress from excess light, heat or chemical exposure, in the absence of sufficient protective antioxidants. It is the rancidity of the oil that initiates the inflammatory reaction to cause the plaque, not the cholesterol itself. The proper treatment should be to address the oxidation, not to artificially manipulate the level of cholesterol. Additionally, oxidative stress on the membrane of the platelets render them overly "sticky", setting the stage for a vascular event, whether a myocardial infarction, a cerebro-vascular accident or ischaemia of a limb. Whilst certain genetic characteristics of an individual or group may render them susceptible to oxidative stress in a particular site or tissue, the



underlying pathology remains oxidative stress.

Without wholesale dietary and lifestyle changes the health of the population will continue to deteriorate, they falling victim to a range of chronic degenerative illness until the society is unable to afford the health care costs involved. The current unbalanced, devitalised, de-mineralised and generally deficient national diet has led to preventable conditions imposing a serious social and economic cost on the community. It is estimated that up to 90% of Australian school children are not getting optimal quantities of omega 3 and this can be expected to impact on brain development and intellectual functioning. An ideal intake of omega 3 is also required for the optimal functioning of the immune system. Deficiencies can manifest as allergies, autoimmune diseases and other expressions of immune dysfunction. Hemp seed offers a unique combination of important nutrients, including a balanced ratio of omega 3 and omega 6 and an impressive array of vitamins and minerals. Hemp seed has a particularly high level of vitamin E, which is a potent antioxidant protecting the omega 3 from rancidity. Vitamin E, so often deficient in a processed diet, is critical for vascular health, by maintaining the pliability of the blood vessel wall. The protein in Hemp is balanced and easily absorbed. Australia is the only country on Earth which still has restrictions on advertising the food uses of Hemp seed. It is permissible to use the product topically but not as food. This is the same situation as exists with raw milk, where over zealous regulators have restricted a product based on poor science, economic self-interest and political bias.

But in our future world things are running more smoothly. The legislation requiring all products to be completely non-toxic has seen the end of the junk food industry. After only a few years of eating a wide range of Hemp seed based foods and other health promoting practices the benefits are being seen in the population. With the reversal of the diabetes epidemic there are huge saving in health care. The surplus is spent expanding the cycle networks around the cities and other public health amenities. Maternal and perinatal health improves and there is a reduction in the currently



alarming high level of asthma in children. Optimised nutrition brings many advantages. Like a fire that is brightly stoked instead of smouldering and smoky the metabolism becomes more efficient at converting food to energy. The mental and physical vigour of the population increases and we are ushered into a renaissance of learning and creativity. Released from the shackles of junk food toxicity the human mind is free to explore new ways of interacting and dealing with formerly intractable problems and we are ushered into a new era of peace and prosperity.

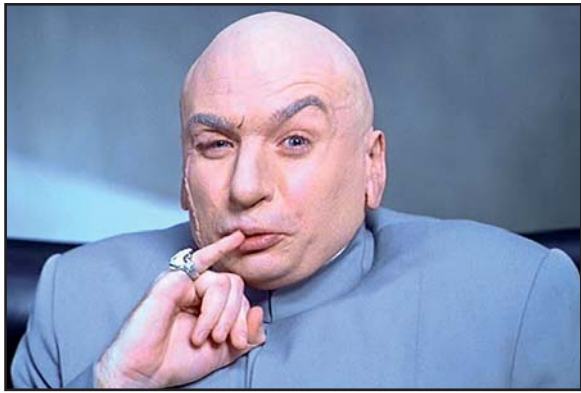
But how likely is it that we will ever see the passage of legislation aimed at ensuring the health and prosperity of the Earth and all the people on it? The economic and political system at the present time appear to be controlled by a cabal of crooks with the moral integrity of reptiles. In a world crying out for satisfaction of the basic needs of food, clean water and shelter over seventy percent of the world's scientist are employed by military. The combustion of fossil fuel is recognised as a direct threat to the well being of the planet, yet an enormous proportion of the fossil fuels consumed is used by the military. How many low wattage light bulbs need to be installed to cancel a single flight of a B1 bomber? Will it make a real difference if we strive to reduce our food miles if vast fleets of huge battleships and submarines are constantly prowling around the oceans? The movement of millions of troops around the world, along with heavy equipment and massive quantities of ammunition causes pollution on a grand scale. The atmosphere is continuously degraded by fleets of military planes, training, conducting exercises or engaged in offensive action. The economy of the United States is dependant on their war industries with a trillion dollar "defence" budget being spent even as more and more people find themselves dispossessed of assets and homeless, with no social security or health care. The application of advanced computer technology and robotics have opened a chilling new phase in asymmetrical warfare, with predator drones controlled from half a world away unleashing deadly fire on unsuspecting targets, combatant or civilian, man, woman or child alike. Along with advances in combat technology there has been advances in mass psychology and news management. News is now sanitized to suit a particular viewpoint and any opposing voice is starved of the oxygen that access to the mainstream media brings. So-called

false flag operations have been developed to a fine art. The war in Vietnam, which cost over two million Vietnamese lives and left a legacy of chemical contamination and genetic damage, was started on a fabrication. In the Gulf of Tonkin incident, the US claimed Vietnamese torpedo boats attacked their vessels in international waters. It is now officially admitted that no such attack occurred yet at the time the media beat the war drums and the people followed. The acme of this black art was seen in New York, on September 11, 2001. For the first time in history a steel framed sky-

scraper collapsed due to fire, caused by the impact of a jet liner, or so it was reported. However, the world trade centre towers did not fall over, but dropped at free fall speed and were pulverized into dust, landing neatly in their own footprint one hundred and ten floors below. Two planes hit the two towers that morning, but at 5 pm a third structure, Building 7, also collapsed in a similar fashion, its forty seven floors again falling at free fall speed and landing neatly in its own footprint. Building 7 was not hit by a plane but was demolished in a like manner to the towers. Building 7 was the site of a major FBI investigation into the business affairs of Enron, Halliburton and other companies but all evidence was completely destroyed. An inspection of the video footage reveals



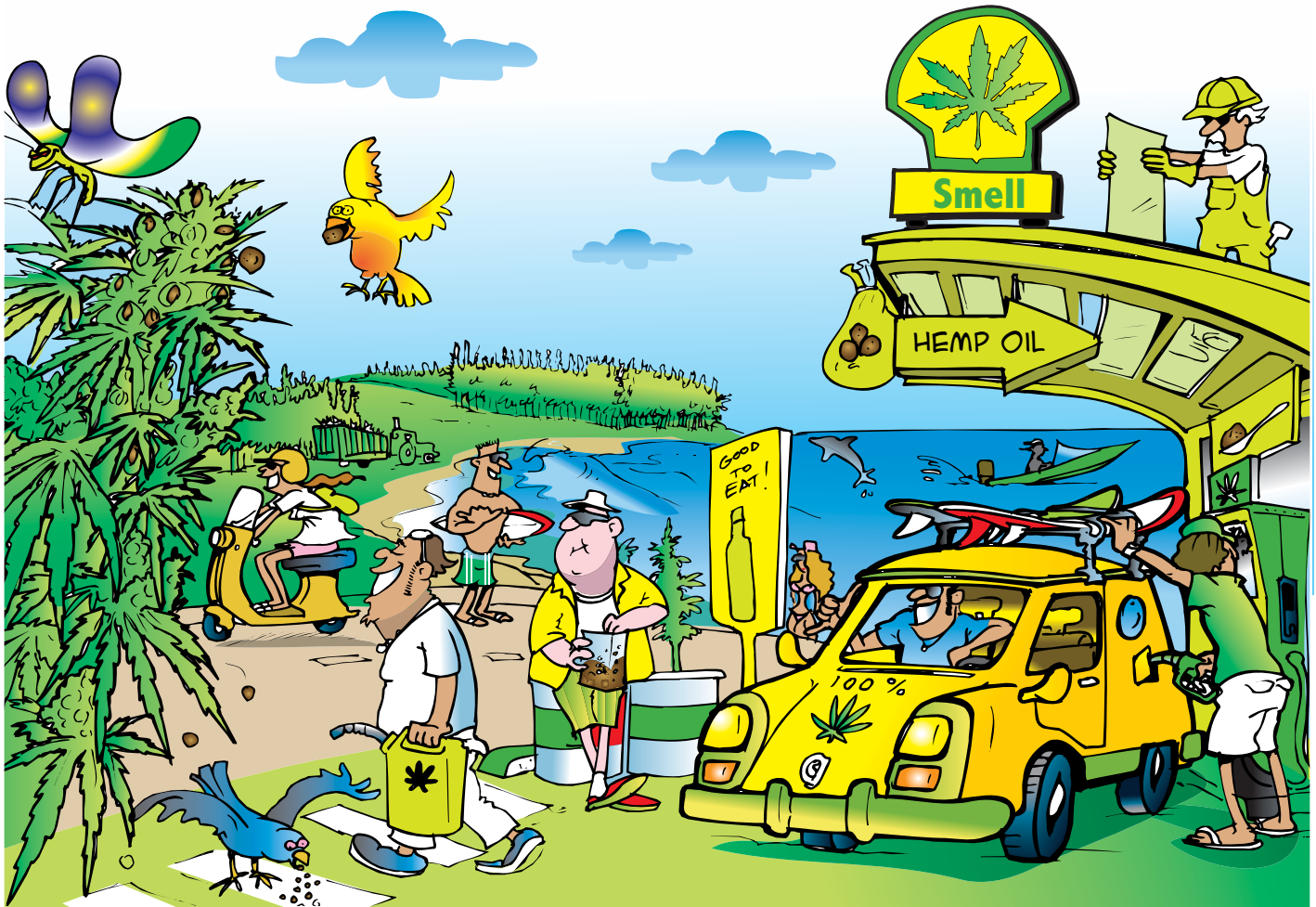
enough evidence to convince a reasonable observer that the three buildings have all the features of controlled demolition. Architects and Engineers for 911 Truth, a public interest research group comprised of industry professionals, used electron microscopy and chemical analysis to investigate the collapse. Chemical residue of the military incendiary thermate has been detected in large quantities in the dust of the towers. Aviation gasoline does not burn hot enough to melt steel yet pools of molten metal were found for several weeks under the debris. As soon as it was cool enough to handle, this steel was loaded onto security equipped trucks and shipped to Taiwan to be melted down, destroying valuable evidence that could easily have establish the truth of the matter. It is said that unless we learn the lessons of history we will be condemned to repeat them. So what are the lessons of history? After the first world war political power in the German parliament, the Reichstag, was equally divided between the national socialists, the communists and independents, but to pass significant legislation required a two thirds majority. In 1933 a mysterious fire destroyed the Reichstag. ▷



of tens of millions of people and global destruction on an epic scale. The similarities between the modus operandi of the Reichstag fire and the world trade centre is chilling. But how unexpected is any of this? In 1995 a group calling itself PNAC (program for a new American century) including such notable members as Cheney, Rumsfeld and Wolfowitz made the statement that progress would be slow “barring a catalyzing event, like a new Pearl Harbour”. With this new “Pearl Harbour” they have succeeded in replacing the effete communist bogey man which fueled the cold war, with the blood crazed Islamist who is being used to fuel the ongoing war on terror.

Despite having no evidence to substantiate their accusations, the national socialists accused the communists and used the hysteria surrounding the event to take their seats, giving themselves the political power to enact their legislation, especially the homeland security act, which gave them sweeping power to control information and detain citizens. From there it was a short march to a completely totalitarian state. This false flag operation led to world war two with the violent deaths

The financial stresses imposed by the current economic situation make it a full time occupation for most people just to feed, clothe, educate and shelter their families. Having the time and energy to engage constructively in the political process is a luxury few can afford and with the media focusing on one irrelevant issue after another only, it has become the twenty-first century version of bread and circuses. However, all empires eventually fall. The Roman empire fell because it





overextended itself militarily and financially, came to rely on mercenaries and client states and was afflicted by depravity, with a failure of decent human behavior. But there is a profound difference between the fall of empires then and now. As Albert Einstein famously said “the splitting of the atom has changed everything, except man’s way of thinking, therefore we plunge towards unparalleled catastrophe”. The challenge facing the world today is no less than a choice between the light and darkness. A cabal of judeo-christian psychopaths armed with thermonuclear weapons appear intent on creating a self-fulfilling prophecy based around the biblical Armageddon story, with a conflagration beginning in the Middle East. The chilling reality is that key players in creating the current situation appear to hold an intractable belief that they will, as described in their biblical text, be wafted bodily to heaven, leaving the unworthy to struggle alone with the mess. The corruption of the message of the judeo-christian bible has had a profoundly negative effect on the relationship between humanity and the natural world. Conferring exclusive possession of a soul to humans has placed humanity outside of the biological web of

life we are so clearly a part of. The interpretation that all plants and animals have been created for the use of humans has reinforced the message of separateness and paved the way for the ruthless exploitation of the natural world, that is now a looming threat for the entire biosphere. The industrial use of Hemp and other fibre plants on a massive scale can cure many of the global environmental ills, while generating significant economic benefits. The use of Hemp foods can heal and revitalize the population. But can the juggernaut of avaricious capitalism, with its indoctrination to mindless consumerism, be overcome in time to save what precious remnants we have of the natural world, before they are obliterated as completely as the trees on Easter Island? What is required is a complete revolution. No adjustments, amendments or other tinkering to the current economic system can begin to approach a solution. A revolution in humanity’s relationship to the natural world needs to be the starting point for this process. Then we may have a chance to pass that critical piece of legislation that prohibits products that are not completely safe and non-toxic, rather than the current situation of prohibiting the solution. 🇨🇦

**Dr. Andrew Katelaris MD, author of this article, speaking out for cannabis in Australia**



Healing at the ROOT of the Problem

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The root is made into a paste with locally milled organic olive and soy oils and is used as the base of my cream. This base is an antiseptic moisturizing shield. I blend herbal tinctures and infusions to make a 'complete' healing cream. The herbs I included are tried and true. Comfrey, Burdock, Lobelia and Lavender, are just a few. All are known for their great benefits and are Organically grown. Many locally farmed here in Northern California. To bring together the best of quality and the optimum of healing goodness, we plant, harvest, prepare our cream, and bottle by the Lunar Guidelines.

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# Amidst Locally Acting Lipid Messenger Molecules, a Love Story

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www.medicalcannabisart.com

*With one puff, high-THC strains ignite a buzz. For those with compromised immune systems or significant pain, however, low-THC strains providing a greater intake of CBD (cannabidiol), might be the ticket. If you can find them.*

High-CBD strains are all the rage lately, for purely medicinal reasons. Research — hard to come by in the United States, what with cannabis slipped into the Controlled Substances Act of 1970 as a Schedule I drug with no medical value — is revolutionizing treatment as one study after the next affirms the beneficial aspect of non-psychoactive plant cannabinoids.

William Courtney, MD, a cannabis physician in Mendocino, California, became a great advocate of the non-psychoactive use of cannabis following epiphany. A traditional physician until reading, in 2004, that a molecule in cannabis has the ability to jump-start an immune system by enlivening neuropathic activity via two-way communication. Eureka! Instead of inflammation, health. He views raw cannabis as a dietary essential; similar to taking a daily vitamin, but much better. He began recommending whole dried leaf — capsule delivery for migraines — in 2006. Problem was, drying out the leaf interfered with beneficial interaction on any number of levels including the terpene receptor relationship. Turns out that the delicate and aromatic terpenes found in resin affect how critical molecules perform their magic. Courtney points to research that shows terpenes alone are hugely important molecules with antiviral, antibiotic, and anti-inflammatory potential.

Following the International Cannabinoid Research Society conference in 2008, he began fine-tuning his recommended regimen from dry leaf to full-on juiced raw leaf. You are reading this correctly. To get the greatest benefit from the cannabinoid acids in cannabis, eat it, drink it, take it...raw. He's tweaking his recipe to ensure that a full dose of beneficial cannabinoids circulate throughout the body daily. Beginning in 2009, he topped off his flavinoid-rich cocktail with fresh, mature bud.

The doctor has a following. Unlike a pharmaceutical industry that's given to extracting and fractionalizing, he believes in the synergistic value of the whole plant, or at least the leaf and bud.



Photo courtesy of Didi Graf - www.gypsystudio.com



**“It makes you feel good when they come back and they have stopped using something that causes GI bleeding or causes liver damage,” he said. “When they walk away from pain killers and anti-inflammatory drugs, you feel like it’s worth the whole struggle to get the education out there.”**

Courtney considers the best document on the medicinal value of cannabis to be United States Patent # 6,630,507 B1, owned by the United States of America as represented by the Department of Health and Human Services, Washington D.C. Sure enough, the patent document — entitled Cannabinoids as Antioxidants and Neuroprotectants — raves about the usefulness of cannabinoids in treating myriad oxidation-associated diseases, including inflammatory and autoimmune diseases, and as neuroprotectants, which could mean anything from stroke or head injury or Alzheimer’s, Parkinson’s or dementia. So taken is he with this federal rhapsody on the medical usefulness of the age-old plant, he re-reads it frequently and insists that anyone wishing to bone up on the latest in medical cannabis should do the same. He offers the patent’s link on his Web site, [www.cannabisinternational.org](http://www.cannabisinternational.org).

Count lupus in with the autoimmune diseases helped by raw cannabis. Courtney is quite taken with Kristen Peskuski, who found the medicine on her own, and then found Courtney.

Prior to her remarkable come-back, Peskuski was in a downward spiral for years. Diagnosed with rheumatoid arthritis at age 16 and systemic lupus in her early-20s, she’d been bedridden for three years, had sinus infections, throat infections, staph blisters, and bladder problems. Her bladder shut down when she was 19 and she was using a catheter. She’d seen doctors in five states and had been to the Mayo Clinic. Her physicians told her that she needed a hysterectomy for endometriosis and would probably never be able to conceive. Her overly-active immune system was attacking healthy tissue and destroying organs throughout her young body. Undergoing numerous painful diagnostic treatments regularly, she was taking up to 40 medications daily including Vioxx, morphine, methadone, and steroids.

Along the way, Peskuski realized that smoking marijuana was doing more than taking her mind off of her many health problems. She seemed to be getting fewer infections. While smoking a great deal of pot to medicate, she was reading anything she could get her hands on about the human endocannabinoid system. Our bodies, she learned, are cram packed with cannabinoid receptors. As her condition improved, she decided to saturate her body with cannabinoids. Her hope was

that if cells within her body started to communicate with each other, her health might be restored.

Living in Chicago, she decided to move to a marijuana-friendly locale to be able to grow her own cannabis, learn as much as possible, and live free of prosecution. She moved to Mendocino. She met Courtney. They fell in love. Within 30 months of juicing, she had weaned herself of most of the prescription medications. She became pregnant. Their bouncing baby girl, Zahiya, is a bundle of joy.

Peskuski’s remission has been tracked. Now 29, she is also a patient of GW Pharmaceuticals, the British state-of-the-art extract / tincture company undergoing clinical trials in the United States. With a proprietary spray delivery system, Sativex boasts a one-to-one THC / CBD ratio, has been approved as a prescription medicine in England and Canada and is probably soon to be approved in Spain. Phase III trials are underway for approval in the United States.

## The Herbal Art of Eating it Raw

Courtney, a pot doc who gives recommendations, is unusual in that he primarily uses and advises patients about raw product. Modern conventional thinking on medical use of the plant has evolved along the lines of smoking, vaporizing, steeping and baking to transform, decarboxylate, the THC-A into THC. While these methods are proven to alleviate or cure any number of conditions, they all but destroy THC-A and CBD-A, confirmed as therapeutic in the above-mentioned government-owned U.S. patent.



Patients seeking alternatives to pain medications seek Courtney out for information about raw cannabis, which probably won’t get them high but might cure what ails them. Many of his patients suffer from arthritis, post traumatic stress and complications following car accidents.

“The sicker the patients are, the more likely they are to ▷

be of the mind that they'll say, "This sounds like it's going to be a real pain in the ass, but I don't care,"" he noted.

Following raw therapy, his patients are reporting that they no longer need ibuprofen or similar medication.

"It makes you feel good when they come back and they have stopped using something that causes GI bleeding or causes liver damage," he said. "When they walk away from pain killers and anti-inflammatory drugs, you feel like it's worth the whole struggle to get the education out there."

Courtney grumbles about the pharmaceutical giants — quietly patenting synthetics that mimic molecules in the plant or designing targeted tinctures and extracts — that scoff at something as crude as a therapy involving the whole cannabis plant and the whole human body. He meets top executives of publicly-traded drug companies at research seminars and conventions but admits that they don't give much merit to his counterculture, green leaf ways.

"They feel that they're doing the good science when they focus on a single molecule and where it attaches and how it works, and we do learn more about the components," he said. "But in my mind you want to add all of those components back together again and look at this plant that's been around for 34 million years and has evolved into a compound that has many synergistic activities."

### A Crude Science Incubator

In California's Mendocino and Humboldt counties, where cannabis is used in a safer environment than most of the country, Courtney reports that more than 7,500 patients have been seen and reviewed. Employing unscientific but legal methods, a database of evidence grows. In addition to his practice in Willits, he makes the two-hour trek up the winding road to Arcata in Humboldt weekly to see patients. He attends conferences frequently and speaks throughout the U.S. and internationally. Thanks to the federal lockdown on cannabis science, the medical marijuana movement often seems like a quazi-1940s flick with the good townspeople awaiting word from the latest traveler abroad.

"Courtney is invaluable to us in bringing back information from Europe," said Mariellen Jurkovich, director, Humboldt Patient Resource Center. "Because this is a Schedule I drug in the United States, it's very difficult to do any research."

The center, which offers a wide variety of health and fitness programs, also grows and sells cannabis and has



Easy-to-Devour Kale Hemp Salad

domesticafair.blogspot.com

launched a juicing program. A non-profit, the center gives net proceeds back to the community. After hearing Courtney speak about raw leaf, Jurkovich wanted to provide access to the benefit to as many as wanted it. Counselors at the center had many questions about what type of plant to use, the size of the leaves, the dosage and even the juicer (Miracle Wheat Grass juicer, model number MJ550 works well.) Because Courtney is also refining his technique, their knowledge base grows in tandem.

Many of the juicing patients see an improvement in health, some within weeks after beginning treatment.

**"We're talking to people who say that their arthritis is so much better, which is very exciting," said Jurkovich. "It's all about inflammation in the body."**

Under the care of Chelsey Brown, the center's registered nutritionist, patients juice raw leaf. To remove all residues from cannabis, it's recommended that just before juicing, leaves are soaked in water for five minutes. To improve the taste, many cut it with fruit or vegetable juice. Some add raw fruits or vegetables. Juicing can create a mess, and so she advises doing it just once a day, in the morning. To ensure that the beneficial components of the juice circulate throughout the body all day, it's recommended that the daily juice is divided into at least five portions for morning, mid-morning, lunch, mid-afternoon and dinner.

Because many of the sick are unable to afford a juicer, the center provides them free of charge. Initially, providing some raw leaf was not a problem, as prior to the juicing operation, the fan leaves, known as shake, were



## Recent studies point to CBD's potential as a cancer and diabetes deterrent, and even for shrinking tumors.

discarded. But providing 20 leaves a day, per patient, to 11 people adds up. Another eight supply their own leaves but come in for training. Cutting, storing, packaging and distributing leaves is labor intensive. New refrigerators were purchased for leaf storage, and plans are proceeding to increase the size of the grow operation and to breed high-CBD strains. The addition of buds to the cocktail complicates matters, as juicing a densely-packed bud is tough on equipment. It would be incredibly expensive to consume this amount of weed on a daily basis, especially with the addition of precious bud; the center does not charge current patients.

Brown meets with each patient to review his or her condition, explains the program, and monitors progress. Each patient returns weekly for fresh leaves and to provide feedback.

“When patients hear Dr. Courtney speak, they’ll call, from Illinois, Michigan, San Diego, anywhere,” she said. “They say they want to be part of the study. Technically it’s not a full-blown study, not by any means randomized or controlled, but we do collect outcomes.”

### Patients are reporting benefit.

“One returned after three weeks saying she was waking up without pain,” she said. “She’s not completely pain free now, but she is much improved. I have a lot of stories like that. This does not mean that everyone will see benefit, but if we were allowed to do real research, we’d be doing it. There does need to be the double-blind, randomized trials, but this is very promising.”

Interest is growing. Jurkovich reports that people ranging in age from 40-years-old to the late-70s are coming out of the woodwork to learn about the benefit of the raw plant. “There have been a lot of articles about the juicing program, so interest is up and I don’t have enough leaves,” she said. “That’s my big problem.”

The uptick in business — more than she’s seen since founding the center 11 years ago — is partially because of a push to increase activities, including a nutrition program. Folks are also intrigued with the idea that eating cannabis raw might not get them high but might make them healthy.

“Some of them smoked it years ago, and have no interest in getting stoned,” she remarked.

### In Search of CBD

Despite all of the hoopla surrounding CBD, supply is tight. For decades, black market marijuana was bred for high-THC content. The CBD has been all but bred out. As a result, shake leaves are predominantly THC-A, which is also reported to have strong therapeutic value. CBD-A, which is supposedly better for regulating pain and inflammation, also supports THC’s pain-killing qualities and features strong antioxidant qualities. Recent studies point to CBD’s potential as a cancer and diabetes deterrent, and even for shrinking tumors.

One good reason why you cannot get your necessary daily dosage of CBD from smoking; take too many hits of any of the hybridized, high-THC pot on the market, and you might be too whacked out of your gourd to take any more in, which is what you’d need to do to get the benefit. When you eat it, you are able to get more because if you do not transform the THC-A, you won’t be dealing with psychoactive THC.

It’s not just for lack of CBD that thrill weed misses the mark. “Everything I do is based on THC acid,” Courtney said. In *Treating Yourself* magazine (Issue 24, 2010), he writes that cannabis, “if used in 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 of THC-A.”

What it comes down to is that, lacking a high-CBD content, or maybe even with a high-CBD strain, getting the full benefit of cannabis as an essential daily nutrient entails ingesting a freaking lot of marijuana.

“This plays havoc with the THC economy,” he said. “Hypothetically, I could either give you a glass of juice with 600 milligrams of THC acid, (one day’s requirement according to dosages suggested in the above-mentioned U.S. patent) or if I take that material and dry it, I can make 60 brownies and sell them for \$10 a piece and make a whole bunch of money.”

For economic reasons, devotees of juicing will be growing it. Courtney realizes that for patients to have enough to drink and graze on — he also suggests that additional benefit comes from tossing the raw leaves into salsa, salad, and pesto sauce — they’ll need better access to high-CBD strains. ▢

## The hunt for CBD spans the globe.

Cannatonic, an award-winning strain purported to have a one-to-one ratio of CBD to THC, is similar to pharmaceutical industry claims on patented products. Percentage-wise, Cannatonic is advertised to have 6.9 percent CBD to 6.3 percent THC, much higher than the measly .2 percent CBD that high-THC strains carry.

Ever-passionate about making the science more accessible, Courtney's visiting the breeder in Spain to try to improve the Cannatonic connection. He's gone to Europe twice, most recently Austria, in search of a rugged plant to hybridize with a high-CBD strain, which would make it easier for patients to grow at home.

With zero federal regulation of medical marijuana, weed usually finds its way to market without standardized testing. In a world where folks with compromised immune systems react unfavorably to even a small amount of pathogenic mold or bacteria contamination, best practices are evolving. Steep Hill Laboratory, a diagnostic lab in Oakland, California that screens medical marijuana for dispensaries in the Bay Area, tests for THC, CBD and CBN (Cannabinol) potency. The lab is also working with dispensaries and grow operations interested in increasing the availability of high-CBD product.

Rumor has it that CBD was never bred out of industri-



al-grade hemp, a hearty, low-THC product banned from agricultural use in the United States. Another variety of illegal cannabis, ditch weed, which is supposedly still growing along railroad tracks and in remote areas where it's never been ripped out of the ground and destroyed, would also contain the higher CBD counts. Another potential source, some say that the original medical marijuana strains from the golden age of cannabis — 1840 to 1940 — are still out there.

"Well, you know, in industrial hemp, 66 percent CBD is in the leaf," said Dennis Turner, dispensary director, The Humboldt California Association, Inc. "The stuff we grow up here in Humboldt County is somewhere around 7 percent CBD. So why go search for anything when we could just grow industrial hemp?"

Also interested in the science of the whole plant, Turner's considered a juicing leaf farm to grow leaf only, juice it, put it in containers, and ship it south by refrigerated truck to dispensaries in metropolitan areas.

**"The pharmaceutical companies are going to go ape if that stuff starts getting out," he mused. "People start using it, and all of a sudden they don't need those 25 pills a day."** ♦

## Cartoon





Are you looking  
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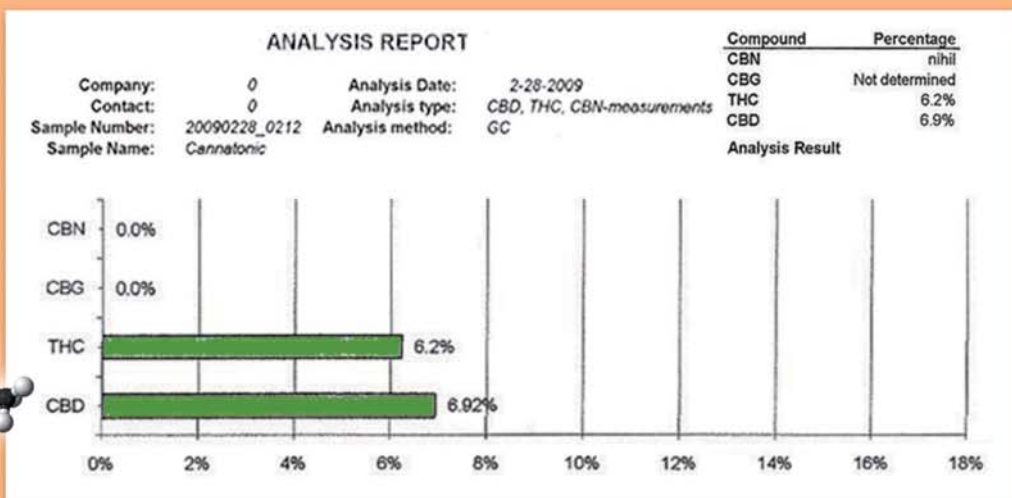
- First marijuana strain in the world to show the unique **1:1 ratio between THC:CBD**, during the Spannabis fair 2009. This ratio is the one used by the pharmaceutical industry for maximizing the therapeutic effects of cannabinoids (i.e Sativex<sup>®</sup>).

Cannatonic scored an amazing 6.9% CBD and 6.2% THC (see results below).

- During the last years science has been demonstrating the **incredible properties of CBD** (cannabidiol), a molecule that is only present in very low concentrations in other THC Cannabis strains (average 0.2% CBD)

Great taste and aromatic profile: **Cannatonic** was awarded the **Sativa Cup** at the 21st High Times Cannabis Cup in Amsterdam.

Many happy growers and patients in Europe swear that  
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## Two more herbalAire Vaporizers given away!

**Our latest 2 winners are Michele and Casper.**

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

Thanks to all those who have responded to our contest. We have received many letters from eligible people around the world.

Judging the entries is never easy, but we believe we have chosen two more winners who are truly deserving of a HerbalAire.



**Michele Tessier, Calgary, Canada**

Michele is a proud supporter of Calgary420, has been a medicinal user for the past 4 years and is truly excited and grateful to have the opportunity to medicate safely.



**Casper Leitch, Indianapolis, USA**

Casper requires marijuana as a medication due to problems that evolve from being bi-polar. With it he leads a normal life free of medications that have long lists of bad side effects.

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

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

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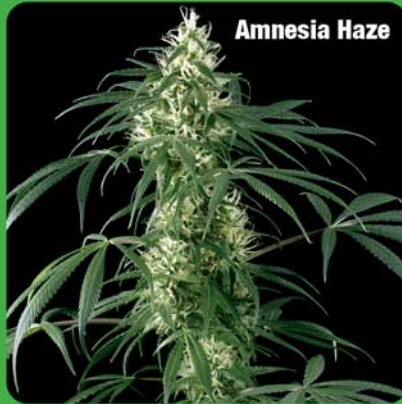
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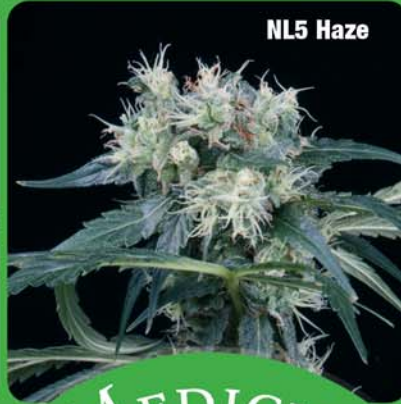
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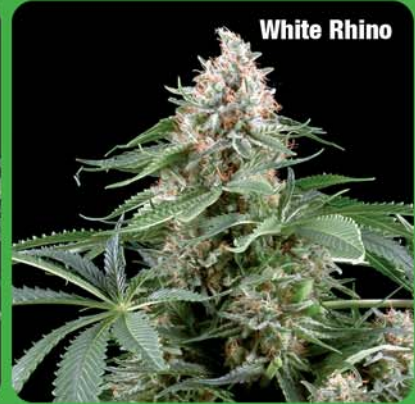




**Amnesia Haze**



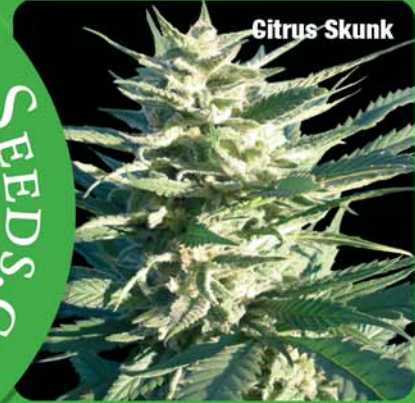
**NL5 Haze**



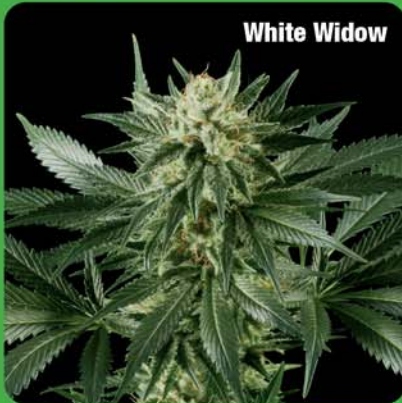
**White Rhino**



**Skunk NL**



**Citrus Skunk**

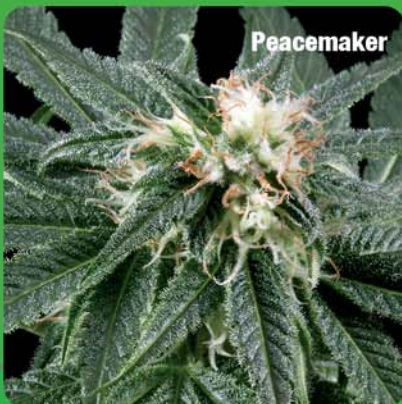


**White Widow**

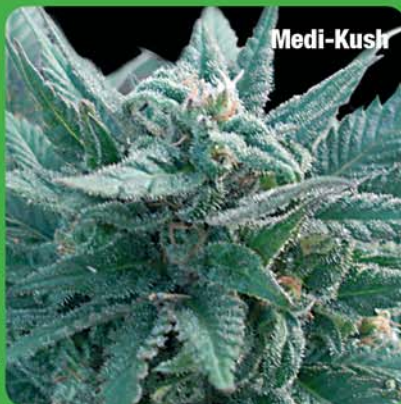


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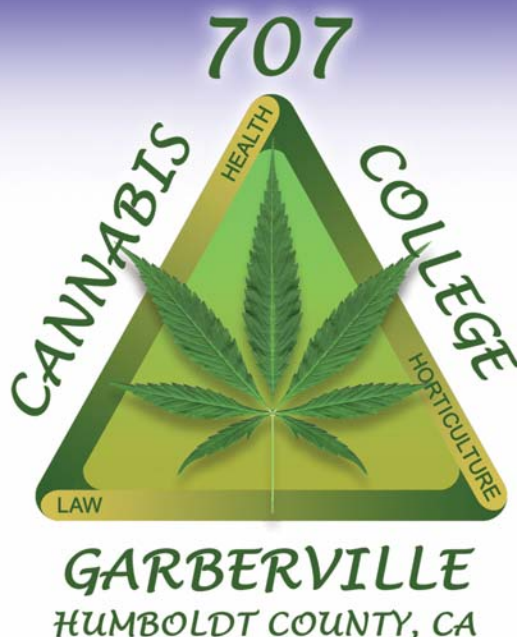
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Interview with

# The Ladies at



by Jeremy Norrie  
[TreatingYourself.com](http://TreatingYourself.com)  
[FutureofFighting.com](http://FutureofFighting.com)  
[RLDDVD.com](http://RLDDVD.com)

I know there are a few variations of educational programs related to the cannabis industry. Some are geared towards the history of the cannabis plant and the many uses and political issues that surround it. Then of course there are classes and seminars that teach people about growing, most often indoors with lights and other options. Others are aimed at those looking to enter the industry as something other than a grower, like a dispensary owner or maybe how to start your own hydroponics store. Just about everything is covered and these classes tend to reflect the local demand. That can also leave certain things out and for those interested in growing outdoors there has been little available, and for Humboldt California there was virtually nothing. That brings me to the 707 Cannabis College, a place started by some lovely ladies that really want to share their knowledge with people who are interested in learning the way to do it outdoors in the Humboldt lifestyle. I was lucky enough to get a chance to talk with them during my latest visit, and they were really wonderful to meet and interesting to listen to.

**Thanks for meeting with me today, first let's get your names.**

*Kellie:* I'm Kellie Dodds, the President of 707 Cannabis College and this is Donna King, who is the Director of Education

*Pearl:* and I'm Pearl Moon, I'm the Vice President

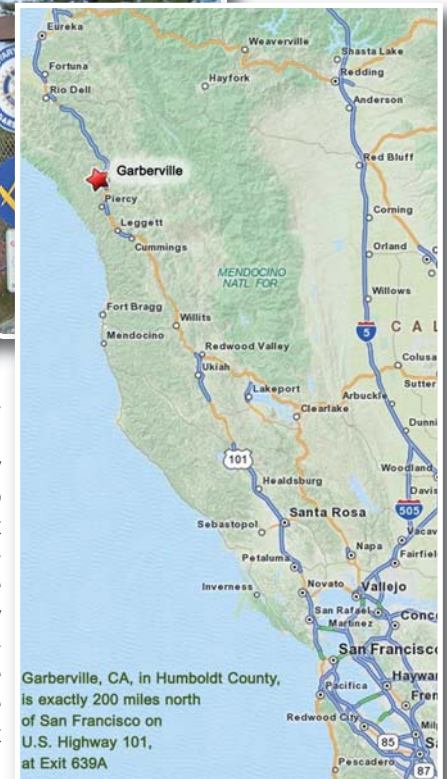
**Excellent thanks for making that distinction for our readers, now how did the 707 Cannabis College come into being?**

*Kellie:* Well, kind of on a whim, Pearl Moon and I went to Oaksterdam and we took the basic classes and we took the advanced. As much as we enjoyed the experience we saw the opportunity for a school that can go a different direction. We saw something that, we felt, wasn't being offered by the other schools. Oaksterdam

being the first cannabis college in the US and in California made themselves the model, and we should let there be an opportunity to go beyond that model and take a focus on organic sustainable gardening.

*Donna:* I have a little something to add to that. There was a meeting about our local post legalization economy at our community center in, I think it was March or around there. They (Kellie & Pearl) had already been to Oaksterdam at that time and knew that they needed to start their own school. Somebody standing behind us said, "Why is the cannabis school in Oakland? Why don't we have one in Humboldt?" So something they had been talking about really crystallized then and this idea grew out of that. We are extremely blessed to have the climate that we have here and to able to grow the way our growers are able to, producing the whole quality and





experience of cannabis that they can here. What we want to do is to share the whole experience of cannabis.

When using outdoor cannabis through smoking or ingesting an edible, there is a dimension of experiencing the locale as well, compare it to how people experience wine for example. The same types of grapes, from the same vines produce a different wine each year because the weather is different each year and the art of the wine making is subtle and variable. With cannabis it's not all about how much THC, CBD or CBN there is, or what strain you have. It's also about the soil and what's in it and the microclimate but also the person who touched it and loved it when they were growing it.

*Donna:* Oh absolutely, all that can be tasted and is sealed in Emerald Triangle Marijuana, its unique in the world like that. That's what our school is all about, and we're trying to share that concept. Anywhere people are able to grow cannabis outdoors, it is possible to experience the place and climate where it was produced, and that added dimension is part of what makes outdoor organic premium. We want consumers to understand this.

*Pearl:* For me, the school is about helping people whom need access to the medicine. When I talked to some of the older people in this town I found that they couldn't get the medicine and they needed it. I was thinking, how we could get to the people who need it. The first thing I

thought of was a dispensary. That turned out to not be the way we wanted to go because we couldn't really share the medicine that way. We decided the best way to really get the medicine to those people was a school to share information about legal access.

### **So you would teach people how to grow for themselves rather than just essentially sell them medicine?**

*Donna:* Yes, we do teach people how to grow their own medicine. A person might also choose to take our Foundation course or one of the seminars to be a more educated consumer. If they choose to purchase their medicine from a dispensary, they will know to ask for organic so they will not be using medicine contaminated with pesticide and chemical fertilizers. We want our school to be about making cannabis and quality cannabis a much more widely available medicine, its not just about how we can use cannabis to make money. Don't get me wrong, none of us are opposed to people making money in the industry but right now the law that we have is a ►





law that allows people to grow their own medicine, until that changes and then we could expand our mission. We are working strictly within the laws of California right now, so we are strictly medical.

Our deepest experience here is sustainable outdoor organic, that's what we really know here. Not to say that everybody here does it that way, far from it and we deal with other things. However, there is a long and deep history of sustainable outdoor organic here and so that's what we focus on teaching. I am not saying that indoor grows can't produce quality or that we will never offer an indoor class, but the carbon footprint of growing indoors is so enormous. When there is equipment that will offer a lower carbon footprint standard, then we can and will teach that class here, because we understand not everyone is blessed with the opportunity we have and those are the people deserve quality medicine as well. We are not writing anyone off, but until then we focus on what we do best, what we are internationally known for. We are a brand new school.

#### **What classes do you offer at this time?**

*Donna:* The basic class right now is called the foundation course, and that has three classes in it. A law class where we look at what the current law is right now in California, and for example we already had our first class and the instructor did have information on the law for those people not from this area. Then we have a health applications class, and that is about cannabinoid constituents and their best application. As I'm sure your readers know, THC does different things to the body than CBD and CBN, teaching people that difference is very important. We teach the delivery methods that should be most effective for your illness or condition. Last we have a horticulture class and that is from start to

finish, starting with the seed. How does it go in the ground, what direction do you point the pointy end? How do you care and nurture that all the way to cutting, drying, curing, and storing your medicine to last for you because if you are growing outdoors it will be until next year at this time when you are going to have more, so it's important to know all these pieces.

*Kellie:* Another drive for us is that there is a fairly large void of knowledge as far as the end user or patient is concerned. They have a choice and too many are not aware of it, but they have a choice between chemically grown indoor mass produced medicines or they can ask for and demand organically grown sustainable medicine. We believe that there is a misnomer out there and many people don't know that. So many people think it just grows like that. Take that thought to the point where we are at now and we look at it and say its good I'll buy that, there is a huge leap. It can be very subjective for one thing.

**Generally people I've seen around the world do the same thing, we all generally inspect the cannabis based on looks and its aroma, and we use the same general concepts of what is supposed to be good with slight preference differences while also looking for the most trichomes we can find.**

*Kellie:* See I think there is a very limited amount of information provided to patients at this point. We live in a capitalistic society, and we all participate in that when we buy medicine. Right now there is no regulation so the people who are distributing the medicine are also educating the patients, and they say hydro is the best there is end of discussion. We think that is subjective as well and not really true to that degree.





**I have noticed that there are basically no knowledge or experience requirements whatsoever needed in any aspect involved in owning, running or in any way working with a medical marijuana dispensary at this time in California.**

*Kellie:* We've been up and down the state and befriended many of them, but we've seen many dispensaries and there are very few that educate their patients properly.

*Donna:* That's another area we want to focus on. Teaching people already employed in the dispensary end of the industry about the difference and value of outdoor organic. Currently there is a lot of misinformation about outdoor quality and potency. Currently because indoor can be grown with such uniformity it is mistakenly thought to be more potent and better.

**Do you work with a laboratory on testing cannabis for CBD CBN and THC levels among other things?**

*Donna:* As a school we don't work directly with a lab, because we don't work with product. We are just about teaching our students what they need to know to either produce their own quality medicine or purchase wisely from a dispensary. We are definitely in favor of testing and knowing the content so that a person can select the strain that has high numbers of the cannabinoids needed for a specific condition. Our goal is an end user who can read a package and know what they need to use to treat their condition. That will take education from us, testing from another source, and dispensaries telling the patients facts about cannabinoid profiles not just what they heard or what will sell more medicine.

*Kellie:* We base our facts on science from research. Like Dr. William Courtney, he's basically our cannabis doctor. He is the one on our advisory board that is the most educated about medical cannabis and he is driven to further educate himself. We believe in facts and educating people on the reasons why they should but also why maybe they shouldn't smoke cannabis as well.

*Donna:* Certain anxiety disorders can be negatively impacted by cannabis for example.

**What do you think about the legalization efforts in Oakland and how they will impact you and your city?**

*Donna:* Well, I understand the need for a city that has many empty warehouses and many unemployed citizens to address those problems but I do not support large scale commercial grows for money. I think there is going to be a place for that though because it's happening. We want to focus on what we can do here and that's not the direction that Humboldt is going. I think Humboldt will take another approach to legalization and regulation.

*Kellie:* It's about the name. Go anywhere in the world and you wear something that says Humboldt and you are instantly a rock star. Then people find out you actually live here, it's all over, people internationally know that Humboldt is known for the best cannabis in the world. We want to be for cannabis what Napa is for wine.

*Donna:* Now another thing has happened, and now people just say their cannabis is from Humboldt even though it's not, and we are looking forward to being able to brand and prove to people what is really from here and what is not.

*Kellie:* I think also we have a county government that is interested in protecting the cannabis industry and that's a blessing as well. We have Joey Burger, and the Humboldt Growers Association that are working on an ordinance that will both support the county financially and protect and support growers.

*Pearl:* And we raised him, so we're really proud now.

**In your classes do you teach a specific program start to finish or do you explain a few options and techniques?**

*Donna:* Our horticulture class right now teaches what the plant likes, the needs of the plant. The plant needs certain conditions humidity wise, temperature wise, dirt wise, they need a certain amount of nutrients. So what our horticulture teacher teaches is the requirements of the plant and then some ways to achieve those requirements. Our teacher is definitely the old school organic method but he also talks about what kind of numbers you would want to see on commercial nutrient products for best results and what not use. People think old school means not scientific and that's not the case. If you look at the old school methods scientifically you will see they are effective. ▷

**Now this is one of the other more interesting things I heard about your school, but let me ask you about it. How do people attend your classes or learn your techniques and all the other things you teach?**

*Pearl:* Great magazines like yours!

*Kellie:* Well we've been very blessed with a great deal of press interest and it's been very helpful with our current budget. Word of mouth, and of course the website, 707CannabisCollege.com.

*Donna:* We did a little radio stuff and some TV stuff. I've done interviews with magazines and papers.

*Kellie:* We've had people from out of the country who already want to attend, like France. British Netherlands Russia Japan Thailand, all over the world but only one from Africa. It blew me away. That's why teaching via the Internet is so important.

*Donna:* For us in our environment, we know it's hard to get here. It's about at least a day to get here from anywhere besides Eureka. You've got to really want to be here and you know, yes someone from France is signing up for our class already and for him it's a vacation it's an adventure it's a cultural experience and he wants to learn while he's here. That's all good, combining a vacation and cultural experience with an educational experience, especially since the class only a weekend. The reality however is that we are not in an urban area our classes are too small to be economically viable for us. If we are going to survive we are going to have to provide those classes on line and that has been my intention all along. We don't want to have a giant classroom with 100 people, that is not the type of educational experience we want. We want intimate educational experience where the student, each and every student, can ask the questions they want. So it was either do these things every weekend, or offer these smaller intimate classes with the teacher televised on line with a smart board so that people attending on line can also ask questions. We will also offer some recorded videos where people can just watch clips as well.

The ladies and I sat around and talked about all kinds of different things. We talked about the special place where they live and all the wonderful things they can experience up in Humboldt and how the cannabis tourism industry could evolve. The place is so booming with life in every way from the river and the outdoor activities people get into from camping & hunting to wild off-road vehicles and then redwood monster trees and the numerous animals that live in the hills, I also pointed out that Bigfoot and UFO's are even seen in Garberville. We discussed the importance of knowing how to medicate safely, and all the different ways people

like to do that. Juices and edibles will definitely be something the ladies are very interested in educating people about as well. We talked about the differences in how to grow organically and what constitutes an organic garden, and how they gear their classes to incorporate all the old and new methods in doing that. We also discussed the importance of having clean, safe access to medicine that was grown organically and humanely. Not to mention the importance of seeds becoming more available to people who grow as well as the many problems associated and that we have created by growing from clone.

Such interesting ladies, many of the things we discussed were so wonderful. We talked about hand trimming and the new machines that trim, and we talked about the big problems cannabis grown outdoors has gone through with the flourishing of medical marijuana and the various dispensaries all over California. Like the concept of basically less value for marijuana grown outdoors, and then the idea that they do not agree with that indoor weed is far more potent and more effective than outdoor weed. We talked about the potential places where they could go to get their message out to more people and they seemed very interested in doing that, but the investment is a little intimidating.

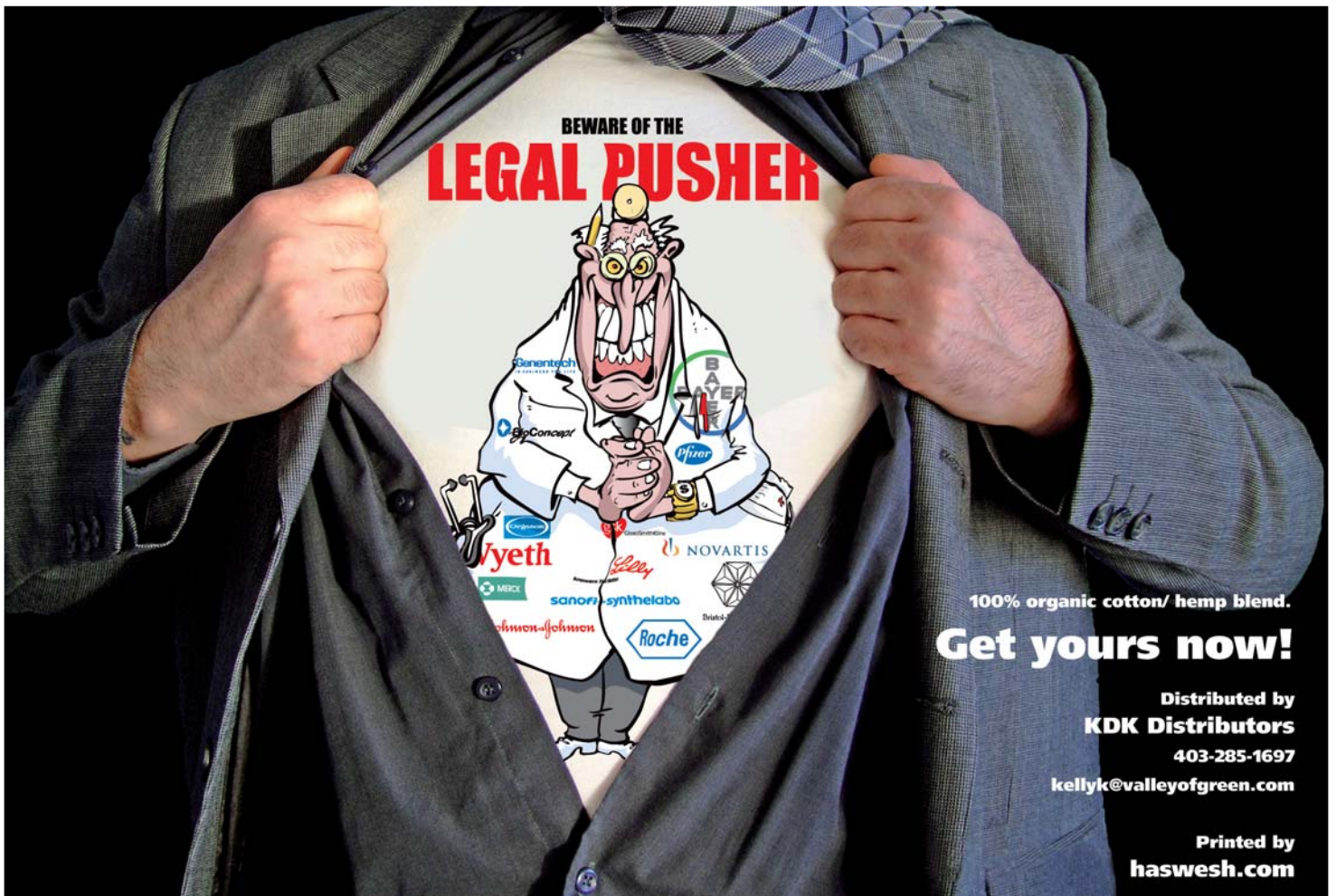
They are just getting started but I expect this to be one of the premiere schools in the cannabis industry, especially if you grow outdoors with Mother Nature. They were somewhat forced into starting ahead of time, as they can't keep any secrets in Humboldt, but soon they plan on offering a variety of classes, some very small one day courses, available to anyone who would like to come and of course the revolutionary idea of offering all these classes on the internet is going to make this a very popular school.

That may have been your first chance to hear about the 707 Cannabis College. Hopefully you will be able to use the article to find more information about how you can attend the school, [www.707cannabiscollege.com](http://www.707cannabiscollege.com) or call (707) 672- 9860. Maybe you have been thinking about going to something like this but you can't make the drive yourself and now you can use this info to find the ladies on the Internet so you can watch the classes at home or maybe at a friends house, maybe even at work if you can do it. 🍀

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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Interview with

**ED's**

# TnT pipes

by Jason Cole

I was lucky enough to receive a gift from Ed's TnT pipes and felt compelled to interview Ed. Something has got to be said for simplicity. These are some of the nicest pieces that I have had the pleasure of smoking in a very long time. Ed, surely puts his heart and soul into each and every one of his pieces and the love shows from the way they look down to the incredible smoothness of the hit.



**"It's the taste it leaves in my mouth, the flavor of good herb on my lips, the positive feeling it gives me, to get shit done!"**  
**"Jason Cole"**

## What is "Ed's TnT"?

*ED:* TNT is all me, I offer choice Wooden Pipes and Dugouts from the world's finest and rarest woods. I do all my own work here from web to wood. Being the only guy, I can assure the quality of the pieces and insure that every customer is satisfied with their purchase, if not, I can handle any problem, issue, or concern they may have myself with no one else getting in the way.

## Why'd You Open "Ed's TnT"?

*ED:* My old man is a burn out hippie from back in the day; he made beautiful handmade pipes for himself and friends for years. I grew up watching them passing his pieces around, I remember thinking hey I can do that, so I started doing it and my friends all had to have one. I got the big idea that others might like my work, so I learned how to build website sand such, went global, and after a year of no sales, I finally started to get a couple orders here, a couple there, got a review in SKUNK Magazine (thank you MAMA KIND) as well as High Times Magazine, business started to pick up, began

building relationships and even got the only Wooden Pipes & Dugouts on the set of ShowTime's hit show "WEEDS" in the dispensary the guys had open this past season. I wanted to offer a one of a kind quality piece that is made here in the US that others could enjoy. My old man said that all he wanted to do was retire and smoke a joint sitting on the front porch, he's got Parkinson's now and his condition won't allow him to make those pipes anymore and the medication he takes won't allow him to smoke that joint on the front porch!

## How do you find out about Treating Yourself Magazine?

*ED:* I found out about Treating Yourself awhile back, you guys are very informative, and cover a lot of ground.

## What's the most important thing for customers to know about you?

*ED:* I want them to know that I am the real deal, I do what I do, the best I can, I stand behind all my work, and by all means if you have questions, please ask!





### Who thought of the name of your shop?

*ED:* I came up with the name. I am all about tote'n my stash neatly and discreetly in my pocket, cause you never know what may come your way or when you can get back to home base, so you better prepare for the worst and pack more than you need, cause it might be a long night and nothing makes a long night shorter than being high!

### Are you looking forward to marijuana legalization in California, It will increase your customer base?

*ED:* I am looking forward to it, I have been to Amsterdam so I got a feel for how it works there, and I am hoping that it is similar. I want it to be a success, I don't want it to be taken advantage of by some bad apples and be stopped as soon as it got started. If it does go legal, there has to be a lot of thinking done to make it work. There has to be limits on everything, there doesn't need to be a dispensary on every corner or just blocks away from schools. If California is going to do this, they have to do it right. And yes I think it will increase my customer base, everyone needs a wooden pipe or dugout to tote their stash around in that is the BOMB!

### Do you now or will you ever own a physical smoke shop?

*ED:* I don't think so, I have a couple acres here in the rural southern Mississippi, I have a dirt road that is a half mile from my house that will get you as lost as you can get, there aren't any mail boxes or even any power poles on it, I like the fact that no one knows where I am at and no one stops by to say hello, my kids have a dirt bike and a 4wheeler, they ride as much as they want. I like the quiet life, I write what I want from town on a list and the wife picks it up when she goes!

### Is there anything else you'd like us to know?

*ED:* Working wood isn't just a hobby for me, it's a passion! Hunting for rare and exotic woods is like finding a vein of gold in the mountains; it's like discovering a beautiful gem that no one else has ever seen. All my wood is natural just as Mother Nature intended, the lumber and blocks I get are just lumber and blocks until I begin working them, then I bring out their inner beauty and create something that is unique, useful, and beautiful every time. No matter what, no two pieces are ever the same, and when finished they are just as Mother Nature intended! 🍁



*Costa Rican Bocote*

**Be sure to check out his web site at  
[www.edstnt.com/](http://www.edstnt.com/)**

**TY**

# SPOTLIGHT

A look at

## Med Grow Cannabis College

by Jason Cole

**O**kay, before we delve into Med Grow Cannabis College and its myriad innovations in marijuana education, let's get all the dumb dope jokes out of the way:

Yes, Med Grow Cannabis College does give new meaning to the phrase "higher education."

No, Med Grow does not offer a seminar on "The Cinematic Art of Cheech and Chong." Nor does it serve Oreos and Doritos to students suffering from the munchies.

Go ahead and laugh at Med Grow, but the folks who run the school are totally serious about their pedagogical mission, which is to train participants in Michigan's newly legalized medical marijuana program in the finer points of growing and cooking killer weed and Caregiver instructions.

"People assume it's a wild environment because of the stereotypes about marijuana," says Graham, who teaches at Med Grow, "but it really is a place of education."

It certainly looks like one. Med Grow's classroom -- there's only one -- resembles any other college classroom, except for a banner advertising the "Cannabis Counsel," a Michigan defense attorney whose logo depicts the scales of justice balanced on a marijuana leaf. Right now, 16 students are sitting at wooden desks, jotting notes while Todd Alton delivers a lecture in his Horticulture 1010 class.

"You need to think of light as another kind of food," he says.

Graham presses a button and a slide flashes on the screen beside him: "The Spectrum of Light." He delivers a long, complex explanation about the different colors of light and how they affect the marijuana plant.

"In the early seedling stage, the plant really, really wants that blue light," he says. "In the flowering stage, it wants the other end of the spectrum. It wants the red light. It's extremely important to know which lights you need at which phase."

ad\_icon

Alton, 36, has a botany degree from Northern Michigan University and plenty of hands-on experience growing pot, although he'd rather not get too specific about that part of his training. He's also a former chef, which comes in handy when he teaches his class on cooking with dope.

Now, Alton begins the lab portion of his class. He unlocks two heavy padlocks and swings two doors open, revealing a pair of blazingly bright rooms containing 10 marijuana plants. This is Med Grow's on-campus pot farm, and the students squeeze in to get a closer look. Alton points out a device that propels a powerful light back and forth over a couple of lush plants. "This is a light mover," he says. "It's not very expensive and it makes sure that light gets to every part of your plant." He kneels down and points to the strings that hold the plant's branches in a near-horizontal position. "If you get down and look from underneath," he says, "you see that we're exposing more buds to the light."

Two students get on their knees and gaze up, their eyes ablaze with a passionate love of learning. Or a passionate love of something.

### Economics 101

Nick Tennant may be the only college president in America whose office contains an aquarium decorated with a High Times magazine pinup of a marijuana plant. He may also be the only college president in America who founded his school because the recession was killing his auto-detailing business.





As the economy started drifting down, my business started contracting," Tenant says. "I knew I wanted to get into an industry that was limitless, that was poised for growth."

That industry was medical marijuana.

In November 2008, Michigan voters passed a referendum legalizing medical marijuana by a landslide margin of 63 percent to 37 percent, making Michigan one of 13 states to permit medical marijuana. Now, a Michigan resident can become a state-certified marijuana patient if a doctor declares that pot might alleviate his or her suffering from diseases ranging from cancer to "chronic pain." Patients are permitted to possess up to 2 1/2 ounces of marijuana and 12 pot plants. And they are permitted to buy the weed from their official "caregiver" -- also state-certified -- who can legally grow marijuana for up to five patients. Thus far, the state has certified 5,463 patients and 2,247 caregivers.

When the referendum passed, Tennant filed his paperwork to become a marijuana patient -- he suffers from "chronic nausea," he says -- then he and friends pondered how to use the new law to make money.

"We said, 'How can we help people and create a viable business model?' " he recalls. "And we came up with this business."

So Tennant sold his auto-detailing operation and founded Med Grow Cannabis College, advertising for professors on medical marijuana Web sites. At 24, he doesn't look like a college president. With his blond hair, boyish face and apple cheeks, he could star in a remake of "Dennis the Menace." He touts the weed as a way to jump-start Michigan's battered economy, which has left the state with America's highest unemployment rate, 15.1 percent.

"This is a multibillion-dollar industry that can create a

very viable means of economic recovery for the state," Tennant says.

It seems unlikely that Michigan can float to prosperity on a cloud of marijuana smoke. But in a state where last year's illicit dope dealer can become this year's state-certified "caregiver," many residents are eager to earn a piece of the estimated \$13 billion Americans spend on marijuana every year.

"Anybody that's out of work, here's an industry that's welcoming you with open arms," says Tennant. "It's an industry that we're proudly training people for." Med Grow isn't America's first marijuana college. That honor goes to Oaksterdam University, founded in 2007. Since then, 5,000 students have studied at Oaksterdam's three campuses in California, a state where 300,000 patients can legally buy pot from 700 dispensaries.

This year Oaksterdam sponsored two weekend seminars in Michigan, but Tennant says he's not worried about the competition. "I like to think we offer more hands-on learning than they do," he says.

Med Grow opened Sept. 14. Students pay \$475 for a six-week night school course that includes classes in marijuana history, marijuana law, the basics of business and, of course, several courses in how to grow and cook marijuana -- one taught by an anonymous professor who goes by the name "Nature." Two groups, each comprising 20 students, have graduated, and several other groups are on their way.

"The students are a mixed bag," says attorney Paul Youngs, who teaches Med Grow's law class. "We have patients who want to grow for themselves. We have people who want to be caregivers and who approach it as a business opportunity. We even had a priest who works with AIDS patients. It's a mix of races and a mix of ages from the 20s to the 60s. And I believe some of the students are not even users." ❖



Clever George



Clever George



Clever George

## Physical Examination

**Strain:** Clever George  
**Breeder:** Mr Magoo from mullaway man stock  
**Grower:** 420grower  
**Judge:** Skunk-mad & miss knapper  
**Date:** October 08, 2010

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

**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 - 25% Cloudy 50% Amber 25% Dark -

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

Brown, Green, Rust, Orange

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

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

Earthy 6, Pepper 6, Fruit 7, Petroleum 7, Skunk 8, Citrus 8, Spice 7

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

**8. Seed content:** 5 Seed content from 0-10 none-fully seeded.

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

### Comment -

This strain has excellent bag appeal but she truly shows what she's made of under the scope. She has very long stems with big fat amber trichomes. The bud has been cured very well which only improves on the overall look. Very tasty looking medication.





# Smoke Test

## 1. Utensils: Joint with head quater papers

**2. Taste descriptors:** Use numbers 1-9 that apply to the taste where 1 indicates a subtle presence and 9 indicates a very pronounced presence  
Pepper 8, Fruit 8, Hash 7, Skunk 9, 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:** 2 smoke expansion in the lungs from 1-10 stable-explodes.

**Smoke Test Comments:** - This was some of the best grown medication ive had the pleasure to to a smoke report on. The bud was cured to perfection which when ground up gives off a lovely spicy, fruity smell. When you inhale this strain it does not explode in your lungs but is very gentle on the throat but gives imediate pain relief. All the austrailian strains ive come across work very well for pain but the clever george strain was slightly milder smoke which make's her a better strain for smoking during the day to relieve pain without the fear of being totally stoned & unable to function.

## FOLLOW UP QUESTIONS

**1. Dosage:** - 2 joints or 1 vaporizer 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:** 70% Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.

**4. Indica influence:** 30% indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.

**5. Potency:** 8 Rate the potency of the sample from 0-10 none-devastating.

**6. Duration of effect:** - 2 hrs

**7. Tolerance build up:** - 8 Rate of how quickly tolerance builds from 0-10 none-rapid.

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

Morning/wake up 6 Day/work 9 Evening/relax 7 Night/sleep 6

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

**10. Ability and conditions:** 9 Rate your overall ability to judge from 1-10 low-high.

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

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

P Ability to rest or sit still	- Paranoia relief
P Anxiety relief	P Sex drive
- Appetite	- Sleep
- Audio perception	- 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 Depression	- Muscular movement disorders
- Allergic rhinitis	- Diarrhea	P Nausea
- Amphetamine Dependence	- Epilepsy	P Panic Attack
- Anorexia	- Glaucoma	- Peripheral nerve pain
P Arthritis/Musculoskeletal pain	- Hepatitis	P Post traumatic Stress Disorder
- Asthma/Cough	- High blood pressure/Racingpulse	P Sedative/Opiate Dependence
- Bipolar disorder	P Insomnia	- Schizophrenia
- Cancer/Chemotherapy	- Itching	- Spasticity in Multiple Sclerosis
P Chronic fatigue	- Migraine/vascular headache	
P Crohn's/IBS	- Muscle Spasm	

**FINAL COMMENTS:** -All that tested this strain went away with one thing in common we all agree that this is a great all round medicinal strain. It work's very well for multiple ailments & it will have a place in my garden for years to come. This is not the most power-full of the aussie strains but it definitely has a place in the medical cannabis community. If like me your lucky enough to come across this strain i highly recommend it. Thank you mullaway man for creating this strain & thank you mr magoo for making it available to the medical community.



Clever man



Clever man



Clever man

## Physical Examination

**Strain:** Clever man  
**Breeder:** Mr Magoo from mullaway stock  
**Grower:** 420grower  
**Judge:** Skunk-mad  
**Date:** January 9, 2010

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

**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, Green, Gold, White, Rust, Orange

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

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

Earthy, Berry, Pepper, Fruit, Hash, Skunk, Spice

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

**8. Seed content:** 5 Seed content from 0-10 none-fully seeded.

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

### Comment -

When you first smell this bud it smells like peppery fruit. The appearance of the end product was amazing with trichomes as far as the eye can see. When looked at under a scope the trichomes have a nice amber colour with long stems with fat amber heads.





# Smoke Test

**1. Utensils:** Joint with Head Quater Rizla's

**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

Pepper 8, Fruit 9, Hash 7, Skunk 7, Citrus 8, Spice 7

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

**Smoke Test Comments:** - When you take a toke on a joint of the clever man you can feel the smoke explode in your lungs like an atom bomb going off. The taste is very fruity with a very uplifting high which hits the brain like a high speed train.very fast acting medication.The clever man has really taken things to a new level.

## FOLLOW UP QUESTIONS

**1. Dosage:** - 2 joints 1 vaporizer 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:** 60% Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.

**4. Indica influence:** 40% 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 hrs

**7. Tolerance build up:** - 8 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 2 Day/work 3 Evening/relax 8 Night/sleep 9

**9. Overall satisfaction:** 9 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

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

## Extended Medical Survey:

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

**FINAL COMMENTS:** -Ive been blessed with some great strains to test over the years but these austrailian genetics have really raised the bar as far as potency is concerned. The clever man was an outstanding strain for pain relief & excellent for insomnia. I had my whole family around when i got the clever man & there is a lot of different problems in my family & we all thought that the clever man worked extremelly well for multiple ailments but a excellent pain reliever. Thank you mullaway man for creating this strain & thank you to mr magoo for getting it out to the medical community.



Phantom's mist



Phantom's mist



Phantom's mist

## Physical Examination

**Strain:** Phantom's mist  
**Breeder:** Mr Magoo (bred from true aussie genetics)  
**Grower:** 420grower  
**Judge:** Skunk-mad & family  
**Date:** August 8, 2010

- 1. Visual Appeal:** 9 *Visual appeal of the buds from 1-10 unappealing-excellent.*
- 2. Visible Trichomes:** 9 *Visible trichome content from 1-10 none-totally covered.*
- 3. Colors that are present in the trichome heads under magnification:**  
Clear - Cloudy 50% Amber 50% Dark -
- 4. Colors present in the buds** *and/or on a scale 1-9 light-dark:*  
Brown, Green, Rust
- 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.*  
Pepper 8, Petroleum 5, Hash 8, Skunk 8, Citrus 9, Spice 8
- 7. Aroma:** 9 *Aroma from 1-10 repulsive-delightful.*
- 8. Seed content:** 4 *Seed content from 0-10 none-fully seeded.*
- 9. Weeks cured:** - *If know the number of weeks your sample has been cured.*

### Comment -

Upon first inspection i was overwhelmed at how many the crystals were visable on this strain.This bud was total-ly covered in very dark amber thc when looked at under the scope the stalks were small with nice fat heads.The Phantoms mist was still quite sticky to the touch even-though it was cured to perfection.





## Smoke Test

**1. Utensils:** Joints with headquater papers or 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  
Pepper 8, Petroleum 4, Menthol 5, Hash 6, Skunk 8, Citrus 8, Spice 6

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

**Smoke Test Comments:** - Out of the aussie strains ive tested the phantoms mist was the strongest. People that want/need pain meds then look no further the phantoms mist is for you. This was a great strain for aarthrititis & very effective at night to help all those that cant sleep.

### FOLLOW UP QUESTIONS

**1. Dosage:** - 3 joints to reach desired effects.

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

**3. Sativa influence:** 75% Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.

**4. Indica influence:** 25% 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 hrs

**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 5 Evening/relax 9 Night/sleep 10

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

**10. Ability and conditions:** 5 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

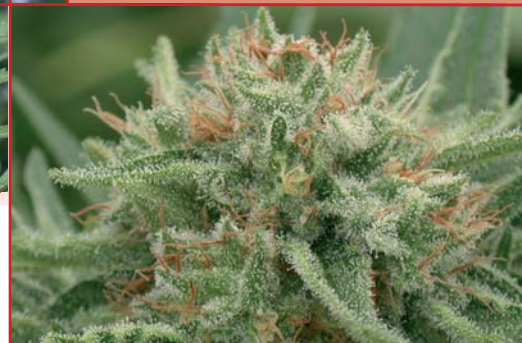
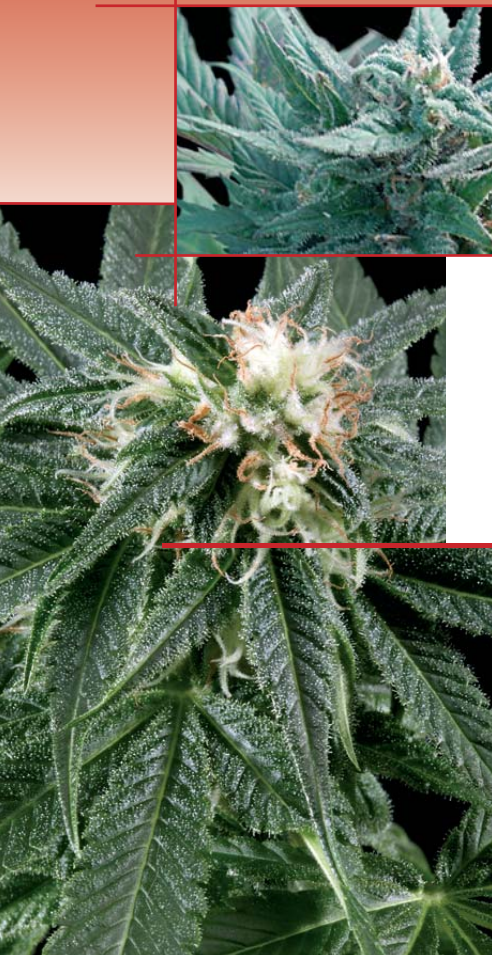
**12. Effect:** What effect did the strain have write P if the you got a POSITIVE effect and N if you had a NEGATIVE effect

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

### Extended Medical Survey:

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

**FINAL COMMENTS:** -This is one of the most potent strains ive ever had the pleasure to test.It worked very well for pain issues.Thank you Mr magoo for helping to get these great genetics available to the medical community. I will definitely grow this strain in the near future as im always in need of a good night sleep & thats what the phantoms mist gave me. A big thank you to 420grower for his excellent growing & curing skills im sure that played a plart in the finished product. One more thing i must say is a thank you to mullaway man who kindly donated the 1st seeds that this strain was bred from.



## STRAIN CATALOGUE



### DNA

REGULAR PACKS OF 13

Lemon Skunk \$150.00

FEMINIZED PACKS OF 6

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 \$100.00  
(auto flower)  
Blueberry \$134.00  
Dutch Cheese \$110.00  
Durban Poison \$90.00  
Mazar \$110.00  
Ortega Indica \$85.00  
(medicinal strain)  
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

Alaskan Ice \$70.00  
A.M.S. \$50.00  
Arjan Haze #1 \$90.00  
Arjan Haze #2 \$90.00  
Arjan Haze #3 \$85.00  
Arjan Strawberry Haze \$95.00  
Arjan Ultra Haze #1 \$95.00  
Arjan Ultra Haze #2 \$95.00  
Big Bang \$45.00  
Black and White J \$70.00  
Bubba Kush \$75.00  
Cheese \$65.00  
Chemdog \$70.00  
El Nino \$80.00  
Great White Shark \$80.00  
Hawaiian Snow \$110.00  
Himalayan Gold \$65.00  
Indica Mix A \$70.00  
Indica Mix B \$70.00  
Indica Mix C \$70.00  
Indica Mix D \$70.00  
Indica Mix E \$70.00  
Indica Mix F \$70.00  
Indica Mix G \$70.00  
Indica Mix H \$70.00  
Indica Mix I \$70.00  
Jack Herer \$70.00  
Kaia Kush \$75.00  
Kings Kush \$70.00  
K-train \$75.00  
Lemon Skunk \$55.00  
Neville's Haze \$110.00  
NL5H \$70.00  
Rasta K \$70.00  
Sativa Mix \$75.00  
Sativa/Indica Mix \$70.00  
Super Lemon Haze \$95.00  
Super Silver Haze \$105.00  
The Church \$50.00  
Train Wreck \$70.00  
White Rhino \$80.00  
White Widow \$80.00



### MR NICE

REGULAR PACKS OF 15

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



Photo courtesy of Gregorio Fernandez "GOYO"





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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
Tiburion (Shark)	\$120.00
White Widow	\$130.00

FEMINIZED PACKS OF 12

Lennon	\$245.00
Nefertiti	\$245.00
Pipi	\$215.00
Tiburion (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



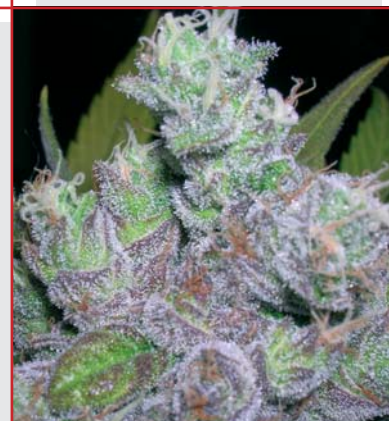
#### TH SEEDS

REGULAR PACKS OF 10

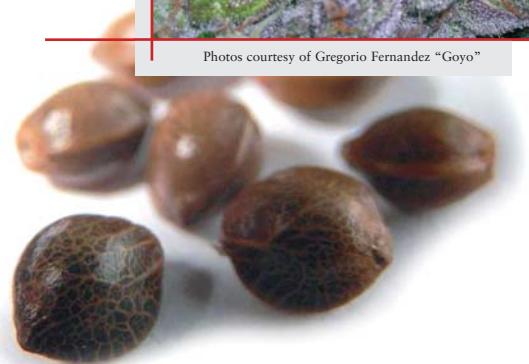
Burmese Kush	\$162.00
Darkstar	\$172.00
Heavy Duty Fruity	\$156.00
Kushage	\$182.00
MK-Ultra	\$202.00
S.A.G.E.	\$152.00
Wreckage	\$192.00

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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 T: (519) 746-1500





Cannabis Cup winners 2009: Sativa Cup for Ceres Hilton

# Ψe Harvestmen

released October 2010

The Harvest men are a breeders collective that started off with our love of the plant. Our goals are to re-invigorate the gene pool by working with pure land races and some old genetics we have. We are a group of people united through our common love of the plant. Some of us are dedicated medical users and we are also interested in all the plant has to offer both spiritually and medicinally. At the moment we are planning many things and are working on a bunch of different strains. We are more interested in breeding, in creating new strains than in just making crosses, or inbreeding clone only strains by feminization. We believe the plant can offer so much more.

We look forward to serving you.

Many blessings,

The Harvestmen



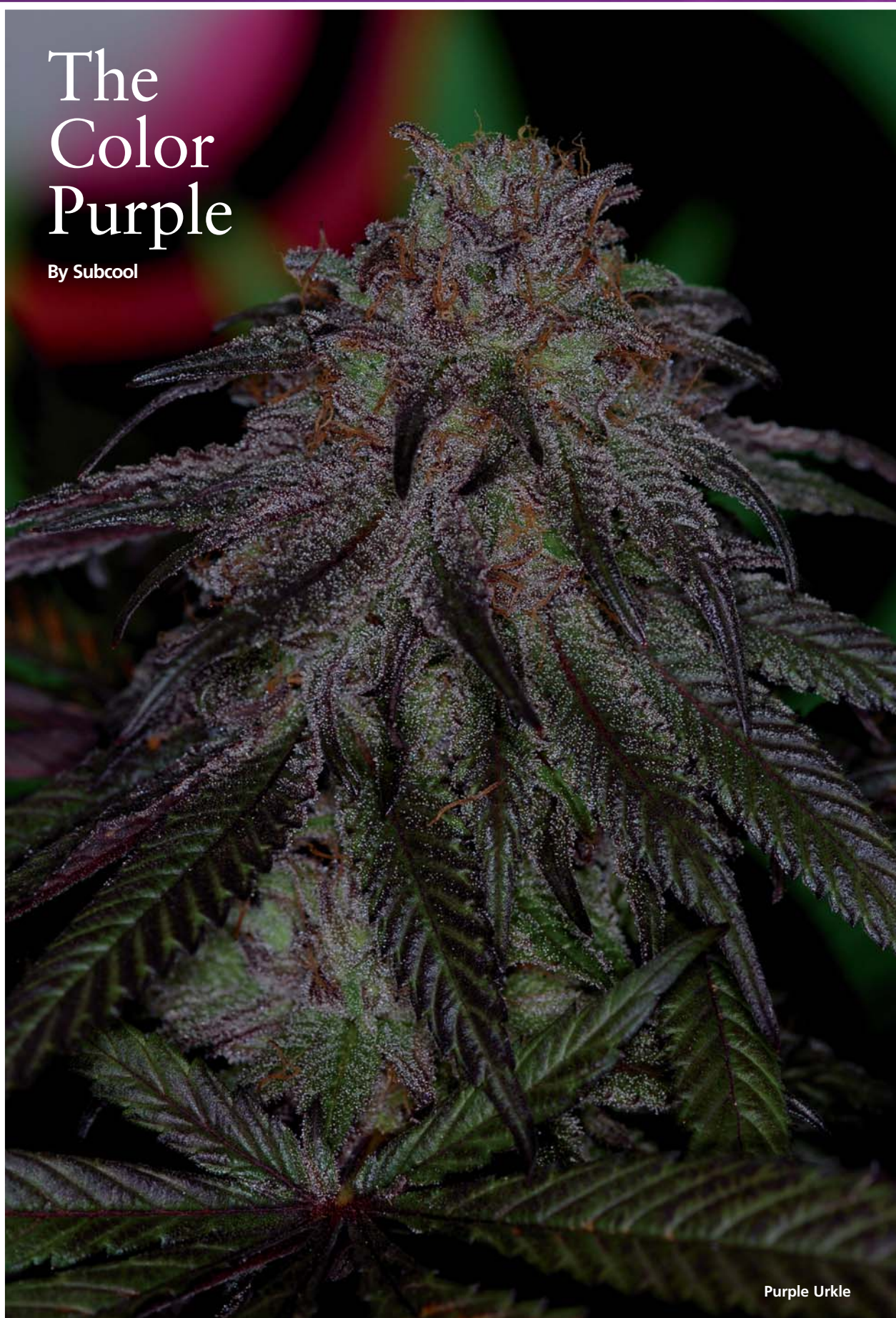
[www.karmagenetics.com](http://www.karmagenetics.com)

[theharvestmen.co.uk](http://theharvestmen.co.uk)



# The Color Purple

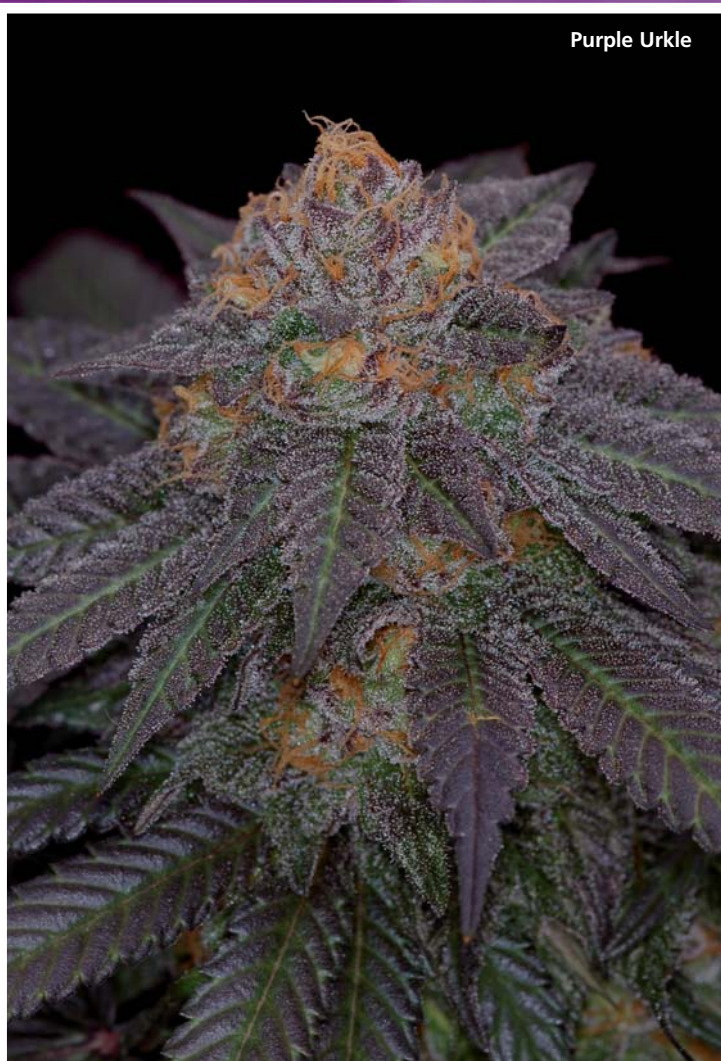
By Subcool



Purple Urkle



Purple Urkle



Bubba Kush



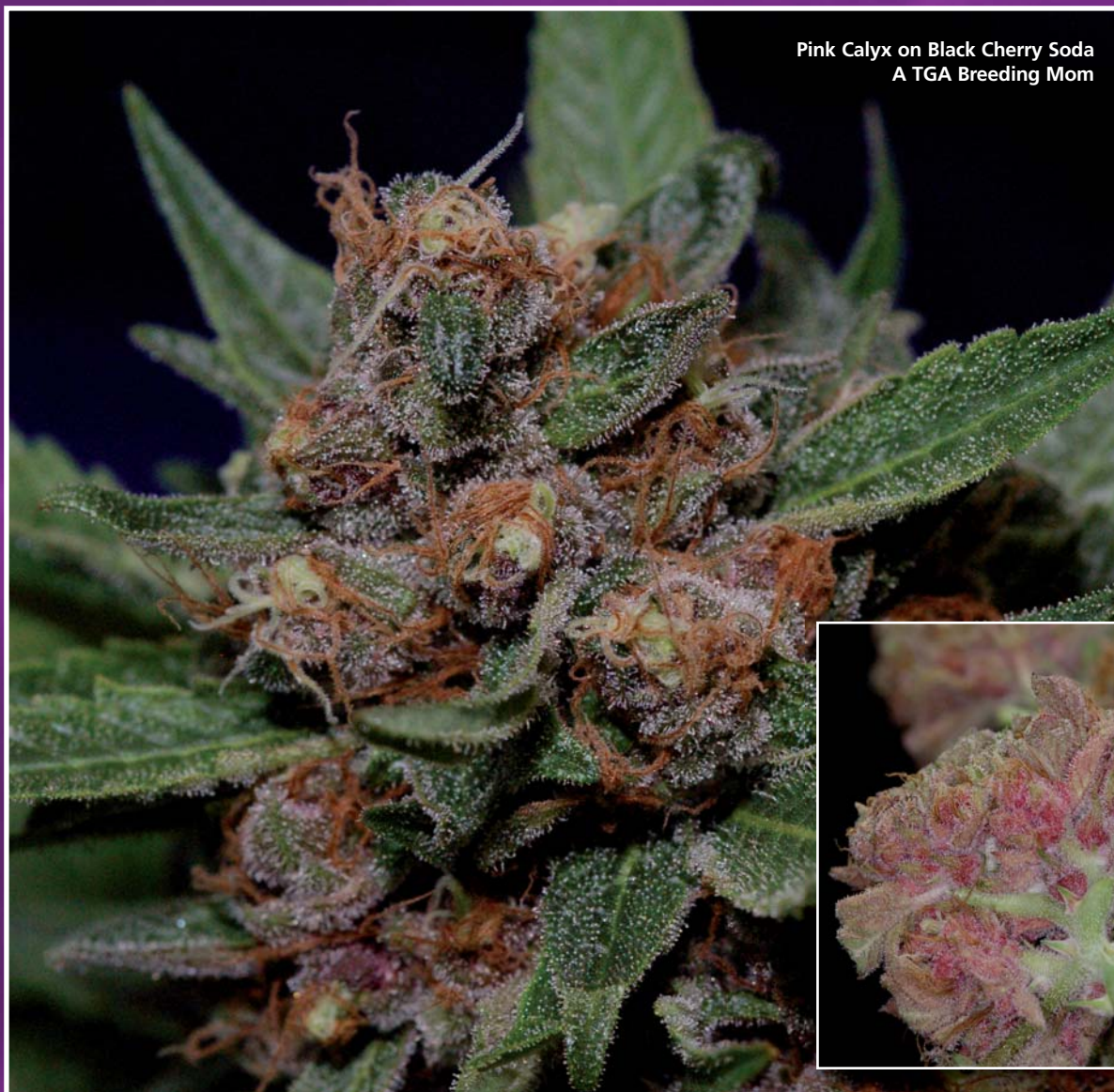
**P**urple Cannabis is all the rage in the Nocal clubs and it is highly sought after by both consumers and producers, lets explore this phenomenon and learn some things about Cannabis and Color. Do we see any great demand for purple today? Not in normal things because they're readily available but when it comes to Purple Pot it's another story.

Cannabis floral clusters are basically green, but changes may take place later in the season, which alter the color to include various shades. The intense green of chlorophyll usually hides the color of accessory pigments, Chlorophyll starts to loose it's vibrant green color late in the season and anthocyanin pigments also contained in the tissues are uncovered and the amazing colors are produced at this time. Purple, resulting from anthocyanin accumulation, is extremely common in Cannabis, this color modification is usually triggered by seasonal change, and also can be influenced indoor by a temperature drop of between 20-30 degrees.

This does not mean, however, that Purple is controlled by environment alone and it can be passed on genetically. For purple color to develop upon maturation, a strain must have the genetically controlled metabolic potential to make anthocyanin pigments and be responsiveness to environmental change such as cold nighttime temps. This means a strain can have the genetic potential to change color but if conditions never exist you may never know it. I have grown Jacks Cleaner for a long time and when I moved west and it found some dramatically cooler temps I got a nice maroon/ purple coloring at maturity.

There are other pigments that effect the color of mature cannabis for example Carotenoid is largely responsible for the yellow, orange, red, and brown colors in buds. I find this effect is much easier to accomplish in Organics and soil but in order to really call a strain Purple it needs to have more than colored outer leaves and the inner buds need to actually be Purple. ►





Pink Calyx on Black Cherry Soda  
A TGA Breeding Mom

One aspect that I also find interesting is the purple potency debate, for those that have collected a few plants that produce Purple buds under any conditions like certain Black Russian phenotypes we have noticed something that seems to be consistent. When growing out females of a hybrid that have both color females and non colored females the colored one seems to always be less potent.

This doesn't mean I haven't smoked great Purple weed, Both Urkle and Querkle ( A TGA Urkle Hybrid) have an amazing taste and are very stoney and the favorite Indica's of many tokers.

My friends grows a local Purple Urkle Clone that taste out of this world. It is a clone only strain that originated in Northern California It may be one of the better tasting Purple strains around and it's purple to the center of the cola, every single part of the plant is purple. I would give the high intensity an 8

very enjoyable, something I might keep around and so far the one I like the most. After an afternoon session I determined it's main attraction is the lip smacking Grape/Lavender taste of the smoke.

The Purps and Mendo Purps are both rumored to be good but I wasn't impressed with the first Mendo I sampled, it didn't taste at all grapey or berry like, It may have been a poor sample though. We also sampled many strains in Amsterdam with color but none stood out. There are so many Purple cuts in California its hard to really know what any one really is but I recently smoked a Sputnik 2 female with nice outer purple that kicked my ass in about 3 hits. Recently Badboy gained a cut of a strain called Purple Helmet he says its very good and is currently growing her out. Double Purple Doja a creation of TGA knocks me on my ass but I still would not place it in a league with an Apollo -13 or something like OG Kush.



**Other Northern California Strains:**

**Granddaddy purple, Godfather purple, Super Purple Kush, Gods Gift, Urkle, Purple Midnight, Purple Rainbow, Purple Princess, Purple Fire, Purple Cream, Purple Rainbow, Lavender, Purple Friday, Purple Magic, Ray's Purple.**

Most of these can be found in the clubs but they could all be a few strains grown by different people with jazzed up names.

I can't confirm it but many people think Urkle and Lavender are the same cutting.

We continue to explore this paradox of color and potency. I recently sampled some very Berry

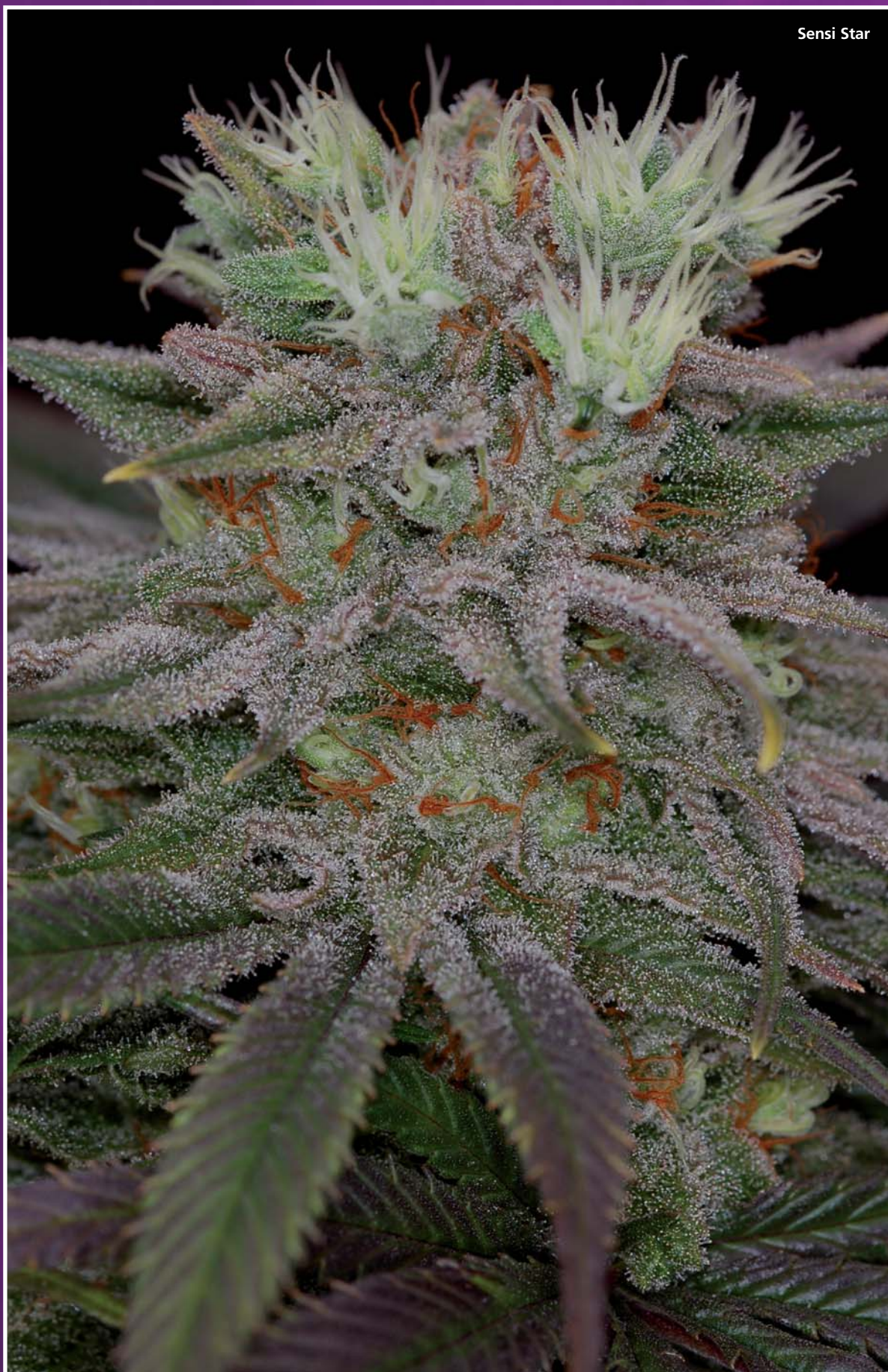
Surprise and while it looked amazing I didn't even finish sample it just had no real taste other than burning. For now we are growing the Lavender and crossing her with certain males to establish what traits she will pass on.

**Lets look at ways to maximize coloring in your garden.**

The first trick to inducing some good color change is what I like to call the "fade" this is when using an organic soil mix you achieve the perfect balance of N-P-K allowing the plant to use up all the available nitrogen and start losing it's Chlorophyll and the colored pigments are allowed to bleed through as the green fades. This can be achieved I am sure in Hydro as well but plants react so fast and absorb so well in water that its more normal for a hydro plant to be green and vibrant that multi colored like in soil organics. ►







Sensi Star



Querkle Day 70







## A Brief History of Purple

Throughout history Purple has been connected with royalty, why was purple considered the royal color? The answer lies in economics not in aesthetics. Purple is rare in nature.

A Toga's worth of Tyrian purple dye, about 1.5 grams, required the beating, drying and extracting of mucus from the hypobranchial gland of some twelve thousand Murex mollusks. Legend records the discovery to Herakles, or rather to his dog, whose mouth was stained purple from chewing on snails along the Levantine coast. King Phoenix received a purple-dyed robe from Herakles and decreed the rulers of Phoenicia should wear this color as a royal symbol. The practice was later adopted by the Romans; to wear purple, therefore, was to show off your great wealth.



traditionmexico.com

The second thing that can really make a huge difference is a large temperature swing between day time and night time temps. The nice thing is with a simple A/c unit and a well built bud room it's pretty easy to chill a 12x12 room to 60 degrees year round. That same room running 3000 watts will have a day time temperature of between 80-85 degrees making a 25 degree temperature swing. This will easily unlock that fall color hidden inside a strain provided the genetic coding is also there. I have to say from experience it's a trait of a large percentage of Cannabis that I have grown. Bringing in outside air in colder climates can also be helpful in adding some color as well as keeping bugs in check and a bud room can stand bitter cold if your not worried about reservoir temps.

Last proper application of nutrients is very important if you jack up the N far into bud your not going to see this fading and you may even effect the taste I have found plants that faded to early actually tasted sweeter but then you hurt your yields. Using a good catalyst can also help a lot as the citric acid and sugars seem to speed up the maturation process I currently use sweet leaf at week 4 and week 6. There are many good products and many old timers even make up there own using cane sugar and citric acid but I think the big companies have better research to support there recipes.

**Querkle** was created using the Urkle clone and out crossing to our Space Queen male. You can see by the pictures of Querkle it carried the Purple Trait into the sibling cross well. It has gone on to be one of our most demanded creations. 🍀

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## Soma-licious



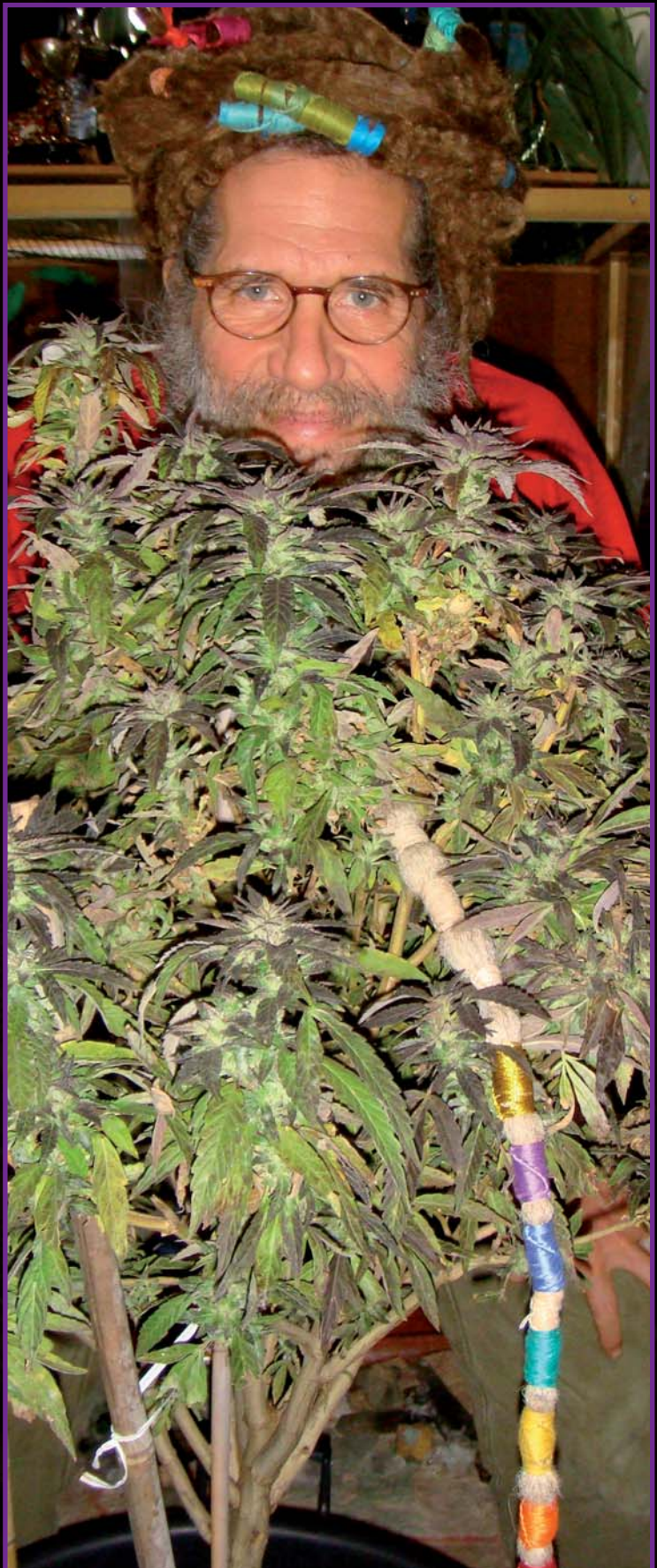
# Roots Rock Reggae

By Soma

In the 15 years I have lived in the beautiful city of Amsterdam I have constantly been searching for a strain that finishes here outdoors and gets me high and tastes good.

I have finally found it. The name I gave it is Soma-licious, My daughter Willow and her husband Alex came up with the name. It is delicious, very purple, makes full melt water hash, and is my Indica entry for the Cannabis Cup this year.

**The Soma-licious is a cross of Lavender and L.A. Confidential.** These two strains are heavily influenced by Afghani genetics, and both turn very purple and lilac colors. The whole range of colors between dark purple to lavender to lilac, has always lifted my spirit, and I have always loved cannabis that turns these colors. ►







Fibonacci Spiral cannabis leaf

Growing cannabis outside in Holland is not easy, in the summer you get so much daylight that the plants vegetate very well. You can have mother plants on your roof and take many cuttings from them during the right time. When it comes down to October and November, ( Harvest Time ), the weather is cold dark and wet. This plant harvests at the end of October here outside. Powdery mildew is a big problem here so I always look for plants that have a stronger resistance to it. Soma-licious is resistant to a high degree, not totally but good enough.

**One of my methods for avoiding powdery mildew** and bud rot is to make sure that my outdoor plants have great drainage. It rains a lot here in the fall, so what I do is raised bed technique, but in big pots. I transplant the plant several times from the starting point, first in a small pot to get it root-bound. I then re-plant it in a larger pot that will last a few months, in the end of August I re-plant again in the final pot. This is quite a big pot that can't blow over in the strongest wind. I place the plant above the top of the pot and let the roots grow down as far as they can go.

**The top layer of the plant slowly starts to develop air roots.** These are roots that are much like the upper roots of a giant tree, growing above the soil and soaking up carbon dioxide. I have found that when the plants have this air layer they become much more resistant to molds and mildew. On the bottom of the pots I have broken clay pots for great drainage. With the powerful wind on my roof the stems get extra strong.

I have 11 Siberian forest cats, they see me messing around with cannabis plants all the time, and all of them, eat cannabis leaves, in fact if I leave a few clones out, and turn my back, forget it, no more clone. My cat Alba, jumped up on the table where I was just manicuring and started to quickly eat as many fresh trimmed cannabis leaves as possible. Watching my cats eat it with such enthusiasm, reminds me of myself, I Love this Sacred Plant.

Keep it Green.....or Purple...

Soma

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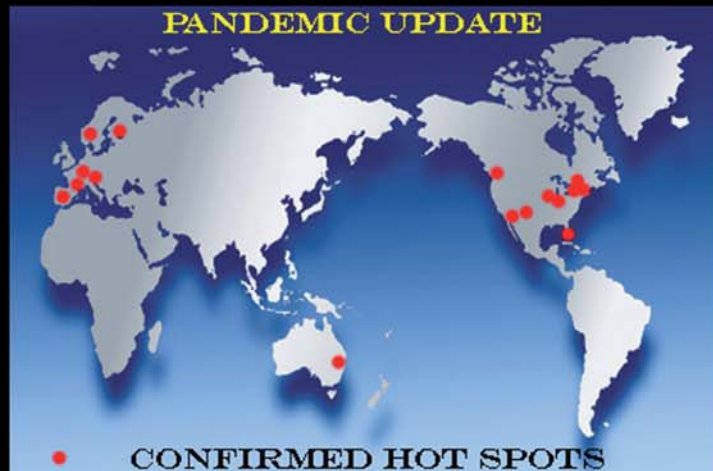
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## Treating yourself Prague Cannabis expo

By Harry Resin

Historically Prague is a very interesting city. It really is the gateway to eastern Europe, yet has all the trappings of a western European city. It's historical and cultural roots are in Bohemia which were the former kings of southern German Bavaria. This makes for an incredibly picturesque city filled with medieval clock towers and castles.

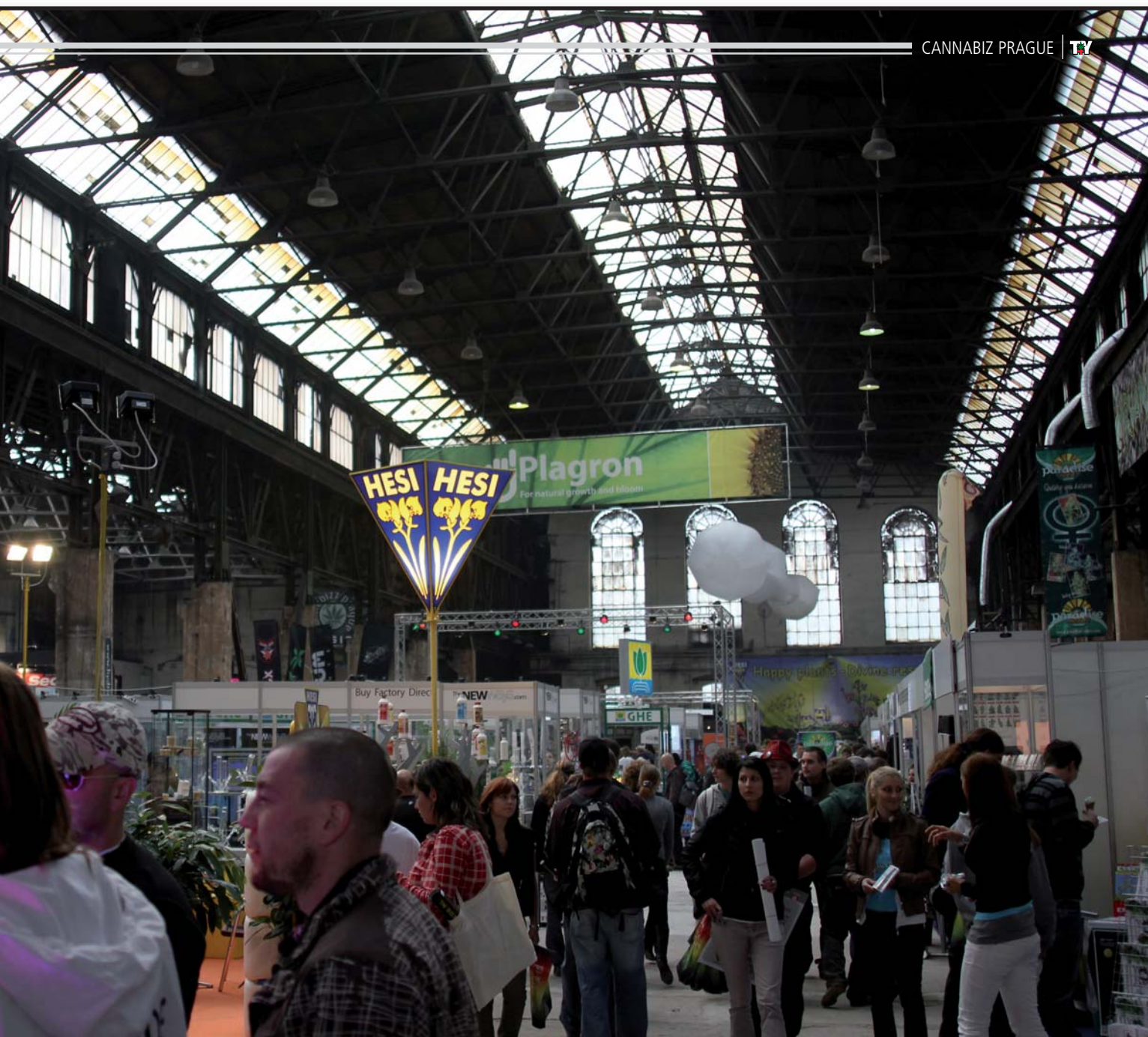
This would be the first Cannabis/Hemp expo in Prague so I thought it would be great to check out. I had already visited the city last winter with some friends and had met some people from one of the Grow Shops there so I thought it would be fun to tag along with some friends that were going to the expo.

This city has a great feel to it, when we were there in January we had even found a bar that let you smoke cannabis in it. It had a real old school dutch Coffeeshop feel to it. As of January 2010 they stopped prosecuting people from cannabis possession, allowing people up to fifteen grams we were told. In addition to tolerating possession they also allowed people to grow five plants. As we learnt from our grow shop friends this meant a burgeoning tent grow market. However during the show we would come to learn about their loopholes when it comes tolerance unfortunately it also meant that a friend had to suffer.

The expo hall was in an old warehouse that had some of highest ceilings I'd seen in an expo space. The place







**As of January 2010 they stopped prosecuting people from cannabis possession, allowing people up to fifteen grams we were told. In addition to tolerating possession they also allowed people to grow five plants.**

was just massive and it would be a good thing too as it got quite busy. The first day which was the Friday started off rather well for a first day. It was also a Friday so many people had to work, this meant Saturday was expected to be a busy day. There was a tent set up outside and we were allowed to puff there but there was no smoking in the building except for cigarettes. Evert from the Verdampers was dismayed that he wasn't allowed to let people vape at his booth.

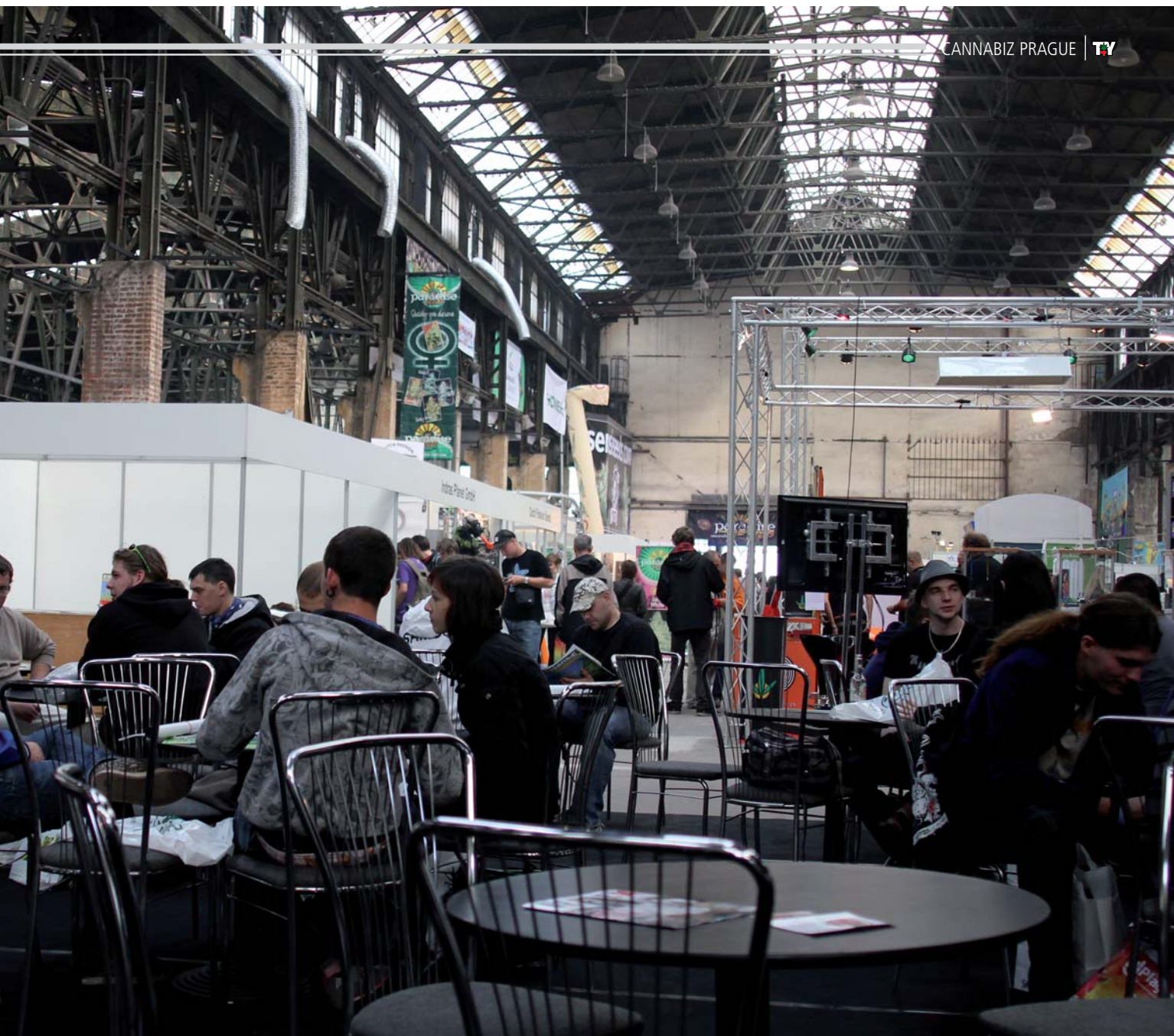
It was great to see such a turn out of companies. Most of the Dutch companies had a booth, including Nirvana, Paradise, DNA, Sensi seeds, Dutch passion and Delta 9 labs. It was also interesting to see several Spanish companies as well like Pyramid seeds and Dina fem. The Spanish companies are certainly as big as the Dutch, they have really evened the playing field.

There would be a lecture series as well with talks by ▷









## **The big strains that are grown locally are a Paradise seeds strain called Nebula and Serious seeds strain called White Russian.**

Soma, Rick Simpson and some other guests. This is where things turned sour as Soma gave his lecture on Saturday. It all started off fine as Soma got into his lecture leading to him smoking and passing a joint around. The pipe also came out and some bubble hash got shared, Soma left the stage and stopped off at Nirvana's booth when two plainclothes cops approached and arrested him. The loop hole the police seem to have is that they consider passing a joint trafficking. In all likelihood this was probably more of a political thing than anything. Also no one from Prague had explained that this might be an very issue. Soma ended up getting released a few days later but still this was something that really sobered up the event. Now

we were all walking a bit more paranoid around the streets while we blazed.

It would seem that even though it appeared that things were tolerated it was more of an interpretive type of tolerance. For the rest of our trip we were a bit more paranoid but we still openly smoked as we walked down the streets.

The big strains that are grown locally are a Paradise seeds strain called Nebula and Serious seeds strain called White Russian. Having been to the city twice we got to try several different batches of the strains. They were definitely well grown and were a step above the ►







common power plant which is unseen in most coffee shops throughout the Netherlands.

For me one thing that was noteworthy was the love the Czech people have for growing and smoking. When you talk to them it's amazing to see how interested they are in the plant, in new techniques and in growing in general. We met some guys from one of the forums who do both some indoor and outdoor growing and have to say they had some nice smoke. They are very eager and enthusiastic when it comes to their ganja. I expect to see continued great things coming out of that city and will certainly keep an eye out. 🍀

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## Treating Yourself keeping P.A.C.E. at The International Home Show

By Al Graham

P.A.C.E.

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

For all, the time of year where many think of pumpkins, Halloween and turkey dinners. For the people that are involved with People Advocating Cannabis Education or P.A.C.E. it was a return to the annual International Home Show to represent Treating Yourself Magazine and to educate the uneducated. This event takes place twice a year at the International Center in Mississauga.

I'm not sure if it was the excellent weather that was outside on this weekend or if it was the economy but I do know the aisles we're not as busy as they were in the past. Nevertheless we were still able to educate many people on the benefits of therapeutic cannabis.

Treating Yourself and P.A.C.E. were not alone this weekend as members of MedCannAccess, a compassion center located in Toronto was also out helping to

educate the public. It's been a while since I'd seen some of them, so it was good to see Blaine, Jackie, Scott, Sheena, Mike and Paul once again. I haven't seen most of them since the summer when some of us were involved in the Treating Yourself Expo.

When we arrived at the show we hung up the Treating Yourself banner and got the tables set up. We had plenty of the latest issue of Treating Yourself on display as well as the P.A.C.E. Therapeutic Cannabis Links brochure. On one corner of the table we had our alternative consumption display which allowed us to show people that cannabis can be consumed in many ways and not just smoked. The displayed consisted of some nicely baked cookies, lolly pops, an indica tincture as well as some suave and cannabis butter. My friend Mike also brought along his volcano so we could talk to people about how effective it is as a medical delivery device. Last but not least we had our ►



annual fall painted pumpkin on display. Our friend 420Deb does a fantastic job painting these vegetables and we appreciate her efforts to the cause.

Over on the MedCannAccess table the center had their new shirts and hoodies on display. Along with some handout material and a very nice looking Treating Yourself RooR Bong. This bong became a magnet to many of the people who walked by. Many of them asked us how well it worked and what it cost. When we told them that the whole package was worth almost two thousand dollars they were awe struck. Many of them wanted to give it a test but they were met with a resounding “NO”

Mike, who has been helping with P.A.C.E., appeared at the show for the first time. Like all others that have helped out in the past, he spotted the surprised look on people’s faces as they came onto the Treating Yourself booth. Mike also found out that the people that stopped by were very supportive of what we were doing and wished us good luck.

Mike would find himself involved in many different conversations with the people who stopped by. Many of them were touching and very personal stories. We had one lady who stopped by who was really happy to

see us there. She was not a licensed medical patient but should be. She suffers from Crohns and has since she was 3 years of age. Without knowing her age I would guess she had been fighting this illness for approximately thirty years. She informed us that it wasn’t until she was almost nineteen before they were able to finally diagnose her properly. Now thirty nine operations later she appears to be getting closer to a more stable life but is looking forward to getting a license for the medication she most certainly needs.

While we always find people that are in support of what we are doing we do get the odd person that disagrees with us. Blaine had one guy who came to the booth and was inquiring about its medicinal value when out of the blue he told Blaine that cannabis makes people go crazy. Blaine questioned that, like he should, when the guy told him that these same people never returned to normal. Blaine spent some time with this guy explaining the endocannabinoid system when the man looked at him and told him not to say that stuff because he didn’t understand it. For us that’s why we are there, to educate and to teach the people the knowledge that has been kept from the people. When the man left I noticed Blaine had done a fine job talking with him as the guy left with some MedCannAccess information as well as a P.A.C.E. medicinal link brochure. ▷



# Treating Yourself

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Blaine wasn't the only one that ran into someone that doubted the medicinal value of this plant. Jackie had this big burly weight lifting guy walk by her who then makes a comment towards us. She then asked him to repeat himself which he replied with "how can you put those toxins in your body". If cannabis is a toxin then I'd hate to know what he consumed to be so bulky never mind how much time he lays under the sun bed. Jackie told him that therapeutic cannabis is not a toxin and then the guy walked away. Unfortunately for him his partner did stop which allowed Jackie some time to educate her.

There was one man that Mike spoke with who was quite elderly appearing. Like a lot of people, who stopped by the booth, his hair was grey and he knew the benefits of our medication from experimenting years ago. Mike and the guy struck up quite the conversation before the man moved on saying "it's time that cannabis was legalized". Was this man, who was crippled over and using a cane to support himself, out of touch with today? The blue tooth wireless phone that he had stuck in his ear tells me he wasn't out of touch at all.

We had one vendor that was near us who never really spoke much. Was he worried about the pot people, was he scared that we were criminals or bad people. An impression he would get from those in authority. For two of the days he had a helper come and assist him but she wasn't like him. She would come and talk to us and we found out she too was a medicinal user of cannabis. With her talking to us he could see that we were not evil people and then one of the booth members started to question his product as he wanted to know if cannabis growers could benefit from it.

Our neighbour was selling a natural product that is

used to clean out hot tubs. The promotion for it stated that it would remove any scum lines that appeared in your tub. Mike with MedCannAccess went and talked to him about his product and to see if it's safe for plants. The guy then stuck his finger into his solution and then stuck it into his mouth. Now seeing that its fine for humans to consume, Mike has decided to use some of it on one garden. This way he'll see if plants will tolerate it as well to see if the reservoir scum line is gone. Did the guy change his mind about us? I'd say so because when we were packing up, the guy came to our booth and asked for not one but two applications to join MedCannAccess.

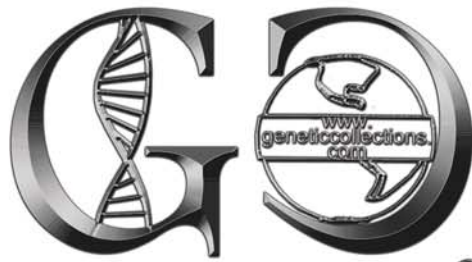
We also had a guy near us who had environmental friendly ebikes. Every morning he would come by us and say "toke of the morning to you all" or Andrew who was always wondering what we were up to. We had the ladies from the insurance company behind us that would stop in every once in a while or the ladies from the reverse osmosis watering company that would always stop in to say hi. Then of course there was William from a plant container company. William was out looking for investors in his product and figured we were a good fit.

Overall while the weekend crowd wasn't as large as it has been in the past we were still able to reach out to many people. I'd also like to say thank you to everyone for the support, which our booth always gets, at any of the shows we participate in.

Next up is The National Woman's Show at the Metro Toronto Convention Center, home of the Second Annual Treating Yourself Expo.

**Until then Treating Yourself is Keeping People Advocating Cannabis Education. 🍃**





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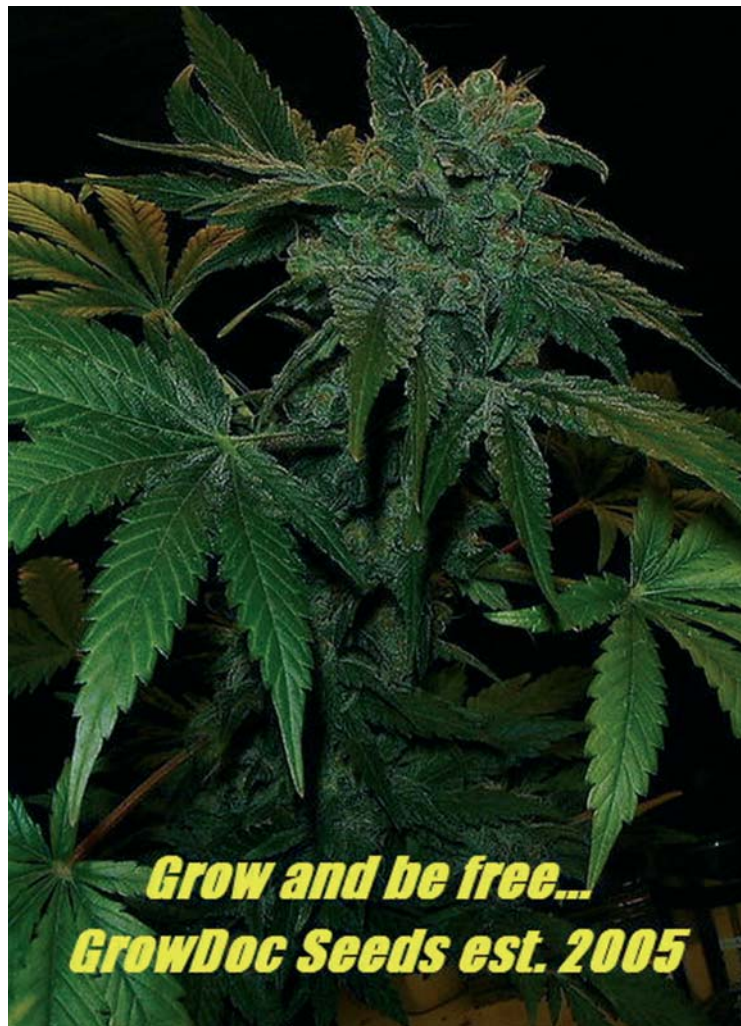
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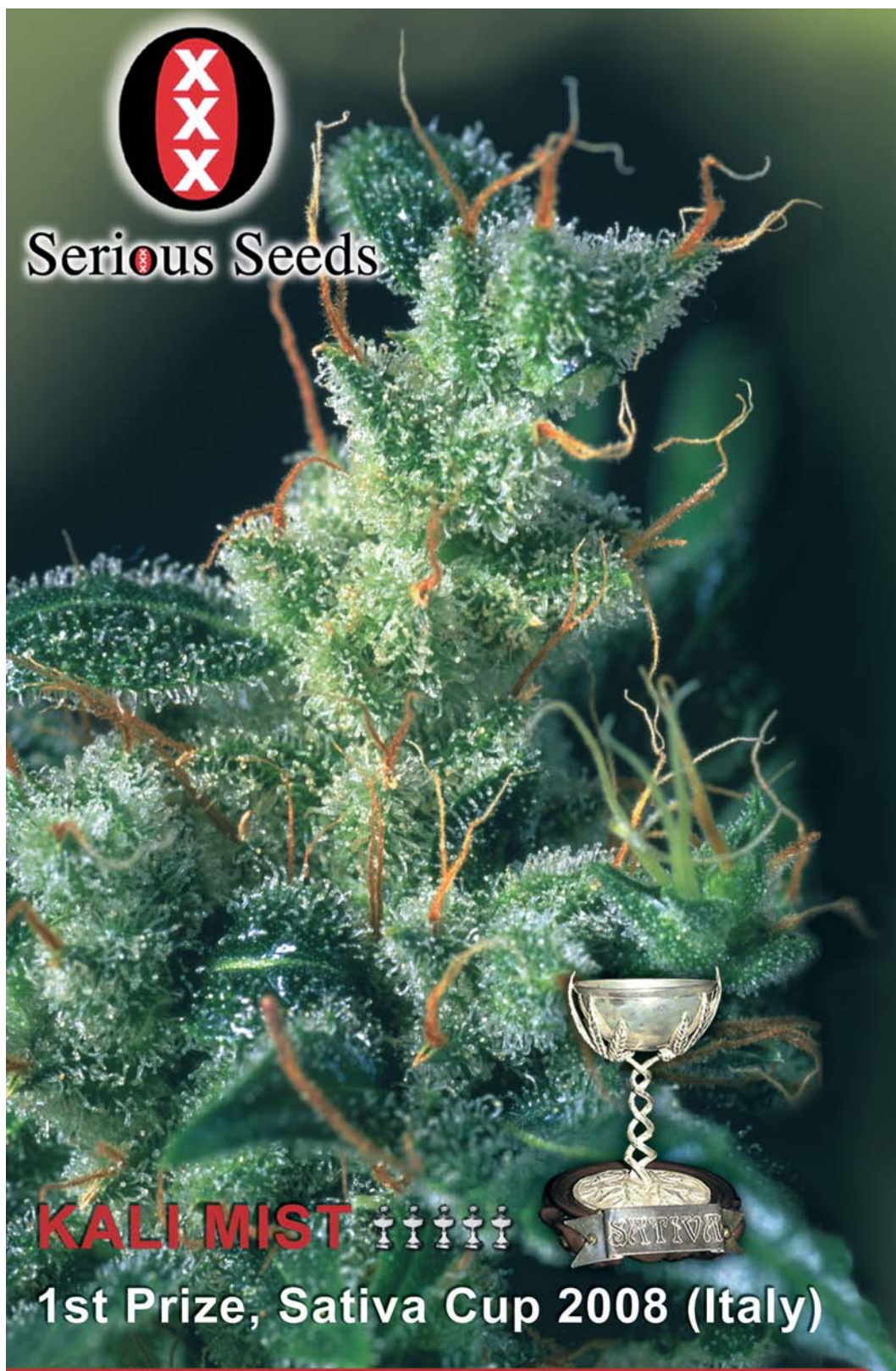
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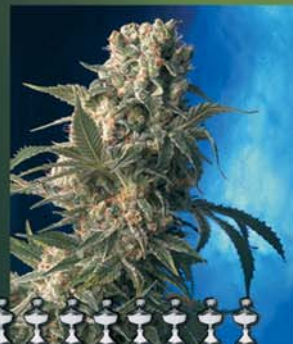
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**People Advocating Cannabis Education (P.A.C.E.)** are people that are medical and non medical users of cannabis. We are people that believe in promoting the benefits of cannabis the old way, even if it's one person at a time. P.A.C.E. participants are people that have seen the medicinal benefit of cannabis through their own experience or through a loved one. We participate in educational shows or by bringing the information that the people seek directly to them. We also assist people by directing them to a compassionate place as well with their Health Canada applications.

Presently P.A.C.E. is supported by several businesses who promote our educational therapeutic cannabis links brochure within their stores. These would be Belleville Ontario's BMA Hydroponics, Green Tree Eco located in Alderville, Peterborough Hydroponics Center and the Intergalactic Trading Company both out of Peterborough as well as the Grindhouse Cafe in Trent Hills. While participating in rally's can be a good way to promote something it's also going to take direct education to the people in order to make things change. Whether it's in a small group or one on one it doesn't matter, the main thing is to get the education out there.

Recently P.A.C.E. participated in such events.

### Peterborough S10 Rally

During September the group Whyprohibition.ca was calling upon people to set up rallies at Conservative MP constitute offices across Canada. They did this as a way to get people out on the first Saturday of October in order to protest Bill S-10. This government bill will impose mandatory minimum penalties of at least six months to anyone caught growing marijuana plants anywhere in Canada.

Many of the rallies were set up across the country and the members of P.A.C.E. decided to attend the rally in Peterborough Ontario. This rally was being set up by Jennie Coxwell who is working on her Sociology Major at Trent University.

When 420Deb Mike and I arrived we noticed that the group was collecting out in front of Conservative MP Dean Del Mastro's office. As we were making our way up from the parking lot we noticed that the TV news







Moments at the S10 Rally



crew was just packing up and that the thirty or so people that were in attendance were making their way around to the back of Mr. Del Mastro's office. This move gave the group a much better audience to show the protest to as his office backs onto a four lane street with hundreds of vehicles going by every fifteen minutes.

When we got situated and settled in it was great to see some people in attendance that I didn't expect to see. There was Al who wrote a great article for our local paper about the Treating Yourself Expo. Al was there with his son Hylton, a Volcano winner during the Treating Yourself Expo. Their family friend Eric and his daughter Alice also attended. Then there was Mike, a person that I have spent many hours discussing the

MMAR program with but have never seen at a rally.

Many of the people that drove by honked in support of what we were doing. They understand that mandatory minimum penalties do not work as shown in the United States. But what we have found out is that our government does not care about what we the people think but only their own ideology. They say who cares what science and what the facts state, this is what we believe and this is the way it's going to be. Unfortunately our government is one of those that say if you're not with us your against us. We even had a young child about eleven years of age come to us and ask what we were doing. After we told him the young guy told us to keep sticking up for our rights and for us to have a nice day. ▢



That evening after the rally it was good to see that Jennie and her rally made the TV evening news. Jennie spoke about the medicinal people that would be caught up in the drag net of this law. She talked about all those who suffer without their licenses and those that are waiting due to the unnecessary back log at Health Canada, the department that looks after this program. The local papers also covered this story thus showcasing Jennie's rally to more people than what she expected. I asked her what she fears the most about this bill. She says "My fear is that this bill will pass before the word of it spreads to enough people" and that "The fragmentation of the Cannabis Community in Canada is in my mind the only reason a bill like this could pass. We need to unite as a strong and undeniable force"

Jennie who also has a Diploma for Drug and Alcohol Counselling as well as a Diploma as a Social Service Worker is set out to make people aware of this terrible bill. The people at P.A.C.E. believe that this well educated lady is well on her way of accomplishing her goal. Many of us are proud to see one of our young people getting involved and speaking up.

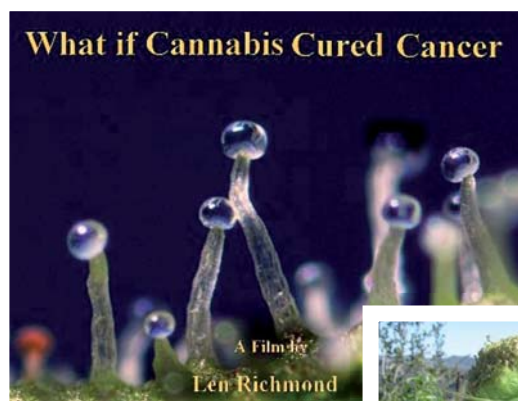
### The P.A.C.E. Sunday Movie -

#### *What if Cannabis Cured Cancer*

When your children go to school these days they are subject to drug propaganda from those in authority. They are taught through programs like D.A.R.E. that cannabis is dangerous and should not be consumed. They are told that cannabis is an addictive dangerous drug that if they consumed it they could become addicted.

What they are not being told is that cannabis is a great medical plant that has hundreds of medical properties within it. They are not being told that cannabis has inflammatory benefits, that cannabis may hold the key to diabetes treatment or that our bodies produces its own cannabis properties called endocannabinoids.

The people at P.A.C.E. believe it's time to stop the lies and the propaganda. They believe that the truth should be told about this plant and have decided to do something about it.





As fall was settling in the members of P.A.C.E. spoke with a business owner in their area and asked him if he'd be interested in showing educational cannabis films within his store. Gerhard Marzinski, who is a supporter of therapeutic cannabis, runs the Grindhouse Cafe in Trent Hills Ontario. His store is closed on Sundays so we asked him if he'd open it on Sundays for a private or semi private function. After explaining to him that we'd like to show these movies to the general public, so that they too could be taught the truth, we found ourselves with a business person willing to test our idea out.

With this first showing being our first ever in our small conservative town we chose to keep it somewhat low key but make enough noise to let others know. We wanted to test the reaction of the people and those that walked into Gerhard's business to see how supportive people would be.

Kasi, the young lady that helps Gerhard was really looking forward to this day. She helped me with the sidewalk sign, which was out two days before the movie, and she allowed us the freedom to set up as we required. She told me the day before the show, that the customers were asking enough questions that the line up for coffee's at the Cafe was out the front door. Going into this we had no idea on how to use this modern technology but we quickly learned. The last time I saw a projector was in grade school and at that time they had a built in speaker. That was then and this is now so I quickly learned that digital projectors do not have that built in speaker.



Once we had the projector and sound system figured we had to figure out a way to block the windows and doors to prevent the sun from shining in. To do this we gathered up some black and white plastic to cover them with as well as to make our screen with.

The place was now set. Windows covered, projector set up with sound, the screen was in place and now we just needed the people to come and see the movie.

Our movie for this day was called "What if Cannabis Cured Cancer". A movie put together by Len Richmond. I was able to purchase an autographed copy of this from Len himself while I was attending the Treating Yourself Expo. To learn more on this film please go to:

<http://www.imdb.com/title/tt1638943/plotsummary>

I picked this movie to be the first that P.A.C.E. would show to the public because it's a movie that explains the science behind the cannabis plant. A movie that helps brings the knowledge down so the average person can understand it. All throughout the movie there are interviews with some of the leading researchers of cannabis. You hear from Doctor Donald Taskin, a leading lung researcher and Doctor Robert Melamede a researcher that knows all about the endocannabinoid as well as many other researchers.

There were graphs and charts showing the breakdown of the main compounds within cannabis. We were learning that some components are for inflammation while others could be used for type 2 diabetes. The movie also showed us x-ray images showing everyone where the main areas within our bodies where the cannabinoid receptors are located. These main spots would be the brain, the liver and the bowel areas' of the body. Other areas within our bodies have these receptors just less of them.

While we didn't pack the Cafe we did manage to get it quite full for our first viewing. We had people that drove 90 minutes to watch this movie and listen to what we had to say. We also supplied the movie goers with a back issue of Treating Yourself Magazine to go home with as we want the education to continue long after they leave us.

Once the movie was over everyone joined in on a round of applause for the effort that was put into it. Everyone was really happy with what was presented. Even the people who have been involved with cannabis for a long time commented that they too had learned something this day. Afterwards people were given the chance to make comments about the movie or ask questions about anything from the MMAR program to how a vaporizer works.

In a conversation with Gerhard afterwards he has informed P.A.C.E. that he would love for us to continue with the Sunday movies. P.A.C.E. has taken Gerhard up on his offer and we plan on setting up a set schedule to be able to do this on a monthly basis. ▷

## P.A.C.E. Social -

### Halloween @ 420Debs

The P.A.C.E. Social is a time where you can gather with like minded people and enjoy a full or half day of discussion and or playing our favourite board game, **The Grow OP Game**.

For this particular day we chose to meet at 420Deb's place. She tells me that Halloween to her is like Christmas is to others. She decorates her house with lots of spooky creatures, ghosts, skeletons, spider webs and talking skulls. 420Deb also loves painting pumpkins. This is something that she does out of pure love, a hobby that she immensely enjoys and one that she shares with her family and many friends.

The Sunday before Halloween, 420Deb and I invited 20 of our friends over to her place for some social time and a round of Grow Op. In the past we would play two games throughout the day, which tied up everyone's social time to mingle. This time around we set up a two hour "social time" before hand which allowed people to meet each other and to talk about the latest news.

When the game time arrived everyone was present and we got the four tables going. With us only playing one game it meant it was one game winner takes all. No combining a good score with a bad first game score to try to win. Now if you have a bad first game you have no second chance.

The gathering brought people from up to two hours away in every direction but the east. Participants like Jim and Naomi came from Toronto while Wally and Sharon drove from Cherry Valley. We met Wally and his daughter Sharon at the Treating Yourself Expo so it's nice to see that they have stayed in touch and have participated in the P.A.C.E. events. The two of them are listeners to a Treating Yourself sponsored radio program called the Trip at Rock107.ca. The program featuring DJ Diesel Phillips plays psychedelic music from 1964-72. The station archives the last five shows at their website for listeners to download for free. If you've never heard medical marijuana commercial on regular radio, tune in Monday nights at 11pm EST or download the free podcast, you'll be surprised by what you hear.

The table I played at was full of players that were about to have a bad game. We should of had known after the first round as people like Naomi were getting karma cards sending her straight to jail. The object of the game is to grow your marijuana but our table just seemed to like sitting in jail. We played for about two



hours and not one of us was able to sell any of our gardens. This was due to a mean police car and his informant as we called him.

Meanwhile over at another table first time player Dan was cleaning up. He was making lots of noise and I knew he was having a good game. A look at the third table scores tells me other than Adam, everyone at that table was also running into that same nasty police car that our table had. At the fourth table, Jean who also had a rough start was making a charge. Reports came to me that Jean looked like she was out of it but then all of a sudden she could do no wrong. She wasn't alone at that table as it had three of the four highest scores on the day.

When the game was over and the scores added up, the first time player Dan stayed hot and clobbered most of those in attendance on this day. Dan went home with a





Time4hemp CD, a gift from his peers and unexpected gift from BMA Hydroponics. While Dan was hot Naomi was not as she went home as our “black thumb award” winner. Her prize, another unexpected gift but this time from Green Tree Eco, will ensure that her buds are heavy and plentiful. Second place and third place winners also went home with some music as well as a few past issues of Treating Yourself. To close things out we entered everybody’s name into a draw to win some small items as door prizes. These included items such as Green House grinders, past issues of Treating Yourself and a few other gifts that were made available to us.

Once all the prizes were awarded it was time to dig into our pot luck dinner, a feast, which was assembled by all the participants.

P.A.C.E. would like to thank everyone who came out to participate as well as those who assisted in making 420Deb’s Halloweed Party, our first P.A.C.E. Social, a great success. There is no way that we could do it without you.

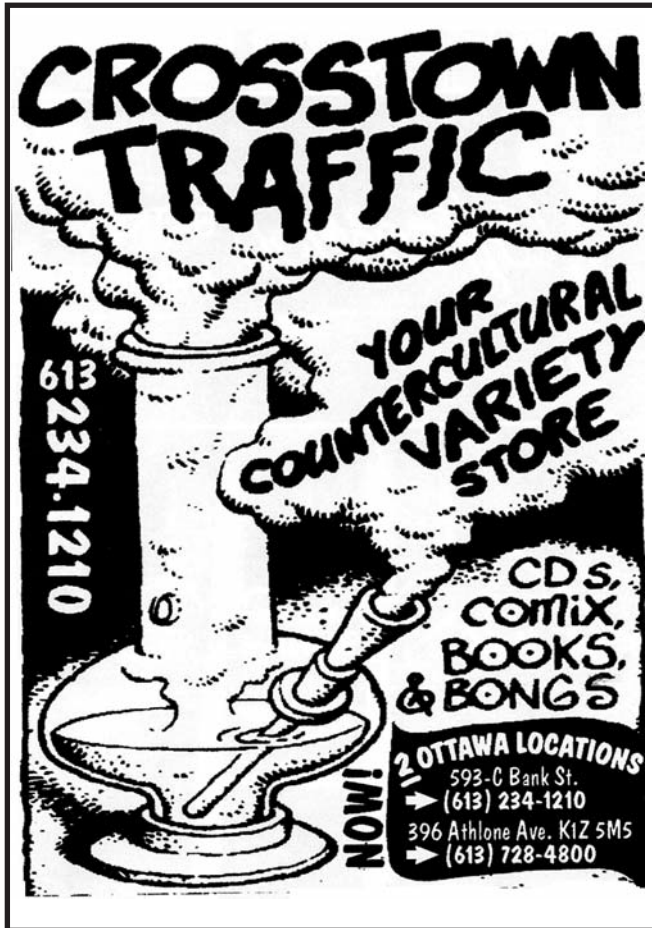
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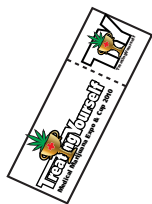
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Do you use marijuana for medicinal reasons? YES \_\_\_\_ NO \_\_\_\_

Were you prescribed Medical Marijuana by your physician? YES \_\_\_\_ NO \_\_\_\_

Has your doctor suggested/prescribed synthetic THC pharmaceuticals such as Marinol or Sativex? YES \_\_\_\_ NO \_\_\_\_

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Please check off which tickets you would like to order and how many

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\* Separate Application Form is needed for each VIP JUDGE. \* Space is limited. ORDER NOW!!!

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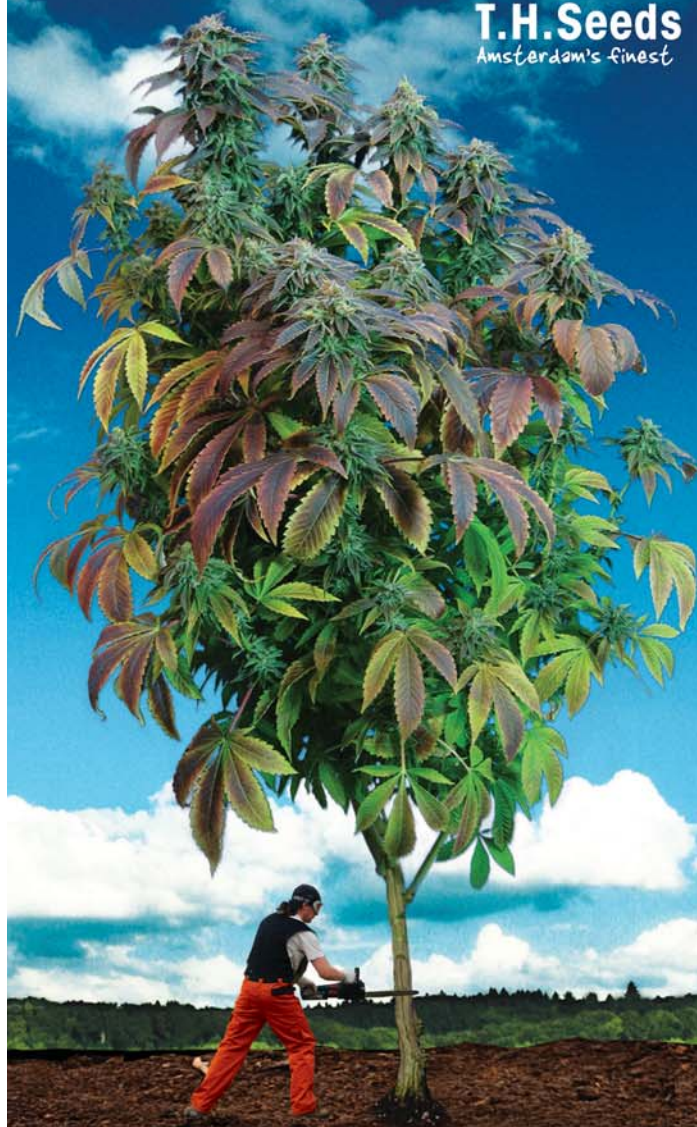
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How to make

# Cannabis Cheesecake

by Petey McEnroe



puppychowrecipes.org

1



## Instructions

1) Mix 2 packs cream cheese, 1 egg, 1 teaspoon vanilla, and 2 tablespoons sugar, and 1/4 cup canna butter together till creamy.

2



2) Pour into the crust then place it in the oven at 350°F for 20 mins

3



3) While its in the oven mix together 1 cup sour cream, 1 tablespoon sugar, 1 teaspoon vanilla, and 1/4 canna butter till creamy.

4



4) After your done baking the first part let it cool for about 10 mins then add your topping you just made and place her back in at 400°F for 10 mins.

5



5) Let it cool then top it with what ever you want. i topped it with butterscotch, carmel, an chocolate.

## Ingredients:

2x 8 oz. cream cheese

1 egg

2 teaspoons vanilla

3 table spoons sugar

1 cup sour cream

1/2 canna butter

1 pie crust





## How to make

# Cannabis Purple Velvet Cake

by Petey McEnroe

Time for sum fun. My buddy just chopped down a beautiful Urkel, so my baking buddy and I made a Purple cake for him.

Sooooooooo here we goooooo!!!

## Ingredients:

2 1/4 cups flour (sifted)  
 1 tsp. salt  
 1/4 cup cocoa (sifted)  
 1/2 cup canna butter  
 1 1/2 cups sugar  
 2 eggs  
 1 cup milk  
 1 tsp. vanilla  
 1 tsp white vinegar  
 1 tsp baking soda  
 food coloring (red and blue  
 makes purple stoners)

## Instructions

- 1) Preheat oven to 350, mix sugar and canna butter till fluffy. Add eggs 1 at a time. Add vanilla. Mix well.
- 2) Mix flour, cocoa, and salt.
- 3) Add milk to flour mix. add vinegar and baking soda.
- 4) Add flour mix to sugar mix a little at a time. add food coloring
- 5) Place the mix in the oven for 25-30 mins. Take out when you can poke it with a tooth pick and it comes out clean.



elanaspantry.com

1



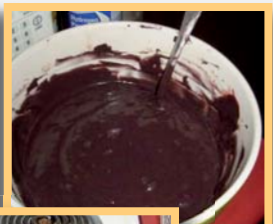
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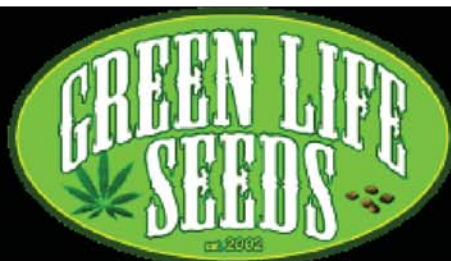
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4







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

**Deadline for contest entry is February 1/11**

**Digital Vaporizer**

**Answer the following TV QUESTION :**

**What Canadian City will host the Treating Yourself Expo in 2011?**



**Deadline for contest entry is February 1/11**

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**

**February 1/11**

Winners name will be announced in Treating Yourself issue # 28

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**

**TY24**

**D.J. Moose Jaw,  
SK**

Please keep those  
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more lucky winners.

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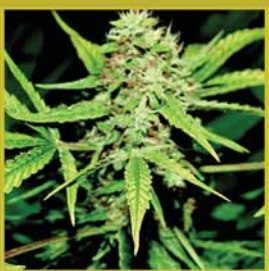
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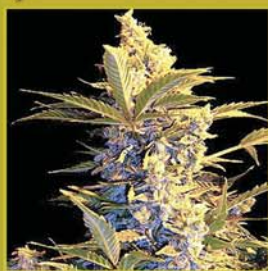
LSD

BARNEY'S FARM



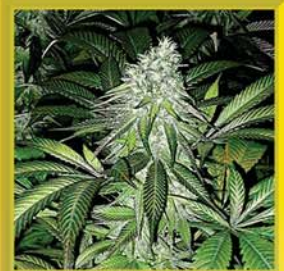
VANILLA KUSH

JOINT DOCTOR



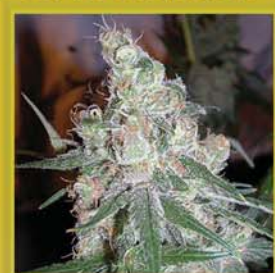
EASY RYDER

G13 LABS



PINEAPPLE EXPRESS

DNA GENETICS



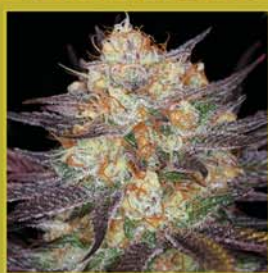
CHOCOLOPE

GREENHOUSE



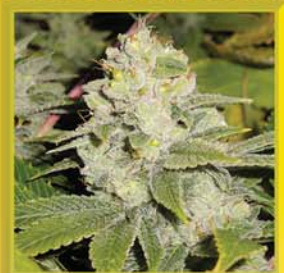
SUPER LEMON HAZE

TGA SUBCOOL



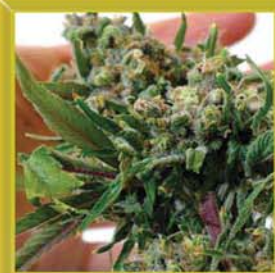
QUERKLE

CALI CONNECTION



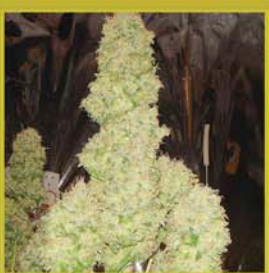
DEADHEAD OG

BIG BUDDHA



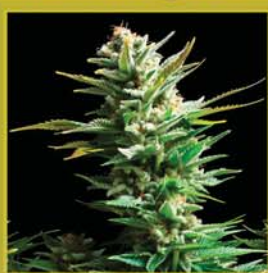
BLUE CHEESE

SERIOUS SEEDS



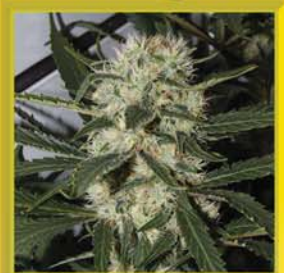
WHITE RUSSIAN

ROYAL QUEEN



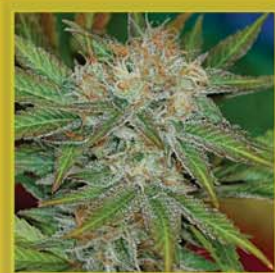
AMNESIA HAZE

ROYAL QUEEN



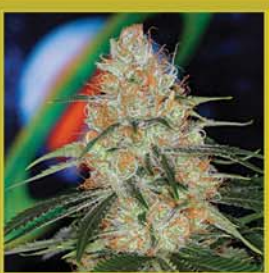
NORTHERN LIGHT

TGA SUBCOOL



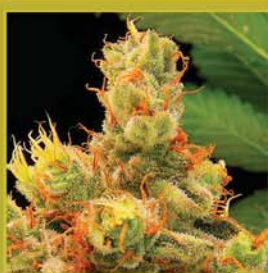
JILLYBEAN

TGA SUBCOOL



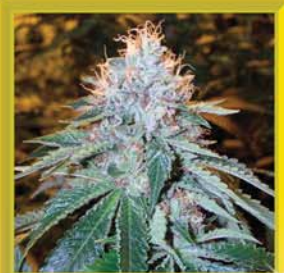
VORTEX

G13 LABS



BLUEBERRY GUM

RESERVA PRIVADA



OG KUSH #18

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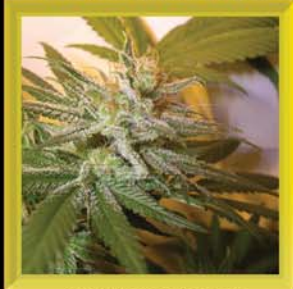




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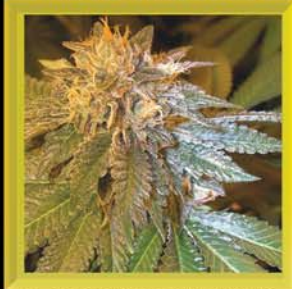


DNA GENETICS



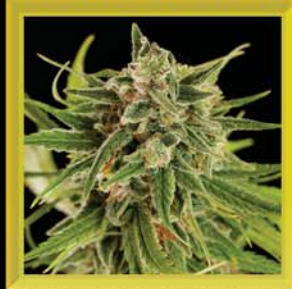
KUSHBERRY

DNA GENETICS



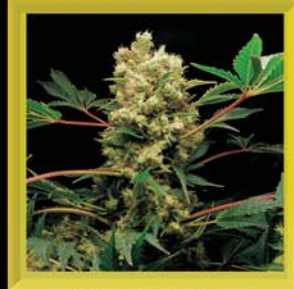
LA CONFIDENTIAL

DINAFEM SEEDS



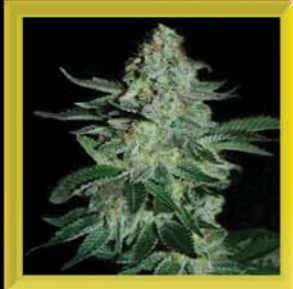
SWEET DEEP GRAPEFRUIT

DINAFEM SEEDS



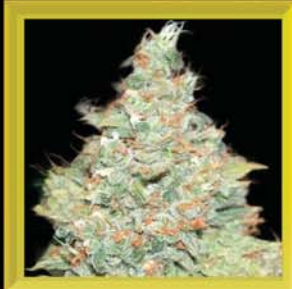
POWERKUSH

PYRAMID SEEDS



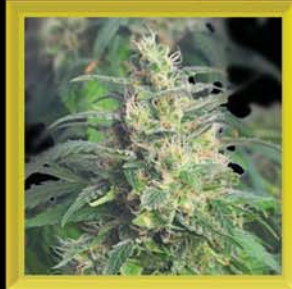
TUTANKHAMON

PYRAMID SEEDS



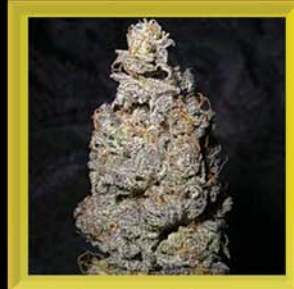
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KANNABIA SEEDS



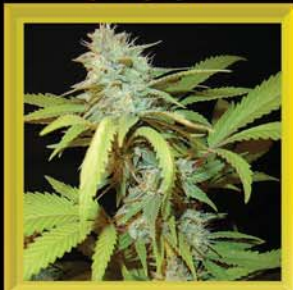
GNOMO

NEXT GENERATION



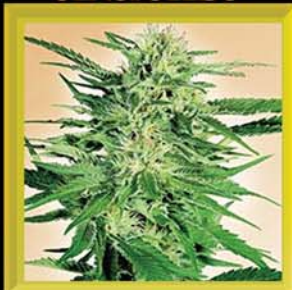
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SEEDISM



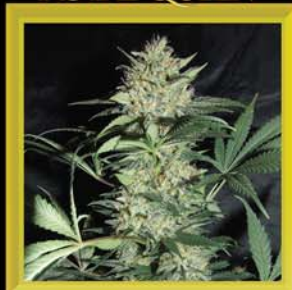
BLZ BUD

SENSI SEEDS



BIG BUD

ROYAL QUEEN



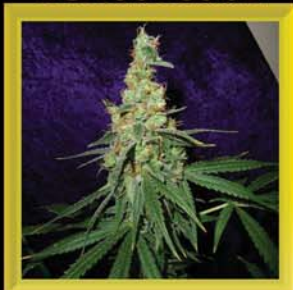
SHINING SILVER HAZE

DUTCH PASSION



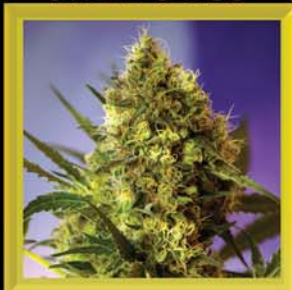
TWILIGHT

TGA SUBCOOL



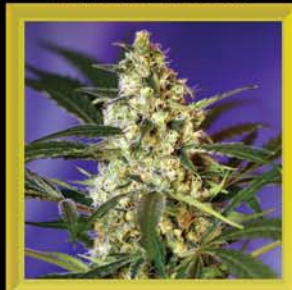
APOLLO 13

SWEET SEEDS



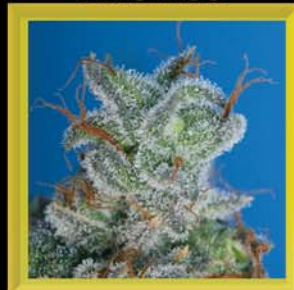
BIG DEVIL

SWEET SEEDS



FAST BUD

TH SEEDS



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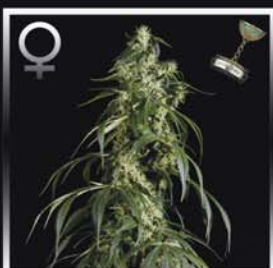
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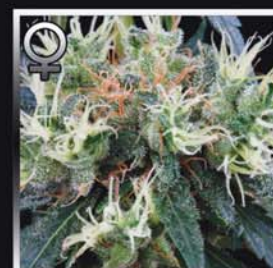
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