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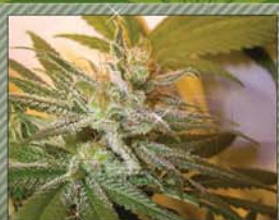
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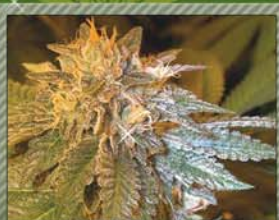
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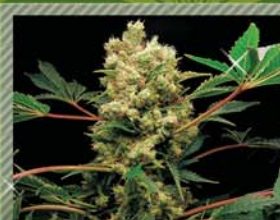
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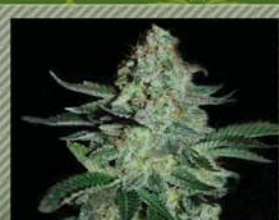
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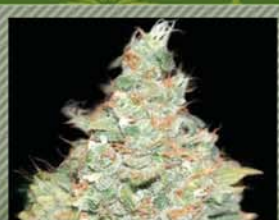
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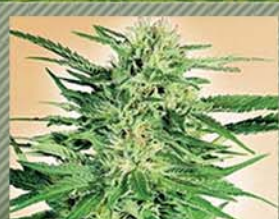
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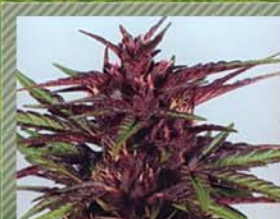
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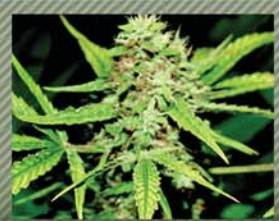
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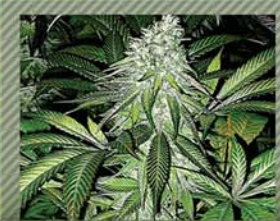
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Printed in Canada

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treatingyourself.com were created to provide
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Spring into action!

Well I guess I should have waited to announce all of the changes here at Treating Yourself, the bad news is that my personal assistant Ashley Wilson wasn't able to take the job after all. The good news is that I was able to find an experienced replacement and her name is Sandra Petite. Sandra has been working at the TY office for 4 weeks now and is doing a fantastic job! We have been under quite a bit of pressure with print deadlines and we ran the wrong bio for Dr Paul Hornby in our Expo Show Guide, please note that Dr. Hornby is now working with Green Planet Plant Products and NOT Advanced Nutrients! We are pleased to have Dr. Hornby as a guest speaker thanks to the folks at Green Planet Plant Products. Be sure to visit them and Dr. Hornby in booth # 217 + # 219.

Now on May 2, 2011 Canadians will be going back to the polls to vote for a new Prime Minister. Prime Minister Harper was given the boot with a vote of non-confidence so we can only hope that Canadians will vote in someone who is truly for the people and not for corporations who fund their campaigns.

So I hope to see all of our readers at the **TY Expo in Toronto on June 3 – 5, 2011** at the Metro Toronto Convention Centre 255 Front St. W. Hall A

Please don't forget about those spending time behind bars. So please keep writing letters to Eddy Lepp, Marc Emery, plus all the other prisoners of this war on drugs.

So until next time...



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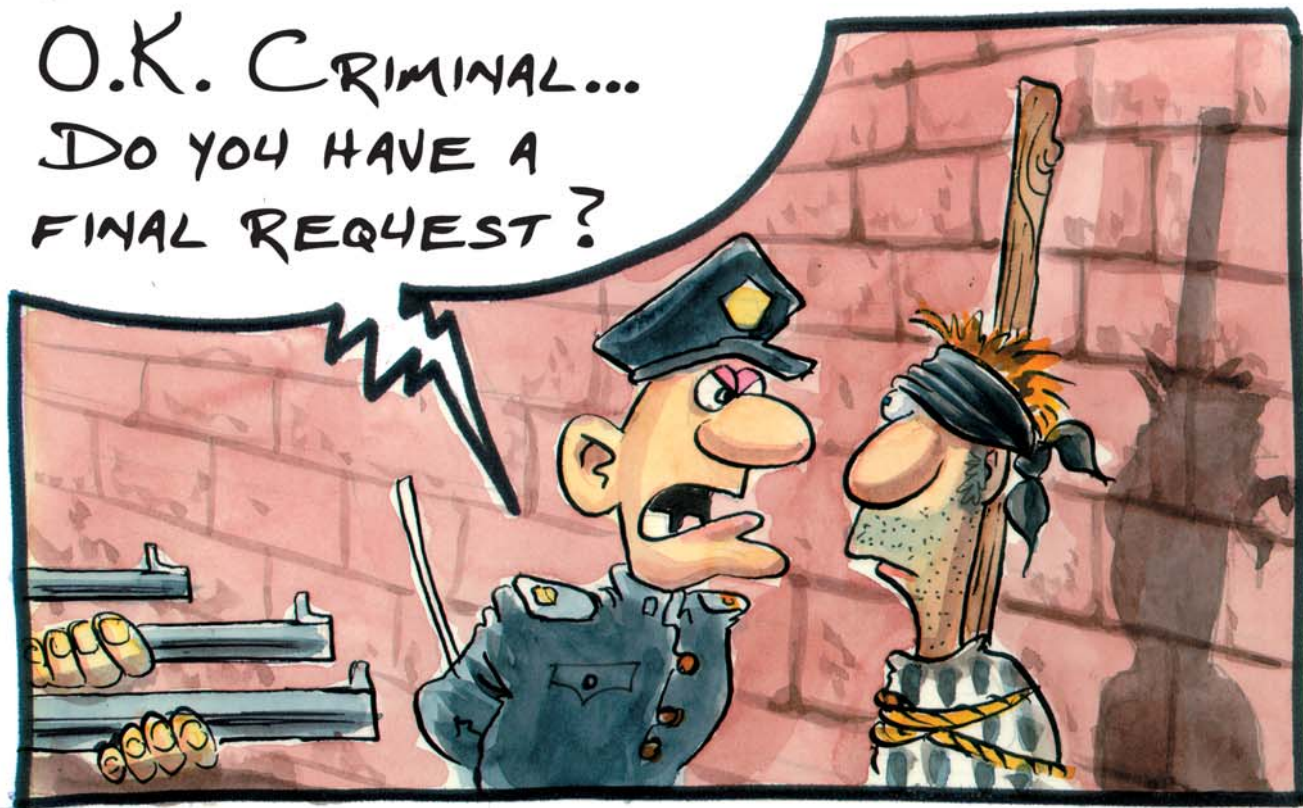
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The Responsible Use of Medical Marijuana

Marco Renda has made it his life mission to raise awareness about the benefits of and need for medical marijuana. He is infected with Hepatitis C and is one of fewer than 5,000 people in Canada licensed to possess medical marijuana.

“Although Canada approved the use of medical marijuana for certain health conditions in 1999, the process to get a license is lengthy and difficult,” explains Renda. “In the meantime, people are suffering and being forced to resort to illegal means to obtain this much-needed medication.”

To obtain a licence, a doctor must fill out a medical form that clearly defines how the patient's condition falls under Health Canada's requirements. This form puts the onus on doctors, forcing them to act as gatekeepers. Even with a doctor's approval and after sending in all the required information, patients have to wait many months for approval.

The Benefits of Medical Marijuana

Marijuana's active ingredient, THC, helps combat symptoms and side effects from cancer chemotherapy management, epilepsy, glaucoma, HIV/AIDS symptomatic management, migraine, multiple sclerosis, pain, severe arthritis as well as spinal cord injury disease. Research continues into other uses for marijuana including Alzheimer's, breast cancer and brain tumours.

Some allege, such as BBC Filmmaker Len Richmond, that marijuana has curative properties. His sixty minute documentary *What if Cannabis Cured Cancer?* claims to show convincing proof of the healing properties of the cannabis plant.

Educating Patients, Caregivers and the General Public

To provide patients with information to assist them in the responsible use of medical marijuana Renda created

Treating Yourself, a magazine distributed worldwide, by patients for patients.

“The magazine is great for reaching out to and educating patients,” says Renda. “But the people who really need educating are the caregivers, politicians and the general public.”

Seeking to bring awareness to and educate this audience, Renda started the first annual *Treating Yourself (Medical Marijuana & Hemp) Expo* in 2010. Held at the Metro Toronto Convention Centre, it was the first of its kind in Canada. With no smoking allowed on the premises, the *Treating Yourself Expo* maintained a professional atmosphere in successfully promoting the responsible use of medical marijuana. Patients with licences and their own marijuana were welcome to try out the Vapour Lounge, while other attendees browsed booths filled with educational materials, paraphernalia and hemp products. The second annual ***Treating Yourself Expo* runs from June 3-5, 2011.**

“Education can change the mistaken impression people have of medical marijuana users,” says Renda. “Most patients are professionals with good jobs or elderly people.” +

Cartoon



It's Time for the Cannabis Industry to Come Full Circle

By Jason Browne

Jason Browne and Michael McCauley
Full Circle Cannabis Consultants
<http://www.fullcirclecannabis.com>



When the medical cannabis industry was in its infancy, many of us in the front lines shared a wonderful vision, inspired in no small part by the dedication of many of our peers. Pioneers like Tod Mikuriya, Dennis Peron, and the founders of the Wo/Men's Alliance for Medical Marijuana (WAMM) led the way by facilitating the needs of patients as the foundation of their business models. Those of us who opened the first cannabis dispensaries worked tirelessly to bring about meaningful implementation of the Compassionate Use Act (CUA), working with local officials whenever we could, creating guidelines and business models that followed the letter and spirit of the law.

Then began the cowboy days, fueled by the Clinton administration's more civil tone toward our industry (opting to seek injunctions where before only criminal investigations had been the preferred strategy). Throughout this period, a few scattered communities (mostly located around the San Francisco Bay Area) adopted low-priority measures aimed at law enforcement and even allowed storefront dispensaries to flourish, absent any meaningful regulations to protect consumers or to bring the industry within compliance by mandating lawful operating procedures.

In the rest of California, our state and local cops made implementation of the CUA almost impossible, forcing most providers to stay underground or to establish contracts with Bay Area dispensaries in order to access a legal market for their goods. Once W took office, things shifted more toward federal intervention, which meant that local cops anywhere in the state could destroy lawful cannabis markets in their communities by simply making a phone call to the DEA. Even in places where local legislation and public officials supported us, federal raids became commonplace. These 12 years of non-regulation and arbitrary enforcement that shaped this industry prior to the election of President Obama left real patient advocates fending for ourselves. It led us down the path of least resistance, with little in the way of reasonable implementation of what the voters of California intended back in 1996.

With the perception that our federal government is once again making cannabis enforcement a lower priority,

patient advocates have finally gained the courage to create lawful gardens and dispensing associations in almost every community in the state. This has led to a huge backlash by conservative municipalities throughout California, and certain law enforcement associations have conspired with them to draft restrictive (and unconstitutional) bans, moratoriums, nuisance ordinances, and the like. Our largest communities, such as Los Angeles and San Diego, have also emerged as the new power brokers among the dispensaries, creating huge markets that were inaccessible for over a decade.

Yet the biggest problem we have faced throughout the past 15 years has been dominance of retail interests (middlemen) over the cannabis market, with greed and short-term profits ruling the day. Few organizations have truly represented the interests of consumers (qualified patients) and providers (patient growers) of cannabis, even though we are the very people the laws were changed to protect. It's high time that we reverse this trend, and come out of the shadows to be heard. It's time to fix the cannabis market, because it's extremely broken. It's time we give more than lip service to the words enshrined in our laws and court decisions. Words like **"closed loop"** and **"direct access"** and **"qualified immunity"** should be understood and implemented. Words like **"collective"** and **"cooperative"** should be taken seriously. And terms of art, like **"tax and regulate," "donations,"** and **"retail dispensary,"** should be retired or held up to the light of truth.

California patients deserve real implementation of the Compassionate Use Act and Medical Marijuana Program Act as the voters and legislature intended. It's time we bring this industry full circle, and finish what we started 15 years ago. In our next article, we'll shine the light toward viable solutions and provide information about what the legal cannabis market looks like and how it operates, as it has steadily, from behind the shadows for the past 15 years. We'll tell you the rest of the story....

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FOLLOW YOUR NOSE!

By Bill Drake

Ever noticed that when you get into an elevator in one of those big corporate/government office buildings, there is always a noticeable smell, an ethereal combination of fear, aggression, lust, hostility, and greed? All the cologne in the world (and a lot of those goons in suits really do tend to overdo the stuff) can't cover it up — these are nasty-smelling people. Their lives are all about gaining power and then abusing it, and illegitimate power has a definite odor — probably closest to the smell of hell's brimstone, truth be told.

I'll bet the offices of the DEA really stink these days. The narcs are clearly pissed that the medical marijuana movement is seriously threatening to take away some of their power. So there's a lot of rancid sweat mixed in with that brimstone. A spokesman for the DEA came out recently, blinking at the cameras like Joe the Groundhog, to announce that a number of the medical marijuana organizations have been put on some kind of Public Enemies list, and that furthermore, everybody should understand that the movement is just a scam to legalize marijuana.

Wow — what a concept! The DEA is announcing that the medical marijuana movement is a scam and that the people promoting it are public enemies. The scope of the claim simply takes your breath away. Joseph Goebbels was one of the first to discover that if you tell a big enough whopper, most people will nod and agree with you even if it makes no sense at all. But it has to be a big one — a mere fib won't get you any mileage.

Calling the medical marijuana movement a public enemy running a scam created by fiendish dope smokers qualifies as a really big one. Adolf would be proud. There's just enough truth to it that most people who don't know anything about marijuana except what the government tells them will nod and agree — sure, that's all it is, a scam. Those hippies and low-life bums just want to smoke their dope and get high and lurk in alleys waiting for some old lady to walk by so they can jump out and

steal her Social Security money so they can go buy more **LEGAL DOPE!**

Well, of course, all of us who are working hard so that sick people can have access to every legitimately effective natural medicine without government oppression — and that includes opium and coca as well as marijuana — understand that sure, there are some people faking illness in order to be able to buy marijuana without being subject to arrest and persecution (not a typo) by the cops. Who wouldn't, if all you wanted was to enjoy the pleasures, and perhaps even gain moral and spiritual enlightenment, from inhaling the fumes of a sacred plant? And who created the system that makes these people have to resort to subterfuge in the first place? Aaarrggghhhh!

OK, OK — I've got a grip again. So let's step back a minute and talk about what is and isn't a scam.

The cops will be the first to tell you that a couple of bad cops don't make all cops bad, and the church will chime in that a few pederast priests don't mean that the church is an evil institution full of child predators, and the corporate world will be quick to claim that Enron was an outlier event, and of course the bankers will tell you that Bernie Madoff was the rare exception, and so on and so on. But when it comes to the evil weed as medicine, ladies and gentlemen, the DEA is here to tell you that the medical marijuana movement is 100 percent a SCAM and that its backers are public enemies.

Let's ask ourselves who benefits if the public buys the DEA's big lie? Well, the obvious beneficiary is the DEA, because if they can make John Q. Public believe that the medical marijuana movement is a scam being perpetrated by public enemies, then maybe, just maybe, John Q. won't ever guess that the real scam here is — wait for it — the DEA.

How's that, John Q. might ask? How is it that the DEA, an agency whose mission is to protect me and my wife

WOW — what a concept! The DEA is announcing that the medical marijuana movement is a scam and that the people promoting it are public enemies.

and my 2.5 kids from the evils of dope, could possibly be a scam? And there it is — right there, in plain view. The core of the scam lies in the phrase “protect the public.” What exactly is the DEA and all the other police state agencies protecting the public from? Why, all the harm and sickness and degeneration and evil that dope causes, that’s what. Hmmm.

Well, it would be good if the government were set up to protect us all from harm and sickness etc., wouldn’t it? I mean, who wouldn’t agree that a benevolent government acting forcefully to prevent little rosy-cheeked tykes from being lured into a life of sickness and degeneration by squinty-eyed criminals would be a good thing? That’s certainly one of the proper roles of government, isn’t it?

Now, while John Q. might agree that protecting little tykes from evil is a good thing, John is almost certainly smart enough to know that it certainly is not, or ought not to be, the role of government to inflict pain, suffering, and death upon millions of innocent people, including little brown, black, and yellow tykes around the world. But that is exactly what the US Federal Reserve, a privately owned bank in collusion with the US government, is doing by creating such radical inflation in food prices around the world that people are starving and food riots are breaking out everywhere. That’s exactly what the US government, in collusion with corrupt dictators around the world, is doing when it uses drones to attack wedding parties, schools, and funerals — oops, collateral damage. So sorry — here’s a hundred bucks for your loss. And, of course, that’s exactly what the US government does by maintaining a policy of making pleasurable, medicinal, natural plant drugs illegal, thereby keeping the price of illegal drugs so high that vast networks of narco-traffickers are irresistibly attracted to the money.

So, with our scam detectors on full alert, let’s examine that assertion — that the DEA is working to protect the public. I can’t think of a better place to start than by looking at the relationship between the cigarette industry and the government. Note that I said the cigarette industry, not the tobacco industry. But that’s a whole ‘nuther story. Let’s just stick with the undisputed fact that the cigarette industry kills over 400,000 people a year just in the US with its toxic little tubes. That’s the equivalent of three fully loaded 747s falling out of the sky every day. That’s the equivalent of two World Trade Centers collapsing in flames every week. That’s a shitload of people being killed. And what is the government’s response? Do

they declare a War on Cigarette Companies and send in the troops to occupy RJR and Philip Morris headquarters? Do they have surveillance drones hovering over the factories where these death sticks are manufactured? Of course not. They happily tax the hell out of the little killer tubes and don’t really lift a finger to stop the mass killing.

Oh, they put on a show — warning labels, laws against selling to children, etc., etc. But we shouldn’t have much trouble understanding that game, or should I say scam. If the government wants us to believe that it is dedicated to protecting the public from sickness and death caused by dope, how come it is profiting to the tune of roughly \$2.50 in federal and state taxes per pack of cigarettes? Figuring two packs a day times 400,000 dead smokers times 365 days a year, and it’s easy to see through the big lie that the government is in the business of protecting us from nasty evil smoking materials that kill people. To save you the trouble, that would be \$730 million the US government makes each year, every year, just off the cigarette smokers they allow to be killed legally. That’s not including all the collateral damage — lives ruined, productivity stolen, quality of life degraded.

Oh, there’s a lot more, a whole lot more that can be said about the government and its exploitation of we the people, but to stick to the point — who the hell does the DEA think it is trying to tell us that the medical marijuana movement is a scam, and that the medical marijuana movement is a public enemy? The answer is simple. The smell is the tip-off. Trust your nose. Where is the real scam, and who is the true public enemy? Don’t just follow the money; don’t just ask, “Who benefits?” Simply follow your nose. 🍌



lefthelf.blogspot.com

THE CANNABIS MANIFESTO

BY GHARF MONSTER

1. CANNABIS MUST BE REMOVED FROM THE DRUG SCHEDULE IN NORTH AMERICA COMPLETELY. Not moved to Schedule II, or even down to Schedule V, but removed completely. Nicotine is not on the schedule, nor is alcohol, two of the most damaging substances in the world. Hydrogenated oils and high fructose corn syrup also pose a much larger health threat than cannabis, yet they are prevalent. In shorter, simpler words, cannabis must be legalized.

2. CANNABIS IS MEDICINE FOR MANY. It needs to be respected as such with privacy, scientific testing, and full support from the medical community.

3. ALL CITIZENS MUST BE ALLOWED TO GROW AND BREED CANNABIS FOR PERSONAL USE. In much the same way as citizens are allowed to brew their own beer, grow their own tobacco, or own a wine vineyard, it is important that these rights reach to cannabis and hemp. This is also important because the diversity of genetics must be maintained and not controlled by the government or corporations.

4. CITIZENS CURRENTLY SERVING TIME IN PRISON, JAIL, OR THROUGH OTHER PROBATIONARY MEASURES FOR POSSESSION OF CANNABIS AND/OR PARAPHERNALIA MUST BE RELEASED AND EXONERATED, AND HAVE ALL RECORDS OF THESE ACTS EXPUNGED. Too many resources are used to capture and incriminate people who are otherwise law abiding and decent. The cost to the legal system is enormous, and is most often detrimental to the lives of those caught. The damage done to a person by the legal system far outweighs the damage done to that person by the use of cannabis. Prisons are over capacity and the courts are clogged with petty drug offenses.

5. THE PROPAGANDA AND DISINFORMATION SPREAD BY THE GOVERNMENT, ITS OFFICERS, PROTECTORS, ELECTED OFFICIALS, AND EDUCATORS MUST STOP. Only through double-blind scientific study, nonpartisan and nonbiased statistical data collection, and a complete repeal of the lies and propaganda spread for generations can cannabis be looked at without judgment. Much study has been done already, but there is so much more to do.

6. CANNABIS IS NOT FOR CHILDREN AND SHOULD BE KEPT OUT OF SCHOOLS, UNLESS A MEDICAL NEED IS OBVIOUS. While cannabis is far less dangerous than other substances, it is important that our youth have a fair chance at quality education and emotional/psychological development, which are most easily accomplished with a clear mind and accurate, honest teaching. This will allow the youth to make their own, well-informed, good decisions when they are older.

7. CANNABIS AND HEMP MUST BE UTILIZED IN ALL INDUSTRIES FOR WHICH THEY ARE HELPFUL. From paper and fiber to bio-fuels, medicine, and food, the uses for this plant are well known and abundant. As fossil fuels dwindle, forests disappear, and farmers struggle to make ends meet, it is blindingly apparent that we can and should look toward cannabis as an alternative source of fuel, fiber, food, income, medicine, and more.

8. CANNABIS SALES SHOULD BE TAXED. Too many shortfalls in our governments exist, and we must rely on new tax revenue to help. Our tax dollars from a well-run and modestly regulated cannabis industry, coupled with the complete elimination of the associated criminality and the failing War on Drugs, has the potential to shift and propel the economy of the entire planet.

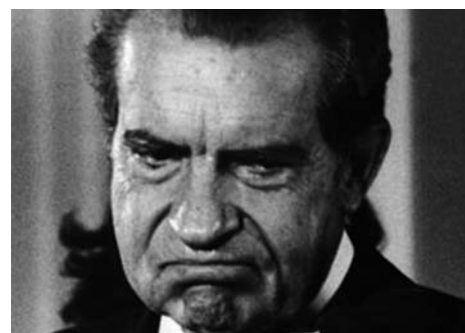
9. THE TRUTH ABOUT WHY CANNABIS IS (OR HOPEFULLY WAS) ILLEGAL MUST BE TOLD AND ADMITTED TO BY THE POWERS THAT KEPT IT ILLEGAL. As the health consequences and addiction possibility for cannabis are relatively minimal, and other, more damaging substances are not only legal, but advertised and readily pushed, it is imperative that the truth about why cannabis is illegal be brought to light. The threat that legalized cannabis poses to other industries is obvious, and the lobbying power of these industries is nearly infinite. Below is a list of industries that stand to lose money, business, and power if cannabis is legalized (in no particular order):

- | | | |
|-----------------------------|------------------------------|------------------------|
| a. Pharmaceutical | e. Oil/Plastics | i. Logging/Mining |
| b. Tobacco | f. Drug Enforcement Agencies | j. Healthcare |
| c. Privatized prisons | g. Alcohol | k. Corn/Soy |
| d. Addiction/Rehabilitation | h. Textiles/Cotton/Paper | l. Gangs/Cartels/Mafia |

10. SCIENTIFIC STUDY, COMPASSION, AND OPEN DISCUSSION ARE THE METHODS BEST USED TO SET LAWS, INFORM THE PUBLIC, AND SOLVE PROBLEMS. These methods must be put to use regarding all things, especially cannabis. 🍓

A Tragedy Felt Around the World

Jonny Appleweed



guardian.co.uk

On Oct. 27, 1970, President Richard M. Nixon signed into law the Comprehensive Drug Abuse Prevention and Control Act of 1970, Pub. L. No. 91-513, 84 Stat. 1236. The Controlled Substances Act (CSA), Title II of the Comprehensive Drug Abuse Prevention and Control Act of 1970, is the legal foundation of the government's fight against the abuse of drugs and other substances. This law is a consolidation of numerous laws regulating the manufacture and distribution of narcotics, stimulants, depressants, hallucinogens, anabolic steroids, and chemicals used in the illicit production of controlled substances. The act also provides a mechanism for substances to be controlled, added to a schedule, decontrolled, and removed from control, rescheduled, or transferred from one schedule to another.

Proceedings to add, delete, or change the schedule of a drug or other substance may be initiated by the Drug Enforcement Administration (DEA), the Department of Health and Human Services (HHS), or by petition from any interested party, including the manufacturer of a drug, medical society, or association, a pharmacy association, a public interest group concerned with drug abuse, a state or local government agency, or an individual citizen. When a petition is received by the DEA, the agency begins its own investigation of the drug.

The DEA also may begin an investigation of a drug at any time based upon information received from law enforcement laboratories, state and local law enforcement and regulatory agencies, or other sources of information.

Once the DEA has collected the necessary data, the Administrator of the Drug Enforcement Administration, by authority of the Attorney General, requests from the HHS a scientific and medical evaluation and recommendation as to whether the drug or other substance should be controlled or removed from control. This request is sent to the Assistant Secretary of Health of the HHS. Then the HHS solicits information from the Commissioner of the Food and Drug Administration and evaluations and recommendations from the National Institute on Drug Abuse, and on occasion, from the scientific and medical community. The Assistant Secretary, by authority of the Secretary, compiles the information and transmits back to the DEA a medical and scientific evaluation regarding the drug or other substance, a rec-

ommendation as to whether the drug should be controlled, and in what schedule it should be placed.

The medical and scientific evaluations are binding on the DEA with respect to scientific and medical matters. The recommendation on scheduling is binding only to the extent that if HHS recommends that the substance not be controlled, the DEA may not control the substance. Once the DEA has received the scientific and medical evaluation from HHS, the Administrator will evaluate all available data and make a final decision whether to propose that a drug or other substance be controlled and into which schedule it should be placed.

By placing marijuana as a Schedule I drug, our government may have left itself open to challenges from recent discoveries in THC research.

In a bizarre course of events, the HHS has received a patent on cannabinoids (an inert ingredient of THC), Patent # 6630507; the patent was applied for on Feb. 2, 2001, and issued on Oct. 7, 2003.

By the application for and receipt of this patent, the HHS has failed in its mission to protect the public health; on the other hand, by this same act, it has acknowledged and proven the medical benefits of marijuana and its compounds required by the CSA. Now, why from 2003 till now haven't we seen medical marijuana legalized on the federal level, or at least rescheduled?

I am proposing a campaign to write the very people involved in these decisions and ask them this same question. With the actions of the HHS, patients should not be denied medical marijuana any longer, and patients may have the right to sue on these very grounds.

GET INFORMED, DEMAND YOUR RIGHTS....

The assistant Secretary for Health, HHS
Howard K. Koh, M.D., M.P.H.

Administrator of the DEA
Michele Leonhart

Commissioner of the FDA
Margaret Hamburg, M.D.

Peace and God's Speed 🇺🇸



Growing Pains in Montana

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www.medicalcannabisart.com



mtm.montana.edu

Chris Lindsey has a serious case of Crohn's, an inflammatory disease. When his condition was diagnosed in 2006, he ended up being hospitalized for four months after doctors discovered more than 40 ulcers in his intestines.

Surgery to remove badly damaged intestines can bring relief, but there is no known cure for Crohn's, a condition that causes severe abdominal pain, diarrhea, vomiting, and weight loss. Treatment consists of trying to control the symptoms to prevent relapse.

During his hospital stay, Lindsey's condition was so desperate that he was flown to a second hospital. He was seen by several physicians. At one point or another, each of them mentioned that cannabis would probably help control the pain and also stimulate his appetite. A recreational user, he had never considered marijuana's medical benefits. One of his doctors suggested that smoking for relaxation probably masked the condition for years. Crohn's usually appears in the teens or 20s; he was 43.

Pain medication such as morphine was prescribed so that he could function during outbreaks. Lindsey is an attorney with a busy schedule.

"Morphine was effective as a pain medication, but it rendered me incapable of being a lawyer the next morning," he said. "Usually when I had bad pain, it would happen at night, so if I took morphine at night, the next morning I was impaired. I couldn't practice. I couldn't drive. Marijuana hit that middle spot for me. It was more than aspirin, but it wasn't nearly as heavy as a narcotic."

For Lindsey, who is rail thin, eating is no fun. When the Crohn's flairs up once or twice a month, he stops eating altogether.

"I just don't like food very much," he said. "Cannabis helps me keep my appetite up."

After being released, Lindsey went back to the same doctors who had suggested that cannabis might help him to ask for a medical recommendation. One by one, they turned him down. Not one wanted to have his or her name on a medical cannabis recommendation.

"It took me awhile to find a doctor anywhere in the state that would provide me with a recommendation," he said. "There were very few in 2006, which created a bottleneck for folks who did want to get their cards, but could not find a doctor. The federal government was going around on a campaign to frankly scare doctors into not giving the recommendations. You could see it in their faces."

The experience convinced Lindsey that he could make a positive change as an activist, working with the legislature. He focuses on medical marijuana and works with cannabis businesses.

While the sparsely populated state seems to have broad acceptance — 62 percent of voters approved the Montana Medical Marijuana Act, Initiative 148, in 2004 — regulation has not been a top priority for legislators. The result is patients looking for product, and entrepreneurs popping up to fill the void, many of whom obviously have zero interest in maintaining medical standards. No surprise, but the greed and abuse that often dominate cannabis headlines in California and Colorado have come to the Treasure State. One enterprising individual is known to light up a bong whenever the media are near and create circus-like photo ops with traveling pot doc sign-up forums designed to convert hundreds of people in minutes. His cannabis recommendations via Skype, lawsuits by former employees, and seized blank, signed physician recommendation forms added to his notoriety while damaging the image of medical marijuana throughout the state.

In October 2009, when the federal government announced that it would respect states' rights in reference to medical marijuana laws, the traveling pot doc circus



act revved into high gear and contributed to an explosion of patients in Montana. The number of patients tracked by the Department of Health & Human Services, which had climbed from 287 in December 2006 to 1,577 in December 2008, was over 28,000 by January 2011.

“Law enforcement had always, up until about the middle of ’09, taken the approach, like most Montanans, that, well, ‘We’re not totally sure about this, but it helps people and we’re not too concerned,’” said Lindsey. “Unfortunately, all of a sudden we go from 4,000 patients to 20,000. Now that it’s lucrative and there’s a possibility that you can open a storefront and sign up hundreds and hundreds of people, that’s when I think it really started to go wrong, because there was no regulatory framework for any of it. There was no reporting scheme. There were no requirements for caregivers.”

The inevitable backlash has included dozens of proposals by Montana lawmakers to curtail or even repeal the law.

Jim Gingery, executive director of Montana Medical Growers Association (MMGA), spends all of his time at the state capital in Helena these days. He’s put his paying jobs as a real estate broker and a travel agent on hold while he works for regulation and reform. He’s also a caregiver.

“We are working to make sure that the new legislation doesn’t put us all out of business,” he said. “People are standing up testifying in favor of a prohibition and they have absolutely no idea of what they’re talking about.”

The MMGA is a trade association representing patients and caregivers. The mission of the MMGA is to provide a voice for medical cannabis growers and promote lawful and ethical conduct of members. To educate lawmakers, Gingery has even written and supplied legislators

with a cannabis resource guide. “I’m spending 95 percent of my time on this because it’s too important not to,” he said. “People are stating things like if people smoke marijuana twice in one week they can be permanently impaired. It is like we’re back in the 1930s.”

Indications are that a majority of Montanans not only want a responsible medical marijuana program, but they are becoming weary of harsh penalties for a plant that more and more people are relying on as medicine. In December, prosecutors were shocked when their Missoula County District Court case lost five potential jurors when all voiced discomfort with the idea of a marijuana prosecution. Because of the almost-a-jury nullification, prosecutors cut a deal to dismiss the misdemeanor possession charge in the case.

In January, in an effort to bring about positive change, the MMGA recommended several modifications to the current law, including a licensing and regulatory board, a seed-to-cultivation tracking system, a code of ethics for caregivers, and a patient standard of care. The MMGA also wants medical cannabis dispensed to patients to be grown only by licensed caregivers in the state.

Hiedi Handford is another tireless advocate for professional standards. Editor-in-chief of Montana Connect magazine, a trade publication for patients and caregivers, she’s also a patient, with carpal tunnel syndrome in both hands as well as tendonitis and bursitis. She relies on cannabis, she insists — not marijuana — for pain control. Don’t refer to weed as anything but cannabis around Handford, who is quick to offer up a refresher course on the Marihuana Tax Act of 1937. Way back when, the lawmakers of yesteryear were duped into ushering in a prohibition of cannabis, the ingredient used in tinctures, ointments, salves, and numerous other applications and sold in apothecaries around the United States. At that time, Mexicans were some of the few that called it marihuana. Those who knew it as cannabis used it as medicine.

Handford said she hopes that Montana’s fledgling law will be patched up and back on track by April. She encourages fellow Montanans to set the example for medical cannabis programs around the country. She’s even considering a business, Medical Cannabis Solutions, to offer medical cannabis platforms for a turnkey approach to implementation of other state programs to avoid the circus-like atmosphere that temporarily stole the show in Montana.

“The lies have to end,” she said. “It’s time for cannabis to be represented in a positive light.” 🍀

Joaquin “El Chapo” Guzman Loera

Thanks US Presidents for Making Him a Billionaire.

The reported head of the Sinaloa cartel in Mexico, ranked 701st on Forbes’ yearly report of the wealthiest men alive and worth an estimated \$1 billion, has officially thanked United States politicians for making sure that drugs remain illegal.

According to one of his closest confidants, he said, “I couldn’t have gotten so stinking rich without George Bush, George Bush Jr., Ronald Reagan, even El Presidente Obama; none of them have the cojones to stand up to all the big money that wants to keep this stuff illegal. From the bottom of my heart, I want to say, ‘Gracias amigos, I owe my whole empire to you.’”

According to sources in the Mexican government, President Calderon is begging American officials to, in the words of reggae great Peter Tosh, legalize it. “Oh, yeah,” said an official close to the Mexican president, “Felipe is going crazy. He’s screaming at everybody who comes in, ‘Why don’t they make this shit legal already! You’re killing me here!’ Look, everyone knows, when

you have Prohibition, you create gangsters. And the more you prohibit, the more gangsters you make. El Chapo is hero now to all those slumdogs who want to be millionaires. Kids in the street, when they play games, they all want to be El Chapo, the baddest man in the whole damn town.”

Meanwhile, many speculate that rich and prominent Mexican families are in cahoots with American businessmen in the alcohol industry, wealthy industrialists who launder the unprecedented profits from the drug business with their legitimate enterprises, and lawmakers who get gigantic kickbacks and payoffs to make sure that these drugs remain illegal so they can remain rich, fat, and happy. According to sources on both sides of the border, tens of millions of dollars in payoffs and kickbacks are stashed in Swiss banks every year, blood money from the brutal business made possible by a corrupt system supported by laws that don’t, and have never, worked.

Rather than putting El Chapo and his kind out of business by modernizing



outdated laws, and in the process making billions of dollars from taxing drugs (as is done with cigarettes and alcohol), the United States government has spent hundreds and hundreds of millions of dollars chasing its tail, and offered a \$5 million reward for the capture of El Chapo. Many have said that the offer is unofficially: Dead or Alive.

Meanwhile, as an epidemic of murderous violence rages on the Mexican-US border, and the American government wastes boatloads of badly needed money on the illegal drug business that results from the Prohibition laws, El Chapo is laughing all the way to the bank. “Whoever came up with this whole War on Drugs,” one of his lieutenants reports he said, “I would like to kiss him on the lips and shake his hand and buy him dinner with caviar and champagne. The War on Drugs is the greatest thing that ever happened to me, and the day they decide to end that war will be a sad one for me and all of my closest friends. And if you don’t believe me, ask those guys whose heads showed up in the ice chests.”

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Medical Marijuana

By Lexx



When I heard from my dear friend Jerry B., I gathered a few of our spiritual community's voices to speak about Oregon's Medical Marijuana Program, aka OMMP.

I really want to remind those who read our articles that the majority of us who are on the medical programs are patients first and that our voices need to be heard among all those that pass or initiate legislation that impacts us. Stoney Girl [Stoney Girl Gardens] is already covered regularly, so wished to introduce the Skunk reading audience to the not as well known voices in Oregon.

Now as this article is being written, Casper Leitch of Time 4 Hemp is moving to Portland, [time4hemp.com], Ed Rosenthal, Ask Ed, is going to make Portland his temporary home, and even Doug McVay from Berkeley's Patient group has decided to come and work in Portland!

While many of these well-known activists are coming here to take on the challenges facing Oregon Card Holders, reverends like Will I Am Winget, Church of the Caring, Senior Minister of the Ministry of the Caring, has been here in Eugene placing the sacrament in the hands of those he has ministered to since before I arrived here from the East Coast in 1982.

To my family: why can't you see how this unjust war on drugs is against our family and has no just reason for existing?

The US Government declared war on me/us, which has caused suffering, separation, and no end of heartaches for all of us.

Since we are prisoners of conscience, and not because of committing criminal acts, we if/when arrested should be taken to internment camps, not jails or prisons, and be accorded the rights guaranteed by the Geneva Convention. This in turn would free up jail space for real criminals, robbers, rapists, murderers, etc., while shifting all the resources that had been going into drug investigations into funding manpower to pursue those most harmful to society.

As a veteran myself, not having the freedoms afforded others, being looked at as a criminal for wanting to take

care of myself and others in the least harmful manner, when it comes to choosing organic versus prescription drugs/meds, I feel it is My Body, My Choice.

When did I sign my right to choose, be accountable, be responsible for my body and self, to the government?

I never did!

I demand my rights as of this moment and ask others to do the same, in the most imaginative and effective way for us all!

Thank you! May this be one aspect of us, as individuals and citizens to take back our place.

Reverend Levon has been regularly speaking at Hempfests all across the west, as well as the Seattle Hempfest, for more than 20 years.



Having found lesson number 12 in the Blue Cliff Record in Seatac Detention Center, while I was staying there, I discovered the question and answer of "What is Buddha?" Three pounds of hemp.

Excerpts provided by Venerable Adhisila, a Buddhist monk for over ten years.

In the earliest Buddhist texts known as the Pali Canon* based on the oral tradition (and spread throughout

much of Asia and along established trade routes) dating from 2,500 years before present, one finds numerous references to the natural world, surrounded by all manner of organic and elemental forces classified as dhammas, to be experienced and understood, timeless, forces that invite us inward to beauty, leading onward to freedom from suffering. One reads of daily life, still accessible today in monasteries and preserved in simple cultures, the comings and goings of characters who populate the rise of civilization and enlightened ones. Along with the basic tenets of the Four Noble Truths and Eightfold Path, we can learn basically what foods people eat, the clothes and fabrics they use, the kinds of dwellings and furnishings and how they start from the foundation up, the herbal medicines and healing techniques passed on by skilled healers, commerce, agriculture, city and rural life, castes and classes, royalty and commoners, forest and jungle existence.

Early Buddhist civilization references bangah or hemp as a major food source, one of the four main fibers and used predominantly in blends and stitching for robes and all manner of textiles, dwellings, and furnishings made almost entirely from hemp stalks and twine, and the medicinal treatments using hemp/cannabis root, leaves, and flowers for many ailments. As an allowable food, the leaves and seeds had optimal nutrition to be provided for disciples and could be prepared in many healthful recipes, considered medicine food and oil at all times. The three robe layers worn by disciples could be made from four natural materials: hemp, cotton, silk, and wool. Robes made with any combination of hemp were considered hempen robes. A common reference to the Buddha has him going out with hempen robe arranged over one shoulder. If a disciple wished to make a dwelling with approval from the community, all the materials could easily be hemp based. Hemp stalks used for framing, hemp cordage for lashings, hemp mats for walls and flooring, bed frames, and furnishings have all been made from hemp and used by disciples for thousands of years.

Food, clothing, shelter... what else do we find? The consideration of hemp, bangah, cannabis for medicine stretches from pre-Buddhist times into the present. Some of the most common medicinal uses mentioned in the vinaya or monastic code for hemp include root, leaf, and flower preparations for numerous ailments. A wind condition treated by a vividly described hemp leaf bath provides relief from body aches. Unguents and poultices made from bangah by the most skilled doctors of the Buddhist era get accurately prescribed throughout the vinaya code, where Ayurvedic medicinal practices reflect current usage. A disciple could have strung on a hemp belt holding up hempen robes a medicine bag made from hemp, tied at the mouth by a hemp cord, contain-

ing an allowable single or double nose pipe used for inhaling burning pharmacopoeia grade herbal flowers of at least a dozen flora, including blends using *c. indica* and *c. sativa*. More proof exists in the surviving record, but much has been lost through the destruction of many ancient libraries by barbaric forces that stifle truth and represent oppressive mentality.

Recollections by a visiting Chinese monk around 700 CE India found Buddhist disciples using pillows filled with fragrant lofty cannabis blossoms: a possible form of aromatherapy. Agricultural communities, which gave rise to advanced civilizations along humanity's exchange routes, espoused hemp as essential to their development. Farms and processing centers of hemp, grains, many fruits of the land have been donated to support monasteries, for their very existence depends on this generosity across vast Asian and Middle Eastern cultures, including the most powerful empires in history.

From Blue Cliff Record

One monk to another:

What is Buddha?

Answer: Three pounds of hemp.

The Pali Canon, the Tipitaka, is literally three baskets containing Sutta, collected sayings; Vinaya, basis of monastic codes; Abhidhamma, higher mental studies. Translations are widely available in text and online. The numbers of these pages written on hemp paper and read by the light of hemp oil lamps has been lost to the eons of omnipresent change, yet the seed remains ever bright and renewed.



These are just a few of the activists I consider my friends here in Oregon.

There are many new faces joining old pillars to push this unjust war off all of our backs!

These are their voices; my part is to bring you their views and give them a place to be heard.

My hope is to introduce many of the readers of Treating Yourself to those who have made and continue to make a difference through the region I call my home, Cascadia. 🌿

Eclipsing the Pothead Perception:

Reforming the Federalists

By S. Brook



*...He that is without sin among you, let him first cast a stone at her.
John 8:2-11*

“Don’t panic — it’s organic!”

That enlightening turn of phrase is an outrage to North American conservatives under pseudo conditions. Notwithstanding, medical cannabis’ descent upon the continental west — with sparse but increasing state/provincial operations — has many surveying herbal relief as a certifiable alternative to prescription drugs. Right-wing hypothesis and other fleeting barriers aside, winds of revolution are harmonizing enchanting hymns of a thriving humanity.

Next objective: The abatement of the 56,600 annual synthetic drug-induced funeral dirges. Ever on the rise, we must recast the staggering 7,600 deaths attributed to non-steroidal, over-the-counter items such as aspirin, Tylenol, and ibuprofen. Perhaps traditionalists would also like another glance at the 32,000 prescribed casualties; the 17,000 cold graves, a result of the — oops! — illicit pills and powders. Too many have lost loved ones to lab-fabricated or pharmaceutical compounds.

Even in-home pesticide treatments exterminate over 2,200 Americans/Canadians yearly, along with countless harmless garden spiders.

Sporting fewest fatalities and side effects, cannabis comes inherently with an overdose clause: You won’t. Period. Yet, as we pinch the delightfully fat cheeks of our zero death toll, diehards point a decrepit baton of

scorn at an advancing medical cannabis exhibition. Conventional mindsets still scoff at notions of weed as an imminent AMA/FDA lexicon inclusion.

Moreover, systematic principle would onset misconception, tagging the death-exempt cannabis demonic Latin term marijuana. The judicial system, and ultimately the world at large, then criminalized an earth-given plant, surmising the impeccable seedling a narcotic.

Society also supported theories of eternal ban “confirmed” via propaganda-based marijuana studies. Primarily fueling the ardent temperaments of the reactionaries was the ballyhooed claim — yawn — that one joint was the carcinogenic equal of 20 cigarettes. Nonetheless, more than 400,000 tobacco smokers died last year, while millions of cannabis users raided the fridge and merely dozed off.

Also in the interim of cigarette and drug corporation-established destruction, daily cannabis smokers graduated university, played NBA-level basketball, maintained successful law firms, and lived functional lives — contrary to our burnout reputation.

Ironically, many progressive-thinking federal officials have abandoned the drug-war mentality. California judges Elenor Schockett and Whitman Knapp say, “Legalize marijuana and all drugs; peace will follow.”

Statistics validate it. Ninety-nine percent of society would continue to let common sense usher it clear of hard drugs, even if cocaine were permissible. Prohibition so severe in the 21st century, federal, state, and provincial reformatory expenses/taxes would be reduced by 80 percent, with copious police officer and retailer fatalities avoided, if the US and Canada adopt Amsterdam-like drug liberties.

Still, conventional mentalities recall the original court inquest, condemnation, hence methodical social democracy as it gives medical cannabis the finger. “I’m tired of the lie,” asserts Gary Hughes, 55-year-old guitarist/composer for Southern Oregon rockers Mr. Hughes. “Every lifelong stoner in the West has faked ailment to obtain his/her medical marijuana card. Stubbed your toe? Good excuse to get high legally! Same ol’ gaunt-looking dopers; new scenario.” And Gary, like millions of other Oregon/US citizens, is a registered voter.

He also supports socially valid points. If you were anticipating full-blown Oregon dispensaries and California liquor store gram packs, maybe next time; the poorly informed majority defeated Measures 74 and 19, respectively, last November. Yeah, yeah, yeah....

We are on the edge of greatness, yet startlingly subordinate. Smackdown. Move on.

In seeking image re-evaluation, some appraise the circumstances apart from the proverbial pothead illustrations. At stake is the psychedelic portion of the cannabis heritage, a Vietnam-era, LSD-congruent counterculture staple — a color-clash that opposes Utopian dreams of The American Way.

Cease or conceal the insurrections. “We downplay the stereotypical flowers, dope, and idealism division of cannabis,” Medford, Oregon’s Larry Wise II states. “Our clients have genuine health issues. Many have careers and want to focus on life’s realities. We don’t want to see people lost in a haze 24/7.” Yet cannabis will always be used recreationally.

Clinically safe, would it then be condoned, in conformity’s eye, if utilized as a simple life enhancer? “Some clients claim it’s a good antidepressant, in exchange for say Zoloft or Prozac,” Wise continues. “But cannabis is tagged a depressant, and depression may never be added to the list of applicable illnesses.” It goes without saying.

Metabolism disorder also eludes the table of maladies. So mum’s the word when some Patient Services clients claim to experience weight loss, along with increased agility and energy, with the reduction of pharmaceuticals in favor of medical cannabis.

Direct, simplistic, status quo transformation is conceiv-

able as well. “Do the research,” Larry insists. “The safety truths will be revealed. Medical cannabis is the anecdote for toxic prescription oppression. Read the side effects info on the most popular (key word) prescriptions. The fine print goes on for pages! Fact will subvert fallacy. Pill poppers are breaking their liver, kidneys, and cellular tissue — the human defense system! People are dying; pot smokers are not. It’s hardly nuclear science.”

Medical cannabis may additionally be the sole alternative to chemical drug allergies, alleviation of haphazard suffering for millions.

Sadly, until diehards examine the concrete advantages of medical cannabis, fragmented myth and erroneous retrospects will thrust us to the posterior of many wisecracks. “After the last election, I was interviewed on a local radio station,” Patient Services director/advisor Cynthia Willis smiles bravely. “The DJ made incessant stoner jokes, deflecting serious medical cannabis topics. He twisted an adult conversation regarding vital health choices into an episode of Beavis and Butthead. One of our most considerable obstacles is transitioning locker room humor to boardroom value.” Yet Patient Services is quick to shrug off cynicism, choosing only to put positive energy into the progression of medical cannabis.

“We’ve put the client first,” Willis selflessly claims. “Patient Services is pro-active in finding grower/provider/caregiver accommodations for our people — and acts as arbitrator with the event of discord. We like to locate individualized programs, affordability, and accord for all parties involved. The stability of our medical cannabis community is a priority.” Regulating good balance and trust, Patient Services transcends OMMA requirements also with strain monitoring.

Solidifying virtue and erect posturing within the folds of the new medical cannabis industry, Cynthia is adamant about “end points,” to coin allergy-testing terminology. As an estimable alternative to mainstream remedies, conclusive and/or calming strains are vital for the immune dysfunctional. Strains acceptable to one patient may not be well received by universal sensitivities or hyperactivity.

The medical cannabis products that are right for you may not be based on aesthetic or aromatic quality. “It’s very important to take notes,” Willis stresses. “Keep a journal of how each strain makes you feel. New clients to cannabis, as a whole, are eager to learn, and their ability to differentiate is necessary for effective treatment.” Bottom line.

After all, once we convert even the ornery ol’ farts, they’ll want to know that if Train Wreck made them feel sketchy, Purple Candy may be just the ... aaahhh. 🍓

Medical Cannabis University

Reverend Philip H Hoff

Chancellor

Medical Cannabis University™

MedicalCannabisUniversity.org

(MCU, Inc.), a 501 c(3) nonprofit school.



The school focused on learning, as well as graduating you, as an expert on medical marijuana.

Medical Cannabis University is an online university teaching those QUALIFIED to participate in this course about medical cannabis.

There are courses on the history, the laws in each medical state, as well as uses besides those medicinal. There are courses taught on how to grow both organically and hydroponically.

My own contribution will be a course of study on organic and organic vegan SOIL MEDIUM GROWING.

I cannot in all conscience teach about what I do not believe in, but I am very happy to teach a course that benefits the growers and consumers of this most Sacred of Herbs.

Where this school is different is that one must be qualified as a patient, care provider, or legal grower to gain access to the lessons on growing.

These will be far reaching in their scope, as those who teach the courses are the most skilled in their respective areas of expertise. These are Flash media content, with lessons targeting each particular area of study.

In the case of the vegan organic course, there is a test at the end to confirm understanding of this method of growing; with a passing grade, there is also a certification of completion of study.

An online university has been intro-

duced by MCU, Inc., to help train instructors to properly educate those wanting through the use of medical cannabis therapy to help the chronically ill and veterans suffering from defending the country.

Much-needed employment utilizing the Internet is gained by future instructors by using modern technology such as streaming video and video conferencing to train those entering the medical cannabis industry and already in the industry how to properly care for veterans and the chronically ill from a purely scientific and compassionate standpoint. For learn-from-home convenience, these courses are available live, with instructors, and are available in other formats similar to a standard learning management system 24/7.

For millions, the Internet has been a gateway to post videos on many video Web sites on growing medical cannabis for profit and not really emphasizing responsible care giving. A resource is needed by present and future doctors, caregivers, and compassion centers that properly educates them on topics such as how various medical cannabis strains can relieve and benefit particular conditions, saving patients money and without the side effects of other alternative medications and therapies.

Other areas of the caregivers' industry have been neglected as well in the education process, such as point of sale systems, proper treatment and diagnosis, and educating patients on the proper usage of medical cannabis

therapy like vaporizing, extracts, and edibles.

Anyone anywhere, through learning online with video and other virtual technologies, is allowed to be educated properly in these areas to train as an instructor to teach present and future caregivers without having to be hands-on and risk breaking any laws.

To educate minors that medical cannabis is a medication not to be used without a doctor's recommendation, free courses are available. Courses also are available to educate about the proper responsibility patients have around our youth and daily activities, such as driving and operating heavy machinery, as with any medical therapy for the health and safety of those being treated and those affected by the patient.

Free or discounted tuition is offered for those that are disabled, veterans, and their spouses so they may learn to help others and gain employment as a contracted instructor with the support of many of our sponsors.

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CE STANDARD.

Dear Family and Friends,

We still need more letters in support of the Rev. Charles Edward "Eddy" Lepp's release through commutation of sentence! We are resending the sample letter for your convenience with a short reminder.

So please help us collect an overwhelming amount of letters, and ask your family, friends, and especially local organizations (we have received very few) to do the same. There are thousands of you out there! During this critical time, we are encouraging you to keep up the phone banking campaign.

It is really important that everyone write letters supporting the Rev. Charles Edward "Eddy" Lepp. In the past, there have always been a number of letters written for him, so we need to get far more such letters this year. These can be quite simple, and should just cover the basic points important for his decision. A sample letter is set forth here. Feel free to use it, but it's even better if you can write one in your own words. But we urge that the tone be courteous and concise (after all, our No. 1 goal is to get Eddy Lepp OUT NOW). Then get as many people as you know to sign similar letters. Carry a sheaf of spare letters with you. The best is to get one signature per letter, NOT petition form. That is what we have been told.

Most important, PLEASE SEND THE LETTERS BACK TO US HERE!!! We will compile them all together and get them bound for Catherin Lafieri, the appeal lawyer for Eddy. That way she can present stacks of letters all at the same time. This will be more impressive than having them trickle in. We will keep copies for use with Congress, the press, White House contacts, etc., as well. We would like to overwhelm them.

Last, we here at the ministry would like to thank you for your help, work, support, and sacrifice. Keep up the good work!

From Linda Lepp, the family and the Ministry.

You may send your letters to us here at:

M.D.M.C.R.
C/O Eddy Lepp Letters
9176 Upper Lake Lucerne Road
Upper Lake, CA 95485

Or sign and fax the letter printed on the next page to President Barack H. Obama at the White House fax line at: 1-202-456-2461. You can also photocopy it and mail the letter directly to the White House address at the top of the PDF.

With much love:

Linda, the Family, and the Ministry.

President of the United States of America
President Barack H. Obama
The White House
1600 Pennsylvania Avenue. N.W
Washington, D.C. 20500

RE: Commutation of Sentence request for Charles Edward (Eddy) Lepp.

Inmate Number 90157-011
Charged With: Violating 21 U.S.C. 846, Conspiracy to Manufacture and Possession with Intent to Distribute Marijuana and 21 U.S.C. 841 (a) (1), Manufacture and Possession with Intent to Distribute Marijuana.
Federal case number: CR0400317MHP
Northern District Of California , San Francisco Division

Dear President Obama:

In regard to the matter above, and from a very concerned citizen of this country, I am writing to you to request that you intervene in the federal sentencing of the Rev. Charles Edward "Eddy" Lepp of the Multi Denominational Ministry of Cannabis & Rastafari. Eddy was sentenced to 10 years in federal prison on May 18, 2009. for growing more than 1,000 marijuana plants. Eddy Lepp had notified the state of California , the Governor, the Attorney General, and the Board of Supervisors of Lake County, the Lake County District Attorney, and the local sheriff -- all by certified mail -- that he was growing the sacred herb for medicinal and spiritual use by the members of his ministry.

Reverend Lepp was denied a religious defense even after the judge ruled he met all the standards necessary to allow this. Reverend Lepp protected all members of his church, and was the only one charged, and was forbidden from entering any sort of real defense to the charges, since federal courts do not allow testimony regarding California s medical use law.

After four years of litigation, his trial was reduced to two very short days of testimony due to restrictions placed by Judge Marilyn Hall Patel. The whole trial was over in less than one week.

To know that this gentle man is going to prison for a decade at age 57 makes me physically ill. This religious man who bravely helped so many sick and dying and sense-threatened Californians find relief through the medicine grown on his land is going to spend more time in prison than the average rapist, man slaughterer, and child molester because our country has not yet overcome its prudish impulse to punish people for moral reasons.

President Obama, you are the only one that can commute his sentence. With the stroke of a pen, you can see that Rev. Charles Edward Lepp receives no more punishment for being convicted of growing plants for sick and dying people than Scooter Libby received for felony convictions of obstruction of justice, perjury (twice), and providing false statements to federal investigators. Eddy Lepp's felony conviction will still stand, but we will save the taxpayers the unnecessary burden of feeding, clothing, and housing a sick man who is no threat to society.

Please Mr. President, you could do the truly just thing for Reverend Lepp, removing all prison punishment and the felony convictions that loom over the head of this middle-aged Rastafarian minister who grew medical marijuana and now is being punished according to strict adherence to the rule of law.

President Obama, the California Medical Marijuana Laws are based on the 10th Amendment to the Constitution. You have taken an oath to uphold the Constitution. I plead with you to have your Department of Justice officials dismiss the case and conviction of Charles Edward "Eddy" Lepp.

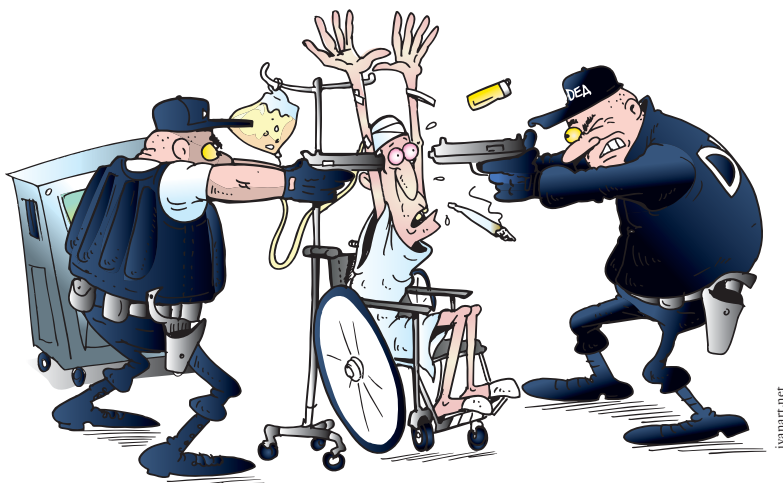
Even the Judge in the case was quoted at the sentencing hearing saying, "I have to say I think that amount of time is excessive. But it is not up to me to legislate, it is up to Congress."

The investigation, trial, conviction and sentencing of Charles Edward Lepp represent a miscarriage of justice. Please use your Executive powers to end the persecution!

PLEASE FREE EDDY LEPP!!!
Respectfully Submitted,

The DEA knocks on Your Door...

By Jason Cole



A shotgun's jaw echoes through the hallways of your apartment building as they announce their warrant, and the paws of a large dog rake the paint off your front door. Formalities. The boots storming through the hall let the whole building know someone is going have a lot of guns pointed at him.

dddd

"Me? Oh, I stopped caring about people a long time ago..."

You just got done using your medicine. Indica. The next hours were supposed to be sacred. Yearning for relief overtook the last half of the day, holding hands with the pain so common to your medical condition. Work had spiraled into a drag, the final minutes a struggle to keep your elbows on your chair. The cubicle's petty complaints hung lower than usual from the cold cathode in the ceiling, fogging your screen.

You could complain every day. You don't. It never fixed anything. Never will.

"COME OUTSIDE WITH YOUR HANDS ABOVE YOUR HEAD, OR WE WILL BE FORCED TO USE ... FORCE!"

The barks grow louder. Did they bring two dogs? Why did they bring two dogs? The remote falls out of

your hand before you can turn the TV off. The first ram against your door bangs you back into your seat. The pressure doesn't leave, no matter how hard your fingers squeeze the arms of your chair.

You try to relax your hands.

They won't.

You've read about this before. You know how it works.

Crack!

Carbon black barrels puncture through the door, launching splinters throughout your living room. The shouts are so loud they're lost to each other. Riot masks pour into the corners farthest from your chair while three dogs (why did they bring three dogs?) scream "DINNER" at your knees. In seconds, the safety of your living room is squashed under rifles



struggling to keep it in, tank boots, and flashlights that could singe ants.

The body armor looks thicker every time you see it. Or maybe it's just bigger in person. Must be hot under there

There aren't people behind the masks. None that you can see, anyway.

Tears blur the scene. A crime scene, you think. Your home is just a crime scene.

You know how this works. "Why do you do thi-"

"SILENCE, OR WE'LL BE FORCED TO SHOOT."

They can shoot people for talking now. You knew the world you lived in was strange, but

The dogs whimper as their handler yanks the leash back through the door.

Do they hurt everything they touch? "GET ON THE FLOOR. NOW."

You've known how this works for a while.

You've just never known it would actually happen.

The last thing you hear as they push you out of your home is your TV breaking.

The chronic pain grows out of control in prison. The doctor says you respond poorly to their medicine.

"No, you just aren't using the right medicine," you crack at her.

"It's not legal" She grabs another syringe full of Demerol.

You knew how this worked.

You just didn't know how to prevent it from happening. If you told Gov. Edward Rendell that he was constitutionally obligated to protect Pennsylvania's patients from an out-of-control, blatantly illegal operation against the American people, would his brows furrow?

If U.S. Sen. Robert P. Casey could lose three seconds of his war against

equality and education, and instead listen to the people who somehow voted him into office ... again, would he take you seriously if you said it was his job to protect Pennsylvanians from federal abuse? Do you think he would even respond? Would he become so offended, he would cut the education budget even further and demand that anyone without blond hair and blue eyes submit their identities to police every third Wednesday?

Do any of these people, put into office to address your concerns and fight for your voice, even care about the treatment of patients?

Will Mr. Rendell ensure the safety of Pennsylvania's patients? Or will he too allow the indiscriminate dismantling of medical infrastructure and mistreatment of patients common to

other states. Write off. Write off. Write off.

Do any of these people, put into office to address your concerns and fight for your voice, even care about the treatment of patients?

Only one way to find out.

Ask them. Ask them if they think it's okay for federal power to cause undue harm against patients trying to maintain their quality of life. Ask them if they think the money spent on stronger body armor and steadier shotguns would be better spent on researching how to improve people's lives instead of destroying them. Ask them if it is OK for a government to fund departments whose sole purpose is to make criminals out of innocent people. ☘

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ILLEGAL?



BY BOULET

Mr. Magoo

By Ron Hudson

My birthdays:

I woke that birthday morning, in October of 1966, knowing it would begin like the eight previous ones; with my mom forcing me to choose between taking my morning medication, getting my ass whipped, or a phone call to the doctor (which meant a visit to the psychiatric ward for evaluation).

Life as a kid....as I remember it:

Our family of four sisters and two parents moved from the inner city to the suburbs when I was two years old. The doctors recommended the open space as a “good place for children like me” ... a good place for my abundant energy. Church was also considered a place and resource for me to get help. And that was so, until one Sunday morning I put a three-year-old girl in the closet after beating her with Lincoln logs.

I can still hear my dad’s yelling over and over again, him completely frustrated over not having any of my attention, or any control over me. Just to give some perspective over how difficult it was to manage me as a child and keep me close to home, my dad ran a cable from the back of our home to the corner of the garage. He attached a 25-foot foot leash and a small dog harness. I remember how happy he was to have found a way to keep me where I belonged ... in our yard!

That worked like a charm until a nosy do-gooder (my dad’s words) came over to complain about child abuse. My mom said, “If you want him off the line, then you can take him for the day.” Aunt Shirley, as she

would later be called, walked over and unhooked the leash. And just like that, I was FREE! Before the poor woman could blink, I was gone. Wind in my hair, I ran screaming through the backyard and into an open 25-acre field, lush with waist-high goldenrod.

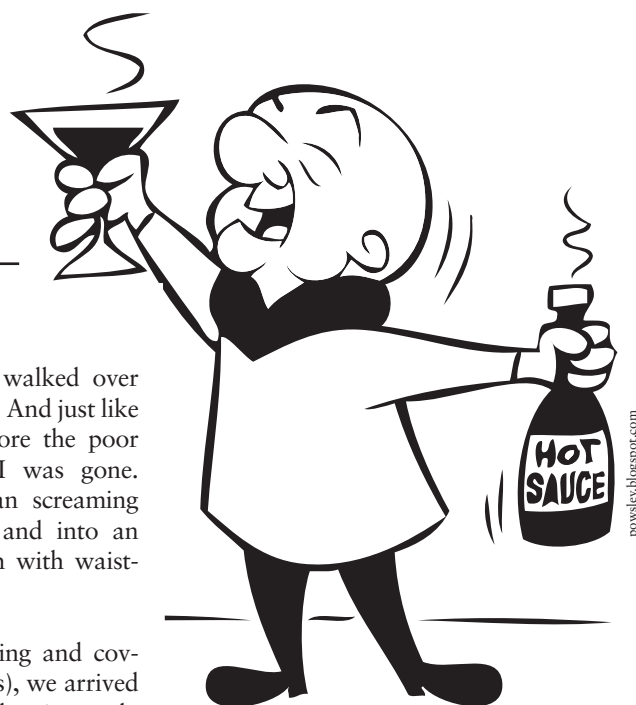
Two hours later, sweating and covered in burrs (both of us), we arrived back home, where she instantly returned me to the harness. I could hear mom laughing loudly, probably bent over crying, it tickled her so. Aunt Shirley would later become the first person I would prescribe my miracle medicine to.

I did not begin kindergarten at age five because I was unable to sit long enough to write my name and room number. That is when the doctors recommended medication. “We just need to slow him down,” they said. Ritalin, Thorazine, Prozac, and amitriptyline are just a few of the many mood-altering drugs my small body was forced to accept. Improper dosages were common in those years.

The side effects were many, i.e. edginess, nausea, diarrhea, and constant headaches, to describe a few.

My mom knew that when the shuffling started and drool spilled from my mouth, I was well medicated.

The next year I was given the green light to start my education; my special education, that is. I rode the short bus, strapped into my seat with a football helmet and mouth guard, so that no biting of my tongue would occur. The first half of school went



powsley.blogspot.com

well. I was given medication when it appeared I was losing control. The school’s Nurse Eleanor, a large, unhappy woman, grossly overweight (in a time when slim was the norm), administered the meds by strapping me to an exam table and forcing the pills down my throat. This resulted in me gagging and puking on myself. I would stay in that position until the drugs took effect.

The teachers sat me away from the other kids, even though most of them had mental and physical problems worse than mine. “Brilliant” is what the first-grade teacher told my mom, “but extremely troubled, possibly retardation of some sort.”

My violent behavior started in the second half of the first grade. The next three years seemed to melt together ... special classes, doctors, drugs, and more drugs. The kids in the neighborhood loved to pick on me, the retarded-crazy-boy, but always from a distance.

In the summer of 1967, I moved in

with my grandparents. Grandpa had retired young. My summers were filled with his guidance and learning about how to take apart washers, dryers, and other articles he and I picked up cleaning out basements or garages.

That first summer in the city, I met Hugh "Bucky" O'Neil, soon to be my best friend. Bucky had four brothers and five sisters. Large families, like his, were common in the city during the early 1960s. I spent my spare time down the block at the O'Neils, away from my grandparents' home and watchful eyes.

That summer, my mom decided it was time for me to return to public school in the fall; I entered at the fifth-grade level. Bucky was my good friend and he was a big kid, so others stopped picking on me. But with time, fighting had become a daily

activity for me in grade school. I was only nine, and I was fearless.

That October, Bucky's brother handed me a gift for my tenth birthday, a "fatty," he called it. Well, that fatty turned out to be my miracle drug. I started pretending to take my pills and instead smoked a little of that fatty for the next three days.

When the fatty was finished, Bucky's brother gave me what he called a lid and charged me 15 dollars. He taught me how to roll, pack a corn-cob pipe, and most of all taught me how to tell the difference between great weed and schwag.

I searched high and low for the best weed available. It never mattered how far or whom I dealt with. Getting the best was all that mattered. As years went by, life got much better. My grades improved, which

was most important to my family.

I continued working summers with my grandpa, and although I still fought a lot, my main concern was to be sure I had enough weed to keep my brain and body happy.

I could not function without my fatty; without it I was a train wreck. Searching for the best weed gave me quite the reputation, and friends started to sing the old cartoon phrase, "OH, MR. MAGOO, YOU'VE DONE IT AGAIN!" That silly little phrase came from a Saturday morning cartoon called Mr. Magoo's Adventures.

That's how I became known as Mr. Magoo, weed smuggler extraordinaire. When smuggling couldn't get me the best, growing was the answer. Now, that is another chapter yet to be written. ✚

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

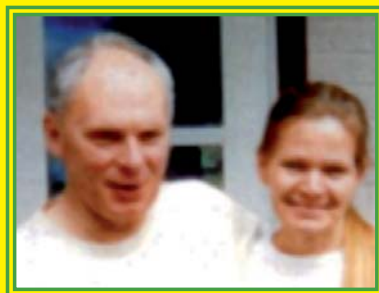
Thanks to all those who have responded to our contest. We have received many letters from eligible people around the world.

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



Diane – Ontario, Canada

Diane is a medicinal patient She is excited about the opportunity to medicate safely.



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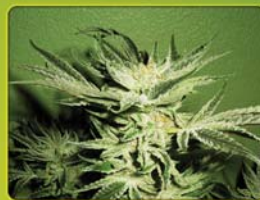


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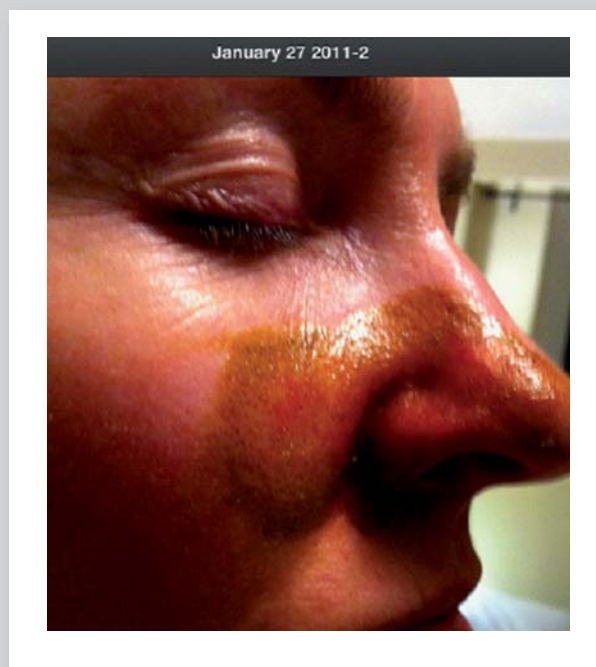
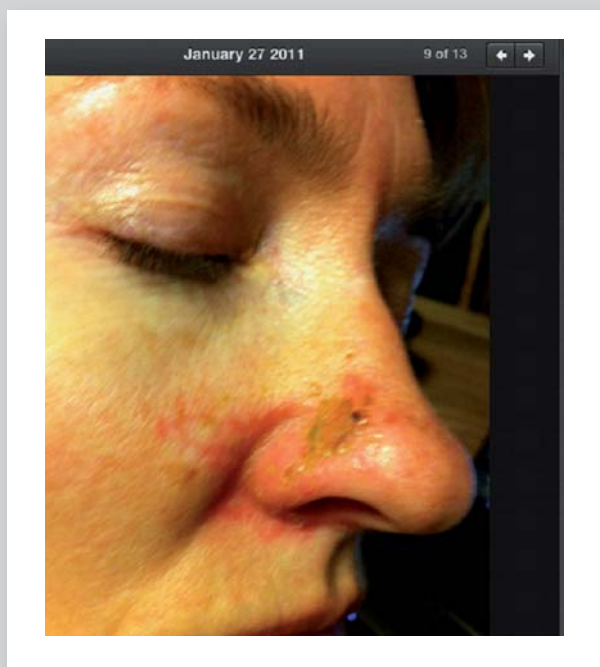
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Medical Marijuana: A Cure for Cancer?

Robert Melamede, Ph.D.

Biology Dept., UCCS, Cannabis Science Inc., Phoenix Tears Foundation

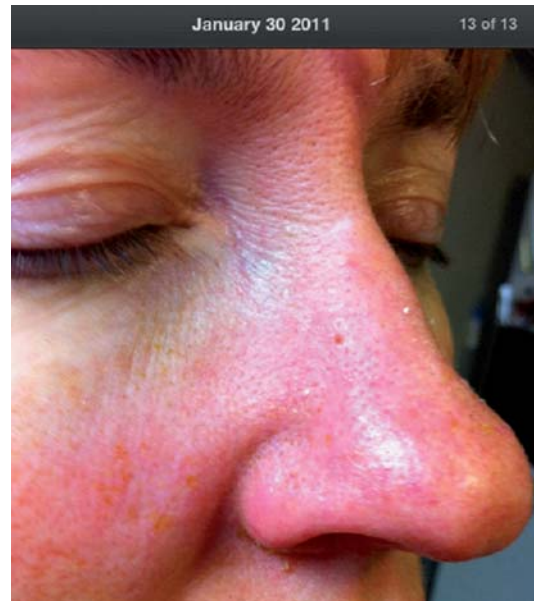
ABSTRACT

Every vertebrate, from the time of conception till the time of death, literally has all body systems homeostatically regulated by endocannabinoids (marijuana-like compounds produced by the body). Illnesses are biochemical imbalances, failures of homeostasis. By being alive, all organisms suffer from the common biochemical imbalances that underlie aging and all age-related illness, including autoimmune, cognitive, and cardiovascular diseases, as well as cancers.

Over 600 peer-reviewed articles show that numerous cancer types (lung, breast, prostate, glioma, thyroid, leukemia, lymphoma, basal-cell carcinoma, melanoma, etc.) are killed by cannabinoids in tissue culture and animal studies. Furthermore, cannabinoids inhibit the bio-

chemical pathways involved in metastasis and drug resistance. The question that naturally arises is, "Why is a plant that inhibits aging, kills cancers, and whose activity is found in mother's milk illegal?"

Because federal and state governments have failed to implement marijuana policies that are reflective of modern scientific knowledge and thousands of years of medical history, the people have demanded and gained access to this miraculous medicine through direct vote with the initiative process. In effect, marijuana clinical efforts are now in the hands of the people and the medical marijuana community. This poster provides dramatic photographic evidence of cannabis extracts curing basal-cell carcinoma via its topical application.



HISTORY

This Australian woman grew up in Queensland, where the population suffers from the highest rate of skin cancer in the world. Basal-cell carcinoma is the most common form of cancer, with over 800,000 cases occurring each year in the US.

She had a number of surgeries to remove previous lesions diagnosed as basal-cell carcinomas.

After a new lesion appeared on her right cheek, alternative therapies that included the topical application of cannabis extracts were tried.

Cannabis extracts were applied daily until her surgeon stated that there was no need for surgery since the lesion on her cheek was gone. However, a new lesion had appeared on her right nostril.

The series of photos above documents the disappearance of the lesion on the nostril after ten days of self-administering topical cannabis extracts. 🍀



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Question Medical Authority

By Bill Drake



Doctors wear white coats for the same reason that judges wear black robes, cops wear badges and uniforms, the Pope wears funny hats, kings and queens wear crowns, corporate zombies wear suits, and soldiers wear ribbons and medals — they all want you to see that they have authority, and you don't. This means, among other things, that you are supposed to do what they say, and not ask questions.

As a person using marijuana for medical purposes, you have no doubt found that many if not most of the doctors you've come across are like this. It is an extremely rare doctor who welcomes questions from patients, unless those questions are asking for advice — certainly questions that challenge advice are not welcome. However, in my experience, that is exactly what you have to do every step of the way if you are going to actually be healed of whatever disease or ailment you are suffering from, because if you don't, the odds of a successful outcome drop dramatically.

Doctors are busy people and for the most part stopped keeping up with research in their field the moment they left medical school, with the exception of what they gather attending seminars at medical conventions and from the pharmaceutical industry reps who bring them "the latest research," which incidentally involves giving their patients the latest drug their company is pushing. They certainly don't have time to study research that is outside their field — a gastroenterologist generally has no idea what the latest research in endocrinology shows, and vice versa. If you go to a cardiologist to complain about pains in your chest, sure enough you'll get that heart of yours tested, but the heart doc will probably never consider the possibility that diaphragm spasms caused by SIBO (small intestinal bacterial overgrowth) are pulling on your heart, or that you have a massive ulcer caused by *Helicobacter pylori* infection in your stomach.

Likewise, if you go to a gastroenterologist complaining of certain kinds of gut problems, you'll no doubt be tested for celiac disease and Crohn's, but there's almost no chance that the gastro guy will order a panel of thyroid tests to see if you have Hashimoto's thyroiditis caused by an immune response to gluten in your diet, which causes a parallel auto-immune attack on your thyroid. (Wheat gluten and certain tissues in the thyroid have identical molecular structures, so if you have the genetic predisposition to gluten intolerance, the immune system considers them the same foreign protein and attacks both.) Even if you have been tested for gluten intolerance by the usual blood test, that's no guarantee that your immune system agrees with the test results. Equally unfortunately, your thyroid can be under immune system attack and you can have perfectly normal TSH and T4 test results — Hashimoto's only shows up when you are tested for thyroid antibodies, which most docs simply won't do without a lot of arm-twisting, for some reason known only to them. If you have a lot of gut symptoms that don't yield to conventional diagnosis, this might be a possibility for you to explore.

The point is that while doctors are often very good at diagnosing and treating the 80 percent or so of patients whose problems in fact do lie within the boundaries of their specialty, almost none of them will ever consider stepping outside that specialized area of knowledge to look for linkages. Now, supposedly, that's where the generalists like GPs and internal medicine docs come in — they are supposed to have an overview that gives them a more holistic perspective on you and your health issues. However, these docs suffer from the same lack of time (and personal initiative) to stay on top of all relevant research in all fields so that they can in fact do their job of finding linkages between sets of symptoms that fall under different medical specialties and then send you to the appropriate practitioners in those specialties.

Most doctors would like for you to get better, and they would like to get credit for it, but even more, they want to get paid, whether they help you or not, and if they try everything they know how to do and you still don't get better, then a subtle shift takes place, and they begin sending you semi-concealed but obvious go-away messages. You become known as a difficult patient. You are told, "There's nothing more we can do for you." Far too many doctors like to think of themselves as people with a magic kiss that can make the boo-boo go away, and when their magic doesn't work, it somehow becomes your fault. That's just human nature at work — but you wind up on the short end of that particular stick.

This is where you come in. Only you have a really pressing reason to spend the time and energy needed to thoroughly research your health issues — you want to get better! However, before you even start doing your own research, there are a couple of things that you must do. The first is to find a GP or internal medicine doctor who is a good listener and who doesn't think he knows everything. Next, you have to understand what kind of information this doctor (any doctor really) will give credibility to, and why. Finally, you have to be able to research within the framework of that kind of information and, as you begin to discover what may be wrong with you, you have to know how to approach the doctor with that information.

Let's take this one step at a time. If you don't already know a doc who listens and doesn't think he already knows all there is to know, you are going to have to network with your friends and family until you find someone who knows such a doctor, and then you have to get into his practice. Fortunately, there are plenty of good docs out there — you just have to sort them out until you find the one who is right for you.

Then you have to get on the Internet and find out everything you can about your symptoms. We all know that the Internet is full of as much bad information as good, and it's a matter of using your judgment. In general, I would say that Web sites that are pushing something are not good sources of information. Discussion groups and moderated forums tend to be much more productive. Finding people who are dealing with the same set of issues and symptoms as you are can be quite helpful. They can help you connect your symptoms with a set of possible diagnoses — but this isn't information you want to print out and take to your doctor. It's just the first of two key steps — identifying what might be the cause or causes of your problems.

The next and most critical step is to understand that doctors only accept one kind of medical/scientific information — the kind that comes from peer-reviewed arti-

cles in recognized medical journals. This is actually a good thing, because it sets a high standard for the authenticity of the information. And here's where things get really cool!

The National Institutes of Health, an agency of the US government, publishes an online database containing abstracts of over 15 million peer-reviewed articles from recognized medical journals around the world — not just from the US. There are articles from peer-reviewed medical journals from dozens of countries with advanced medical research facilities. The database goes back as far as the 1960s and comes all the way forward to abstracts of articles that haven't yet been published. Even better, the articles all cite the names of the researchers who did the work and are publishing it, and there are almost always direct e-mail links to the researchers.

So once you've done your background research in forums and discussion groups online, you then move to the NIH database and begin using your symptoms, as well as any diagnosis that you think might apply, as keywords to troll for medical journal articles where your symptoms are discussed. This can be time consuming, and you have to be able to understand some pretty high-level scientific/medical language to make sense of what is being written, but don't let that discourage you, because these abstracts are almost always written with good, clear language, if not exactly layman's language, and with a little effort you'll be able to penetrate the language. It also helps (a lot) if you understand elementary statistics, because most of these abstracts discuss their findings using statistical language in the body of the abstract. But even if you don't understand statistics very well, or at all, don't despair, because there is always a short paragraph at the end of the abstract, called Results or Conclusions or Findings, in which everything is summarized in reasonably plain language.

I won't keep you waiting any longer for the address of this database, which is
<http://www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed>.

Once you log on, you'll see a simple search box at the top of the page, where you can enter your search terms and go. On the home page, you also see a lot of other specialized search options, but stick with the simple search box at the top at first. Once you get into the database, you'll see that the articles are generally arranged with the most recent on top. When you click on an article that looks relevant, you'll get the abstract of that article but you'll also get a box on the right-hand side of the screen that suggests related articles you may want to investigate. As you proceed with your research, keep a Word document open on your desktop and just drag to ►

select the abstract and its author data, then copy and paste this into your Word doc, which becomes your file of possibly relevant information.

My suggestion would be to spend a little more time once you've collected your abstracts and go through them, putting the most relevant at the top of the document, saving your doctor the time and trouble of sorting through the information himself. You are a lot more likely to get even a good, attentive doc's attention if you hand him a single sheet with a couple of really juicy abstracts rather than a folder full of stuff to read. (And don't forget, the contact e-mail addresses for the researchers are almost always at the top of the abstract, so your doc can be in touch with the authors if he wants more detailed information.) Once he has read what you have given him, and you get his opinion on whether or not this might be relevant to what you're dealing with, then is the time to say, "Oh, by the way, here are some more articles I thought were relevant — I just didn't want to overwhelm you with all this before we had a chance to look at the ones I thought were most interesting."

Let me end this foray into how to research your own health issues and find a doctor who is willing to consider information that lies outside his own field of knowledge with a short story on how I came to understand this process.

My wife was diagnosed several years back with a condition called Barrett's esophagus. There was a pre-cancerous lesion in her esophagus where it joins the stomach. The Barrett's was caused by reflux, which was in turn the result of SIBO (small intestine bacterial overgrowth), which in turn had been caused by an overdose of the wrong kind of a powerful antibiotic for an operation she had, which destroyed the good bacteria in her upper GI tract, allowing pathogenic bacteria to move upward from her colon, where they are normally kept in check by the good bugs in the upper reaches of the gut. The good news, the gastroenterologist told us, is that the lesion is in its very early stages. The bad news, he told us, is that Barrett's invariably progresses into cancer, and at some point we were going to have to take extreme measures, including surgery and radiation.

Aren't there any treatments for Barrett's in this early stage, we asked. No, he said solemnly, we have no

research that gives us any treatment modalities. (Doctors just love to use words like modalities.) Now, I have since that time learned that when a doctor uses the word we, he means the entire medical profession, and that is supposed to end the discussion right there, because if the entire profession doesn't have a cure, then none exists — right?



Neither my wife nor I take that kind of bullshit for an answer, so we paid the guy's bill and left. Having been through this before, the first thing we did was to log on to PubMed and start looking. At first, we kept running into dead ends, but one thing about research is that you simply have to keep trying — shuffle your keywords around, rephrase, come up with new keywords, etc. To keep this story short, we finally found a research paper presented in France by a US gastroenterologist whose research was not accepted by his peers in the US but which had attracted the attention of the European medical community. His treatment method was simple and noninvasive, and it used very inexpensive medications, and it worked — over 97 percent of his female Barrett's patients had experienced complete remission within three years of beginning treatment, and most had been successful within one year. In retrospect, it's easy to see why his work was rejected by the US gastroenterology establishment — it was simple, inexpensive, and worked without any of their fancy technology and high-priced drugs. Can't have that, now can we? We tracked this doctor down (he had retired, but a nurse in his former clinic put us in touch with him), and he agreed to call our doctor and discuss his treatment with her. They spent an hour on the phone and our doc came back to us and said that his research was impeccable and that we should begin immediately. We did, and it worked. End of story.

I wish that I could promise that every person's medical dilemma can be cured as simply as this one ultimately was, but of course I can't. What I can promise is that if you don't confront and challenge medical authority, and if you don't understand how to do it effectively, then your chances of being cured go way, way down. Self-treating with marijuana is an excellent choice for some people with some health issues, but it is unlikely to be the single overall answer, especially when you are dealing with serious health issues, so at some point you are going to have to take advantage of the best that conventional medicine also has to offer. When you do, if you are well prepared with the facts in a form that a doctor who is willing to listen can deal with, your chances of success are far increased. It really is that simple. ✚



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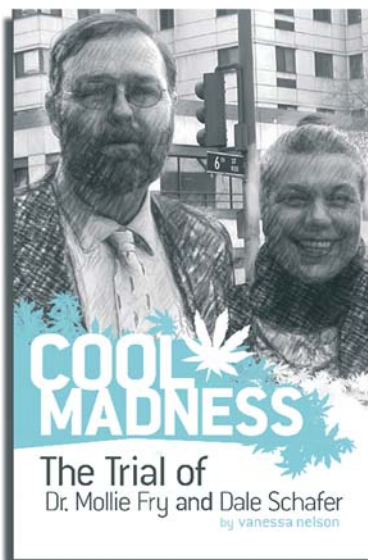
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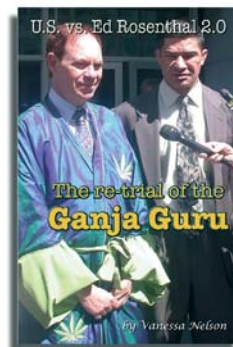


COOL MADNESS, The Trial of Dr. Mollie Fry and Dale Schafer is the riveting true story of a medical marijuana doctor undergoing a federal trial for the first time in history. The main character of Cool Madness is Dr. Marion "Mollie" Fry, a cancer survivor who learned about the benefits of medical marijuana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

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BOOKS BY VANESSA NELSON

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



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William L. Courtney, MD, AACM

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For over a decade Guanine Nucleotide-Binding Protein-Coupled Receptor 55 / GPR55 has been fondly known as the 'Orphan' receptor. While it was known that LysoPhosphatidylInositol /LPI binds at this pro-inflammatory site, it was the discovery that the phyto-cannabinoid acids are also potent ligands at GPR55 that argues that we now rename the 'Orphan' receptor, the Third Cannabinoid Binding receptor or CB3.

Raphael Mechoulam's 80th birthday celebration was held at the Israeli Institute for Advanced Studies in Jerusalem this last November. At the concurrent conference **Cannabinoids In Biology and Medicine**, Dr. Ruth Ross of Aberdeen Scotland gave, from my perspective, one of the most seminal presentations of the last decade. Thinking outside of the box, Dr. Ross tested CBD Acid and CBG Acid to see if they might be the missing exogenous ligands of GPR55. She reported that CBDA and CBGA are 2-4 fold more effective antagonists than CBD which is patented as an anti-inflammatory, a copy of which is available at CannabisInternational.org.

Despite my 6 year long fascination with CBD, a fascination that bordered on an obsession, it was my patients continued reporting of their strong response to the dietary use of raw cannabis bud and leaf, that kept pushing me to understand the relationship between CBD and CBDA. Despite the massive amount of research on CBD there has been very little on CBDA, a delicate molecule with a poor shelf life i.e. minimal market value or financial upside, the promise of which determines the investment of research dollars. With Dr. Ross's research, the gauntlet has now been thrown and the synthetic chemists are now focused on that carboxyl moiety.

My interest in unheated cannabis began in 2006 and initially focused on dried leaf. In June 2007 I switched from dry leaf to juiced fresh leaf to preserve the terpenes that act as allosteric modulators of cannabinoid receptors,

antibiotics, anti-inflammatories and in numerous other physiologic and pathophysiologic modalities. Raw mature bud was added to the fresh leaf in October of 2009 following the **International Cannabis as Medicine** conference in Koln Germany. Kristen Peskuski, my partner in **Cannabis International.org**, was asked to present on the patient panel. After her presentation we were given an article and foreign patent that issued in the US Oct 5, 2010. This US Patent on *MEDICINAL ACIDIC CANNABINOIDS* 7,807,711, can be found on the patent page at CannabisInternational.org. The article behind the patent noted that the concentration of THCA to THC was 14,500µg THCA/ml : 90 µg THC/ml. Since the typical dose of THC is 10mg or 10,000 µg, clearly the 90 µg/ml found in unheated flower / bud would be insufficient to be psychoactive.

Despite marked trepidation, consumption proved that raw flower was in fact non-psychoactive. The immature flower was almost palatable but as it matured the acidic content dramatically increased. The fully mature flower was quite caustic on the back of the throat. There is a strong urge to wash the masticated flower down with the closest available liquid. The critically point worth reiterating is that raw cannabis / THCA is not psychoactive, even at doses 60 to 100 times greater than the traditional psychoactive dose!

Once it was confirmed that fully mature bud was not psychoactive it cleared the way for a dramatic increase of dosing. For the last 10,000 years the use of heat to chemically modify non-psychoactive THCA into THC, inadvertently resulted in the voluntary reduction of dose from 1,000mg to 10 mg! By 20 mg THC euphoria is replaced dysphoria, ataxia, slurring. If the THC dose is accidentally increased to 30mg, dysphoria is replaced by psychotoxicity and one becomes 'unable or unwilling to assume the erect position'. As noted repeatedly in US patent



It is this dramatic increase in dose from 10 mg of psychoactive THC to the 500-1,000 mg of non-psychoactive THCA / CBDA / CBGA that comprises the primary difference between traditional 'Medical Marijuana' and Alternative Cannabinoid Dietary Cannabis.

6,630,507, it is the absence of psychoactivity that allows the increases in dose required for the cannabinoid acids to act as an anti-oxidant, neuroprotectant and anti-inflammatory. It is this dramatic increase in dose from 10 mg of psychoactive THC to the 500-1,000 mg of non-psychoactive THCA / CBDA / CBGA that comprises the primary difference between traditional 'Medical Marijuana' and Alternative Cannabinoid Dietary Cannabis. Curiously it is the US Department of Health and Human Services patent, 6,630,507 issued in 2003, that teaches the 'Effective human dosage schedule' for non-psychoactive use. This dosage schedule comports with numerous other research articles and issued patents, see CannabisInternational.org.

Sharing the cover of Treating Yourself, Issue 24 was an article I had written entitled, *Cannabis as a Unique Functional Food* and an article about the strain *Cannatonic by Resin Seeds*. When that article was written I was unaware of Cannatonic, but a patient who knew of my interest in high CBD plants brought the strain to my attention. I went to Barcelona to meet the principal of Resin Seeds. Over the summer of 2010 I had described to thousands of patients that feminized seeds were similar to a clone. The use of stress, either light or chemical, to lean upon cannabis' inherent ability to forego it's dioecious preference is well known. The hermaphroditic conversion that results in the production of pollen by the female plant can occur spontaneously as well as in response to exogenous stress. Regardless of the cause, this conversion of dioecious to monoecious, subverts the annual plant's drive to produce the seed required to survive the winter. With no new DNA introduced through this process it was assumed that the feminized seed would be very similar to the parent plant profile. Recently I was told that 1 in 4 plants grown for feminized Cannatonic seeds would express an increased CBD chemotype. You know what they say about assumptions. ▽





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INDIVIDUAL COMPONENTS

Alternative Cannabinoid Dietary Cannabis	Strain Type	Grow Envir.	Lot ID	Tested On Date	CBDA Wt. %	CBD Wt. %	THCA Wt. %	Δ ⁹ -THC Wt. %	CBN Wt. %						
ACDC 22:1	Hybrid	Indoor	1020-57540	1/20/2011	22.00	0.46	1.12	0.18	0.01						
ACDC 17:9	Hybrid	Indoor	1020-57540	1/20/2011	16.55	0.39	9.29	0.17	ND						
ACDC 16:8	Hybrid	Indoor	1020-57540	1/20/2011	16.47	0.65	8.37	1.06	ND						
ACDC 16:7	Hybrid	Indoor	1020-57540	1/20/2011	16.44	0.41	7.07	0.16	ND						
ACDC 15:6	Hybrid	Indoor	1020-57540	1/20/2011	15.35	0.34	5.65	0.13	ND						
ACDC 15:8	Hybrid	Indoor	1020-57540	1/20/2011	14.53	0.34	7.72	0.24	ND						
ACDC 13:6	Hybrid	Indoor	1020-57540	1/20/2011	13.19	0.27	6.34	0.24	ND						
ACDC 13:5	Hybrid	Indoor	1020-57540	1/20/2011	12.55	0.31	5.37	0.24	ND						
ACDC 12:5	Hybrid	Indoor	1020-57540	1/20/2011	12.13	0.20	4.76	0.15	ND						
ACDC <1:23	Hybrid	Indoor	1020-57540	1/20/2011	0.61	0.08	23.14	0.23	ND						
ACDC <1:30	Hybrid	Indoor	1020-57540	1/20/2011	0.17	0.21	30.08	0.25	0.01						
ACDC <1:17	Hybrid	Indoor	1020-57540	1/20/2011	0.15	0.39	16.78	0.38	ND						
ACDC <1:27	Hybrid	Indoor	1020-57540	1/20/2011	0.10	0.24	26.62	0.15	0.14						
ACDC <1:27	Hybrid	Indoor	1020-57540	1/20/2011	0.10	0.29	26.73	0.17	0.01						
ACDC <1:17	Hybrid	Indoor	1020-57540	1/20/2011	0.10	0.33	17.25	0.34	0.01						
ACDC <1:29	Hybrid	Indoor	1020-57540	1/20/2011	0.09	0.27	28.94	0.39	ND						
ACDC <1:14	Hybrid	Indoor	1020-57540	1/20/2011	0.08	0.18	13.93	0.15	ND						

Maximum CBD Wt% is calculated assuming all CBDA is completely converted upon heating.
Maximum THC Wt% is calculated assuming all THCA is completely converted upon heating.
Herbal Cannabis Samples have been known to show considerable intra- and inter-plant variability. The test results presented above are primarily representative only of the material directly analyzed and subsequent samples collected from the same lot might not provide identical results. The Werc Shop, Inc. uses high performance liquid chromatographic techniques and does not currently have a fully validated method.

Cannabaceuticals™, Moving Sustainable Medicines Forward™, Werc™, the W Logo, Erby™ and the "CC" are trademarks of The Werc Shop, Inc.

Microbiological Colony Forming Units (cfu/g):	Total Aerobic Count	Total Enterobacteria	Total Yeast & Mold
Gold	<100,000	<1,000	<1,000
Silver	<1,000,000	<10,000	<10,000
Bronze	<10,000,000	<100,000	<100,000

NT = Not Tested
ND = Not Detected

Pesticides Screened:
Organophosphates, Organochlorines, Avermectins

Several interesting things arise from this data gathered on a Shimadzu LC-20XR Ultra-Fast Liquid Chromatograph equipped with a SPD-M20A Photodiode Array Detector.

- Rather than CBDA being 6.9% ± 2%, its chemotype range was from 0.08% to 22.0% w/w.
- Rather than THCA being 6.2% ± 2% its range was from 1.12% to 30.08% w/w
- Rather than significant CBDA being found in 1 out of 4 plants, CBDA in excess of 12% w/w was found in 50%. Curiously the other 50% had less than 1%w/w CBDA.
- Rather than varying inversely, CBDA and THCA expression followed divergent genetic mechanisms. CBDA expression was discontinuous with 50% having a dramatic amount of CBDA while 50% had <1%, while THCA expression was a continuous incremental increase.

CBDA Progression: Discontinuous

0.08|0.09|0.10|0.10|0.10|0.13|0.17|0.61|12.1|12.6|13.2|14.5|15.3|16.4|16.5|16.5|22.0

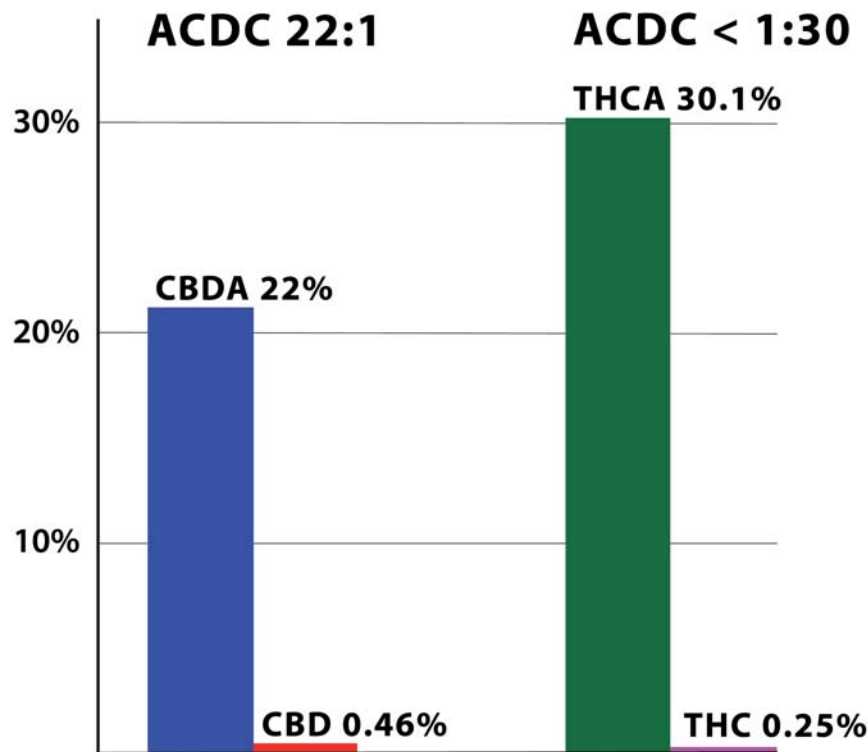
THCA progression: Continuous

1.12|4.76|5.37|5.65|6.34|7.07|7.72|8.40|9.29|13.9|16.8|17.3|23.1|26.6|26.7|28.9|30.1

'Now them's some genes', okay back to the drawing board.

Relative Amounts of Cannabinoid Acids to Neutral Cannabinoids

Strain:
Alternative Cannabinoid Dietary Cannabis / ACDC



Possibly a simpler way of summarizing the difference between the traditional 10 mg THC approach and the 1,000 mg THCA Dietary Cannabis approach is to look at the raw plant graphically.

34 million years of evolution lead to this dominant presentation of cannabinoid acids. Sadly our headlong pursuit of THC has resulted in the near extinction of the vast majority of the cannabinoids. In 2009 ElSohly in *Biologically Active Cannabinoids from High-Potency Cannabis sativa* reports discovering another 9 cannabinoids. Why did it take 30 years to find them? Because we had effectively eliminated them from the plant! Turns out that these vestigial cannabinoids provide very important antibiotic support against the intracellular pathogens that would take opportunistic advantage of the animal that was consuming cannabis on a dietary

basis. Dietary use provides remarkable antioxidant benefits, but one of the side effects of cannabis that I include in every medical evaluation I conduct, is the warning that regular use of cannabis requires attention to Legionnaires, Leishmaniasis and TB. The white blood cells of the immune system intentionally secrete superoxides in their effort to destroy the tissue harboring the intracellular pathogens. CBD / CBDA neutralizes those superoxides thereby hampering the immune system. Because we have driven these cannabinoids out of the plant they no longer provide potent antimicrobial protection from these intracellular pathogens. ▷

Sadly our headlong pursuit of THC has resulted in the near extinction of the vast majority of the cannabinoids.



**Inspecting an Organic
Culinary Cannabis
Succession Grow**

There are several reasons why I chose the strain name, Alternative Cannabinoid Dietary Cannabis / ACDC CBDA:THCA. ACDC 22:1 for example identifies the amount of CBDA first, then THCA second, contrary to every other nomenclature which begins with the amount of THC. In part this forces individuals to begin the arduous task of realizing that in the non-psychoactive realm, THCA is but one of many cannabinoid acids. Quite possibly THCA is less significant than the other 79 (and counting) cannabinoids. ACDC is also a nod to the AK47 / Train Wreck crowd, in that if you heat an ACDC strain you will decarboxylate the THCA, that is you will generate THC euphoria. Yes, if you make a baked good and eat one to many you will create a state of dysphoria. True to the Dr. Jekyll / Mr. Hyde analogy, if you eat 5 or 6 brownies made for an ACDC strain you will become psychotoxic. Finally with any heated application your dose of CBDA will go to near zero and the amount of CBD will be physiologically negligible as an antioxidant. That is THC will limit your dose of CBD to 1-20mg which is 599-580mg short of the target dose, 600mg. If you happened to be using ACDC 22:1, because of the dearth of THCA you would have a significant amount of decarboxylated CBDA that is you would have a significant amount of CBD which is 2-4 fold less effective at antagonizing the pro-inflammatory CB3 / GPR55. All told, heat devastates cannabis as a dietary essential but you do get some CB1 receptor stimulation in the Faustian Bargain.

CBDA is the first Alternative Cannabinoid ACDC will eventually include an acronym soup of known and unknown cannabinoid and cannabinoid-like substances. The journey of Dietary Cannabis is not one of 10,000

miles but one of 10,000 years. As we begin this journey of 10,000 years our curiosity grows as we try to imagine what this plant looked like before 10,000 years of selective hybridization. Over the last 10,000 years we have created a plant in which 95% of the cannabinoid content is dominated by a single cannabinoid, THCA. The other 79 known cannabinoids are left to divvy up the remaining 5 % of cannabinoid content. Hopefully cannabis can help heal itself and thereby restore a more balanced profile of cannabinoids.

As cannabis heals, we heal. As we disseminate the incontrovertible science that describes the interface between the Endogenous Cannabinoid System and the Phytocannabinoids found in cannabis, Treaty One will be amended to remove cannabis freeing it up for access as a raw leafy green vegetable that is ideally suited to prevent illness. Used as the dietary essential that it is, there is no need to call it a medicine. For those of us who embrace the FDA dose of CBD at 600 mg/day in divided doses, we are forced to grow the plant ourselves because in the 10 mg market, the price of a glass of juice with 600 mg is staggering! Many of my patients in Mendocino and Humboldt are refining the succession grow in which one plant, either seed and or clone of cannabis, is started every day or two. Every day one plant becomes fully mature and it's leaves and flowers / buds are juiced, diluted and taken in 5 divided doses across the day because of the rapid clearance.

With the advent of testing facilities, tremendous progress has been made in the last year. It is important to keep the plant alive if you plan to analyze for cannabinoids, terpenes or other constituents.

The Alternative Cannabinoid Dietary Cannabis series of mature bud with its living genetics available for cloning.

The ACDC series ready for analysis:

As seen on the right there is quite a range of phenotypes and on the previous page quite a range of chemotypes across 17 plants. The nearly pure CBDA and THCA are the compounding stocks for the identification of the plant whose genetics match the unique bioavailability, physiology and pathophysiology of a person. ACDC 22:1 can be combined in varying ratios with ACDC 1:30.

To accelerate the process one can consult a chart such as is found in Column 10 Table II of Patent 6,946,150 available for review at CannabisInternational.org.

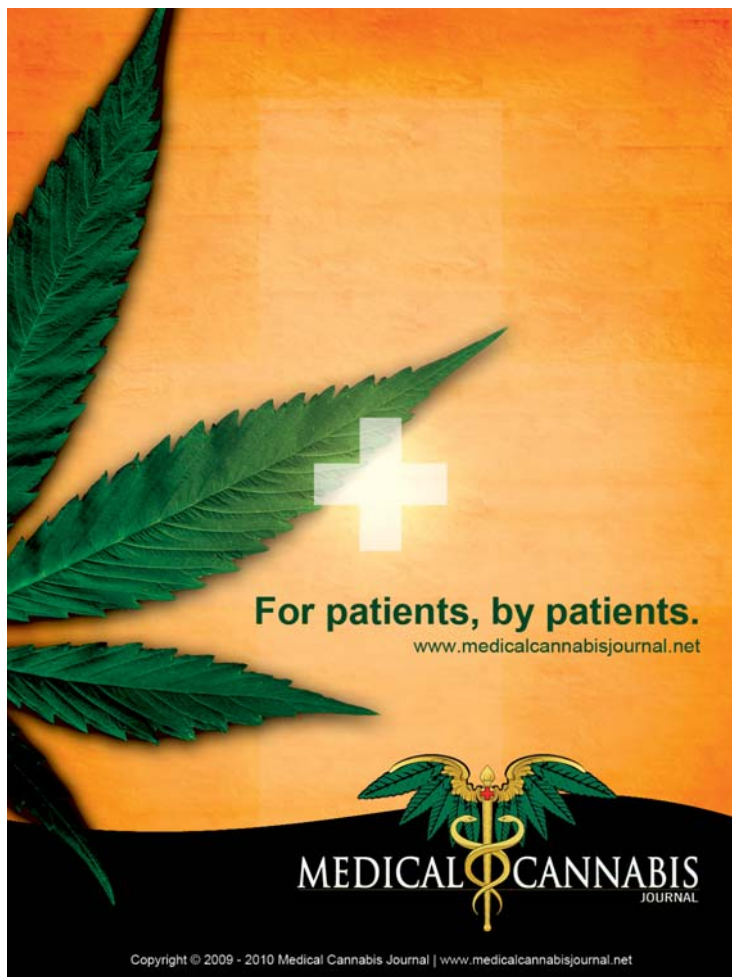
The THC:CBD ratios found on that table can be used as a starting point. Then through trial and error incremental changes in the ratio are tested to allow one to adjust the Phytocannabinoids to one's individual GI, First Pass liver metabolic function, concurrent Rx and states of clinical, subclinical and genetically predisposed medical conditions. Cannabis is an incredibly complex, synergistic plant whose constituents have yet to be completely catalogued yet alone understood. Until that time, which will not be any time soon, it is the individual who can best identify the specific plant phyto-genetics / chemotype most suited to assist them in the preservation and restoration of their health.

Once the ideal cannabinoid profile has been identified, then that ratio is tried in a number of plants i.e. indica, sativa, ruderalis as a beginning point in assessing the contribution of various terpenoid profiles.



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William Courtney MD can be reached at drcourtney@cannabisinternational.org



growing acceptance

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Therapeutic Salves



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Salves deliver medicine topically. Harder in concentration than lotions, these semi-solid preparations have been soothing skin for well over a century. Cannabis salves provide relief for conditions including arthritis, back pain, muscle spasms, burns, insect bites, psoriasis, eczema, scarring, and much more.

While online recipes abound, cooking the medicated balm in a crockpot might not be the best practice. Or it might. According to several cannabis professionals in Montana, there's just no telling until you receive value-added guidance from a lab.

Cannabis plants feature the acidic cannabinoid THC-A, which is beneficial but not psychoactive. Tetrahydrocannabinol, THC, is activated when heated or added to oil or alcohol.

"Most of the preparations that I've tested initially, that come to the lab for the first time, are made improperly," said Noel Palmer, PhD, of Montana Botanical Analysis in Bozeman. "Either they're not cooked enough, they're cooked way too much, or they're under-dosed. I'd say that 90 percent of the things that I've tested that are either edibles or topicals need significant improvement in order for the science to agree with what we want to give to our patients."

Palmer's background in analytical chemistry and instrumentation for earlier work with soil and water made cannabinoid chemistry a natural progression.

"In theory, you should be able to buy an instrument, turn it on, and use it," he said. "In practice, chromatography and analytics are actually quite involved and quite detail oriented. There's a lot of very shallow science going on now. There's some good science, but there's definitely no shortage of people saying that they can do more than they really can."

While liquid and gas chromatography provide similar information, Palmer states that liquid chromatography elicits more information about acidic cannabinoids and is the best method for cannabis testing. Gas chromatography often lumps cannabidiol (CBD) — all the rage lately — with CBC, or cannabichromene, a very common cannabinoid, resulting in inflated CBD reporting. In addition to its own medicinal benefits, CBD counteracts the psychoactive characteristics of THC.

"CBC is a cannabinoid that is found in almost every strain of cannabis that I look at," he said. "CBD, however, is very, very rare. In Montana, I've tested close to 1,300 strains and so far I've seen six unique strains with cannabis over one-half percent. And so people who use gas chromatography, actually, I have to question how well they are able to resolve CBC from CBD."

Instead of high CBD — many refer to it as CBD-rich cannabis — which might be out-of-reach, at least in Montana, until it can be bred back into the plant, Palmer suggests that a better balance of beneficial cannabinoids is a more attainable goal.

Herbalist Vaughn Hirschhorn, owner of Montana-based Organic Relief, has been extracting beneficial oils from natural herbs for 20 years. When living in the Santa Barbara, California, area, he used techniques practiced by Native Americans and early settlers to create lotions, salves, and tinctures from red clover, plantain, calendula, and even acorns. For almost two years, he's been formulating cannabis-infused salves for caregivers throughout Montana, with the added benefit of numerous herbs, including white willow bark, white oak, marshmallow root, rose hips, and burdock.

Many of his herbal preparations are without cannabis.

"I've always loved herbs, herbal remedies, and things in the wild," he said. "I've found cannabis to be one of those wonderfully enhanced herbs or plants that are here for our use for many things."

Whereas a lotion requires an emulsifying agent such as lanolin to bring water-based/oil-based products together, Hirschhorn's salves are emulsified with beeswax and coconut oil.

"We hear about other salves being too waxy and what-not," he said. "We're dialed into a balance between each oil extract and the wax for a nice, glistening salve."

Organic Relief's proof is in the testing, according to Hirschhorn, who tests his product at Montana Botanical Analysis. "I've spent thousands of dollars on testing, and it's allowed me to zero in on my ratios," he said. "You figure out if you've heated it enough by testing your

products. You get a recipe and you bring it in. Maybe you've got a lot of acid or hardly any THC, and you figure it out through testing."

Ron Rosenthal, owner/operator of Canyon Creek Caregivers in Helena, Montana, often recommends that older patients who might experience adverse reaction to a psychoactive product benefit from salve. Absorbed through the skin and primarily acting locally, the wonder ointments work on pain and not the brain. He sells a four-ounce jar of Organic Relief salve for \$40.

"I have outstanding results with salve," he said. "It's very cost effective. We sell them cheap, and they go a long way."

Rosenthal is caretaker to an 87-year-old patient who suffers from post-herpetic neuralgia in her right thumb. Effective treatment for the condition, a complication of shingles, is tricky, and the chronic pain can last for years.

"We tried all sorts of things, but nothing came close to working like THC-infused salve," he said. "All she uses is salves. She doesn't smoke any medication or take the capsules. She used to, but I was afraid, quite frankly, that there was a risk that she would fall. We shied away from using capsule or edible applications because we didn't want to increase the risk of her falling. So she uses strictly the salves, and they work great for her."

Rosenthal reports that 20 to 30 of his patients use salve regularly. His older patients primarily use lotions, edibles, and salves.

Paul Schmidt, owner/operator of Sleeping Giant Caregivers in Helena, finds that salves are just the ticket for persistent bursitis in his shoulder. A lifelong fan of natural remedies, he reports that his mother used to treat his sore legs with pills containing *Arnica montana* after skiing. Also known as wolf bane, *Arnica montana* has long been used medicinally, but can be toxic when large amounts are eaten.

Schmidt reasons that cannabis-infused salve is extremely effective applied in the area of pain because head to toe, the human body is hotwired to respond.

"Do enough research and you'll understand that the receptors are throughout the body," he said.

He reports that 150 of Sleeping Giant's patients use salve regularly.

"It's a wonderful thing and helps so many people, including myself," he said, adding, "I couldn't live without it. Salve is one of the things that keeps me going."

Another of Schmidt's patients is a Vietnam veteran who was left with disfiguring scars on his neck and face from exposure to Agent Orange. Regular applications of Organic Relief's soap and salve have begun to heal the chemical burns.

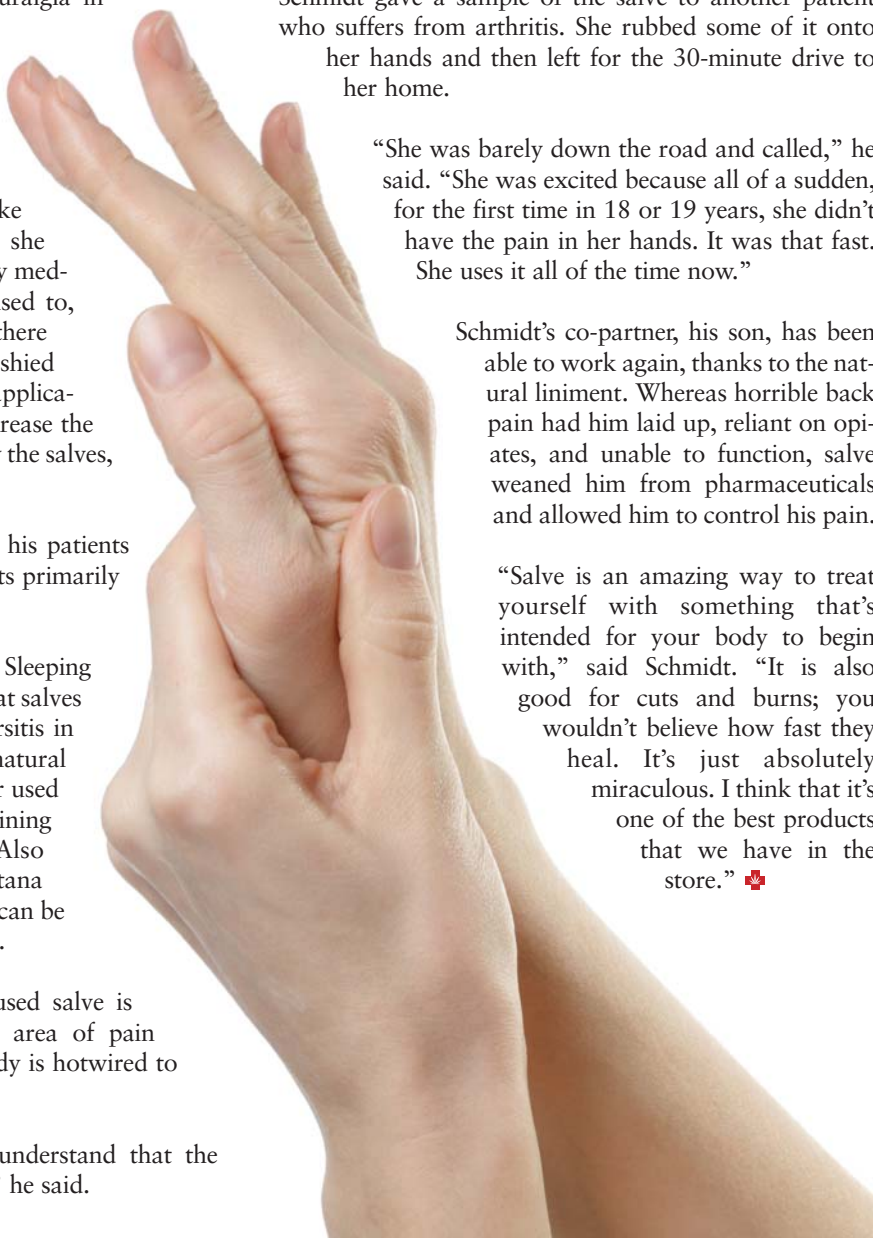
"The doctor at the VA asked him what he was doing, because the scars are not only healing, but they look 100 percent better," he said.

Schmidt gave a sample of the salve to another patient who suffers from arthritis. She rubbed some of it onto her hands and then left for the 30-minute drive to her home.

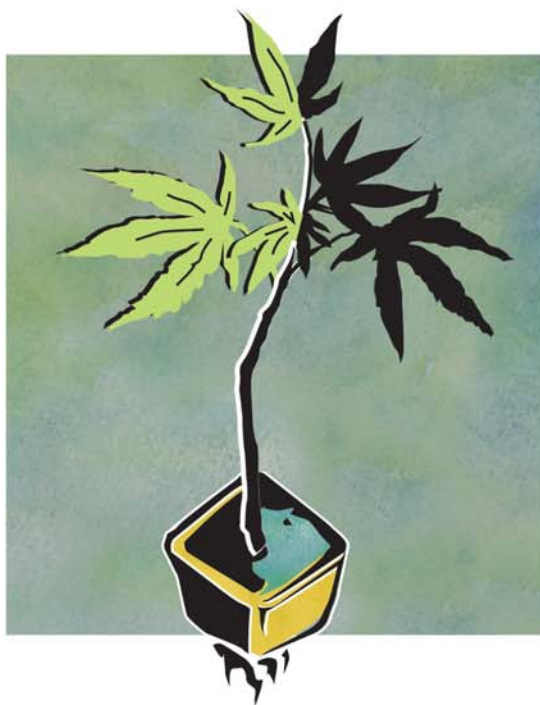
"She was barely down the road and called," he said. "She was excited because all of a sudden, for the first time in 18 or 19 years, she didn't have the pain in her hands. It was that fast. She uses it all of the time now."

Schmidt's co-partner, his son, has been able to work again, thanks to the natural liniment. Whereas horrible back pain had him laid up, reliant on opiates, and unable to function, salve weaned him from pharmaceuticals and allowed him to control his pain.

"Salve is an amazing way to treat yourself with something that's intended for your body to begin with," said Schmidt. "It is also good for cuts and burns; you wouldn't believe how fast they heal. It's just absolutely miraculous. I think that it's one of the best products that we have in the store." 🌿



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Watching the Grass Grow in Rhode Island

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Ellen Lenox Smith finds growing cannabis to be therapeutic. That's a good thing, as Smith is in constant pain, and access to medicine is limited in Rhode Island.

"Once you find someone who knows how to grow marijuana and who will teach you to grow, it becomes a very pleasant part of life," she said. "I have to ride a stair lift down to get to the cellar, and then I'm able to take care of these plants. It gives me something to do when I'm not feeling well. I'm enjoying it now, but this is a big part of my life, and it has to be done. This is my medicine."

Smith, a mother of four sons and former middle school teacher and swim coach, wants to share her story.

"Medical marijuana needs a face," she said. "Everyone should see that we are real people who had bum luck with health. We're fighting a society that is seeing this as a recreational drug. I'm just an everyday person. I'm 5'2", 96 pounds, and I'm struggling. I've tried to live a good life. People who know me and see me suffering and going through this stuff, well, it just helps them to change their attitude. People that know me do not want to see me in pain. And when they hear that this is what I'm on (cannabis), it helps them to not get scared."

Without dispensaries, the key is to become self-sufficient and to develop a reliable network of advocates, patients, and medical professionals, according Smith. She has Ehlers-Danlos syndrome (EDS) and sarcoidosis.

EDS is a connective tissue disorder caused by a defect in the development of collagen that shows itself in orthopedic issues and basically causes bones throughout the

body to become unglued. She likens her body to a rubber band becoming overstretched. If someone accidentally knocks into her in passing, ribs can and do pop out. If someone hugs her, the vertebrae supporting her neck occasionally slip out of place. The inherited disorder is difficult to diagnose because those afflicted with fragile ligaments and tendons often look normal. Finally pinpointed in 2004, her progressive condition has resulted in 19 surgeries throughout her life.

Finding marijuana has been part of her medical journey. She never considered the plant; her pain physician did. One of the many challenges for Smith is that she's allergic to prescription painkillers.

"I've been given a body that will experience increased pain for the rest of my life and I cannot tolerate most pain medications," she said. "I can't even take aspirin or a Tylenol."

In constant pain, a tremendous and growing problem for Smith was a lack of sleep. One rare result of Smith's EDS is a floppy trachea, which means that her trachea might bend and her sternum might slip, and she can stop breathing while sleeping. A home respirator and a very attentive rescue dog were helping, but her two chronic conditions and intolerance of prescription medications were preventing anything close to a good night's sleep.

After having a bad experience with marijuana in college that created anxiety instead of euphoria, she had never given it another thought. When her doctor mentioned that it might help her pain so that she could nod off to sleep, she almost fell off her chair. He suggested that since

no legal means to acquire a test sample were in place, maybe one of her sons might be able to find some so that they could establish whether or not it would provide relief.

“It was scary for me because I’d had a bad reaction, but I had to turn to something for help,” she said. “I had nothing to lose and everything to gain.”

With her black-market marijuana, Smith was ready to roll, although with sarcoidosis manifesting itself in her body as a chronic lung disorder, she was unable to smoke. Instead, she quickly learned how to heat the ground-up leaves with extra-virgin olive oil, 10 tablespoons’ product to one cup of oil.

“I tried a half-teaspoon full the first night, and couldn’t believe it,” she said. “I actually slept the entire night. I had not had that luxury in ages.”

Although her doctor, Pradeep Chopra, MD, had not planned on giving any patients a cannabis recommendation, when she told him that it had helped her to sleep, Smith became his first recommendation to the state program. Three years ago, she was approved. Her first challenge was in finding a legal supply. These days, she grows her own. Despite constant pain, the 60-year-old is upbeat and energetic.

Chopra recommends cannabis when other medications are not working.

“Marijuana does not work in the same way that opiates work,” he explained. “Cannabis has a whole different mechanism of action as compared to opiates, and so you are using two different techniques to control the same pain. All of my patients have told me that it helps them to tolerate their pain much better. Not too many of them tell me that it takes care of their pain. It’s just that they tolerate their pain much better and they get to be more functional.”

Without dispensaries, Rhode Island patients network to provide each other with advice. Bobbie Clark (not his real name) told Smith that she’d benefit from a vaporizer, which would provide faster relief during the day than the long-acting tinctures she uses to sleep. She occasionally grows cannabis for him.

Clark, 58, also tried cannabis as a last resort. Nine years ago, he’d fallen from a roof, been impaled on a tree stump, and was paralyzed.

“This has all been very hard on my wife and my children and myself,” he said. “My wife doesn’t want my family to know or to think I’m a pothead, but if more people would come forward and admit that they do this, especially well-known people, things would change.”

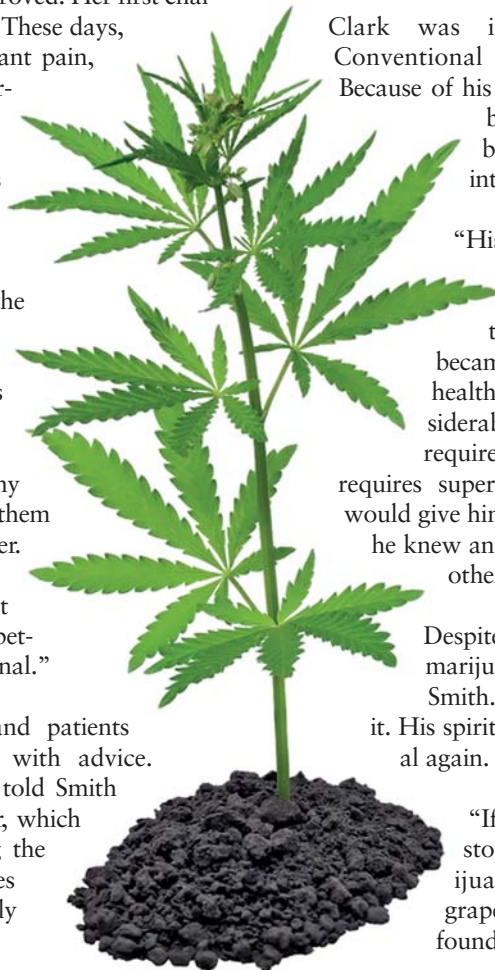
Clark was at the end of his rope when Chopra suggested that he speak with Smith. Chopra has grown accustomed to mixed reactions following his suggestion that cannabis might provide relief. He’s come to rely on Smith with patients that he feels might benefit from cannabis therapy. “Ninety percent of the people worry about what their families will think,” he said. “If I bring up the subject of medical marijuana with a patient, obviously there is some hesitation, and so what happens is that I tell them to talk to Ellen. When information is coming from me, it is coming from a physician. My advice is clinical, unemotional. Ellen is a patient that they can relate to; a woman who has the same types of pains and who is active and functional.”

Clark was in constant, excruciating pain. Conventional pain therapy was not working. Because of his injury, his pain medication was not being properly absorbed into his body; much of it was passing directly into a colostomy bag.

“His pain was getting out of control and it was getting the better of him,” said Chopra. “We’d tried many things, and nothing was working. He became more and more depressed, and his health condition started to deteriorate considerably. For a paraplegic to exercise, it requires not only superhuman strength; it requires superhuman mental effort. At times, I would give him a hug in the office in the sense that he knew and I knew that we might not see each other again. That’s how bad it was.”

Despite worries about the social stigma of marijuana, Clark and his wife went to see Smith. Shortly thereafter, he started using it. His spirits improved and he became functional again.

“If you could see how many pills I’ve stopped taking because I’m taking marijuana,” he said. “Through the grapevine, trying to put my life together, I found a guy with a vaporizer. I had a ▷



chance to smoke marijuana so many years ago and I said, 'No way. No way. No way.' Now, come to find out, I don't even need to smoke it. With the vaporizer, the flame never touches the leaf. It's very soothing, so it's good for your lungs."

After Smith's pain was under control, she wanted to do as much as possible to get the word out.

"She came to me and said that she'd like to be a productive member of society and asked what she could do," Chopra said. "I said, 'Well, you can be an advocate for pain patients.' I think that those are the best spoken words that I've ever spoken in my life."

"The problem," he continued, "is that right now, we have a generation that grew up being told that this is a bad drug, and we have a generation growing up saying that this is acceptable. So we are at a crossroads with the generation that grew up learning that this is a bad drug needing it the most."

Compassion Returns to the Front Burner

Rhode Island Gov. Donald L. Carcieri did not want a medical marijuana program. That's one theory behind why after four years, the state still has no means in place to supply a growing number of patients with even one compassionate use center to buy medicine. His veto of the program was overruled. The rumor goes that muscle from this former top dog explains why the Rhode Island Department of Health has rejected all applications to date, including 15 in early 2010. Another 21 applications were submitted at the end of 2010. Many are hopeful that with a new governor in office, Lincoln Chafee, the administration's focus will be on patient well-being once again.

Despite the politics, Rhode Island supports medical cannabis. It was approved in January 2006, not by voter referendum, but by the state legislature following the endorsement of the medical community and testimony by patients. After the vote to create a program, subsequent compassionate use center legislation, which gave the go-ahead for up to three dispensaries, was approved by 96 percent of the legislature. Momentum grew quickly; the state has 3,040 registered patients and 1,942 registered caregivers.

The Rhode Island State Nurses Association (RISNA) supports the Safe Access to Therapeutic Marijuana policy of the American Nurses Association (ANA). The policy is embedded in the organization's ethics and human rights statement. RISNA cosponsored "Cannabis: The Medicine Plant," Patients Out of Time's 2010 confer-

ence, held in Warwick, Rhode Island, in April. In attendance were 320 MDs, RNs, dozens of PhDs, and patients. The conference was approved by the American Medical Association (AMA) and the ANA for continuing education credits.

Executive Director Donna Policastro, RISNA, presented the opening statement and welcomed attendees and speakers, some of whom came from as far as Canada, Brazil, and Israel. She said that RISNA helped lobby and testify for Rhode Island's legislation and that the support of the Rhode Island Medical Society (RIMS) also helped to move the legislation forward. RIMS is a voluntary association of physicians, physician assistants, and medical students deeply rooted in the community, with a history dating to 1812. She concluded by stating that RISNA was looking forward to the compassionate use centers, and hoped that it could include them in a primary care services guide in 2011.

"It's an access issue, it's a safety issue, we believe very strongly in it, and we want to move forward and continue to be proponents of this issue," she said.

Throughout the state, from patients to medical professionals and advocates, stories of benefit and support abound.

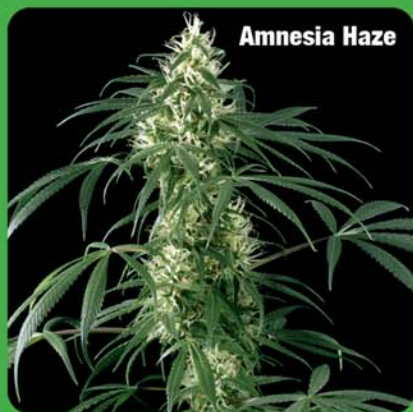
"From the get-go, acceptance of the medical marijuana program has never been restricted to a fringe element," said JoAnne Leppanen, director, Rhode Island Patient Advocacy Coalition (RIPAC). "We have everybody. In Rhode Island, things are very personal. Everybody knows somebody who is in the program or should be in the program. It's been seen as something that everybody might need. If you don't need it now, how many of us are going to get on in life with a debilitating medical condition that might benefit from medical marijuana?"

The greatest challenge in the emerging program is access, according to Leppanen. Patients approved into the program are permitted to grow cannabis or to appoint up to two caregivers to grow plants. Getting set up, however, takes awhile.

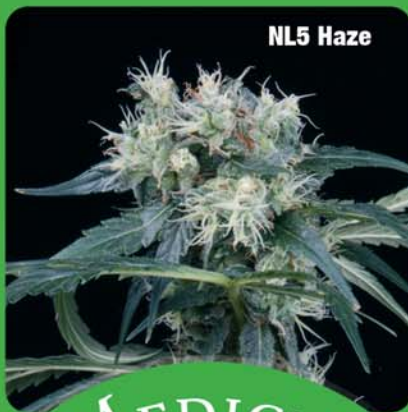
"Patients get into the program and ask, 'Where's my medicine?'" she said. "If you're going to grow it on your own, that can be fine, but some people are too sick. Some people have no housing. Even if they have the means to grow plants, growing cannabis takes time."

She's praying that the current go-round of applications is viewed in a more positive light.

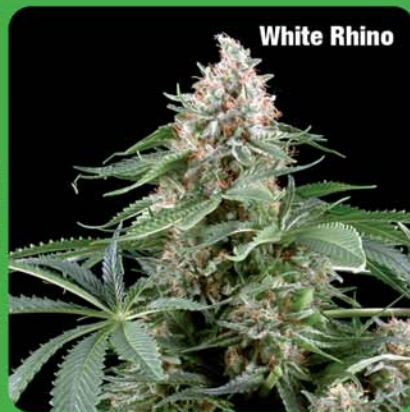
"My fingers are blue, they're so crossed," she said. "This is a huge challenge for some people. They tread water until they can get a consistent supply." ❖



Amnesia Haze



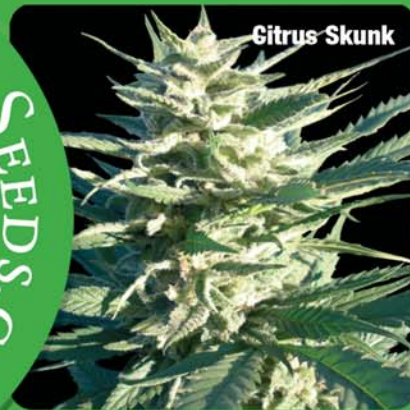
NL5 Haze



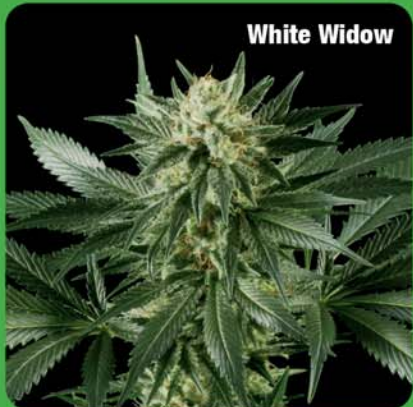
White Rhino



Skunk NL

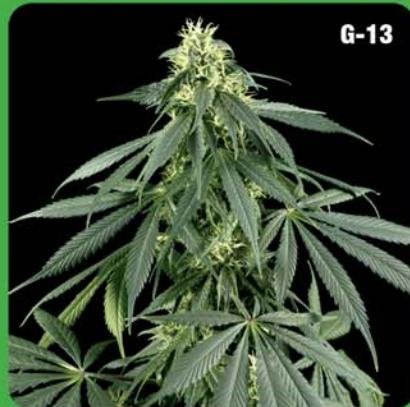


Citrus Skunk

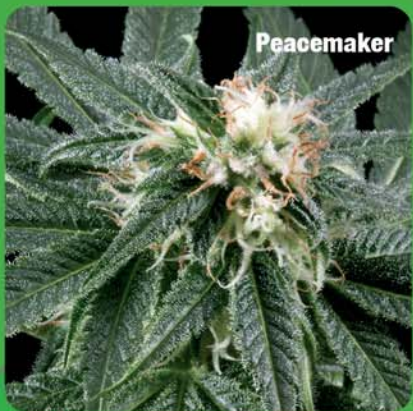


White Widow

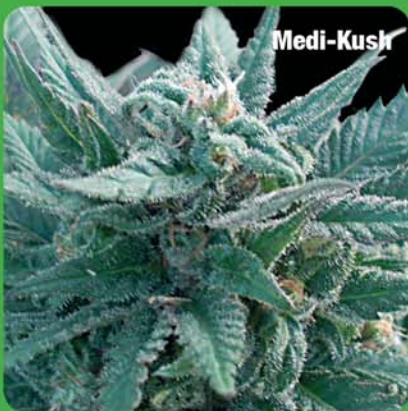
International Distributors:



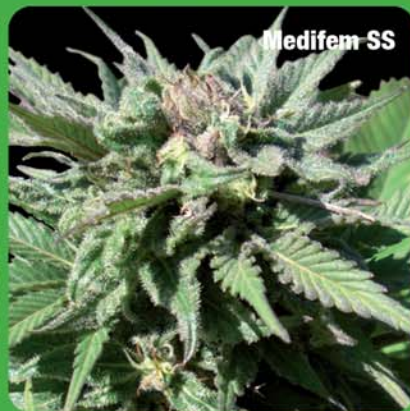
G-13



Peacemaker



Medi-Kush



Medifem SS

FINEST MEDICINAL SEEDS



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

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Size Chart

P-XS	4 fl. oz.
P-SM	7 fl. oz.
P-MED	22 fl. oz.
P-LRG	32 fl. oz.

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FRONT SIDE

Write & Erase Label



BACK SIDE

Treating Yourself Interviews

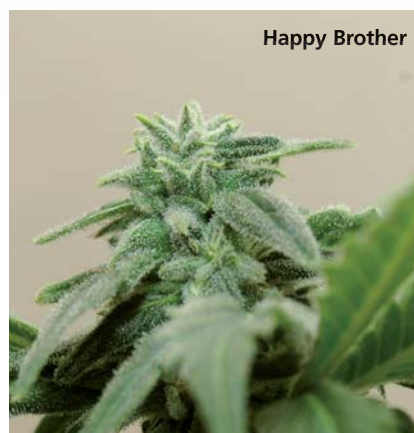


KarmaGenetics

by Harry Resin

www.harryresin.com

I had the pleasure of being introduced to the world of cannabis through my participation in one of Amsterdam's seed companies. This gave me a unique insight into Cannabis breeding. To begin with I learnt that it is a long process wrought with trial and error. To make a stabilised seed that will grow true each time, could take up to three years. It is a really long process to sift through different phenotypes as you try to get closer and closer to what you want. When I started out I did an experiment and I found that it really gave me a unique insight into the process. I decided to see what it would be like to grow out a small room of males so using a test chamber I grew out four different males in order to see how they grew. Firstly what is their structure? Will one look different from the other? How tall do they grow? Indeed all of my questions were answered. They were all different and unique and quite special. As we are normally used to growing from clones and only growing females, it was amazing to see this other side of the Cannabis plant. I also tried smoking the males just to see what it would be like. Not so tasty but an interesting end to the experiment.



As a result of my breeding experience I have remained fascinated by other breeders and the philosophy that they have. A fellow breeder and friend of mine, Karma from Karma Genetics, just recently won 3rd prize in the Cannabis Cup this past year and I thought I would sit down and have a chat with him about his breeding philosophy. He is also planning on entering the Treating Yourself cup and hopefully will also have a booth so you could all meet him. I've known Karma for about six years now having first met online and then at several 420 cups, of which he has won 3.

To begin with I was always impressed with Karma's bud. Whenever he would show up at a cup it would be like Christmas, always many different types of flavours and always finished to perfection. He's a Dutch breeder but comes from the south of the Netherlands. This also meant that he had access to different types of genetics which were not common in Amsterdam. One of the early plants that he started working with was something called Happy Brother. This is a really potent Indica, that grows short and bushy. It is a really powerful stone, a deeply sedating strain, definitely a must for those seeking pain relief. From the Happy Brother to his cup winning White OG, Karma stands on the forefront of modern breeding.

For me a modern breeder is someone who combined with his passion has a certain artistic flair for creating strains. At the moment there are two breeders like this Karma is one and Subcool is another. They are sort of the maverick's, breeders who work within their own unique styles creating phenomenal and unique new strains.

Karma being a connoisseur smoker is interested in many different aspects that the plant has to offer. He is also keenly aware of the plant's health benefits working closely with a small groups of dutch medical patients who often test out his finished fruit.

Karma began breeding in 1999 and turned to breeding in order to diversify the clones he was limited to. He said, "not many people are used to growing from seeds in holland so after I was gifted a pack I was hit by the need to further that adventure. Once I saw how much diversity there was amongst just the phenotypes of a single pack I was hooked. It made me want to explore more, from that point on I started to build up my seed collection and started growing out a bunch of new things. This inspired me to start picking out the best of what I was growing and to start combining them, sculpting new strains as a result. It was a great process and



now I'm happy to offer that work to other people to try." I wanted to know what he looks for when he makes a selection. His approach is governed first by smell and flavour. He said that although yield and structure are important for him. If it doesn't taste and smell divine then he's largely not interested, there is always the exception but for him taste is really important. His preference does lie in the Indica dominant world but he also likes his Sativa's. This was evident in his other cup entry this year, The Dominator, which was a unique haze due to it's candy like flavour.

I was also curious about mediums as when I was making seeds we solely used soil and organic nuts, Karma does the same but I often wondered what the differences were when seeds were made hydroponically. According to Karma's research he has found that seeds made hydroponically tend to have a smaller shelf life. Also he said, "I grow my weed in soil and organically why would I change my system in order to make seeds, which are the building blocks from which I grow."

When asked about the medical scene, Karma had this to say, "it's strange that 20 years ago the policy in holland led to many Americans coming over and bringing these great genetics. It really paved the way for the Dutch scene to explode, but now when more and more research needs to be done Holland is actually shifting away from the now more liberal US. In Holland it is still hard to get a prescription and your only choice is the Cannabis sold in pharmacies or the really expensive coffee shop weed. It is important for Holland to implement a system that also allows patients to grow their own medicine alongside the government grown buds.

I asked Karma what he felt about all of the Internet boards out there devoted to Cannabis as that was how we came together. I was curious what he thought about it's role in bringing people together and sharing genetics. His belief was that for Cannabis people the internet makes the world smaller, it gives things a global context. He also feels that it really sped things up with regards to spreading new genetics and breeding. Now you could have people from all over the world growing and testing yourself out. If they find a good phenotype you can usually ask for it back and they'll send it to you. It has also allowed for us to send European

strains over and to have our North American friends reciprocate by sending us stuff. As far as his company Karma Genetics the Internet really made things go quick, as he established himself as part of this new breed of seed company, that made use of the internet to interact with growers while spreading new genetics.

One thing that Karma was pretty adamant about was the destruction feminization has on the gene pool. I have to say based on countless stories i've heard and research i've done I have to agree with Karma and do not see feminization as a good thing. His feeling is that it allows for inferior genetics to be widely spread. There are few breeders out there really taking their time to breed out any hermaphroditic tendencies in their female seeds.

As far as all of these new companies springing up in Spain and other countries around the world Karma feels that breeding involves time and patience, you cannot rush things. New companies that suddenly have all of these new crosses are simply making fast hybrids that largely go untested. Karma says this is another reason why the Internet is so powerful as it acts as a sort of proving ground for new genetics. The people will always speak up Karma says.

Karma is currently working on a line of Kushes that range from his new cup winning **White OG** to the **Lucifer OG**, which is an HA OG cut crossed with an SFV male. Another one of his new ones is the deadly TK, or **Triple Kush**, this is a blend of Sour Diesel and SFV OG. At the moment his seeds are available online at thcfarmer.com and some of the other forums. Check him out.

Peace and love 🇺🇸

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Jack Flash



Jack Flash



Jack Flash

Strain: Jack Flash
Breeder: unknown
Grower: BoneDoc
Judge: Snafu
Date: January 7, 2011

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

2. Visible Trichomes: 8 *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:

Green, Red, Rust, Purple, Black

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

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

Peach 3, Floral 2, Grapefruit 2, Menthol 3, Mint 8, Lemon 3

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

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

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

Comment -



1. **Utensils:** Volcano vaporizer
2. **Taste descriptors:** Use numbers 1-9 that apply to the taste where 1 indicates a subtle presence and 9 indicates a very pronounced presence
Melon, Cedar 3, Mint 8
3. **Taste:** 8 Impression of the taste from 1-10 unpleasant-delicious.
4. **State of dryness:** 6 1-10 wet-dry where 5 is ideal.
5. **Smoke ability:** 9 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 pretty little lady took me back to a time when life was simpler, and a glass of tea was the only thing i needed for rest a cup sleepy time tea drizzled with honey. to sum up the smoke is mint punch in the mouth with a strong melon influenced after taste :)

FOLLOW UP QUESTIONS

1. **Dosage:** - 3.5 bags to reach desired effects.
2. **Effect onset:** 2 Rate of how quickly the effect hit from 1-10 immediate-major creeper.
3. **Sativa influence:** 8 Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
4. **Indica influence:** 3 indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
5. **Potency:** 8 Rate the potency of the sample from 0-10 none-devastating.
6. **Duration of effect:** - 15 hrs
7. **Tolerance build up:** - Rate of how quickly tolerance builds from 0-10 none-rapid.
8. **Usability:** - from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
Morning/wake up 6 Day/work 5 Evening/relax 8 Night/sleep 4
9. **Overall satisfaction:** 7 Rate your overall satisfaction from 1-10 poor-Holy Grail.
10. **Ability and conditions:** 6 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 |
| - Anxiety relief | - Sex drive |
| - Appetite | - Sleep |
| - Audio perception | - Speech process |
| P Humor perception | - Taste perception |
| P Imagination/creativity | P Thought process |
| - Pain relief | - Visual perception |

Extended Medical Survey:

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

FINAL COMMENTS: -

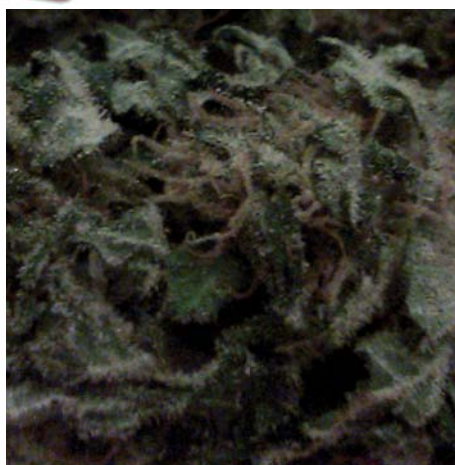
This young lady was a fighter but she just kept hitting me in the wrong places at some of the right times! so partial she worked, got my mind going and allowed me to think about things creatively while still able to function! form and function is how i would describe this lady if you aren't in serious pain and are into the funny creative highs :)



Mr. Magoo's Choc. Orange



Mr. Magoo's Choc. Orange



Mr. Magoo's Choc. Orange

Strain: Mr. Magoo's Chocolate Orange
Breeder: Mr. Magoo
Grower: 420grower
Judge: Skunk-mad
Date: February 2, 2011

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 - 10% Cloudy 70% Amber 20% Dark -

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

Brown 2, Green 3, White 6, Rust 2, Orange 3

5. Bud density: 9 Bud density from 1-10 airy-dense.

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

Earthy 2, Fruit 4, Menthol 2, Hash 7, Skunk 8, Orange 8

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

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

9. Weeks cured: 2+ If know the number of weeks your sample has been cured.

Comment -

When I first saw this bud, I was overwhelmed at the crystal content and how covered the buds were with trichomes. The bud is very dense and compact. When I looked at the bud under the scope, the trichomes were very long, with small heads, but they totally covered every part of the bud. This strain truly looked like it had been dipped into sugar with a 10/10 for bag appeal; an all-around excellent look.



- 1. Utensils:** joint with Headquarter papers and with Jamaican rum 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
Earthy 3, Fruit 4, Chocolate 6, Hash 5, Skunk 7, Orange 6
 - 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:** 3 smoke expansion in the lungs from 1-10 stable-explodes.
- Smoke Test Comments:** - This is one of the only strains I have come across that works well for moderate to severe pain but also is a very motivational smoke. The smoke is very thick, with a lovely taste of oranges on the inhale and chocolate on the exhale. A very pleasant strain to smoke, which is very smooth on the throat and very fast acting.

FOLLOW UP QUESTIONS

- 1. Dosage:** - 2 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:** 8 Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- 4. Indica influence:** 2 indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
- 5. Potency:** 9 Rate the potency of the sample from 0-10 none-devastating.
- 6. Duration of effect:** - 2 hrs
- 7. Tolerance build up:** - 2 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 3 Day/work 7 Evening/relax 7 Night/sleep 8
- 9. Overall satisfaction:** 8 Rate your overall satisfaction from 1-10 poor-Holy Grail.
- 10. Ability and conditions:** 8 Rate your overall ability to judge from 1-10 low-high.
- 11. Do you personally consider this strain a keeper for long term use?** Yes
- 12. Effect:** What effect did the strain have 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
- Humor perception	P Taste perception
P Imagination/creativity	P Thought process
- Pain relief	- Visual perception

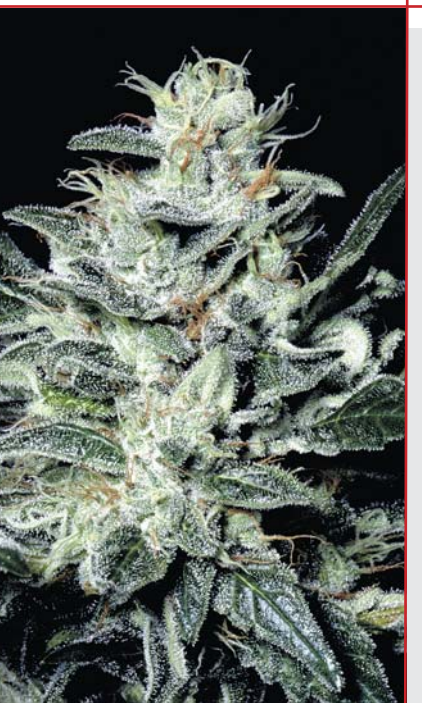
Extended Medical Survey:

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

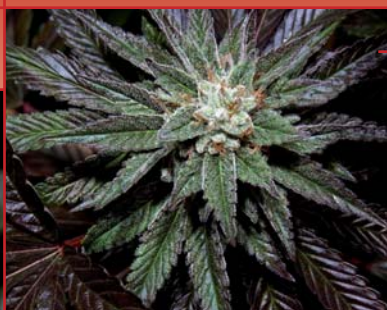
FINAL COMMENTS: - All that tested this strain were very pleased with the effects it gave. The pain relief is almost immediate, but it still leaves you feeling motivated and is great to get your creative side active. When we tested this strain, I had a lot of rubbish on my chest; this strain seems to have helped loosen the rubbish, and now my chest is a lot better. Overall, an excellent all-around strain. Thank you, Mr. Magoo.



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LA Confidential - DNA seedbank

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White Widow x Nuken	\$45.00
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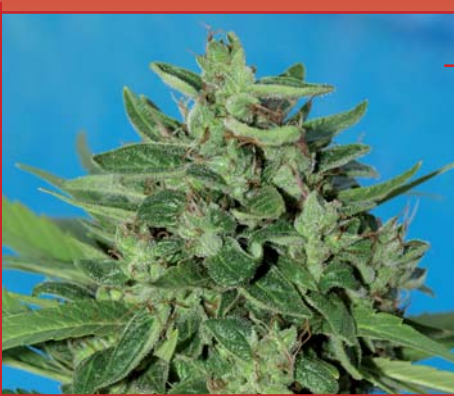
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Super Lemon Haze	\$68.00

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Indica mix F	\$48.00
Indica mix G	\$48.00
Indica mix H	\$48.00
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Kannabia special	\$44.00
La blanca	\$44.00
La reina de africa	\$44.00
Mataro blue	\$44.00
Original berry	\$44.00
Power skunk	\$44.00
Smile	\$44.00
Thai fantasy	\$44.00
White domina	\$44.00
Queso	\$44.00
Afrodite auto	\$44.00
Big band auto	\$44.00
Bcn diesel auto	\$44.00
Kannabia special auto	\$44.00
La blanca auto	\$44.00
Mataro blue auto	\$44.00
Power skunk auto	\$44.00
Smile auto	\$44.00
Thai fantasy auto	\$44.00
White domina auto	\$44.00
Flash auto	\$44.00
Gnomo auto	\$44.00



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REGULAR PACKS OF 15

Afghan Haze	\$102.00
ASH Afghan Skunk x Afghan Haze	\$86.00
Black Widow	\$102.00
Critical Haze	\$120.00
Critical Mass	\$102.00
Critical Skunk	\$86.00
Devil	\$86.00
Dreamtime	\$53.00
Early Queen	\$68.00
Early Queen x Afghan Haze	\$102.00
Early Skunk Haze	\$120.00
Early Skunk	\$86.00
G13 x Haze	\$120.00
G13 x Skunk	\$86.00
G13 x Widow	\$102.00
La Nina	\$120.00
Angel Heart	\$102.00
MangoHaze x Afghan Skunk	
Mango Haze	\$173.00
Angel's Breathe	\$120.00
Mango Haze x Afghan Haze	
Mango x Widow	\$102.00
M.Kush x Afghan Haze	\$102.00
M.Kush x Skunk	\$86.00
Medicine Man	\$120.00
Neville's Haze	\$173.00
Neville's Haze x Mango	\$102.00
Neville's Skunk)	\$102.00
Neville's Haze x Afghan Skunk	
NL5 x Haze	\$120.00
NL5 x Afghan	\$86.00
NL5x Skunk	\$86.00
N.H.S NLx Haze/ Skunk	\$102.00
Ortega	\$102.00
Shark Shock	\$86.00
Shit	\$53.00
Skunk Haze	\$120.00
Spice	\$86.00
Super silver Haze	\$173.00
Walkabout	\$35.00
pink Floyd	\$102.00
U2	\$102.00
The Stones	\$102.00
The Cure	\$102.00
The Doors	\$102.00



NEXT GENERATION

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Diablo	\$80.00
Grape Fruit Haze	\$80.00
Medicine	\$80.00
Romulan Diesel	\$80.00
Romulan Haze	\$80.00
Avalon	\$80.00
Blue Dynamite	\$80.00
Bonkers	\$80.00
Dynamite	\$80.00
Grape Fruit Kush	\$80.00
Island Sweet Skunk	\$80.00
Romulan	\$80.00
Romulan Max	\$80.00
Romulan x Hash Plant	\$80.00
Romulan x Time Warp	\$80.00
Time Warp	\$80.00
FEMINIZED PACKS OF 10	
Grapefruit Diesel	\$140.00



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Feminized Packs Contain 5 Seeds

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Bubblelicious	R\$30/ F\$38
Chrystal	R\$30/ F\$38
ICE	R\$30/ F\$38
Indoor Mix	R\$30/ F\$38
Medusa	R\$30/ F\$38
Papaya	R\$30/ F\$38
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White Castle	R\$30/ F\$38
White Rhino	R\$30/ F\$38
White Widow	R\$30/ F\$38



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Wappa	\$45.00
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Automaria	\$60.00
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Pandora	\$60.00
Lucid Bolt	\$75.00
Vertigo	\$60.00
Alikush	\$75.00
Atomical Haze	\$90.00
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Indica Pack	\$87.00



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MK Ultrawreck - THSeeds

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Sage 'n Sour	\$120.00
Kushage	\$105.00
Burmese Kush	\$110.00
Da Purps	\$90.00
A-Train	\$105.00
Wreckage	\$90.00
Lambo	\$120.00
Darkstar	\$125.00
Skunkage	\$45.00
Cold Creed Kush	\$120.00
**Mkage	\$120.00

FEMINIZED PACKS OF 5	
S.A.G.E	\$60.00
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MK Ultra	\$75.00
A-Train	\$60.00
Kushage	\$60.00
Sage'n Sour	\$67.00
**Mkage	\$65.00

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Chem 4 OG	\$110.00
Chem Valley Kush	\$110.00
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Chem 4	\$110.00
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Regulator Kush	\$110.00

RESIN SEEDS

FEMINIZED PACKS OF 5	
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Northern Light	\$52.00
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Critical	\$52.00
Indoor Mix	\$45.00
Outdoor Mix	\$45.00
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Easy Bud	\$41.00
Quick One	\$45.00
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Bubble Gum	\$105.00
Chronic	\$105.00
Kali Mist	\$120.00
White Russian	\$105.00

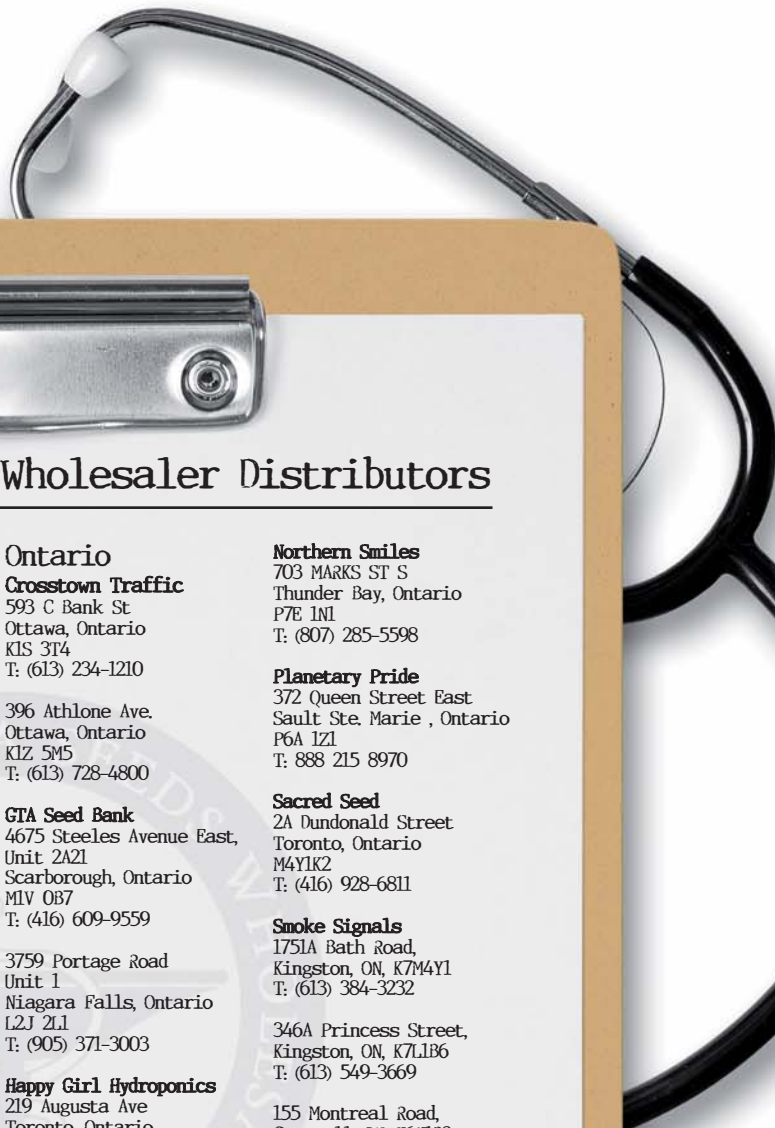
FEMINIZED PACKS OF 5	
AK47	\$120.00
Chronic	\$105.00
White Russian	\$105.00

SOMA

REGULAR PACKS OF 10	
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Buddha's Sister	\$120.00
Sogouda	\$150.00
Lavender	\$120.00
Kushadelic	\$150.00
NYC Diesel	\$195.00
Somantra	\$150.00
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Funny series of young Shantibaba... from the vaults of Dad he was the photographer.



Seems more than strange to grow up as a child and see how important my parents and their peers viewed providing for us and having enough money to make our lives comfortable, yet the most valued memories of my childhood were the free ones. I mean the love, good health, laughter and respect we all had as a family meant more than having the new bike or where we went for holiday, as long as we were together, it all felt right.

As I entered the world of adulthood, I soon learnt nothing is free or no one waits for you or really cares, unless you pay your bills and do what you say you do. Actually, I saw relationships crumble and marriages decay all because of the money situations people got themselves into! The problems of greed and self importance lead to a lot of these issues and ultimately to the irreparable situations that expired.

Like most people at some stage of their life, the questioning of all you do and for what began to unbalance my thinking? I mean running so hard for the almighty dollar meant losing sight of my kids growing up or precious moments that came and went while I ran around working to pay a mortgage. It seemed to me that most, who allow themselves to get caught in to believing the lies and dreams

of others and how money will solve all, are really the ones who never had the experience of having money, to know.

I woke up one day to myself and the lies I had subliminally been sucked into just by being a part of society, and trying to do it like all the rest. So I began to ask myself a few basic questions to try and change my situation and slowly my future became clear. 'What would I be doing if it was not for money?'....and 'Am I doing it?'.

Funnily enough for me these two little questions were able to weed out the things in my life that did nothing to enhance my world but bring in money. In a short time I was heading down a road that showed me my work was what I would be doing anyway if I did not have to worry about money. It revealed to me that with a little discipline and a few monetary sacrifices for the good of one's soul, that pathway to being happy was not rated by the amount of money something paid but what it brought to me and how it made me feel!

In fact once I stopped to view things rated in the monetary world, I began to see how important little things were to me and how the big things were not. It sculpted my future without intention or expectations. I began to separate money things clearly from the important things

On the road to good you always have trying times and moments of crisis.

Do not be fooled, the money god and capitalism will not be our only salvation...!

that were not related to financial gain. For example I was always restricted by how many plants I could crack from seed in making selections of a special mother plant. As soon as I decided that 500 seeds was a realistic and fair amount for me to make a good selection of a mother, my quality of work increased dramatically. Until that moment I did 20 or 50 seeds for selection and quite often did not find anything after a 6 month search and a lot of physical work. To be harsh, I felt I ceased prostituting myself and my skills solely for a bank balance.

Considering I chose to work with plants and loved to work outside and in greenhouses, the money it brought to me and my family that allowed us to live, also felt fine in the scheme of things. I loved to plant seeds and nurture plants to flowers and fruits and vegetables. I still do and will never be bored of this with or without money so it is something that makes me tick.

Over the years the choices I have made determined my place in the world, but if you would have asked me as a kid what it is I want to be when I grew up, well it would simply have been what I thought I wanted to be. The most revealing part of asking me these two questions throughout my life has been the fact that I slowly evolve into my real job and one that suited me and fulfilled me, rather than does something because it paid me. So as a consequence I have become good at what I do whilst enjoying what I do...hardly what you would call work!

However I have not seen this to be the case around me. I have lost friends and friendships changed as people's



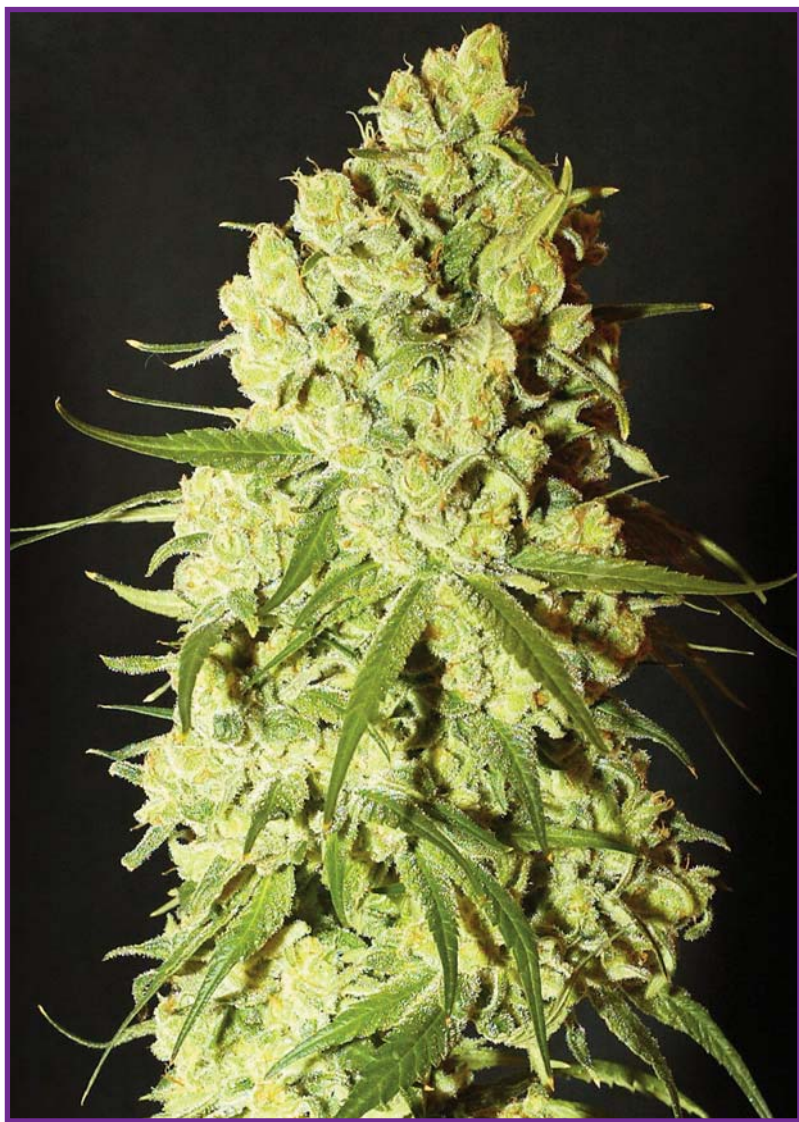
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frustrations and money problems dominated their lives. I watched people in the Cannabis industry swop jobs thinking the grass was greener on the other side but to find they were wrong when they got there. Or else they sacrificed friends along the way in the lure that more money was what they wanted. I have been partners with people who never needed to work as they had sufficient money, but it made them unhappy and they lost sight of all things except ones that made money. I saw people with good ideas and innovations loose out while imitations flourished. I saw telling false stories in the name of advertising made more money

than telling the truths for some. I saw a lot of things that did not make sense or seemed fair. In fact I would go so far to say that money has smoked screened our visions and tainted our goals at times.

However since we live now in a world that has become dominated by commercialism and rates success with a monetary value, it is not good enough to discredit the value money has brought to many lives. Using money responsibly is a talent and can set in motion many ideas that could not have been conceived prior to having a budget to do them. Money should be viewed more like a tool or utensil, rather than given the god-like status it has reached in this modern day.

One practical application in the Cannabis industry that money has begun to make a difference is research and development. Being involved in a joint venture between Resin Seeds and Mr. Nice Seedbank to define the first ►



High CBD strain- Cannatonic by Resin Seeds

real medical strain of cannabis from its chemo type is one such positive element money has enabled. Testing strains, F1 lines, inbred lines and numerous progeny generations of seed combinations by gas chromatography and chemical tests for cannabinoids has advanced our guesses into realities.

Technology has played a major role as too have the lonely researchers who do the testing in laboratories for a fee. Whereas before this was not even considered because we did not have the money nor were allowed to do such things, now we can breed with security and with a defined goal from the start which has reduced wasting our time and made things more precise from a scientific point of view. In fact we now have a way to see what was invisible before, and this too is due in part to the financial backing and development of machinery to see what we did not know existed before. In some ways it

has acted like an eye glass in to the microscopic world and in doing so revealed recipes and building blocks.

To think most people go about their day in the event to win enough money to survive and feed themselves, is difficult. But in the same day others with enough financial power can also advance the way we see the world and try to explain and improve it for all! Without making an opinion, it would seem the responsible use of money or anything that acts like it has improved the life of Mankind on Earth.

Money and what it brings to the world has been both positive and negative. Other species do not use it so it is unique to man. Some would argue that it has made Mankind unnatural to some extent, while others would counter this by stating it has acted as a tool to make us the dominant species on Earth. Whichever camp you are in there is little doubt that in the last few thousand years; financial systems have changed the course of our existence as a species in the scheme of Nature.

In fact we reached higher highs and lower lows than ever before in the history of man the past 100 years and since industrialization. This is a fact not an opinion. Whether our future on Earth will rely on money is debatable for me, but if you were to judge it from the point we have reached, it seems that responsible use of money in society has enhanced and projected us from Ape to Spaceman in a short time frame. So next time you are having that moment of doubt about what you do and why you do it, remember with money we buy time and the freedom to choose our ways, without it we are laboring the fields to survive and feed our families. 🍀



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Sensi Star

As mighty as ever

by Green Born Identity - G.B.I.

Cultivation data

Strain: Sensi Star

Pedigree: Afghani with a hint of sativa

Genetic type: Mostly Indica

Vegetative stage: 24 days

Flowering stage: 56-63 days

Medium: standard grow-mix

pH: 6.2-6.8

EC: max. 1.6-1.8

Light: 600 W HPS Osram Planta-T

Temperature night: 18 °C

Day: 24-28 °C

Air humidity: max. 60 % in the flowering stage

Watering: by hand

Fertilizer (veg. stage): House & Garden A + B

Fertilizer (flowering stage): House & Garden A + B, PK 13+14 in the sixth week

Stimulators: "Exelent Explosief" bloom stimulator

Height: 60/66/68/72/74 cm

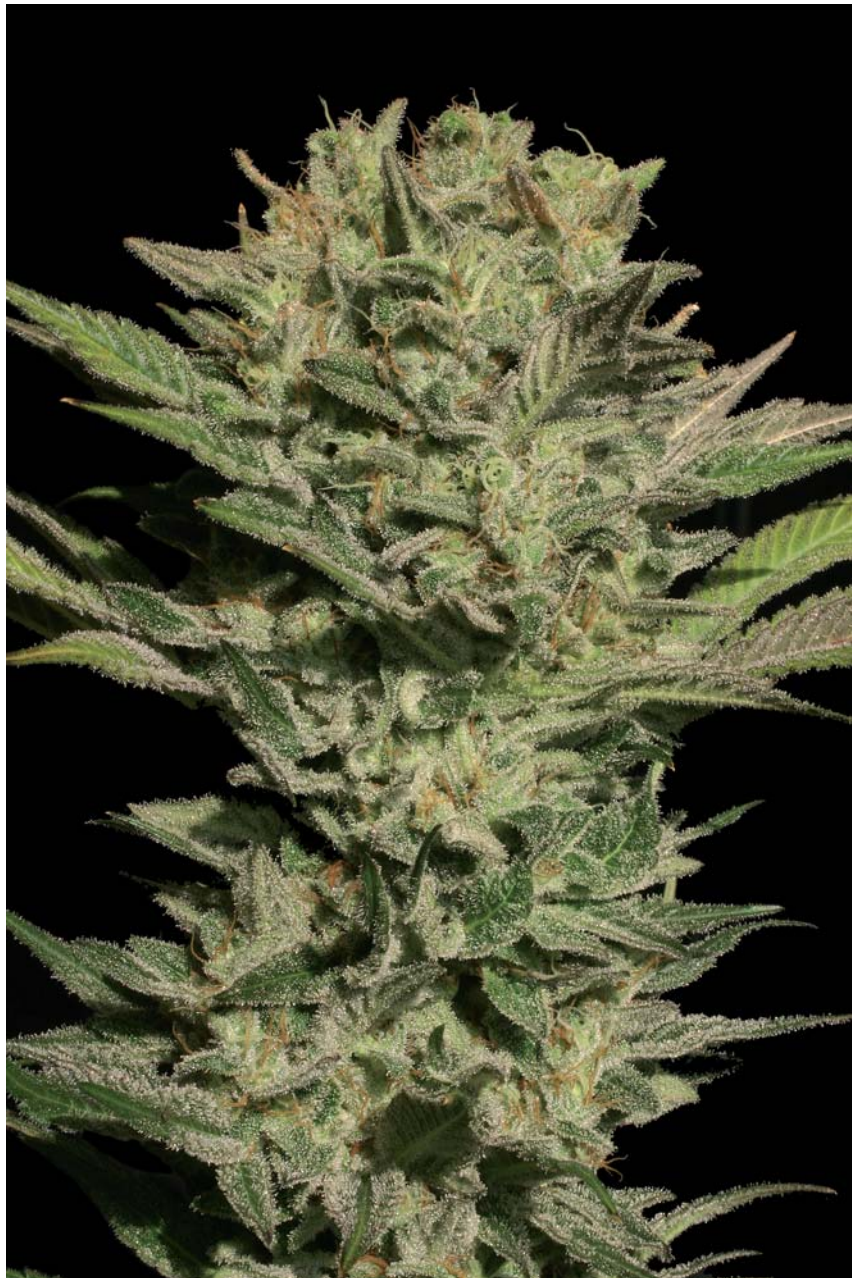
Yield: 20/24/22/31/25 grams



Introduced to the market in 1995, Sensi Star has become a modern classic, a timeless evergreen that still belongs to the most popular cannabis strains worldwide after all those years. Reason enough for Mr. Power Planter to take it to the test and find out whether this mostly indica strain has remained as vital and potent as ever. The exact genetics of Sensi Star are kept secret, but a quite high percentage of Afghani genetics is for sure, supplemented by a hint of sativa which is clearly noticeable in the high according to Paradise Seeds.

With ten awards gained at several weed cups during the past 15 years, Sensi Star also belongs to the most awarded cannabis strains available. After its introduction, Sensi Star quickly became the flagship of Paradise Seeds, thanks to its outstanding potency and other favourable characteristics such as its stout height, dense white bud formation, enormous potency and spicy-minty floral notes. However, it was not before 1999 that Sensi Star took the indica crown at the worldwide best-known and highest cannabis cup: The High Times Cannabis Cup. In the same year, it even also won the Highlife Cup. Beginning from 1999, Sensi Star started a triumphal procession that was continued in 2000 with a second prize at the High Times Cup (indica category) and, a real highlight again, the award "Plant of the year 2003", bestowed by High Times magazine. Sensi Star affirmed its superior status also after that, winning the bio category at the Highlife Cup 2004, gaining second place at the Spannabis 2005 in Barcelona and third place at the International Cannagraphic Grower's Cup 2005 in Amsterdam. Then in 2009 Sensi Star was winner of a 3rd prize at the Highlife cup 2009, and in 2009 it was declared Plant of the Year by Soft secrets magazine. And in 2010 Sensi Star won nothing less than first place at the Highlife Cannabis Cup, the latest of an impressive list of prizes.

However, one might argue "These winner-buds were grown by the seed bank itself or cooperators, so they used special genetics that differ from the actual commercial seed strain." At least, they are all grown from superb clones and not directly from seed. And a seed strain has to prove its value first of all in terms of genetic homogeneity of a whole crop grown from seed, a criterion that can only be scrutinised by sowing a complete seed package and comparing the plants

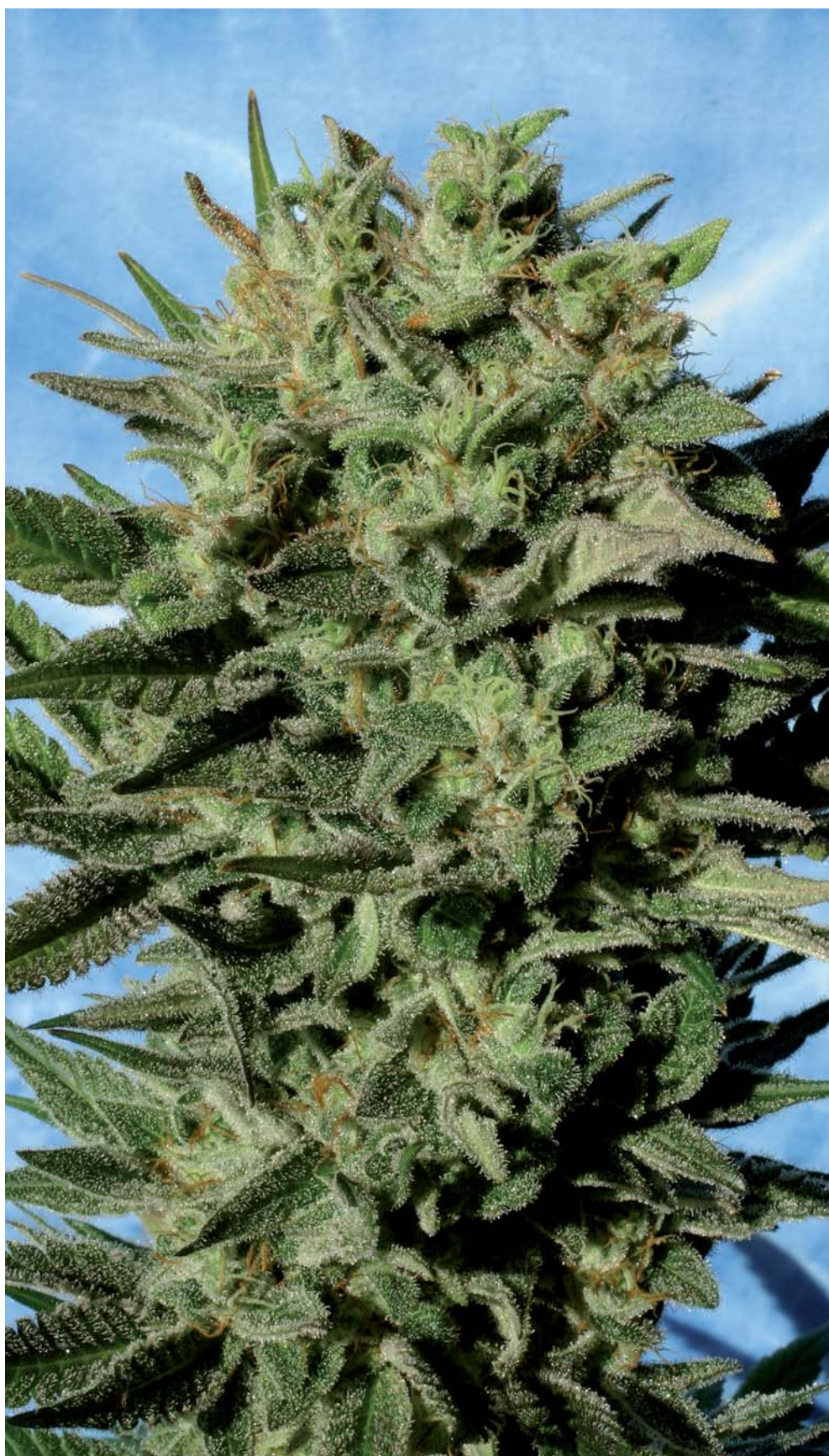


emerging from it. Once again a worthy job for Mr. Power Planter who germinated ten Sensi Star seeds in small peat pots filled with seedling soil. Nine of them had sprouted after four days and were raised under 18 hours of daily light (600 W HPS Osram Planta-T) in the vegetative stage. One week after germination, the plants were transplanted to six litre pots with ready-made soil mixture. Mr. Power Planter knew that Sensi Star doesn't like high levels of nutrients and therefore restricted the EC to a maximum of 1.6-1.8 mS. The plants grew very homogeneously: When flowering was induced 24 days after germination by reducing the light regimen to 12 hours, the difference in height of the shortest and tallest plant amounted to merely 13 cm, with most of the plants having more or less the same height, between 40 and 53 cm. They exhibited indica-typical dark green leaves and ▷

moderate side-branching. Nine days after flower induction, all of the plants had revealed their gender. There were five ladies and four males. Flowering proceeded very well: As early as in the fifth week of blooming, the plants already appeared white with resin, definitely asserting Sensi Star's reputation as "white strain". Another three weeks later, the buds were frosted all-over, also the flower leaves were completely coated with rich amounts of resin glands. The flower structure and calyx-to-leaf ratio of the five plants was either identical or very similar, looking indica-like, but with hairy clusters and easily cuttable short indica flower leaves. And also in terms of density, the buds could convince Mr. Power Planter, being very solid and quite broad. Their scent was quite unusual and corresponded to what breeder Luc says about his Sensi Star: "Her bouquet is strong and somehow fresh like mint, metal and oxygen combined, crazy, hard to explain."

The plants turned out to be highly homogeneous, measuring 60, 66, 68, 72 and 74 cm in the end and matured within the 56-63 days span stated by Paradise Seeds. The plants' uniformity was awesome, they almost looked like clones actually, providing great proof of Luc's gifted breeding skills. When the buds had been dried, single plant yields turned out to be between 20 and 31 grams, what can be considered a good harvest from seed, especially in relation to the fairly small size of the plants. When it came to smoking, the Sensi Star buds could keep the promise of their look, delivering a strong body sensation, but also a certain degree of energetic cerebral effects, thanks to the slight sativa influence. Smoked in a bong, these Sensi Star buds were a one-hitter that would last for hours, pretty damn strong stuff, presumably with a THC content of 16-20%, as measured in different Sensi Star THC tests in the past. The taste was complex, even sweeter than expected and quite mild, with minty and metallic undertones, highly enjoyable.

Without a doubt, Sensi Star is as mighty as ever, maybe even stronger than ever, and an excellent champion variety to grow from seed. 🇨🇦





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How to Yield Pounds per Plant

Five Grow Secrets of the West Coast Masters

By Dru West

Each medical marijuana program across the US sets limits on the numbers of plants that patients and caretakers are allowed to grow at a time. However, with these limitations in place and using conventional growing techniques, it can be difficult to produce enough medicine to satisfy your needs. Here in Oregon, it has been reported that as many as half of the state's almost 40,000 card-holding patients have trouble consistently getting the medicine they are entitled to for pain relief.

To overcome these limitations, a secret society of master growers throughout the mountains and valleys of the West Coast have developed advanced growing techniques and equipment in their basements, garages, bedrooms, and attics. The results of these efforts have to be seen to be believed. While most growers are content with a yield of 2 to 4 ounces, these West Coast Masters consistently yield well over a pound per plant indoors, all while staying within the limits of their respective medical marijuana programs.

To achieve massive yields from individual plants, West Coast Masters realized that they needed to totally rethink their growing strategy. They even studied disciplines such as bonsai to work out the best way to develop dense, oversized, symmetrical canopies, and custom-built their own equipment as they outgrew what was available on the market.

I am one of these masters, and I have revealed our never-before-published growing secrets in my coming book *The Secrets of the West Coast Masters: Uncover the Ultimate Techniques for Growing Medical Marijuana*. From setting up your grow room to drying and curing your medicine, I leave no leaf unturned in showing you the ways of the Masters.

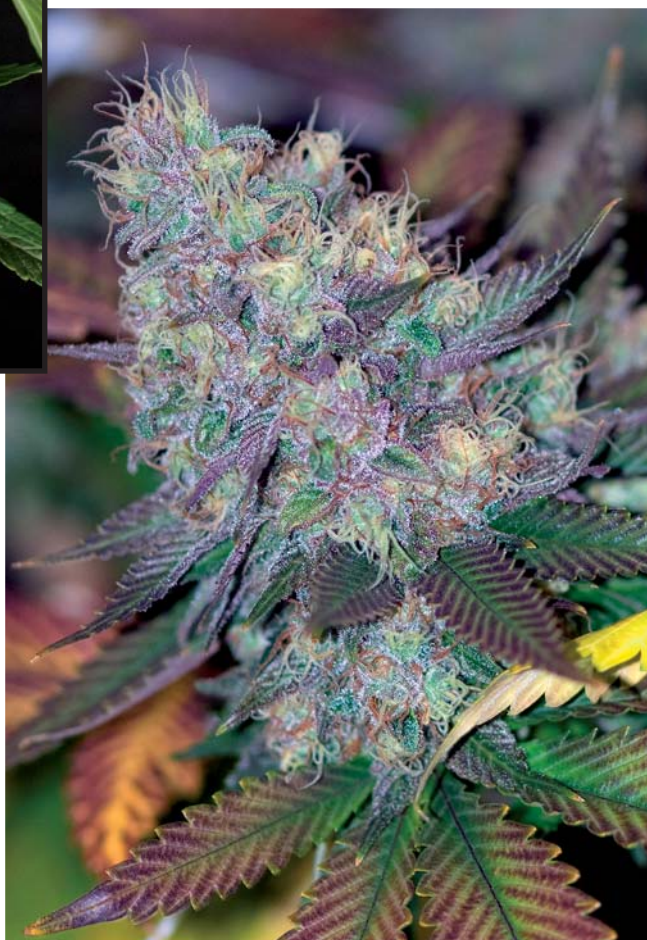
To give you a taste of what the book holds, here is a selection of five secrets that we are using to train our plants into monsters capable of yielding pounds of medical-grade marijuana.



Secret #1: Topping

Topping is the process of removing the top node of a plant or the last node of any branch. This is done in order to stop the vertical growth of the stalk or of each individual branch that forms the plant's canopy. Topping promotes accelerated growth within the plant's lower branches, and it also causes the branches directly below the cut to extend outward, replacing one flowering top with two. West Coast Masters top the plant above the sixth branch, then remove the bottom two branches so they are left with four main branches growing from a short stalk. These main branches will grow out in separate directions, forming the structural basis of the plant, and sub-branches will grow out of them, later filling out the interior of the canopy.

Topping is accompanied by the training techniques of bending, tying, and pruning to produce a large symmetric plant with a level canopy that will fill up a 4' by 4' area.



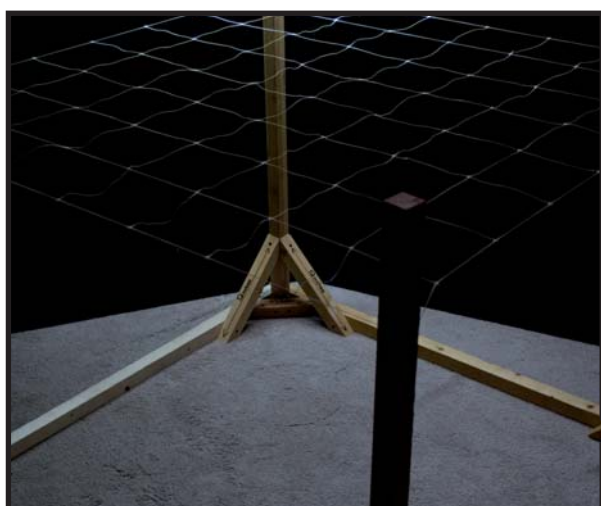
Secret #2: Bending

Bending is used to level the plant's canopy. Plants send the most growth hormone to the tips of their branches that are elevated highest, as these branches have the best chance of being pollinated. Plants can identify these branches because of their sensitivity to gravity.

Whichever branch is highest will continue to be dominant if it is not controlled. Once the plant reaches the reproductive stage, this dominant branch will really take over and produce the largest bud. You can see examples of this when you look at the typical picture of a plant with one big center cola bud and several smaller buds below it on its sub or secondary branches. This produces great bud porn for magazines, but will not yield anywhere near as much as using the West Coast Masters techniques. ▷



A West Coast Masters' Grow Room - Note this is only 8 plants!



Instead, we aim to produce these big buds on each of the 64 tops of our plants. All killer and no filler. This is achieved by maintaining a level canopy, using the techniques of bending and tying the branches.

In ideal conditions, marijuana plants can grow between 1½ and 2 inches per day, which means that every day there will be new branches popping up trying to become the dominant one. This will not be tolerated. You have to step in and pull them back in their place with the rest of the branches. This is done by bending at first and tying if you run into a real rebel.

Bending branches is simple. You just gently bend them over so their tops are below the level of the canopy. This will give the other branches a chance to catch up. The branch that was bent down will return back to normal in the time it takes the others to grow up to it and will continue to grow along at the same rate.

The West Coast Masters believe that bending is a much more effective training method than the antiquated super cropping methods that involve breaking and stressing out your plants. Once branches are bent, they can be quickly unbent. The same is not true for broken branches.

Secret #3: Tying

Tying is used when you are manipulating the shape or structure of the plant. You may need to do this to fill an empty space in the canopy, or to permanently lower or raise a branch. Tying can also be used in an effort to assist the bending process, as some branches can be so vigorous that bending alone will not hold them down long enough for the other branches to catch up. However, unlike structural ties, these will need to be removed once the others have caught up.

The best material to use for tying down the plant is 12-gauge green insulated ground wire, which can be purchased at any hardware or home-improvement store. Reusable ground wire works well because it is sturdy and flexible and can be easily attached to your pot or training rail. It can be formed into all kinds of shapes to be used in the most intricate of applications. The fact that it is insulated is also important because it won't rust and cause infections to the plant.

When tying, it is important not to wrap the wire too closely around a branch, because as the branch grows, it widens. If the wire is wound too closely around the branch, it will begin to impede the growth, and the branch will be forced to grow within the limitations of the wire, severely weakening the plant. It is comparable to putting a balloon halfway through a key ring and then trying to inflate it.

Secret #4: SCROGGING

A SCROG is a structure that suspends a net over budding plants. It is used to train the plant and offer support to



the branches once they have developed their heavy buds. S.C.R.O.G stands for SCReen Of Green, which is a play on Sea of Green, commonly used to refer to a small area filled with a large (often illegal) number of marijuana plants.

The term SCROG has been used for several years now, but is generally associated with growing large numbers of plants in makeshift hydro systems that offer no structural support for the plants. Though these systems are far inferior to what West Coast Masters are using, we have to give credit where credit is due, as they did offer a bit of inspiration when we were designing ours.

It is safe to say that currently less than five percent of marijuana growers in the world understand and use SCROGs in the same manner that West Coast Masters do. It is one of our best-kept secrets. We use individual 4' by 4' SCROG units for each plant. They are multipurpose tools that are vital for producing the best possible yields from your plants and are the basis for the shape we train the plants to take. They add additional support for each of the branches, encouraging the growth of larger and heavier buds. They also make it possible to distribute all of the branches into a place where they maintain a level canopy with one another in order to receive ample amounts of light.



Secret #5: Pruning/Thinning

While you are training your plants, you should be doing a lot of pruning and thinning. This is because you need to quickly remove all the unnecessary little branches that appear before they steal energy and nutrients from the more important parts of your plant. Once your plant goes into the budding stage, you don't want anything but fan leaves growing below the tops that you have developed.

When you add your SCROG, all of the extra growth below the net, aside from fan leaves, must be removed. This extra growth is removed because it takes energy and nutrients away from the tops. Because it is below the SCROG line, it will not receive any light and will therefore never fully develop. It is better to let that growth happen with your big buds instead.

Always do your pruning with a sharp, clean pair of garden scissors or a new razor blade. Make all your cuts as close to the branch as possible, not allowing any portion of what was cut to remain intact, as this could cause an infection in the plant and/or attract pests.

More Secrets of the West Coast Masters

To learn exactly how the West Coast Masters put these techniques and more into practice to deliver massive yields, you need to get your hands on the hottest grow book of 2011, *The Secrets of the West Coast Masters: Uncover the Ultimate Techniques for Growing Medical Marijuana*, launching internationally on April 20. Order your copy today at westcoastmasters.com or turn to page XX for your chance to win one! 🍀



The Gas Lantern Routine for Growing Cannabis

By Daniel Boughen

Observing Natural Cycles

During the course of my observations growing cannabis, I have noticed that factors such as clone burn-out seem to suggest that overexposure to light is adversely affecting the hormonal balance of the growing plants and causing the genetics of the cuts and seedlings to degrade over the course of several generations. Cannabis seems quite happy when the hormones are allowed to properly build up more during a natural outdoor vegetative cycle, and this may contribute to more balanced levels of THC and CBD, resulting in a more positive response to triggering, and better-quality medicinal cannabis being grown.

I turn to the conditions of nature to find the solution, and in a natural model, I can see that from the point of view of the plants, the sun gradually moves past, casting sunbeams and shadows of objects and trees in front, beside, and behind the plant successively across photo surfaces during the course of the day. This clearly shows that in the natural environment, the play of light and shadow are significant to the natural progress of the plant.

Even in a northern climate, there is no such thing as 18 hours of direct and intense lighting anywhere to be found, and most areas where the summer is short, the lighting is no longer than 16 hours in total.

During a recent discussion with other growers, we rediscovered a rumored century-old technique that proves that the direct and intense application of light for longer than necessary can be more stressful to the plant than previously known, and could even degrade the plant's genetic strength.

Now that cannabis growers are starting to grow specifically for medicines, the health of the plant needs to be properly considered so that the full natural potential of the plant can be realized and the fullest expression of the plant's medicines be produced. The margin for error is becoming smaller as the mistakes of the past are revealed and medicinally specific growing is gaining importance.

The Old Cash Cropping Method

The commonly used cash cropping method of cannabis cultivation wastes energy. People use this method by rote, since they simply don't know what the real requirements of the plants are. It is stressful to the hormonal systems of cannabis, and not necessary to produce fully healthy and productive plants. It does not recognize that overexposure to light is harmful to the plants, and so they underperform in terms of taste, yield, quality, and potency of the medicine, or require supercharged fertilizers to reach their potential. It is surprising that these techniques are used with profits in mind, since they are clearly expensive and counterproductive.

The Gas Lantern Routine

This information will seem quite revolutionary to growers who have been using the standard cycles to produce cannabis, seemingly with little or no trouble at all. Actually, in a grow that more closely mimics the outdoor growing environment under indoor lighting conditions, the plants may be maintained in vegetative cycle using only a total of 13 hours of light daily, which dramatically reduces the cost of production.

The less is more approach of the Gas Lantern Routine provides the growing plant with adequate darkness to promote health, and by inserting a full hour of light in the center of the dark period, the plants are tricked, and neither flower nor express hermaphrodites. The growing plants get more than the average amount of rest, thus reducing stress, and improving plant yield, overall performance, and medicinal quality.

Seedlings and Cuttings

The Gas Lantern Routine is applicable in seedling phases of plant growth. As stated before, nowhere in nature does the springtime ever provide an 18-hour photosynthesis length; rather, the growing spring light may in fact be 12 hours or less. Lighting for seedlings and cuttings needs to be bright, but compact fluorescent or T5 lighting may be used while in the seedling phase. Rooted mature cuttings can immediately light with HID lighting.



Chem4 shows strong branching, the clone tripled in size in only 20 days under the gas lantern routine.

The Vegetative Schedule

This method is quite simple: 12 hours of light, followed by five and one half hours of darkness, a single hour of light exactly, and then a second period of five and one half hours of darkness. Placing a full hour of light in the very center of a 12-hour dark period tricks the plant and interrupts the buildup up of sensitive floral hormones, which would normally trigger flowering by destroying them. The grower simply raises the plants to the desired size before switching to the fall schedule to bloom.

Using this method, vegetative duration may be also reduced, and with a shorter growth cycle comes more frequent and better production. Vegetative cycles can be shortened by one to two weeks, and flowering may also be shortened a week or more using this method in conjunction with a diminishing light schedule.

For patients growing their own medicine or for compassionate cannabis providers, production turnover may be increased from four to five crops per year or more using rotation, and power consumption can be reduced even further by the use of high-intensity fluorescent lighting during vegetation, and overall, power consumption savings can be 50 percent or more. ▷



Purple Bubba in veg for 3 weeks under the gas lantern routine

The Flowering Schedule

Plants that have been grown up using the Gas Lantern Routine are now supercharged with floral hormones, and ready to go into flower with the slightest provocation. The interruption of the dark period has been destroying enough of the naturally building hormones to keep the plant from expressing sex, and the well-rested plant now has plenty of stored nutrients and energy to finish its life cycle and flower. Triggering the plants is essentially just a matter of removing the interrupting light period, so the plants may now experience the full buildup of hormones that will trigger blooming.

In keeping with providing all the correct organic biological and environmental needs of the plant, the diminishing fall schedule should be employed to take full advantage of the hormonal preparation created by using the Gas Lantern Routine. The diminishing hours of light in nature trigger acceleration in the production of hormones in the plant, making it flower with increasing speed and power.

The Diminishing Lighting Schedule

The diminishing fall schedule begins with an evenly halved light schedule, using 12 hours for the first two weeks to trigger the plant into bloom, and then further reducing the lighting for increasing darkness time by one half hour every week.

The final week of flowering will provide the plants with a mere nine hours of light, with 15 hours of darkness, forcing a resulting final explosive hormonal buildup. This sends the plant into blooming overdrive and produces resin far beyond the normal plant's limits.

When the Gas Lantern Routine and Diminishing Light Schedule are used together, they create healthier, more naturally robust plants. These important and historical botanical techniques are soon going to become very important techniques in the coming years as medicinal cannabis research continues to advance. When viewed from cost of production, organics, and medicinal needs, the methods currently being promoted can be seen counter to the interests of growing healthy plants. Understanding your plants is the best way to grow the best medicine, and looking for solutions to growing problems by observing nature always provides the right answers. 🍀



This plant has been in bloom only 20 days, after being vegged under the gas lantern routine. Hormonal buildup during veg made this plant explode

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The Art of making Cannabis Seeds

By Soma

www.somaseeds.nl

Making cannabis seeds is an art. Just like art, there are a few different methods of application. I have written about some of my different methods of making seeds in my book *Organic Marijuana Soma Style*.

Making male, female cannabis seeds is done by taking a female plant that you have smoked and loved and a male from a strain that you have smoked and really loved and crossing the genetics together through a process called pollination. When this is done you get several phenotypes, one like the Mom, one like the Dad, and a few that are like both, with both dominant and recessive phenotypes. With time and testing certain phenotypes are selected and made into mother plants and father plants.

Making female seeds is much more specific in that you can replicate a phenotype. In a grow room where there is only one type of cannabis flowering, the plants

can be stressed in different ways to make them create a male branch or branches that pollinate the rest of the plants making all female seeds.

I have used gibberilic acid, PH stress, light stress, and fertilizer stress to force my female plants to make seeds. All of these methods are harsh on the plants, which causes the stress.

The only way that female seeds happen is not from genetics, but from stress. That's right I am saying that all cannabis genetics can and will make male flowers if there is stress felt by the plant. Certain strains like a higher PH, some a lower one. Some like a lot of food some like much less. There is quite a lot of variety in marijuana genetics, and you can't treat every plant the same way.

It takes many harvests before you really get to know a type of weed. Just like getting to know human friends, it takes time. I have grown the same strains now for ►

close to two decades, and am truly getting to know every bit of body language the different plants exhibit. I can recognize them now from a distance.

I must say that I get a lot of help from my friends, both in making seeds and learning new and better ways of working with this sacred plant.

In the last decade female cannabis seed production has taken off. Using a solution called Silver Thio-sulphate Solution or STS for short in just the right measurement assures female plants turning male (except for the chromosomes).

It is done by taking 2 female plants from your grow and spraying them with the STS solution. After that you turn your timer down to the 12 hour flowering cycle. One week later you spray the same plants again (away from the other female plants) within 25 days the sprayed female plants turn almost fully male pollinating the remaining female plants which in turn gives you all feminine seeds.

These seeds end up being just like the parent plant.

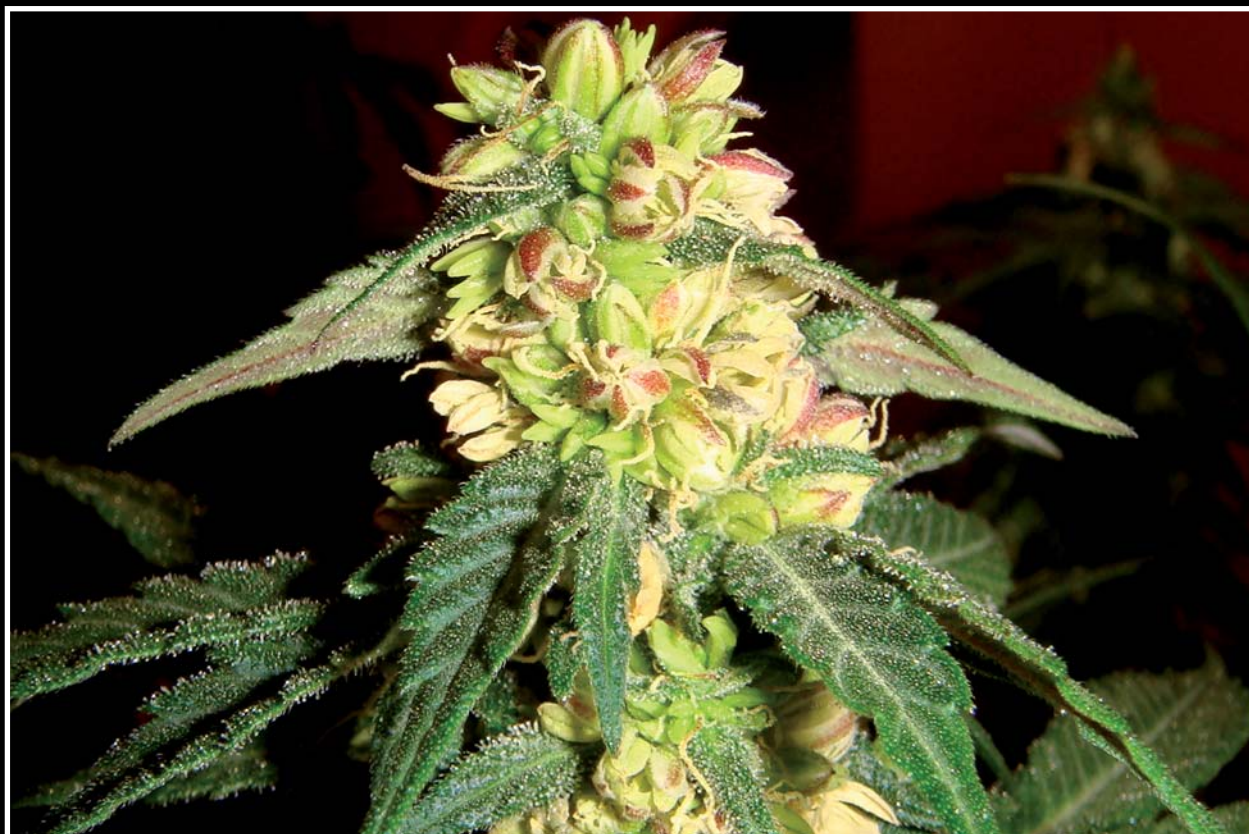
Whether its for food or medicine cannabis seeds are for The Healing of The Nations.

Keep it Green 🌿



Top to bottom:
Male throwing pollen
Lavender self-pollinating
Kushadelic feminized throwing pollen

Opposite page top to bottom:
Lavender with male Banana and female seed
CloseUp Of White Light Banana
Lavender





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SEED LIST

INDOOR / OUTDOOR

BC GOD BUD - \$90
THE PURPS - \$90
THE BLACK - \$75
BC MANGO - \$75
SWEET GOD - \$75
BC BLUEBERRY - \$75
BC SWEET TOOTH - \$75
TRULY FRUITY - \$75
THE BIG - \$75
707 HEADBAND - \$75
LEMON OG 18 - \$75
BC HASH PLANT - \$75
BLUE BUDDHA - \$75
JACK HERER - \$75
NORTHERN LIGHTS - \$75
BC KUSH - \$60
BC HELL BUSH - \$60
PURPLE BUDDHA - \$60

INDOOR

AMNESIA HAZE - \$75
BC CHRONIC - \$75
UBC CHEMO - \$75
WHITE WIDOW - \$75
ALBINO RHINO - \$60
BC BIG BUD - \$60
BURMESE - \$60
WILLIAMS WONDER - \$60
INDOOR MIX - \$50

OUTDOOR

TEXADA TIMEWARP - \$75
BC PINEWARP - \$75
SWEET ISLAND SKUNK - \$60
OUTDOOR MIX - \$50

FEMINIZED

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BC HASH PLANT - \$125 ♀
JACK HERER - \$125 ♀
ORIGINAL BLUEBERRY - \$125 ♀
SKUNK #1 X NL - \$125 ♀
SWEET DREAMS - \$125 ♀
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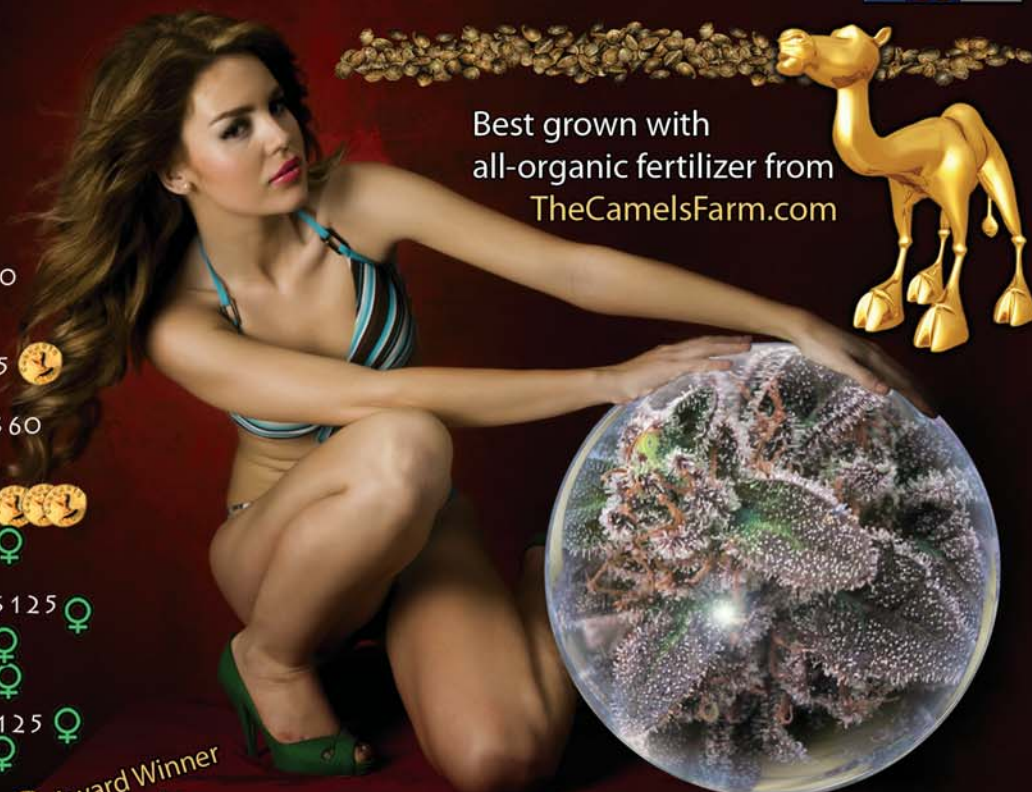
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TY Product Review

Metrop® concentrated liquid fertilizers

By skunk-mad



When you look into the nature of hydroponic growing, you will find that there is a lot of misleading information around. Many suppliers offer a wide range of nutrients for soil growing, coco growing, hydroponic growing, spore mixes, beneficial bacteria, missing links, tablets (which are difficult to dissolve), and many more items that just are not needed. These companies pretend to be a fountain of knowledge and experience, when in reality they have just used someone else's work and try to duplicate it, with varying success.

General information

Everybody can grow their own plants, but growing for the highest and best results is a rewarding passion for many growers. This passion for perfect knowledge is often inspired by scientific investigation.

Not every grower can afford to go to agricultural college, and although information can be found, it is often difficult to follow, and written by academics for academics.

As a consequence of this, many growers draw upon popular growing myths, their own experiences, or the tales of others. Over time, there has grown a body of myth and nonsense that has become part of home growing culture, giving rise to the many misleading and uninformed books out in the market.

Metrop Hydroponics does not work like this, so let's explore a few of the more popular myths around.

Q, If I grow in a rock wool medium, will I have to use different elements (nutrients) than a soil-based grower?
Totally wrong information.

A, A plant growing in rock wool does not require different elements (nutrients) than a plant being grown in soil. The plant does require more of certain elements (nutrients) only because soil already contains them, whereas in rock wool they are absent.

The only thing growers have to do is adjust the feeding schedule to the type of medium they are using. All those special additives such as missing links, spore mixes (micro elements), and vitamins are all supposed to be in a basic plant food.

That is why we can say that the Metrop Hydroponics product line has everything that you need to maximize your yield and everything your plants need to flourish and grow.

Let's take a look at the Metrop product line in more detail.

MR 1

Function: Nitrogen and phosphate are particularly important to the growing crop during the early vegetative stages. Deficiencies of phosphate will negatively affect the root development, vigor, and yield of the crop.

Crop production in soils that are nutritionally depleted or where the soil moisture prevents adequate movement of nutrients in the root zone will require early applications of Metrop MR 1.

MR 1 supplies magnesium, which is often deficient in crops grown on light, sandy soils. Magnesium, together with other micronutrients, is vital for chlorophyll and protein synthesis.

Description: Fully water soluble fluid emulsion fertilizer containing NPK, magnesium, and chelated trace elements.

MR 2

Function: Potassium is required in significant concentrations during the later stages of crop development. Potassium regulates stomatal movements and maintains metabolic systems for the transport of sugars. During reproductive growth stages, Metrop MR 2 supplies essential potassium while maintaining other elements at optimal concentration. Metrop MR 2 supplies magnesium, which is often deficient in crops grown on light, sandy soils. Magnesium together with other micronutrients is vital for chlorophyll and protein synthesis.

Description: Fully water soluble fluid emulsion fertilizer containing NPK, magnesium, and chelated trace elements.

Calgreen

Function: Calcium is a primary constituent of all cell walls and membranes. Restrictions in the availability of calcium will adversely affect cell division and impair the structural stability and the permeability of cell walls. Increasing fruit calcium promotes longer storage life and resists a range of physiological breakdown conditions, including water core, bitterpit, and internal browning.

Description: Calgreen is a fully water soluble fluid emulsion product containing 22.5% calcium and a balanced range of micro elements. Calgreen is specifically formulated for use as a foliar fertilizer and can be applied to all fruit and vegetable crops to improve fruit firmness, storability, color, and skin finish.

Amino Root

Metrop Amino Root is a biostimulator based on synthesized free amino acids (SFAAs) and oligo peptides of low molecular weight (LWOPs). A quick absorption (90% within 7 hours) foliar nutrient consisting of amino acids combined with phosphate and nutrients.

Characteristics:

Metrop Amino Root has been developed as an activator of fruit initiating, growth, and development. Metrop Amino Root is a nutrient made up of synthesized free amino acids supplemented with potassium. Since Metrop Amino Root penetrates directly into the cells of the plant by its own biochemical means, its absorption does not tax the plant's energy and therefore is independent of chlorophyll activity. Metrop Amino Root is specifically developed for roots, tubers, and bulbs, fruit and seed crops, i.e. garlic, onions, citrus fruits, cereals, beet roots, potatoes, tomatoes, grapes, other horticultural products, seed and pip producing crops, and fruit trees.

In general, Metrop Amino Root is useful in increasing the quantity and quality of fruit as well as increasing the content of sugar, starch, etc.

Amino Bloom

Metrop Amino Bloom is a biostimulator based on synthesized free amino acids (SFAAs) and oligo peptides of low molecular weight (LWOPs). A quick absorption (90% within 7 hours) foliar nutrient consisting of amino acids combined with phosphate and nutrients.

Characteristics:

Metrop Amino Bloom has been developed specifically as a floral biostimulant.

Metrop Amino Bloom is made up of synthesized free amino acids supplemented with phosphate.

Since Metrop Amino Bloom penetrates directly into the cells of the plant by its own biochemical means, its absorption does not tax the plant's energy and therefore is independent of chlorophyll activity.

Metrop Amino Bloom provides an additional supply of phosphate, a decisive factor for all flowering stages.

Troubleshooting

Purple stems:

Sometimes you see purple stems, on growers' plants.

This comes from one thing only, shortage of phosphorus.

Phosphorus is the second most important building stone of a plant, and a shortage of this will result in another chemical reaction from the nitrogen in the plant.

The causes of the shortage of the phosphorus in the plant could be:

1) COLD:

With a temperature under 20 degrees C, phosphorus moves less in the plant, and with a temperature under 17 degrees C stops moving all together. The phosphorus stops moving, which creates a shortage. The plant almost does not grow any more either with a temp under 17degrees C.

Note: also at night, a plant grows and therefore the temp should not be below 20 degrees. Every time it reaches a lower temperature, it will reduce your harvest.

2) pH TOO HIGH:

If the pH in the medium reaches 6.0 or above, phosphorus will be absorbed less. If it reaches 6.5 or higher, it will almost not be absorbed at all.

3) WRONG FOOD:

Phosphorus comes in different qualities; this has to do with the origin of the nutrient (where phosphorus is made). The quality determines the absorption, the concentration, and the mixability.

Most food suppliers use cheap phosphorus through which no high concentrations are possible, and it will attach to other elements. Like: crystallizing, crusting on the medium. Shortages are supplemented with a phosphoric acid to be used as a pH-.

A shortage of phosphorus is often seen if the grower uses nitric acid as a pH- with the mother plants. A certain competitor sells this as a growth pH-. This is completely wrong, especially if you use the plant food from the same competitor.

Light leaves and burning:

Leaves that both burn and are light in color are a common problem. Most common cause: pH too high or too low.

If the pH in a medium reaches, for instance, under 5.2 or above 6.0, a lot of salts will not be absorbed by the plant any more. The bigger the difference from the ideal pH, the less absorption. The plant will have a shortage and the leaves become lighter in color.

Although all this time the plant was fed and the concentration of nutrient salts piled up, the balance is gone, so water will be retracted from the leaves back into the medium. This is called burning. The first warning for this is that the leaf will curl up or turn yellow from the leaf edge. The plant notices the change in balance with the medium and will as a reaction to this close its skin mouths on the outside and under the leaf. ►

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Coco/Hydro

WEEK	MR 1	MR 2	Amino Root	Amino-Bloom	Calgreen
16 hour Q	40ml/100L	—	40ml/100L	—	20 ml/100L
12 hour Q					
1	50 ml/100L	—	40ml/100L	—	20ml/100L
2	50 ml/100L	—	80ml/100L	—	30ml/100L
3	75 ml/100L	—	—	80ml/100L	30ml/100L
4	—	75 ml/100L	—	80ml/100L	30ml/100L
5	—	100 ml/100L	—	80ml/100L	30ml/100L
6	—	100 ml/100L	—	80ml/100L	30ml/100L
7	—	100 ml/100L	—	80ml/100L	40ml/100L
8	—	100 ml/100L	—	80ml/100L	40ml/100L
9	—	125 ml/100L	—	80ml/100L	40ml/100L
10	—	—	—	80ml/100L	—

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Soil

WEEK	MR 1	MR 2	Amino Root	Amino-Bloom	Calgreen
16 hour Q	40ml/100L	—	40ml/100L	—	10ml/100L
12 hour Q					
1	50 ml/100L	—	40ml/100L	—	—
2	50 ml/100L	—	80ml/100L	—	25ml/100L
3	75 ml/100L	—	—	80ml/100L	25ml/100L
4	—	75 ml/100L	—	80ml/100L	30ml/100L
5	—	100 ml/100L	—	80ml/100L	30ml/100L
6	—	100 ml/100L	—	80ml/100L	30ml/100L
7	—	100 ml/100L	—	80ml/100L	35ml/100L
8	—	100 ml/100L	—	80ml/100L	40ml/100L
9	—	125 ml/100L	—	80ml/100L	40ml/100L
10	—	—	—	80ml/100L	—

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The plant becomes hard, but will not grow:

A common problem with inside vegetation is that the fruit start will harden but not grow. Growers spend a fortune on suction and ventilation systems, but forget that what goes out needs to come back in.

Often the inlet of air is too small against the suction or there is no inlet of air at all, but a small opening somewhere.

This way you create a big under-pressure and the plants will gasp for fresh air (CO2).

If you crack the door for a week, the plants will grow twice as big after this week. Just the right air inlet or a bigger inlet will solve this problem.

Fruit start has airy construction:

Shortage of heat.

Growers sometimes are growing volume but without contents. This happens in climates where the temperature around the leaf is 32 degrees C or higher, or where the air is very thin.

The plant will kind of grow to the outside.....

Also, when the food intake is stagnated, the plant simply needs more than is available and the plant will increase in volume. All of this also depends on the genetics of the plant, of course; one plant will be more sensitive for this than another.

If the pH is good, and the EC for watering low, you can up the EC from the watering. If the temperature is too low, simply raise it some. If the light is too weak, strengthen it.

Curling of the leaves:

Growers can see their leaves, mostly on the side and on top, curl. Skin mouths with which the plants breathe are on the bottom of the leaf.

For the absorption of water and nutrients, these skin mouths need to evaporate water. If there is a disruption through which the plant will evaporate less water, then some of the skin mouths will close on the outside of the leaf. The leaf edges will then curl. The bigger the disruption, the more mouths will close, and the more the leaf will curl.

Causes of disruption could be:

1) Too much evaporation under the leaf.

Through heat, low humidity, or a blower that blows too hard, the plant will evaporate more than it can absorb.

2) Too many salts in the medium by overfeeding or a wrong pH.

The medium will want to compensate the imbalance of salts in the plant and in the medium by holding water or even retracting it from the leaves (leaf burning).

3) The plant will receive less or no water and will close its mouths in order not to lose more water. Air shortage in the medium will hinder the movement of the elements.



Metrop booth at Cannafest Nov. 2010

Metrop Mission:

To dispel those myths and rumors by setting out in clear, straightforward language how to use and understand nutrient feed information, and the reasons behind correct usage and timing.

Experience teaches us that when people know why and how a certain product works, they are able to use it more efficiently, producing better results with higher yields.

Don't forget, if you cannot find the answers to your questions here, please e-mail your questions to our dedicated help desk at: helpdesk@metrop.nl 🇳🇱

TY PRESS RELEASE



Series Two of Medical Cannabis Collector Cards

Educational and Fun Cards Once Again Showcase Cannabis Strains and their Effects.

Berkeley, California, USA - Following the success of the first 10 Medical Cannabis Collector Cards, the Patients Care Collective (PCC), a Berkeley medical cannabis dispensary, has introduced Series Two.

"Our patients loved the first set so much, we felt compelled to bring them Series Two sooner than we originally planned," said David Bowers, PCC manager and creator of the cards. "We are excited by the response we've received so far, and love hearing that patients are being inspired to learn more about their medicine."

These new cards are numbered 11 through 20 and feature beautiful photos taken at the PCC, along with genetic, flavor, effect, and medicinal use information for each of the strains showcased. Innovative design and a distinctive foil stamping set the cards apart as individual works of art. For Series Two, the featured strains are: MK Ultra, Purple Kush, Morning Star, Durban Poison, Peak 19, Ogre, Purple God, Sage & Sour, Blue Moonshine, and Blackberry Kush.

"Besides being beautiful, these cards are educational and informative," said Erik Miller, manager at the PCC for 10 years. "Cannabis awareness has grown over the last year, but there are still many patients who lack a basic understanding of what different strains can be used for. We've

been working hard to educate people about the benefits and varieties of medical cannabis for a long time, and these new cards have been a great tool for helping to reach that goal."

Miller and Bowers believe that although patients now have greater access to information about cannabis as a medicine, they are sometimes overwhelmed when faced with such a large variety of strains and medical applications. They feel the collector cards have been successful in presenting the information in a concise, informative way, using a format that is familiar and entertaining. By spreading more awareness, they feel the medical marijuana system improves by having a more educated patient base, holding dispensaries more accountable for strain accuracy and knowledge.

The Berkeley Patients Care Collective was established in 2001 to provide the highest-quality medical cannabis, along with personalized service and information to help patients get the most from their medicine. For now, the collector cards are available exclusively at the PCC, 2590 Telegraph Avenue, Berkeley, CA 94704. More information can be found on the group's Web site, www.berkeleypatientscare.com.

For more information, please contact David Bowers or Erik Miller at **510-540-7878**, 12 noon to 6 pm, PST. 🍀

TY Product Review

Testing the NO2

By: Michael D.

When Marco asked me to write about the new Vapir NO2 portable vaporizer I smiled realizing I now have the opportunity to be one of the first in North America to try it. Vaporizers are not new too me as I have used everything from the Volcano to the Verdampfer but I don't have a portable vaporizer for when I am travelling. Vaporizers are a must have device for all medical cannabis users. Not only are the health benefits of inhalation maximized by the near elimination of tar but the efficiency is increased with the patient being able to get more out of their medicine. There is a real need for a unit that is portable, discreet and effective and this is an exciting opportunity to put the NO2 through its paces.

I was very impressed with the packaging for the unit. It has a very professional look and is well put together which instills a sense of security in the quality of the product. When I opened the box I saw a nicely arranged unit with accessories clearly visible and accessible. Lifting up the NO2 it felt sturdy and solid but not too heavy I definitely can see it going into a bag or purse without being much of a burden. There are extra screens and mouthpieces and a nice brush for cleaning. The initial assembly is basic and simply completed with the insertion of a screen and attaching a mouthpiece.

It didn't come charged so I had to wait 8 hours for it to power up which was a guess because I found no instructions on battery charging or restrictions. After it was assumed to be ready I turned it on and cranked the NO2 up to the maximum setting to see what it can do. The highest it would go is 205 degrees Celsius and it took only about five minutes to reach it. It operates by having the patient load a small heating bowl with medicine and then attaching the top with the mouthpiece to create a sealed chamber. It is capable of holding under .5 of a gram at most of ground herb. There is a short rubber hose to inhale through which relies solely on the patients lungs to draw in the air. There is no fan assistance which is probably a good idea with a portable vaporizer as it will extend battery life.

As I inhaled Grape Escape vapor for the first time I found the draw is very free flowing and smooth. So much of the flavour is carried through that I am reminded of Welch's Grape Juice. As I continue testing I find that from the .3 of



a gram that I put in I had 9 long draws before it started to taste like burnt popcorn which is the indicator I use to know when to reload. It had performed well and when I opened it up to clean it the vibrant green herb was now brown and depleted. I did have to use a poker to clean out the chamber but it was easy and quickly reloaded and put back into action. After 2 chambers I stopped and left the unit on. After about 10 minutes it shut itself off! This is an amazing safety feature and something that will extend battery life. I continued using the unit with satisfaction for 10 separate occasions during the next 24 hours until the battery died. Definitely long enough for a day out on the town.

Overall it was a great little unit with a great deal of portability and stealth. I really do not have time for products I find substandard and portable vaporizers still have room for improvement but this is the best one I have tried so far. +



Pro's:

1. Nice toke
2. Portable
3. Heats up quickly
4. Easy to use
5. Discreet



Con's:

1. Battery not charged
2. Looks phallic
3. No charging instructions
4. Max 205 degrees C



INTRODUCING A REVOLUTION IN PORTABLE VAPORIZERS

VAPORIZATION

The vaporization method involves the heating of herbs with hot air to specific temperatures. This allows the active ingredient to be released at a temperature below the combustion point, allowing pure vapour without any first hand or second hand smoke.

PRODUCT DETAILS

The **Vapir NO₂** is the next generation of portable vaporizers, utilizing a revolutionary stainless steel encased, pure brass heating element that delivers completely clean heat for a fresh and dense vapor! Hand held, portable, plug in, up to 1 hour on battery, extra batteries available, digital temperature control, everything you need.

FEATURES:

- * 1 year warranty standard
- * Easy to use out of the box
- * Heats up fast!
- * Internal re-chargeable battery (also has plug-in option)
- * Temperature memory to ensure consistent results
- * Temperature control within 2-5 degrees
- * Simultaneously charges battery while vaporizing
- * Displays temperatures in Celsius and Fahrenheit
- * Compact and portable for usage on-the-go

KIT INCLUDES:

- * NO₂ Portable Vaporizer + Battery with power cord
- * X-Tip, Cleaning Brush, Tube Attachment
- * 2 Bamboo Cleaning Sticks, Loading Spoon
- * 2 Mesh Screens installed + 4 Additional Mesh Screens

ALSO AVAILABLE:

- * car adapter
- * 20 pack screens
- * extra batteries
- * external battery charger

Most compact portable vaporizers available on the market employ a heating system which is powered either directly by flame (usually using a lighter) or through a butane heating mechanism; vaporization is often inconsistent and flavor can be affected. With the clean flameless heat created by the **NO₂**, customers can now enjoy the true flavor and essence of their favorite herbs.

The **NO₂**'s digital temperature control ensures consistent operation every time, all the time – providing the most effective heating environment for vaporizing herbs. This creates the perfect environment to produce the freshest and most flavorful vapor without any harmful smoke! Full temperature control means no guessing or hoping for the best. The **NO₂** is the real deal.

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TY Product Review

Growing with the times

by David Robinson - The Garden Sage

Medi-One 4-3-3



Dear Reader,

In this article I will endeavour to transfer some growing wisdom to you. Stay with me to the end and you will be on the right path to producing quality medicinal herbs in a natural and sustainable fashion.

Fifteen years ago in Surrey, British Columbia I began my journey in the indoor gardening industry, before many of the popular fertilizer companies of today even existed. I have helped build many successful retail stores and am now the author of The Growers Handbook.

In the beginning the industry centered entirely on commercial production for profit. This resulted in the use of chemical fertilizers, growth regulants, hormones, pesticides, fungicides and the like – all of which have long term degenerative effects on genetics. As I explain in The Growers Handbook genetics in the number one factor responsible for maximum yield.

In recent years we have begun to witness a swing in market trends from quantity to quality. People have come to realize the value of medicinal herbs cultivated in a wholesome manner. Compare a head of lettuce covered in 15 different types of poisonous chemicals grown by machines for money with one that has been personally tended in a way that is harmonious with nature. I have always said it doesn't matter how much you can produce if it is not what people want. Many people have realized that food can be our medicine. For those who already have health problems it is all the more important not to expose the body to any more toxins, especially while trying to consume a medicine.

This change in the consciousness of the masses has given rise to many organic fertilizer lines. We have seen tremendous

growth in our knowledge of how plants interact with micro organisms, bacteria and humic and fulvic acids. Despite these advances I have still found it difficult as a retailer to coach my clients through a crop organically without having to resort to synthetic fertilizers to avoid nutrient deficiencies. This is especially true when the crop is a high energy plant producing flowers or fruits in ideal growing conditions. It is also unclear just how organic some organic products really are. When I had clients insisting on going totally organic it was with some trepidation that I showed them the available products, secretly fearing that what I had to offer would not be adequate.

All that changed when I got a new organic fertilizer from Green Planet Wholesale called Medi-One. This exciting new product is 100% organic and has the potency needed for fast growing annuals. Medi-One is a complete one part grow through bloom. All you need to do is adjust the PH and add it to your grow medium. Green Planet Nutrients have blended Atlantic Menhaden, Norwegian Sea Kelp, Humic Acid, Blood Meal, Sulphate of Potash and proprietary odor neutralizing agents. The medical community is raving about this product because it is so easy to use and the results are fantastic.

How does it work?

All of the components within Medi-One are carefully assembled to make sure they form a complete cohesive nutrient source that provides everything the plant needs in a timely fashion that leaves the plant full and satisfied. The ingredients in Medi-One feed the soil microbiology who in turn break down the larger organic particles into bite sized portions that the plant can easily take up and utilize. Everything working in perfect harmony.

Why it works?

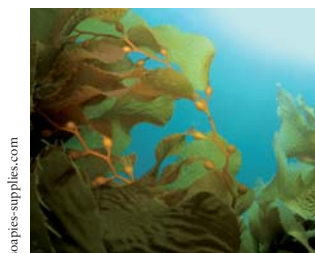
Medi-One works so well because it contains the following in a carefully well balanced formulation.



squidoo.com

Atlantic Menhaden- The Atlantic Menhaden is a small herring like fish found throughout the east coast of the United States and the gulf of Mexico. The Atlantic Menhaden doesn't have much value as a direct food source for humans due to its

quite bony oily nature. The fact that it is rich in oils and calcium from the bones and protein content make it an excellent fertilizer. The Native Americans have used Menhaden for countless centuries on their crops because they knew it contained a storehouse of beneficial nutrients. In fact, Menhaden is derived from the native word Munna Whaleaug which translates to "that which manures" Menhaden is an ocean fish that feeds on mineral rich plankton, which makes them full of essential nutrients. Medi-One organic fertilizer utilizes fish that are steamed slowly at 190° F which preserves the amino acids, minerals and vitamins. The fish is then broken down into smaller components with enzymes (hydrolysis). The fish component in Medi-One Natural Fertilizer supplies both macro and at least 10 micronutrients, as well as a wide range of essential vitamins and amino acids.



scorpius-supplies.com

Norwegian Sea Kelp- Medi-One incorporates kelp concentrates from the icy waters of the North Atlantic Ocean. Norwegian Sea Kelp is rich in high levels of plant growth hormones, minerals, vitamins and nutrients. It has been proven that Kelp contains

more than 70 different trace elements making it a fantastic natural source of nutrition. When used as a fertilizer, kelp makes plants more robust and healthy. Kelp has long been known to have an added benefit of increasing resistance to pests and disease. Kelp is an essential building block of Medi-One. It also supplies N-P-K, sulfur (S), magnesium (Mg), calcium (Ca), iron (Fe), copper (Cu), zinc (Zn), manganese (Mn), boron (B), sodium (Na), carbohydrates and numerous amino acids.



wallace.co.nz

Blood meal-Dried blood is an excellent source of Nitrogen and Iron. Blood is broken down rapidly by beneficial bacteria making the nutrients available almost immediately providing lush green growth. The blood meal is sourced from organic

feed lots where the animals were treated humanely.



germes-online.com

Sulfate of Potash-This major source of Potassium is harvested in Utah where it is mined sustainably leaving a small footprint. Potassium is needed in ample amounts to regulate the use of CO₂ as well as the flow of water throughout the plant.

Potassium also is needed to activate more than 80 different enzymes critical for rapid and healthy growth.



nuri-tech.com.au

Humates-Humic acids are added to Medi-One to chelate the vast amounts of nutrients and make them more available for rapid uptake by the plant roots. Humic acids or humates also serve an important function in feeding the microbiology

within the soil allowing the nutrients and larger organic pieces to be broken down into usable forms.

Blood meal and sulfate of potash are combined with the Menhaden to boost the nutrient levels in Medi-One Natural Fertilizer. Together, the kelp, fish, blood meal and sulfate of potash provide all of the elements needed to grow healthy, vigorous plants. In addition to these ingredients we add a number of other natural additives such as Humates and an odour neutralizing agent that serve to condition the soil, reduce transplant shock and chelate the nutrients. Chelated nutrients are protected against leaching into the groundwater and are more readily available for plant uptake.

Key Points

- 100% organic
- Excellent results on high value medicinal plants.
- Suitable for persons with disabilities due to ease of use.
- Simple one part grow thru bloom formula.
- Effective as a soil nutrient or as a foliar feed.
- Enhances plant vigour.
- Increased disease and stress resistance.
- Convenient liquid formulation.
- Well balanced formulation.
- Great for use on other fast growing annuals.
- Encourages vibrant lush growth.
- Works great on all fast growing annuals.
- Dr. Hornby recommended.

How to use it?

Medi-One is the easiest organic nutrient to use on the market, all that is needed is to add 20-30 mls of Medi-One per gallon of water and adjust the PH to the desired level.

Fertilize your plants once or twice a week as needed. When ➤

watering or fertilizing try to achieve a 5-10% run off so that any build up is gently flushed. As I explain in detail in *The Growers Handbook* it is very important that as gardeners we are utilizing strong genetics in an environment that supports maximum yield. We must know our method of gardening, exercise sound cultural practices and avoid mistakes. If we have these factors under control then Medi-One will result in top quality organic produce that the end user will deem incredibly valuable. Another consideration is the prevention of disease. Drain to waste systems limit the spread of disease and ensure optimum nutrient solution or water is applied every time irrigation is required. Most highly recommended would be the use of a living soil as a medium and occasional supplementation with a living compost tea such as vermicrop. This is mother nature's way of controlling disease pathogens and boosting plant health. Inert mediums do not contain the natural defences present in a living soil therefore leave the door open for disease to take hold. It is also clear that plants grown organically in living soil are more nutrient dense, have greater medicinal value, better flavours and aromas, as well as a host of other desirable components that can easily be missing in plant matter produced with synthetic fertilizers in inert mediums.

As I look back on how my industry has changed over the years I am happy in many ways. Yet when I observe a person who has some sort of illness that has caused them to require medical marijuana try to make sense of all the products on the shelf it is very obvious how overwhelming it has all become. These days it seems hype and fancy names dominate the landscape. The public is mystified and fascinated by advertising rather than educated. It has been my goal to dispell some of the myths around gardening and focus your attention on more important matters.

As a final summary I would advise anyone who wants to grow premium quality medicinal herbs to get a copy of *The Growers Handbook* before you begin. The Growers handbook will focus your mind on what you need to know. Then ask your local retailer to provide you with Medi-One, Vermi-Crop vermi-tea, and a good quality living soil. If you have difficulty obtaining the living soil in a pre-made form you can take a mixture of peat and perlite and build it into a living soil by adding microbiology with products like Bio-Gold, worm castings and good quality compost. It does not have to be a burden to produce the medicine you need, it should be a joy and a pleasure. It is my final promise to you that if you take the route I have suggested you will find your gardening activities to be part of your healing rather than part of your stress,

It is my sincere wish that each and every one find the healing they require through the ordained methods of mother nature.

Happy Growing! 🍀

Dolce Vita

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Buddha Seeds

White Dwarf

Autoflowering

White Dwarf is an auto flowering variety with pervasive scent and sweet flavour which comes up from the crossing of two powerful cannabis indica.

White Dwarf blooms in 2 months after sowing regardless of photoperiod. Such thing makes it perfect for early crops.

Besides that, it is a small-sized discreet plant which can grow up away from the onlookers.

Its resistance and short cycle reduce the chances of having problems during its growth; this variety is a safe bet for beginners.

HARVEST IN 65 DAYS

5 Feminized Seeds 40€



Red Dwarf

Autoflowering

From the auto flowering parental strain that led to White Dwarf, hybridized with an exceptional skunk type female, and crossed to maintain the auto-flowering pattern, is born Red Dwarf : a compact, female, auto-flowering, resinous plant with intense smell and extreme power.

The low branching and compact bud make it ideal for growing indoors and outdoors in reduced spaces.

HARVEST IN 60 DAYS

5 Feminized Seeds 30€



Deimos

Autoflowering

Deimos is a hybrid which origins are mostly indica (Northern Lights), a work of selection of 7 generations in order to obtain the features of a Classic in an auto flowering plant.

Deimos is big sized plant, with good growth in width and high. The selection of the more branched specimens has prevailed; long lateral branches which yield buds as big as that of the central branch. This way productivity increases but the plant remains discreet in size, between 70 and 80 cm. Due to its nature Deimos becomes the perfect autoflowering plant for outdoor and indoor.

The power of Deimos turns more than one pale, it's a devastating plant, its taste is classic sweet and tangy, a perfect plant to relax, introspection, go to the movies, medicinal use, or just to knock down that friend, who's an "expert" on the issue.

HARVEST IN 65 DAYS

5 Feminized Seeds 40€



Quasar

No Autoflowering

Quasar, which comes from a pure indica and a backcrossed sativa, unifies the best of both strains into a choice hybrid. Highly vigorous growth that reduces indoor cultivation timing; it also yields radiant outdoor plants. It has a powerful structure that easily stands the weight of several buds, hard and compact to the point they seem pressed.

Astonishing potency, strong effect with a hard disposition to euphoria without nervousness.

With Quasar a perfect balance between indica & sativa has been achieved, it will surely satisfy sybarites for its quality as well as commercial growers for its quantity.

5 Feminized Seeds 45€



Syrup

Autoflowering

Syrup is a hybrid obtained by crossing autoflowering varieties with the sweetest of indicas.

It has a fruity flavour with hints of ginger and elderberry, but its real beauty lies in its potency.

With dense and heavy smoke that you can almost chew, its effects are heavily narcotic and ideal for medicinal use.

Indoors it is an ideal plant for the sea of green technique; outdoors it is discreet enough to be ideal for gardens and balconies. In terms of taste it is a real delicacy and is quick enough for even the most impatient grower!

HARVEST IN 57 DAYS

5 Feminized Seeds 35€



Pulsar

No Autoflowering

Pulsar is a non-autoflowering cross between Dutch and Central American sativas.

One of the most peculiar attributes is its high production and big sativas charge.

It has extremely vigorous growth and is tremendously expansive, so it is important to prune the tips of the plant if growing indoors, or to use the Screen of Green technique.

If growing outdoors we recommend that you plant it towards the end of the season to avoid it growing to a monstrous size!

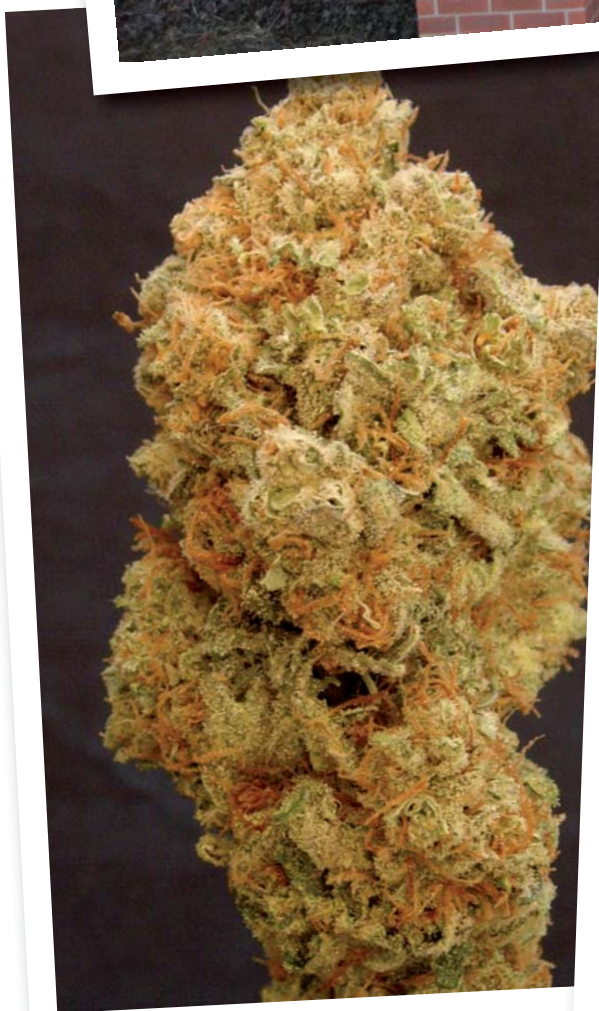
Pulsar's genetics give it a musky smell and a spice-like flavour, while its Haze background makes for an energising, stimulating effect which will eventually leave you laughing uncontrollably.

It is not a plant as suitable for the novice growers and neither for inexperienced smokers.

Flowering: 75 days

5 Feminized Seeds 45€





The Bubblegum & The Mendo Purple at Alter Meds

AlterMeds®

It's About Quality of Life.

By The Charf Monster

AlterMeds, in Louisville, Colorado, Raises the Standard for Medical Marijuana Centers in Colorado

The Setting:

Nestled beneath the gorgeous Flatirons at the foothills to the Rocky Mountains sits Boulder, Colorado. A bustling community of students, scientists, world-class athletes, and a diverse, philosophical mélange, Boulder is quickly becoming the center of Colorado's medical marijuana industry. Because of the progressive attitudes carried by a majority of its citizens, and the health-conscious, naturopathic vibe it exudes, Boulder has always been a hub of cannabis culture. Although extraordinary nugs could always be found here, it is now, because of the burgeoning MMJ business, that Boulder is among Colorado's great locations to find the best that the medical marijuana community has to offer.

Louisville is a small town in Boulder County about 10 minutes east of the City of Boulder on the way toward Denver. Tucked away in a small, busy shopping center in Louisville is a gem of a dispensary called AlterMeds. The location is convenient, discreet, and easy to find because it is directly off the main highway exit.



class, security, quality, and full compliance with state laws. According to them, at the time AlterMeds opened in late 2009, many of Colorado's dispensaries seemed more like someone's basement than a professional shop, and many were not handicap accessible.

Bobby and Jack, who manage the medicine at AlterMeds, found the quality of the herb at other dispensaries lacking, and having both grown up in Boulder, had a different idea of what quality medicine is and should be.

The Cast and Crew:

The owner, Laurel, started this shop with her son Jack and family friend Bobby. Laurel is a cancer survivor and long-time cannabis advocate who saw a chance to not only help people but to start a new, profitable business in the wake of a declining real estate market. Laurel, Jack, and Bobby wanted to create a dispensary with

The Stage and Set:

Upon entering AlterMeds, I was stopped in what they call a Man Trap with a bulletproof window through which I was to slide my MMJ registry card and state-issued ID. The friendly and polite person at the front desk then clicked me in. While the Man Trap was small and a bit disconcerting, I could tell from the start that ▷

In order from top to bottom

Bubba Kush, Bubble gum and Pineapple

Photos courtesy of Herbal Synergy



security at AlterMeds was important and obvious. The waiting room was cozy but not too small, with a gentle décor of pale yellow walls and green carpet, a large painting of a serene lake, and a bubbling Buddha fountain. One of the first things I saw in the waiting area was the word **BELIEVE** in large letters hanging on the wall. That seemed positive and fitting, since medical marijuana and the industry itself are still battling the perceptions of the population, and because those of us with health issues need to believe in healing and living pain free.

The first person I met, Nate, warmly introduced himself and handed me a clipboard with the obligatory stuff to sign. He informed me that while I was signing the paperwork, he would scan my card and ID, and that the next time I visited AlterMeds, I would just have to show my ID if I wasn't recognized.

Within a few minutes I was invited back to the dispensary room. A large space with two glass counters and shelves full of edibles and smoking accessories lined the walls. The high ceilings and large floor space felt airy and comfortable, providing a space that is a far cry from the basement feel of which Laurel, the owner, spoke.

The Props

The glass counter that contained the medicine was filled with 10 or so glass jars, all of which were filled with noticeably big buds. The top shelf, Bobby explained, is what they call three-star and changes often based on what's available that day. When AlterMeds first opened, Bobby tells me, all of the meds were purchased as overstock from local caregivers, and were small-batch. Now, because of new laws requiring dispensaries to grow 70 percent of their own medicine, and forbidding them to purchase from caregivers, AlterMeds has hired some of the best growers in the area. From the looks and smells of it, I would assume nothing less. On the lower shelves of the glass case were a few bud jars listed as two-star and only one listed as one-star. There was also a jar labeled "kind shake," which I was told is all three-star meds ground up by hand. From the smell of it, I could tell that this shake was fire! The pre-rolls are also made from this kind shake.

Bobby was courteous enough to ask what ails me, and what I have found to be beneficial. His main recommendations, based on my input, were the Mendo Purps and the Pineapple. Of course, I did end up looking and sniffing every jar on the top shelf, and I was pleased to find that my decision would be difficult.

The Mendo Purps was absolutely stunning in looks, with deep purple, dense buds with yellow hairs and dia-

mond crystals. The smell was earthy, grape-like, and intense. Bobby informed me that it was not the strongest bud they carry, but it has been a hands-down favorite of their clients for its taste, bag appeal, and soothing indica buzz.

The Pineapple, a mainly sativa strain, smacked my nostrils with the smell of a pina colada or a banana daiquiri. The smell was delicious! The buds were large, perfectly cured, and potent, I was told.

The next bud jar that caught my eye was labeled Green Goblin, a cross between White Widow and Euphoria Unlimited. The smell was not too strong, but the buds looked resinous, large, and judging by the lineage, super strong.

The Bubblegum was amazing! I was told by Bobby that this strain is probably the house favorite and they have a hard time keeping it in stock. I could easily tell why, as the buds were amazingly frosty and the chewing gum smell was as intense as I have ever encountered. Bobby also said that this strain was probably the most potent on the shelf.

The rest of the bud counter was filled with equally top-notch nuggets. The strong sativa Maui Haze jar was filled with long, perfect buds, and had a tantalizing, spicy, hazy smell. The Bubba Kush, a longtime personal favorite, was some of the best I have seen, and the Sour Diesel was stunning! While these last two strains are not unique, they were obviously high quality, matching the rest of the AlterMeds' strains.

There were four choices of hash, all from ice water extraction, and mainly from the strains available on the shelf. I decided on a gram of the Mendo Purps Hash because it looked divinely dark and smelled just as wonderfully purple as the buds.

Looking around the dispensary room, I was amazed at the selection of edibles available here. Most dispensaries I've been to offer the ubiquitous brownies and cookies, but here were multiple varieties of candies, chews, popcorns, ice creams, cheesecakes, and more! In one of the three refrigerators, I found a full selection of medicated drinks, including Keef Colas, Dixie Elixirs, MarQaha drinks, and others. There were olive oils, potato chips, granola, hash pills, and suppositories (the latter two, I was warned are not for amateurs!).


AlterMeds also had a small but complete collection of smoking accessories, including vaporizers (handheld and tabletop), pipes, bongs, cool hemp bags with secret stash pockets, nug jars, custom hats, and super cool grinders with their logos engraved on them. ▢

HERBAL SYNERGY LLC
MMJ CANNABIS TEST REPORT

ALTERMEDS
~ **BUBBA KUSH** ~

THC16.56% CBD.07% CBN.07%
ACTIVE CANNABINOID TOTAL 16.7%
80% INDICA 20% SATIVA

Comments:



~ BUBBA KUSH ~

DATE TESTED: 1/20/2011 ~ 2/20/2011
CERTIFIED OPERATOR: IVXX


The test results on this card relate only to the product tested by HSLLC

HERBAL SYNERGY LLC
MMJ CANNABIS TEST REPORT

ALTERMEDS
~ **BUBBLEGUM** ~

THC21.26% CBD.02% CBN.01%
ACTIVE CANNABINOID TOTAL 21.29%
70% INDICA 30% SATIVA

Comments:



~ BUBBLEGUM ~

DATE TESTED: 1/20/2011 ~ 2/20/2011
CERTIFIED OPERATOR: IVXX

The test results on this card relate only to the product tested by HSLLC

The Final Act

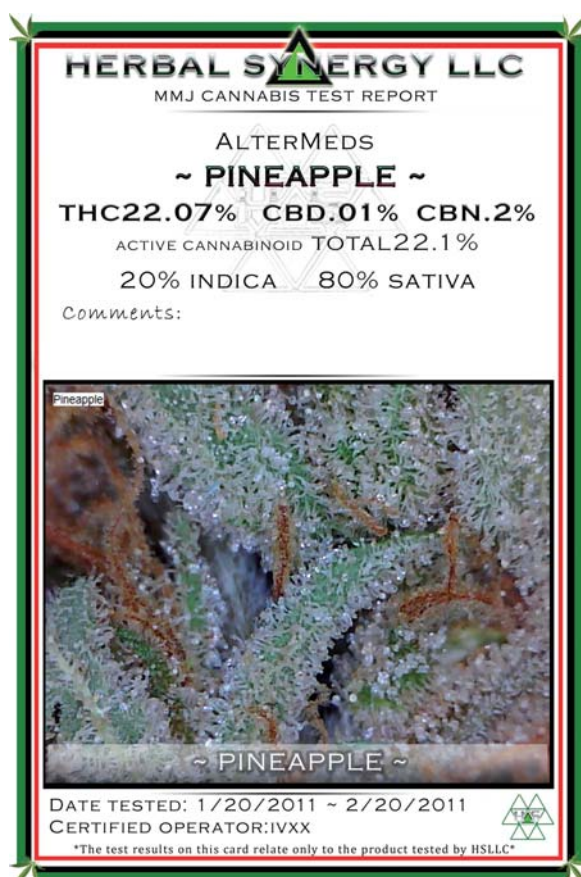
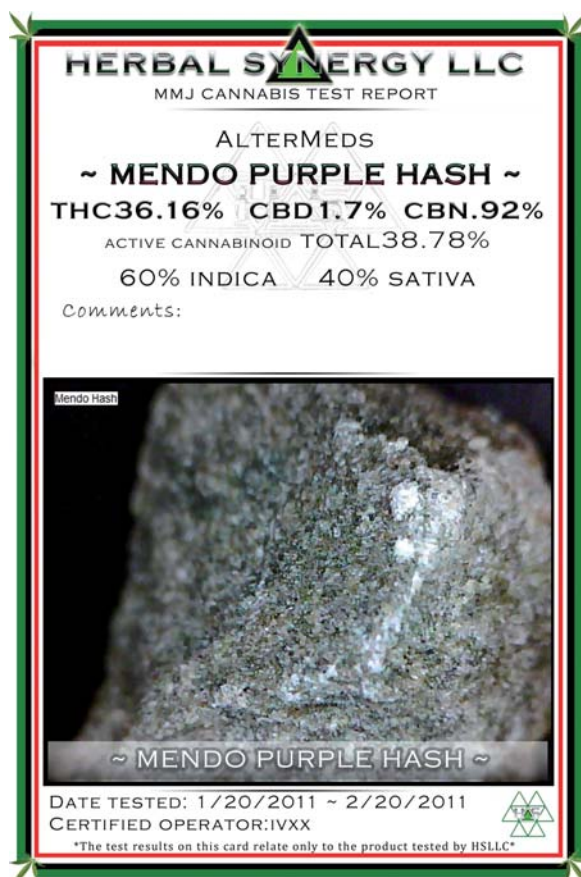
Even though it was tough to decide what to purchase, I was given ample time to peruse, sniff, inquire, sniff, and peruse some more. I finally decided on splitting a \$100 quarter-ounce between the Bubba Kush (of course!), the Mendo Purps, the Bubblegum, and the Maui Poison (a sativa dominant mix of Maui Wowie and Durban Poison). Along with my gram of Mendo Hash at \$30, and a hash pill at \$10, my total with tax came to just over \$152. I was informed that those who designate AlterMeds as their Primary MMC (Medical Marijuana Center) receive 10% off all purchases. I paid with my flex spending healthcare credit card (awesome!) and received a detailed receipt. They also threw in a free Bic lighter with the AlterMeds logo and a pre-roll in a Doob Tube for writing this review.

The Curtain Call

Everything about AlterMeds, from the location to the medicine available, is great. In fact, I found this dispensary to be a model among the industry. It was low-key on the outside, clean and bright on the inside, the staff was friendly and helpful, and the owner, Laurel, was so sweet she reminded me of my own mom. I really appreciated how open and honest she was about her business and the industry in general. We talked at length about the new laws and regulations, and how they have affected AlterMeds.

Behind the bud counter, Bobby was patient and helpful, and he seemed to have an immense knowledge of cannabis and health. He knew how every strain was grown, its lineage, and how it might make you feel. I did not feel rushed, and actually while I was playing with all my choices, two other customers came in and were helped by Nate on a separate counter with its own weight scale. As far as I could tell, no customer had to wait for service. The Web site (www.altermeds.com) is simple, nice, and contains a daily menu along with local industry news and a long list of positive comments and reviews.

While great meds can be found in almost every MMC, it seemed every jar in AlterMeds was filled with superb herb! Combine the great quality of medicine available, the staff, the ADA accessibility, the professionalism and security, and the comfortable space, and you get a real top-tier shop worth visiting if you are a patient, and worth copying if you are a dispensary owner. If you find yourself in the Boulder area, do yourself a favor and see the folks at AlterMeds. 🍀



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Hash Oil Labs

Kathmandu

By Tenttom



Rana Palace and me...free!



I arrived in Kathmandu in the Spring of 1971 with Wavy Gravy and the Hog Farm. We had spent the last 6 months on the Hippy Trail driving from London to Katmandu through Europe and Central Asia. After several months in Kathmandu I started working with Tibetan refugees to revive their traditional handicrafts like Tent making and Carpet weaving. I didn't ever think that I would end up managing a hash oil lab but as fate would have it I did in 1973. I didn't know it at the time but the State Department had issued a Federal warrant for my arrest for being a Vietnam draft evader. I did get a draft notice in September of 1969 but I already had my ticket to go surfing in North Africa and Europe so I just left and forgot about it and had no idea that there was a warrant for my arrest. In the Spring of 1973 I was working at my factory when the immigration police came there and arrested me for that warrant and for not having a valid visa. After a few days in Hanumandoka jail I was deported to India. Thanks to some of my good friends we hatched a plan for me to just walk across the border for a mile or so and then turn back and walk into Nepal through the rice fields to a waiting car that would take me back to Kathmandu. My Tibetan factory was still in operation but I couldn't return so soon after my depor-

tation so at the request of several people I decided to move into a hash oil lab they had just set up and it was a state of the art lab. Hash oil was first produced in Kabul Afghanistan when several members of the Brotherhood of Eternal Love from Laguna Beach discovered the process to make hash oil. From Kabul they made it to Kathmandu and introduced the process there. Soon there were dozens of small labs springing up throughout the valley. At that time most hash oil was made in small homes around Kathmandu using kerosene stoves that were quite dangerous and could explode with the slightest mistake since alcohol was used to extract the oil from the hash.. Electricity was not that reliable throughout the valley so they had no option except for kerosene stoves for small production.

This new lab was set up in a luxurious Rana Palace surrounded by 8 foot high brick walls to conceal the palace. Besides complete privacy the main feature was that we had a very good electrical grid throughout the palace and that allowed us to have 25 220 volt electric hot plates to cook the hash oil with.

We had pressure cookers for each hot plate that were connected to flasks that allowed the vapors from cook-

AIRGRAM PS 7-1-25-NETHAL
GLENN
 Thomas Patrick
 FILE DESIGNATION

Original to be Filed in Decentralized File

VIA AIR POUCH UNCLASSIFIED 4-30

TO : Department of State
 DEPARTMENT OF STATE
 INFO : BOMBAY, CALCUTTA, LAHORE, MADRAS,
 NEW DELHI MAR 15 4 02 PM '73 MAR 6 1981

FROM : Embassy KATHMANDU
 E.O. 11652 N/A
 SUBJECT: ARREST: Thomas Patrick GLENN
 REF : Kathmandu 917 and previous
 Department's DS-1692 of 3/27/72

DATE: March 6, 1973

FOR SCIS

Mr. Thomas Patrick Glenn, bearer of U.S. passport Number K583014 issued on July 25, 1969 at Seattle, Washington, was arrested without a visa by Nepalese police on February 25, 1973. Mr. Glenn's passport had previously been restricted for direct and immediate return to the United States only.

Mr. Glenn was not formally charged and remained under police custody until the afternoon of February 27, 1973 when he was sent to Bargaraj for expulsion into India.

LAISE
 PKR

DEPARTMENT OF STATE A/CDC/MR
 REVIEWED BY R.L. WOOD DATE 10/20/81
 FOR: NO EXIST. DATE
 TS AUTH. (10/20/81)
 ENDORSE EXISTING MARKINGS
 DECLASSIFIED/RELEASABLE
 RELEASE DATE
 PA or FBI EXTENSIONS UNCLASSIFIED

FORM 10-64 DS-323

Drafted by: COMS: EDLorton: aal. Drafting Date: 3/6/1973 Phone No.: 13883 Contents and Classification Approved by: COMS: EDLorton

Let to LA (sup)
 3/28/73 PHF:lan

25-616889-23



ing to distill the extracted oil into the flasks. It was a very clean and safe environment and it only took a few of us to manage the lab. For us the hardest part of the process was to crumble the hard hash to crumbs that would be put into the pressure cookers filled with alcohol. It would take approximately 10 kilos of hash to make a kilo of oil, so there was a lot of crumbling to do every day to fill the 25 cookers. Most of the oil produced in Nepal was black or dark brown oil as opposed to the amber or honey oil that came from the lighter colored hash from Lebanon and Morocco and Turkey.

There were several advantages for making hash oil for the European and American markets. The first was concealment. It was much easier to conceal and ship hash oil because of its pliability. You could mould it into different shapes and in some cases you could not feel it with your hands after it was packed. The photo is a leather cushion that was made to transport 3 kilos of oil via airfreight to California. The oil was concealed in the pockets of the cushion. Another less popular method was to conceal the oil packages inside a surfboard that would be re-glassed and color coated after the oil was concealed. Since surfers made up most of the Brotherhood members, this was popular with them. It was a bit of a stretch though to explain why you brought surfboards to Kathmandu. Other methods of concealment had the oil in book covers but this method was only good for small amounts. Since we were still in the early 70's the Hippy Trail was open and many buses and private VW Vans and other vehicles were driving back and forth to Europe and many of them were refitted in Kathmandu to transport the oil in wheel wells, trunks, inside seats and wherever the creative juices could come up with. The buses could easily transport up to 100

kilos of oil along with 20 to 30 passengers returning to Europe from Kathmandu. . Another advantage was that it was very concentrated and therefore much stronger than hard hash, and it was much more desirable in Europe and America because of its strength. Most people would just dab some on a rolled joint and that would be enough for several people to indulge. But the main advantage of hash oil was that a kilo of oil brought a lot more money than hard hash would because of its strength. After several months at the lab it became safe for me to return to my factory so I left the lab in the capable hands of my co workers.

As the 70's were drawing to a close several factors began to affect the production of hash oil in Nepal. In 1974 the United States government paid the Nepalese Monarchy 40 million dollars to criminalize the sale and possession on marijuana and hashish and they also outlawed to production of hash oil. There wasn't an immediate effect from this then but as time went on there was an impact on oil production in Nepal. Another factor was that the Hippy Trail became more and more dangerous and finally the overthrow of the Shah of Iran lead to shutting down of the Hippy Trail. That was the main conduit for transporting hash oil to Europe and that dealt a major blow to the hash oil labs in Nepal. Hash oil was still being smuggled out of Nepal via air-freight but as time went on customs agents in Australia, Europe and America were much more aware of the hash oil than they had been earlier in the 70's. As a result of these factors the production of hash oil in Nepal declined dramatically. This was a brief window of opportunity and those who took advantage of it prospered and those who indulged were very Stoned. 🍀

7. SINCE NEGATIVE REPORT CONTAINED REF B. WE HAVE RECEIVED NO INFORMATION CONCERNING SUBJECT FROM GEN OFFICIALS. HOWEVER, EMBASSY NOW HAS RELIABLE INFORMATION INDICATING THAT INDIVIDUAL FITTING GENERAL DESCRIPTION OF GLENN IS RESIDING AT BODHANATH IN KATHMANDU, AT THE HOME OF THUPTE LAMA, A SON OF THE CHINI LAMA. HE IS KNOWN LOCALLY AS TOM AND IS REPORTED TO BE INVOLVED IN A TIBETAN TENT MANUFACTURING BUSINESS. HE IS BELIEVED TO BE MARRIED TO A LOCAL TIBETAN WOMAN.

Thupten Lama Bodhanath Kathmandu, Nepal

2. INFORMATION WE HAVE JUST RECEIVED HELPS FILL IN ON GLENN'S MOVEMENTS SINCE HIS DEPORTATION TO INDIA BY NEPALESE AUTHORITIES ON FEBRUARY 27, 1973, REPORTED IN KATHMANDU 2683. WE ARE TOLD THAT GLENN RETURNED AGAIN TO NEPAL SHORTLY AFTER HIS DEPORTATION, ENTERING VIA RAXAUL. ONCE BACK IN KATHMANDU, HE WAS ASSISTED BY AN OLD-TIME FRIEND AND ASSOCIATE, [REDACTED] WHO ALSO ARRANGED FOR GLENN TO MOVE TO DARJEELING VIA BIRATHNAGAR, TIMING UNCERTAIN. WE UNDERSTAND GLENN RETURNED TO KATHMANDU ABOUT THREE MONTHS AGO.

3. WE DO NOT KNOW FOR CERTAIN WHETHER THE GOVERNMENT OF NEPAL IS AWARE OF HIS PRESENCE HERE. EMBASSY HAS ONE REPORT THAT GLENN MAY BE PAYING BRIBE MONEY TO ASSURE HIS CONTINUING PRESENCE IN

DEPARTMENT OF STATE A/CDC/MR
REVIEWED BY *N.C. WOOD* DATE *Feb 1978*
PORTIONS DENIED AS INDICATED
CONFIDENTIAL

55-2(a)
(K)(1)



Seedmania

MASSIVE REDUCTION ON ALL SEEDS!

R = Regular Seeds
F = Feminised Seeds

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

Amnesia Lemon £52.50/\$105R £59/\$120F
Blue cheese £38/\$75R £46/\$90F
Crimea Blue £40/\$80R £40/\$80F
G13 Haze £51/\$102R £78/\$155F
Honey B £41/\$82R £46/\$92F
Laughing Buddha £46/\$92R £72/\$145F
L.S.D £46/\$92R £59/\$120F
Morning Glory £37/\$76R £60/\$120F
Night Shade £37/\$76R £59/\$120F
Phatt Fruity £35/\$70R £42.50/\$45F
Red Cherry Berry £33/\$71R £44.50/\$94F
Red Diesel £42/\$89R £62/\$129F
Red Dragon £54/\$115R £67/\$140F
Sweet Tooth £41/\$87R £66.50/\$139F
Top Dawg £38/\$87R £51/\$108F
Utopia £54/\$115R £67/\$138F
Violator Kush £46/\$95R £72/\$145F
8 Ball Kush £37/\$75R

BIG BUDDHA 10 Seeds (Fem.)

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

DANK DAIRY 10 Seeds (Reg.)

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

DINAFEM 10 Seeds (Fem.)

Blue Hash £77/\$155F
Blue Widow £69/\$140F
Cali Hash Plant £80/\$162F
Critical+ £79/\$160F
Moby Dick £96/\$193F
Moby Hash £87/\$170F
Powerkush £61/\$120F
Royal Haze £103/\$206F
Santa Sativa £99/\$200F
Shark Attack £83.50/\$168F
Super Silver £92/\$185F
White Widow £87.50/\$171F

DUTCH PASSION 10 Seeds (Fem.)

Blueberry £106.50/\$210F
Blue Moonshine £97.50/\$195F
Brainstorm £44.50/\$91F
California Orange £71/\$145F
Dolce Vita £80/\$161F
Durban Poison £66.50/\$130F
Euforia £75/\$151F
Flo £106.50/\$215F
Frisian Dew £66.50/\$125F
Green Spirit £71/\$142F
Hollands Hope £57.70/\$115F
Isis £97.50/\$197F
Jorge's Diamonds £80/\$161F
Khola £62/\$125F
Masterkush £71/\$142F
Mazar £84.25/\$169F
Oasis £75.50/\$153F
Orange Bud £62/\$129F
Passion #1 £57.70/\$115F
Power Plant £75.50/\$153F
Purple #1 £57.70/\$115F
Sacra Frasca £71/\$142F
Shaman £48.80/\$98F
Skunk #11 £44.30/\$91F
Skunk Passion £62/\$125F
Skywalker £111/\$223F
Strawberry Cough £84.25/\$169F
Super Haze £71/\$142F
Trance £57.70/\$115F
Twilight £53.20/\$116F
Ultra Skunk £75.50/\$151F
Voodoo £53.20/\$116F
White Widow £97.50/\$196F

DNA GENETICS 13 Seeds (Reg.)

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

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

FLYING DUTCHMAN 10 Seeds (Reg.&Fem.)

Afghanica £31/\$67R
Amsterdam Mist £75/\$152F
Arctic Sun £40/\$80R
Aurora B £28/\$56R
Blueberry Skunk £79/\$172F
Dame Blanche £79/\$172F
Dutch Delight £61/\$133F
Royal Orange £31/\$67R
Early Durban £23/\$50R
Edelweiss £70/\$151F
Feminised Mix £49/\$108F
Flying Dragon £61/\$132F
Fuma Con Dios £31/\$67R
G Force £57/\$123F
Hayleys Comet £36/\$79R
Haze Mist £45/\$98R
Kerala Krush £27/\$56R
Mixed Sativa Diva's £36/\$79R
Nepal Kush £97/\$205F
Original Haze £58/\$129R
Pineapple Punch £40/\$87R
Pot of Gold £40/\$87R
Power Skunk £79/\$172F
Real McCoy £40/\$87R
Skunk #1 £52/\$112F
Skunk Classic £70/\$151F
Swazi Safari £40/\$87R
Temple Haze £88/\$191F
Thai Tonic £27/\$60R
The Pure £15/\$35R
Titan's Haze £45/\$98R
Voyager £61/\$133F
White Widow £88/\$193F

GREENHOUSE 10 Seeds (Fem.)

Alaskan Ice £43/\$86F
AMS £29/\$60F
Arjan's Haze #1 £57/\$120F
Arjan's Haze #2 £57/\$120F
Arjan's Haze #3 £52/\$110F
Arjan's Strawberry Haze £61/\$122F
Arjan's Ultra Haze #1 £61/\$122F
Arjan's Ultra Haze #2 £61/\$122F
Big Bang £24/\$48F
Bubba Kush £47/\$94F
Cheese £38/\$79F
Chemdog £43/\$86F
The church £29/\$59F
El Niño £52/\$109F
Great White Shark £52/\$109F
Hawaiian Snow £71/\$143F
Himalaya Gold £43/\$88F
Jack Herer £43/\$88F
K-Train £47/\$98F
Kaia Kush £47/\$98F
King's Kush £43/\$86F
Lemon Skunk £33/\$66F
Neville's haze £71/\$144F
NL5 Haze Mist £43/\$86F
Super Silver Haze £66/\$132F
Train Wreck £43/\$86F
White Widow £57/\$115F
White Rhino £57/\$115F

HOME GROWN FANTASEEDS 10 Seeds (Reg.)

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

Kamamist £49/\$99R
K2 £26/\$52R
Mango £26/\$52R
Master Kush £26/\$52R
Millennium £40/\$80R
Northern Light £35/\$70R
Original Misty £49/\$100R
Outdoor Mix £13/\$25R
Purple £22/\$44R
Shiva £26/\$52R
Shiva Afghani £35/\$70R
Skunk #1 £22/\$44R
Super Crystal £53/\$106R
Top 44 £31/\$62R
Train Wreck £53/\$106R

KIWI SEEDS 15 Seeds (Reg.)

2 Pounder £51/\$102R
Algeria £66/\$134R
Daddy's Girl £47/\$95R
Hindu Kush £32/\$64R
Indoor Mix £37/\$75R
KiwiKunk £23/\$50R
Mako Haze £94/\$190R
Milky Way £51/\$102R
Mt Cook £47/\$95R
Outdoor Mix £37/\$81R
South Star £56/\$113R
Tasman Haze £66/\$134R
White Island £51/\$103R

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

Biddy Early £30/\$68R/F
Biddy Sister £30/\$68R
Double Dutch £55/\$120F
Exile £55/\$120R/F
Motivation £55/\$120R/F
Warlock £45/\$102R/F

PYRAMID SEEDS 12 Seeds (Fem.)

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White Widow £100/\$200F
New York City £110/\$220F
Northern Lights £100/\$200F
Shark £95/\$190F
Pipi £95/\$190F
Nefertiti £105/\$210F
Vernemby £100/\$200F
Lennon £110/\$220F
Galaxy £65/\$130F
Tutankhamon £65/\$130F

RESERVA PRIVADA 6 Seeds (Fem.)

R.K.S £35/\$79F
Silver Bubble £35/\$79F
Snowcap Romulan £50/\$110F
Tora Bora £50/\$110F

SEEDSMAN 10 Seeds (Reg.&Fem.)

Afghani #1 £20/\$45R
African Buzz £20/\$45R
Ata Tundra £20/\$45R
Columbian Red Haze £20/\$45R
Early Durban £20/\$45R
Haze Mix £13/\$30R
Hash Passion £20/\$45R
Hindu Kush Skunk £20/\$45R
Hawaiian Skunk £20/\$45R
Indian Haze £13/\$30R
Indian Skunk £20/\$45R
Jungle Wreck £20/\$45R
Narkush £20/\$45R
Mana Mia £35/\$80F
Mama Thai £20/\$45R
Mazari £35/\$80F
Nemesis £35/\$80F
Northern Lights £20/\$45R
Northern Soul £35/\$80F
Outdoor Mix £13/\$30R
Original Haze £13/\$30R
Original Skunk #1 £35/\$80F
Power Africa £35/\$80F
Purple Bud £20/\$45R
Skunk Haze £13/\$30R
Skunk Mix £13/\$30R
Swazi Skunk £20/\$45R
Skunk #1 £20/\$45R
Sugar Haze £20/\$45R
Velvet Bud £35/\$80F
White Widow £20/\$45R £35/\$80F
Top Skunk 44 £20/\$45R

SENSI SEEDBANK 10 Seeds (Reg.&Fem.)

Afghani #1 £45/\$98R
American Dream £61/\$129R
Big Bud £78/\$176R £88/\$189F
Black Domina £85/\$184R
California Indica £39/\$88R
Durban £49/\$109R
Early Girl £49/\$109R
Early Pearl £49/\$109R
Early Skunk £29/\$65R
Ed Rosenthal Superbud £125/\$270R
First Lady £45/\$98R
Four Way £45/\$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

SERIOUS SEEDS 11 Seeds (Reg.)

AK47 £60/\$131R
Bubble Gum £55/\$121R
Chronic £55/\$121R
Kali Mist £60/\$131R
White Russian £55/\$121R

SEEDISM 5 Seeds (Fem.)

Cheesewreck £45/\$90F
Nevilleberry £45/\$90F
White Skunk £45/\$90F
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BLZBud £45/\$90F

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Stripper with a Heart of Gold and Green

By Jackie Sutton

Sometimes you have to choose a friend over a boyfriend. The result was a plan for the Duck and me to go to Guam to be strippers, where I was told the money was great and the island so far away we would not be recognized.

Cut to: Two strippers, on a tropical island, in the middle of the South Pacific... (sounds like the beginning of a joke), trying to score a little weed, a half a world away from home. For the most part, strippers are given little pieces of BUD as a matter of course. It is not a stress-less job; there is no other clientele in any business world like that of a stripper! We live on the edge of badness. And YES, IT IS A JOB! And yes, marijuana contributes to the creative process that directly and immediately affects the paycheck, a.k.a. tips! Ideally and traditionally, this drug I call BUD is ceremoniously shared. This act has been dubbed all kinds of names. My favorite is "safety meeting."

The fact that buying BUD is illegal causes all kinds of games to be played. Perhaps legalization will end this power play of scum balls. (No names here; you probably know who you are.) I had a neighbor that used to call me to come have coffee with her so she wouldn't be alone when her BUD got delivered, because the guy was always trying to get in her pants. This went on every time, even though she had cash in hand. Women have always had to put up with this mindset. Beautiful place, but my experience on Guam was no different.

To find pot on Guam, the rule of thumb is: you have money

in hand, and there is no BUD to be seen, or there is a big bunch of BUD in front of you, and you have no money. Of course, that may be true anywhere, but especially so on Guam, where it was always so hard to find.

On Guam, knowing a local is the only way to get anything of quality. Just a joint ... but on this island, a joint is \$20! It doesn't make sense, with Palau so close, where it is sold in the grocery store but not allowed off island. Each of us left for work at different strip clubs with a twenty in hand; both returned with joints, but when cut open, one is good BUD and one was leaf. On other occasions, the twenty was returned! Always the quality fluctuated and always way overpriced.

Once we went to a Big Mountain Reggae concert; it was my birthday. My friends were there and we got a head start on the party with drinks before and a pre-rolled joint for the main event. The lights dimmed and the stage lights burst into colorful sound as the band began to play. I saw my dancer friend, London, put the J to her lips, light it, and as she finished taking her hit, a Guam cop walked up and took it right out of her hand. She said, "Can I have it back after the concert?" We still talk about that and laugh: a reggae concert, of all places!

Eventually, my dancer contract was up and I flew back home, whereas the Duck had met someone and stayed. She did finally find someone right in the apartment building that had BUD; thus a happy ending. 🍀

Cartoon





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Moby Bass

By: Jerry Beisler



Tamang Fishermen live above 15,000 ft in the Ganeesh Himal area of Nepal. They wear and weave hemp for their shelter.

Do not read this fish story until the kids are safely asleep. make sure ANIMAL PLANIT or MOST DANGEROUS CATCH are not on even background television in the same room. Most important; due not let your desire highten to lust for catch and NO release over whelm you.

If so a nice, light, sativa could help.

Of all the game fish, the bass, large mouth variety is reputed to be the wiliest and craftiest. You can catch them of course. People do it all the time ... but they have been known to tease.

Bass Lake as the name implies is full of bass; small mouth variety as well. Uncle Bob and Rooney fished there for years and caught and ate plenty covered with bread crumb crust.

One year when they just about had their limit, Rooney spotted him. "DAMMit, Uncle Bob, look ... over there in front of the cattails ... Look!"

Bob was twenty years older than Rooney, and his eyesight was getting poor. So even though the bass was almost twenty inches long, and because the setting sun cast a shadow through the cattails, with Uncle Bob's vain refusal to wear glasses, Uncle Bob just couldn't spot him. "Is that him or a beer can? I can't tell from here, Rooney." So Rooney began dragging Uncle Bob, lest he not have a witness.

They need not have hurried. For through all their excited yelling at one another, snagged hook and dropped pole cursing ... the bass remained. His dorsal fin made small ripples on the surface. "Biggest damn bass I ever saw," said Uncle Bob.

"I told you so," said Rooney.

"Goodbye," bubbled the bass and headed for the bottom. There he sat, mouth puckering and puckering.

Rooney got his hook in first using an earthworm for bait. Nothing. Uncle Bob tried an artificial fly. Nothing.

Rooney shoots a spinner across the pool. Nothing. Uncle Bob counters with a doughball rolled up from a half eaten peanut butter sandwich. The bass looked up seemingly insulted.

That was the first year. They spotted him twice the next year also to no avail. So over the winter they worked hard on developing new lures. Rooney came up with one he named the 'Sure Thing.'

By the middle of the third year, they could not think of another fish. Round and round the lake they tramped, hoping to find him. They got two more chances and even the 'Sure Thing' failed.

The fourth year they pooled resources and bought a boat. By then Rooney had graduated from College. Even with the boat they didn't see 'Mr. Just Wait,' as they now called the bass, until the last day of the season. Rowing and rowing around the lake fearing that he died of old age or worse yet someone else had caught Mr. Just Wait, they decided to examine the lake a last time. Suddenly the bass appeared. He followed the boat all the way back to the dock, swim-

ming back and forth across the rowboat's small wake.

Rooney said, "I was taught in college to believe stuff like that isn't possible!"

Bob replied, "Don't tell a soul, Rooney."

The day before the season opened the fifth year, they went down to the lake to see if they could spot the "devil himself." The lake had overflowed its rim from heavy winter rain and as luck would have it they found the bass in a deep pool separated from the main body of the lake by a narrow channel.

"Watch him, Bob! We got him now, boy! We got him! Oh boy, have we Got him."

Rooney was scrambling up the bank toward the road as he yelled. For fifteen minutes Uncle Bob watched the bass. The bass watched Uncle Bob.

Suddenly Rooney crashed down the embankment in his old pickup truck. Just before the truck's momentum carried it into the water, Rooney bailed out of the window. The truck sank with a big 'slosh' into the middle of the channel ... the bass was trapped in his little pool.

Uncle Bob was stunned. Rooney, covered in mud and brushing the hair out of his eyes, pulled himself up the pond's unstable bank. "We got ITS ass now" Rooney proclaimed adding "I'm goin' home to get the proper fishing gear." He was sloshing and squeaking as he walked towards home, throwing over his shoulder "A poor workman blames his tools!"

Uncle Bob waited until Rooney returned and unveiled his new quick-strike lure. The lure hit the water with a light splash and sunk. Uncle Bob worked the lure with great care and acumen around the sunken truck. Rooney was patient in deference to Bob's great skill and 65 years of fishing experience. However, both men were soon deflated and disheartened when not even the slightest tug occurred in what Uncle Bob described as "Half as big as a backyard swimming pool."

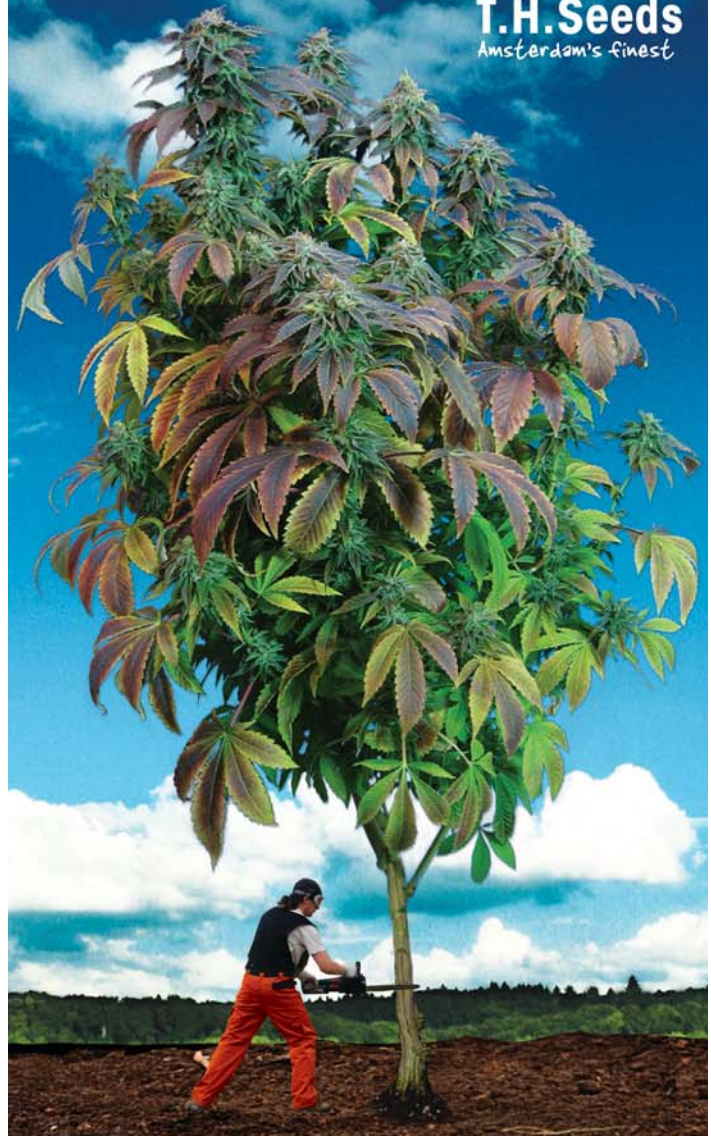
"Uncle Bob, I'm going to get IT now" Rooney said firmly.

They both said simultaneously "So we can get back to ... FISHING!" Rooney put on a snorkel and mask, grabbed a spear gun and eased into the water.

The pool was small, only ten foot by ten foot, and crystal clear. Uncle Bob frantically adjusted the binoculars he brought for the occasion. With Rooney in pursuit, the bass swam toward the submerged truck. Rooney held his breath and dove, sighting the spear gun. The bass swam into the truck, rolled up the window and locked the doors. ❖



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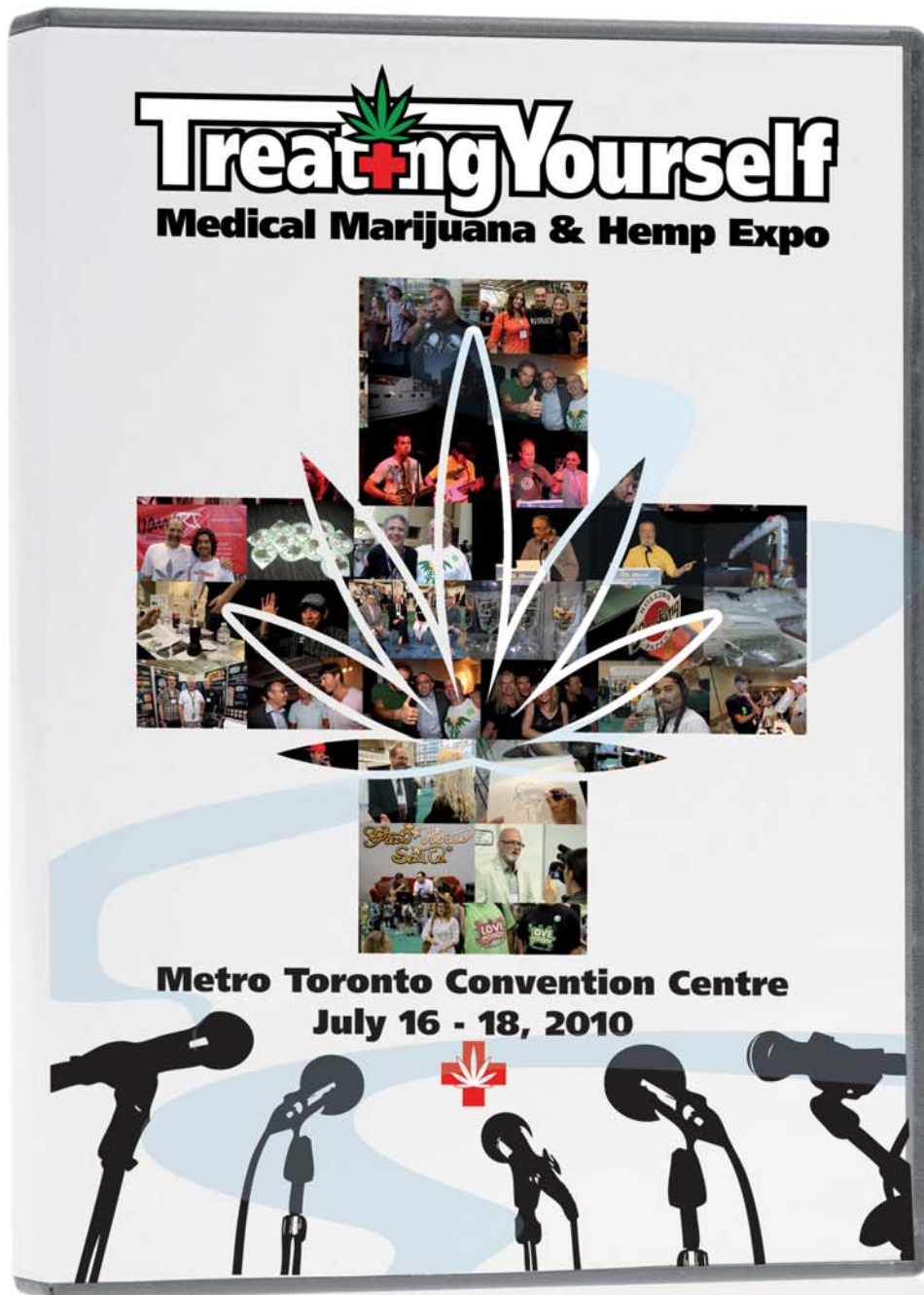


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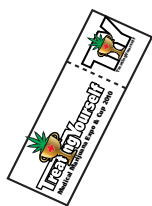
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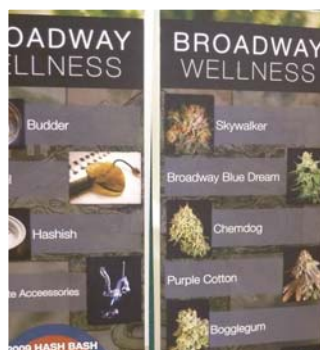


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Denver Colorado Hosts Kush Con

by **Jeremy Norrie**
TreatingYourself.com
FutureofFighting.com
RLDDVD.com



I'm from California, but I really love to travel and see the various places that are famous for marijuana. I recently was able to attend Kush Con in Colorado, and it was a real treat. They have very progressive laws apparently, and so Denver was one of the best places to do a show like this one, even though there was no smoking allowed, even for medical patients. They had combined a few key elements to make an awesome show, and it was all slowly coming together. These cannabis industry shows are going to be a success.

First thing I noticed, the location they had chosen was right in the middle of the city and used for all the major events and shows in Denver. They had excellent signs and plenty of clear instructions on what to do and where to go. It was very well organized and also very professional. They had not left out the fun, though, as they had combined a concert with the show, and numerous well-known acts were appearing at various times. The stage was right around the corner from the expo, and it was jam packed! This was clearly a huge part of what

made this show something different and fun. The actual expo was very much like the ones we do here in California and all around the world, but it was even bigger than ours, and that was without some noticeable major sponsors. They also combined a crazy skateboard jump ramp and these new types of boards with huge wheels into the mix; it was incredible.

The event was three days, but I was only able to attend one night and part of Saturday, so I missed a great deal of the show. But from what I saw, people were having a great time. There was a huge giveaway by Grow-Bot; it said a value of \$42,000. They had dropped off prefabricated trailers made for growing, and they were giving one away! People entered to win, and that was not all that was given away. I watched as the radio station booth gave away thousands of dollars worth of glass and other merchandise. It was also really amazing that there were so many ads on these major radio stations. They really promoted it well, and all around the city it was amazing to see how well advertised this show was.▷

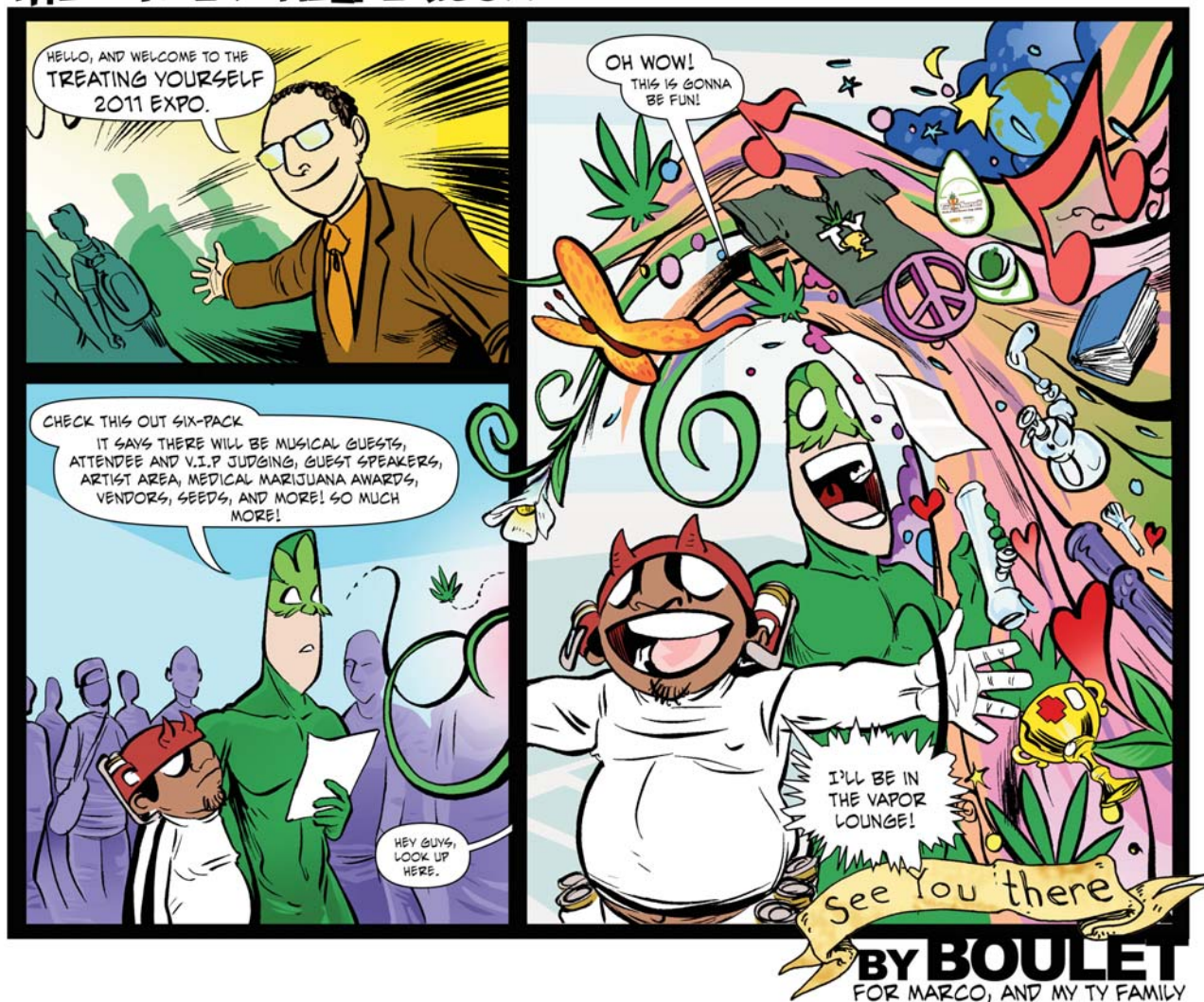
It just was another example of how progressive it is in Denver.

All around California, I hear talk about people wanting to move to Denver and now I finally was getting a chance to see why. There was excellent quality medicine there and they had just about everything we had in California, maybe even more. I noticed great quality in the concentrates also, and there were easily as many edibles. In fact, some of the companies, like Simply Pure, were truly ground breaking in the edible world. It was great to see that medical marijuana was taking such huge strides in a place like Colorado. Even big companies like THSeeds from Amsterdam have moved operations over to Colorado and they are loving it, according to Adam. It seems like the movement has really come far in Denver, and I look forward to April, when they will host the next Medical Cannabis Cup by High

Times, moved from San Fransisco, if you can believe that. I wish I had more to tell, but like I said before, I wasn't able to stay very long this time. But hopefully next time I will have a great deal more freedom!

So that is all for this time; hope you will be able to use this article to find out more about the great state of Colorado and its wonderful expo Kush Con. Maybe you have been thinking about checking out one of these shows, and if you can make it, this is one of the best ones you can go to. Enjoy it however you can; next issue we will talk about more cannabis-related news. Don't forget to check out www.FutureofFighting.com to bet on fights and get the latest news about UFC and Mixed Martial Arts, also 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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The 2011 NORML Conference

Berkeley, California

By Lexx

Attended the 2011 NORML Conference in Berkeley, California, on January 29.

In attendance were the luminaries of the California cannabis scene: Dennis Peron, Angel Raich, Ed Rosenthal, Dale Gieringer, Don Wirtshafter, Allyson Margolin, and more!

Two distinct camps of thought and direction converged under the NORML tent at this conference in the heart of Berkeley. The Medical Cannabis group worked to come up with plans to make it easier for patients to access collectives and dispensaries, and cultivate for themselves. The recreational users' camp pushed for legalization, as well as to clarify the reasons that recreational users are deserving of full legalization.

Senator Mark Leno, Democrat, has introduced a bill to prevent employers from firing patients who test positive for the drug, while Assemblyman Tom Ammiano also said he is still pushing his bill forward that would legalize sales.

With ripples coming from the Yes on 19 Campaign after the election, many in the movement are awakening to the realities that those with the money are actually doing what they said they would not do: taking over and cutting out the Little Guys, i.e. the small dispensaries. Those are the dispensaries and collectives that buy from the Mom and Pop growers who put the time and love into their crops for their friends and patients.

This seems to be what Lynnette Shaw from MAMM has just had happen; the details are to be released after litigation is instigated.

The mega grow owners believe that they have the right to put those folks out of business. It is far cheaper to grow large quantities with hydroponic solutions (pure chemical) than to grow small quantities of boutique-quality cannabis without all the chemicals or their effects.

Thus, quality and truly medical-grade cannabis would be off limits to patients without the skills to grow for themselves.

Not exactly what patients want to hear, but what bankers love to hear, a market that is never satisfied with a non-competition agreement with the state.

In my own state of Oregon, we had a measure on the ballot, #74, which would have given us regulated dispensaries and suppliers to them. Taxes would have been gathered to help run the Oregon Medical Marijuana Program, as well as a testing requirement to prove that the medicine was truly of a medicinal grade.

California, being ahead of the curve in many ways, had not been fully prepared for the passage of Prop 215, so when it passed, there had not been provisions tailored



From left to right:
**Angel Raich, Don Wirtshafter, Dale Gieringer,
 Mike 420 Limo, Kubby, Margolin girls,
 Senator Mark Leno, Dr. Bearman & Lynnette Shaw**

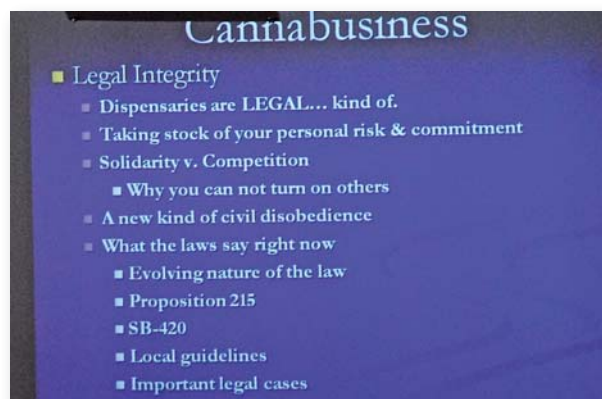
specifically for dispensaries in its language. This caused chaos for law enforcement because of the lack of language specific to the legislation of Prop 215 clarifying how patients would obtain their cannabis. This also gave the dispensaries a chance to become established and thrive while this gray area of the law was exploited.

A decade plus-later, the feds are not raiding clubs, but using the IRS as their strong arms instead.

Harborside Health Center, being the cutting edge of patient care, is one of the first collectives/dispensaries to have this attack on their tax status.

What was visible was the division between activists looking at how to tackle the problems confronting not only California, but the entire country. As Dennis Peron was pointing out, since anyone can obtain a recommendation here in California, it is time to work at providing medical options to all the citizens of this country.

Had the great pleasure of sharing the 420 Limo with Angel Raich, Ed Rosenthal, Debby Goldsberry, Susan Soares, and Mike, who was our most gracious host. Angel related to all of us her recent experiences as she died in the hospital, went to that place of peace, love, and joy with her grandmother, then being sent back here to carry on with her mission. Her grandmother expressed



that she was not finished with her work there. Knowing Angel it is to bring freedom back to our choices and to help patients be free of their pains.

Meeting and hearing from all these NORML chapters in California, there is one word that describes everyone there: committed! Change is inevitable, with Cal NORML working to bridge the gaps between patients, dispensary owners, physicians, and those invested in the future role of this plant in California and our entire country.

Spend a day with these folks and you will not be able to be anything but inspired to keep up this battle for all of our freedoms. 🍓



The Hashbar Olympics

cannabisculture.com

by Jeremy Norrie

TreatingYourself.com
FutureofFighting.com
RLDDVD.com

The Hash Olympics took place in January at the Medical Kush Beach House in Venice Beach, California, and it was a wild time. The people from Hashbar TV and various others were all in attendance to witness the contests that went down. It was a fun time, with people of all ages, and it was a night of a few amazing feats of cannabis smoking. The whole event was a good time, and Sean Kush was more than a warm host to what I am sure will be a regular event.

The first thing was getting in, and it did take an extreme amount of time. This is something I am sure they will work on for the next time, but for this experience it was a bit long. After signing a consent form and getting checked in, I made it back to the bar, where everything was going down. There were DJs hosting, with Sean popping in and out, giving away Ganja Juice and also some nice joints. There was music going, and the party was popping, with some gorgeous girls and lots of great people. Smoking was going down in a serious fashion, and huge hits were being consumed. As the contest went further, some people took some amazing hits.

Women's TOP TEN

Gabriel 93Red 2:00:00 2:28:10 4:28:10
Katie 53Orange 1:29:50 1:43:00 3:12:50
Jessica 21red 1:15:00 1:37:00 2:52:00
Marlena 9blk 1:43:00 1:06:00 2:49:00
Chelsea 77red 0:38:00 2:04:00 2:41:00
Shannon 12Red 1:07:00 NA
Jasmine 147red 1:40:00 NA
Jennifer 64Red 0:30:00 NA
Felicia 60Red 0:26:00 NA
Madison 59Red 0:20:00 NA

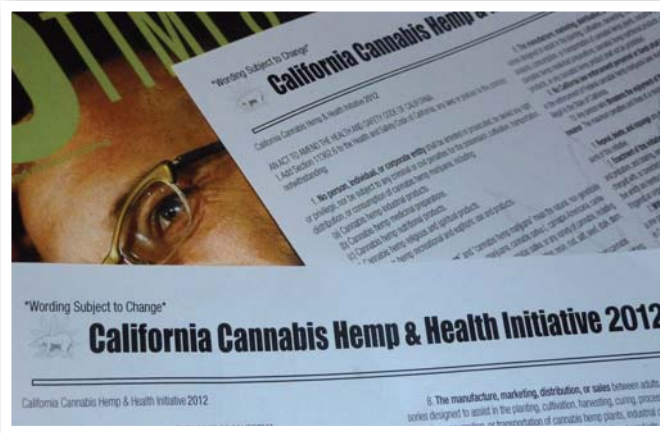
Men's TOP TEN

Nate 123Black 2:53:00 2:10:00 5:03:00
Raul 11Black 2:38:00 1:53:00 4:31:00
Beemer 154Red 2:11:50 2:15:08 4:27:03
Harley 96Red 1:44:05 1:42:00 3:26:05
Wilson 18Blk 1:52:00 1:19:00 3:11:00
Jeremy 14Blk 2:38:00 NA
David 29purp 2:30:55 NA
Lance 13Blk 2:22:00 NA
Damian 2Blk 2:08:04 NA
Rudy 3Red 2:06:07 NA



Thanks to all who attended and participated in the 1st Annual Hashbar Olympics. Here are the results. The winner was the person with the longest combined time for the two snaps in heat one and the finals. Some of the top ten were not there for the finals, but we recorded their times here. Keep a lookout for the Web video and then, coming soon, the DVD. We hope to have another Olympics in the spring, say ... 4 / 20?? Stay tuned.

It was a fun time; make sure you catch up with us next time. Medical Kush Beach House and Hashbar.tv will be waiting to hear from you. Hope you will be able to use this article to find out more about the Hashbar Olympics or maybe even other events in your area. I hope you can learn how you can attend these fun events, or maybe travel to one of ours in the future. Maybe you have been thinking about checking out one of the many awesome videos from Hashbar.tv and their adventures, and this article helps point you in the right direction. Enjoy it however you can; next issue we will talk about more cannabis-related news. Don't forget to check out www.Futureoffighting.com to bet on fights and get the latest news about UFC and Mixed Martial Arts; also 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. 🍀



Keeping PACE



Al Graham

P.A.C.E.

www.peopleadvocatingcannabiseducation.org

at the movies

The group People Advocating Cannabis Education (PACE) has received quite a few acknowledgements from the public as we continue our Cannabis Educational Series. We do this to bring cannabis education to the people in our area and beyond. **Our Cannabis Education Series is based on four themes: science, patient testimonial, history, and prohibition.** This series is set up to highlight the many issues that we cannabis users run into and to provide important information, which those in authority positions prefer people not to know. Seeing and hearing the actual researchers discuss what they have discovered or hearing from the patients as they struggle for safe medication and how they benefit from it isn't what society is being educated about. As the year 2010 was coming to a close, we couldn't end it without visiting our favorite cafes one more time.



The year ended with us showing the movie *Run from the Cure* at The Studio Cafe in downtown Belleville. The Studio is a place to gather, sit back and relax, and enjoy a cup of coffee or a small dish while looking at the many photos or artwork on the walls and tables throughout the place. Patricia, the owner of the Studio, is an avid photographer and loves to display her photos as well as

other people's work within her business. The Studio also offers local musicians a great location to come out and jam, and many of them gather here on a weekly basis to do so. A relaxing atmosphere, cannabis education, baked goods, music, great photos, and artwork: what else can one ask for?

Run from the Cure is a story about Rick Simpson's attempts to get cannabis oil recognized as a legal medicine. Rick battles the police and the public as he fights hard to

show that cannabis resin is a medication that works. I've said many times that making this oil can be dangerous, but it makes me wonder: if cannabis wasn't illegal, would a proper method be developed by industry to remove the resin safely?

If you haven't seen *Run from the Cure*, I suggest you look it up online. After this movie, we took a short break before watching one of Treating Yourself's first video productions. This video is from the 2007 Treating Yourself Awareness Forum that was held at the Delta Chelsea Hotel in downtown Toronto. With a limited time, we couldn't watch the whole video, but we did get to see Marco and Michelle Rainey speak. When it ended, I informed the people in attendance that we had lost Michelle not to Crohn's but cancer, which left many surprised. As time goes along, we plan on showing more of this video, as it contains many more people who should be heard.

The following day we headed to Trent Hills as we took our traveling show to the Grindhouse Cafe. The Grindhouse Cafe offers fair-trade coffees, great sandwiches, and many organic goods. Because we show cannabis movies at this location, which has a name that could possibly be linked to an action that one takes to consume medication, the Grindhouse is about grinding coffee and not bud, as some have wondered. Gerhard, the owner, has told me since we started showing these movies at his location that customers have asked him if his baked goods are medicated.

This weekend, it was history theme day at the Grindhouse Cafe as we showed *Magic Weed: The History of Cannabis* on the screen. *Magic Weed* allowed those in attendance a better look at the real history of cannabis and hemp, not the one that society is told today. To see the farmers riding on the old farm equipment and to watch people actually harvesting fields of hemp by hand can paint a different picture of things. It is also important to see that up to 50,000 items can be made from hemp, and they were before this ban, based on racism and a few other things, was put into place. This kind of history is something that should be taught in school, not in a cafe, no matter how nice the cafe is. When you watch this movie, it really makes you wonder what went wrong. People in attendance were also able to learn the many other benefits this plant provided America and other countries battling in the world wars.

In order to show the benefits of hemp in these wars, we presented the US government film *Hemp for Victory*. This is a film that was produced by the United States government to get American farmers to grow hemp for World War II, something that the government had to do because it had outlawed hemp only five short years before that. If hemp is so dangerous to man, then why did government ask the farmers to keep growing it, and then why was it so important in the wars? When we live in countries that promote the military and war, it makes me wonder why we would subject the very item that was so important for us to death.



With the old year gone and a new one setting in, we returned to our favorite cafes. This time around, The Studio hosted one of our history-themed movies, *Magic Weed*, while the Grindhouse Cafe started the year with a movie about Prohibition called *The Union*.

Our showing at The Studio this weekend was hit with a pile of snow. While the snow reduced the numbers, it didn't stop six new people from coming out to watch. These people had never attended any of our movies, so it was great to see that they were just as dedicated as us and fought through the snow to get there. The smaller than usual gathering

would allow us to spend more time on each person's questions or concerns.

The next day after the snowstorm, we headed back to the Grindhouse Cafe to watch *The Union*. What started out looking like a regular crowd quickly turned into a showing with a lot of new people in attendance. As our starting time got closer, I took a look around and noticed the place had filled very quickly. A quick count showed that 14 new people had crammed into this location, which almost caused our first ever standing room only situation. The Union allowed us to showcase many Canadian activists, but it also shows how prohibition affects all of us. From job creation to the sick and dying, every aspect is covered by this remarkable film. If you haven't seen it yet, you should.

More than Movies

While the movies allow us to show the truth, they also always give us a chance to reach out to people who may never get the answers they may need on cannabis. Both of these locations allow us time to talk with people one on one or in a group setting after our showing. People want to know about the government program, or they are looking for more information. While doing one of the shows in Belleville, we were asked about lupus and if cannabis could assist with this illness. Within minutes, I was able to report back to this lady that I had found some information online and where to locate it. At that moment, she started waving her hands toward her face like a fan as she attempted to



hold back tears. To see someone break out in tears, tears of happiness, is quite a touching thing. I've helped many people over the years, but I can't recall too many that have started to cry with happiness. For me, I knew that I had brought her something that she may have thought she'd never find.

While in Treat Hills, we were approached by some people involved in a care group in the area. They came to the Grindhouse for a coffee and were arriving late in the movie, but that didn't stop them from staying for an hour to talk with me and Mike about cannabis. They were able to mention that several sick people that they knew had told them about the benefits of the plant, so they weren't surprised by some of the stuff we discussed with them.

After doing these movies for four months, I'm happy to say that we have retained many people who keep coming back for more, and it's great to see new people attend. This is telling us that the word is getting out and that we should grow as we go along. It also shows that we are not just getting the same people all the time.

The Musical Entertainment

Regular radio plays the music that the music companies are promoting as well as many of our favorites. What we don't hear much of is cannabis-related music. We like to play music before the shows in order to help bring on a cannabis▷

atmosphere and provide some musical entertainment at our locations. In order to get cannabis music to do this, we have been playing music supplied to us by Time4hemp. You can also get these great tunes by going to <http://www.time4hemp.com>. Casper, the owner of T4H, does a fantastic job in collecting this kind of music. The one great thing about the cannabis tunes he airs is that they touch all kinds of music. It doesn't matter if it's country, jazz, hip hop, or rock; if it's cannabis related, Casper has it and plays it loud and proud.

We're Growing

The beginning of the new year has brought the group much attention. Our cannabis movie series has sparked so much interest that the local press has covered it, which has allowed us to reach out to more people. With their interest heightened, P.A.C.E. has started to take out ads in the local press to promote our cause. Within hours of the paper being released, we began to receive e-mails from people seeking assistance or wanting more information on cannabis's medical value. This has also brought P.A.C.E. attention from one of our other local papers. I've been told, at this time, that this second interview could be a multi-week series that could touch on all aspects of the cannabis plant as well as the legal issues.

The group now has a Twitter account, as P.A.C.E. participant Sharon KC has started to tweet for the group. She can be found at twitter.com/pace_skc. Sharon has informed me that this new account already has almost 100 subscribers. Some of her followers include people from all over the United States, Australia, Germany, Holland, and Canada.

We also have new Facebook Group page that you can find at http://www.facebook.com/profile.php?id=775035175#!/home.php?sk=group_147210485328450&cap=1

Join in and keep us in touch. Let us know that you are people advocating cannabis education, just as Deb from Manitoba has done. See you all soon!

Spreading P.A.C.E. everywhere to bring cannabis P.E.A.C.E. +



MedCannAccess New Year Celebrations

Al Graham

P.A.C.E.

www.peopleadvocatingcannabiseducation.org

Out with the old and in with the new. The folks at MedCannAccess can say this in



more ways than one. As 2010 came closer to the end, the people at HUMAN underwent a name change as well as the closing of the year. While the new name had been around for a couple of months before 2010 ended, 2011 is a year where the old name will no longer be found.

Just before the new year began, the folks at MedCannAccess starting planning and making tickets to their membership. With the day approaching, many of the members were busily getting ready as they ordered food, collected raffle prizes, and made sure that everything was set to go.

The location this year provided the group with soft, comfortable couches, plenty of chairs, a full-size kitchen, a big-screen TV, and some fantastic views of the Toronto shoreline, with the CN tower beaming above it all.

The morning of this event, I trekked down from my small rural town and into the big city of Toronto in order to meet up with Treating Yourself Editor Marco Renda. Both Marco and I are members of MedCannAccess, and we got together beforehand to talk about the coming 2011 Treating Yourself Expo. We talked about some of the coming changes, including that all events would be happening on one floor and in one massive location. The John Basset Theatre and the large Vapour Lounge on the main floor were very nice, but having everything in one large area will make it easier for everyone attending. Knowing that musical guests Los Marijuanos and Northern Lights and others were returning was good to hear.

When we arrived at the party location, the first thing I spotted was the massive view of the Toronto waterfront before even seeing anything else. The view can be described as breathtaking, and I'm sure it's only one of thousands that can be found in the area.

Shortly after getting the room opened up, Andria arrived with a couple of carts and boxes full of items for the party. We were getting set up and getting things out when Sheena, Theresa, and others arrived to help out. I moved away from the kitchen at this point and made my way to the sand pails. While I didn't get to

build sandcastles, I was able to fill some pails with sand for those who chose to use tobacco or to go outside to smoke their cannabis medication.

Moe arrived on time and started to set up his excellent assortment of fruits, pretzels, and other eatable items. When you arrived at his area, you simply grabbed a plate and filled it with your favorite items on display before having some warm, delicious chocolate poured on them. Moe's chocolate contains some of the best blends available and is simply something that is a huge crowd favorite.

Of course, going outside to medicate wasn't necessary, as Blaine made sure that there were several vaporizers set up for patients to use. He brought along a couple of Volcanos to help out with that, but it was nice to see the Verdampfer present. Last summer during the Treating Yourself Expo, many of us got a look at it, but not everyone got to give it a try. This time we were able to get a good look at this device and to see how it really works. The set up looks like a glass bong but with a wire attached to it. This wire feeds electricity to a glass-enclosed tube that has a heater coil in it, which is then slipped into the top of the bong. Your medication sits between this element and the top where you would normally inhale from.

When the element is heated up, all you have to do is inhale from a side tube that makes for the new mouthpiece. When you inhale, it draws the heat down from the element through the medication, which then evaporates the trichomes on your medication. Just like with any other bong, your medication is drawn through the water on the bottom before entering your lungs. This method is a clear benefit to the cooling process, which is something not found on most other vaporizers. The cooling effect really helped to reduce any harshness one may find when medicating. Many wondered if it could be added to other devices now available.

We had just barely got set up when people started to arrive. There were several people that I had never met in the past, which would make this a good time to meet people. Some of them I caught their names, like Stan the Man and Chris, but then there were others like the guy that was wearing a Michelle Rainey Medicinal T-shirt, whom I spotted spending time with everyone. There were also many that I knew, like Georgia with her son Storm. These two have attended many functions in the Toronto area, so it's good to see that they are willing to make the several-hour trips back and forth to their home to attend these functions. Georgia draws the cartoon Cultivating Compassion, which is featured in Treating Yourself as well as several other magazines in North America.

There is hardly an event that I don't go to that Naomi doesn't attend. She arrived with two other friends, Crystal and the guy I will have to call the Smiling Man. All three of them arrived just as the draws were starting to take place. They barely had time to take their coats off when the man with the permanent smile had his number called out, talking about arriving just in time. He went home with a very nice



The Ballooned animal by Georgia



YaMon Marco and Georgia

cartoon sketch from Georgia.

Up until the draw took place, people mingled and talked in groups. Some that were brave went outside in the -20 degree C weather to get a view of the city night line. While out there, some chose to smoke their medication and to get a longer look at the sights around us.

Along with Moe's delicious treats, there were also other items of food to munch on. Besides fruit, you could get some meatballs, buns, lots of different dipping chips and sauce to choose from, and other assorted goodies.

I spent some time with Kevin, a Crohn's sufferer like myself. Kevin has started up a new business to help those with medical conditions. He supplies people with growing equipment, nutrients, and other items that you need to use to grow with. ▢



Mike and Angelica doing the raffle draws

Chris Ablett is all excited about winning the Vapir NO2

Lee Goldman Volcano draw winner

He says it's been a slow climb, but things are coming along. It's good to see a sick person getting involved to help others who are also sick.

As I mentioned earlier, there was a draw held. The draw featured a few of Georgia's cartoon drawings as well as some MedCannAccess items, but what I think got everyone excited is when they pulled out not one but two vaporizers. These would be the new Vapir NO2 and the trusty and well-known Digital Volcano. These two were kindly donated for this draw by Vapourizers.ca and Treating Yourself.

The Vapir NO2 is one of the newer units on the market. It bills itself as the most portable unit available, as it comes equipped with a battery for those times when you can't plug it in. Just think: you'll be able to take it fishing with you or while you're out for a stroll around town.

When these two items were about to be drawn, the place

went quiet, as everyone was hoping to win. When the numbers were drawn, Mike and Angelica slowly read off the numbers. First up was the Vapir NO2, and this great-looking device went to Chris Ablett. He was thrilled to have won this vaporizer, and I'm sure he couldn't wait to get home to try it out. Next up was the Volcano. Most people know this machine as the Cadillac of vaporizers. This time, Lee Goldman heard her numbers called out. A little bit before the draw, her friend Scott had informed me that it didn't appear that Lee was going to attend the gathering, but he and his daughter got her to come along. Both of these two lucky winners are grateful to Treating Yourself and Vapourizer.ca for these two genuine medical devices.

The event organizers Blaine and Theresa as well as those who helped out from Paul to Sheena and Andria would like to thank everyone for coming out and making the New Year celebration a success. 🍀

Cartoon



Cultivating Compassion By Georgia

www.georgiatoons.com

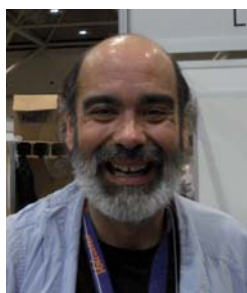
Who is PACE ?

Al Graham

P.A.C.E.

www.peopleadvocatingcannabiseducation.org

While you've been able to read how P.A.C.E. brings awareness about the cannabis plant to the uneducated, within my articles I really haven't introduced some of the people that make things happen. The group isn't a group, as some describe it. P.A.C.E. is just people who want to promote cannabis for all of its many benefits. They are people who have a busy life and can't attend meetings on a weekly or monthly basis but are willing voices. Basically, what P.A.C.E. does rely on are people who want to advocate cannabis education. Some of the people that you'll meet at the large shows that we do with *Treating Yourself* or you may come across at these movies are medically licensed, while some of the people are not. What experience and background of education do some of these people have? To solve this, I'll let them some of them introduce themselves to you with their own words.



Mike Baranik: Graduate from the social service worker program at Loyalist College in 1986. I have been employed in the social service field for the last 25 years. I attended my first Harm Reduction Conference in Toronto in 1994 and have been involved with the Belleville Harm Reduction Task Force since 2002. I also organized the Resolving Marijuana Prohibition stop in Belleville, Ontario, and recently I've been assisting Al with his new group P.A.C.E. (People Advocating Cannabis Education).



Jennie Cee: I started my career journey by attending Fleming College, where I completed a drug and alcohol counselor diploma. I then worked for two years as a residential addictions counselor in a mental health care center in Northern Ontario. This predominantly entailed planning and facilitating psycho-educational groups and providing group and individual counseling. I decided to return to school and graduated with a social service worker program diploma from Loyalist College. I was given a United Way of Quinte Award for being an outstanding student in the social service worker program. Shortly after graduating college, Trent University offered me a scholarship, and I am now happily working on a sociology honors degree. I am passionate about sociology, psychology, and law. In addition, I am passionate about a holistic approach to physical and mental

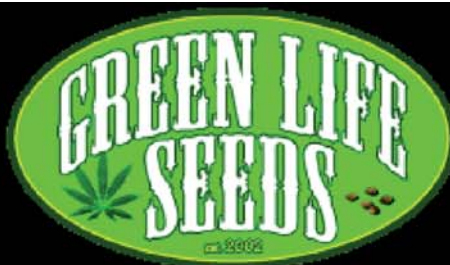
health and have also been studying holistic nutrition with the Edison Institute. Throughout this journey, I have been searching for a way to really make a positive difference in the lives of others. I have been given an opportunity to do this through my work with P.A.C.E. and *Treating Yourself* magazine. I look forward to continuing to spread the word about this incredible and wonderful plant that can relieve the suffering of so many.



Sharon KC: Graduate of the social service worker program and now continuing my education by going back to school for my post-graduate public relations certificate. Sparked with a passion to help, P.A.C.E. provides an excellent opportunity to help people through education. Any *Treating Yourself* readers on Twitter can follow my posts at twitter.com/pace_skc in order to get information, updates, and news about P.A.C.E.

P.A.C.E. also has the assistance of several other licensed and non-licensed medical users in our area. These people assist P.A.C.E. with our movies as well as educating the local media. They also help out with assisting in any way possible, whether it's helping a person with a question while attending a movie or on their own. No matter what, they are people talking positively about cannabis, thus making them people advocating cannabis education.

Next time, you'll get to meet more people like yourselves that are people advocating cannabis education. 🍀



Romulan



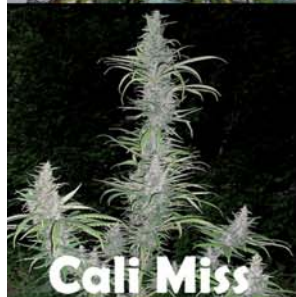
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Romulan Diesel



Northern Flame



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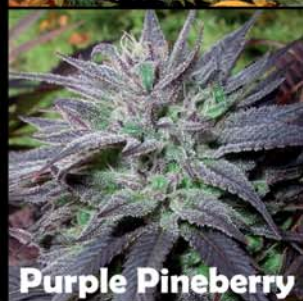
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BC Early Blueberry	\$100
BC Golden Skunk	\$100
Dynamite	\$140
Island Sweet Skunk	\$160
Lemonator	\$120
Grapegod	\$160
Grapefruit Diesel	\$140
NY Purple Diesel	\$95
Romulan Diesel	\$150

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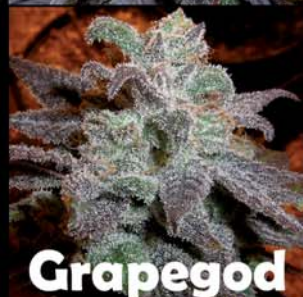
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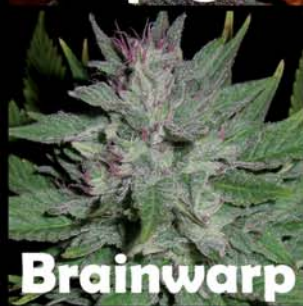
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Only 1 entry per person.

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June 1/11**

Winners name will be announced in Treating Yourself issue # 30

Winner will be contacted by phone / mail / email
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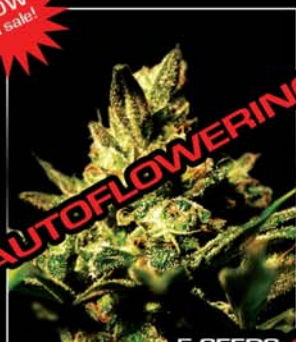


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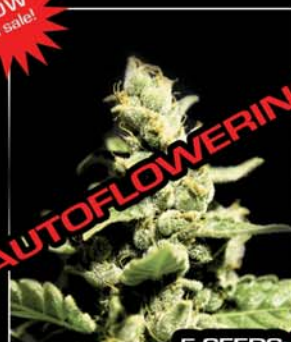


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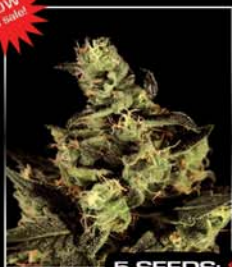


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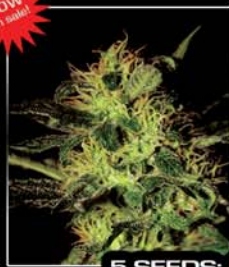
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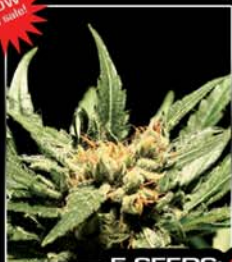
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