

Treating Yourself

The alternative medicine journal

Benefits of Including D9THC in
Hepatitis C Antiviral
Polypharmacy

The Cash Hyde Story...
The Boy of Steel

Cannabis to the Rescue for
Appetite Gain

MM Testing Labs Claim
to Forecast Personalized
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A Look at
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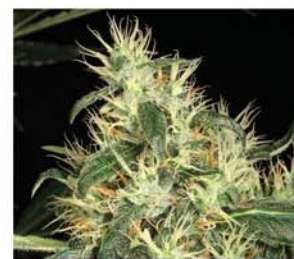
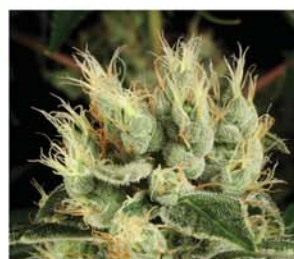
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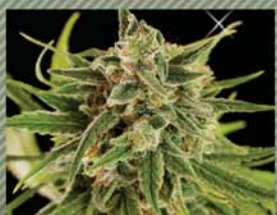
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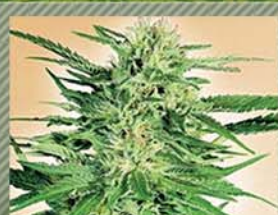
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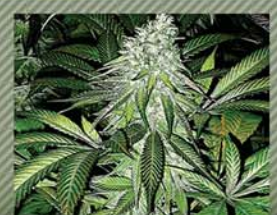
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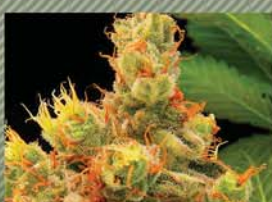
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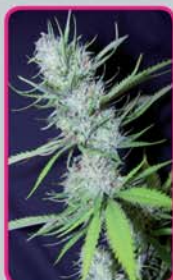
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Publisher/ Editor in Chief
Marco Renda
weedmaster@treatingyourself.com

Art/Layout Designer
Ivan Art
ivan@treatingyourself.com

Copy Editor
Daniel Lindley

Sales Representatives
Greg Kosakow
Michael Levitt

Web Site Editor
Andrew Shaw

Q&A Advisor
shantibaba
shantibaba@treatingyourself.com

Text & photography Contributors
Marco Renda, Ivan Art, Shantibaba,
Mary Lou Smart, Georgia Peschel,
Al Graham, Jeremy Norrie, Lexx,
Easyrasta, Tim Shoniker, Angel Stanz,
Mike Bifari, Jonny Appleweed,
Mr. Eckhardt, Cheryl K. Smith,
Mike Marino, Subcool, Lazystain,
Green Born Identity, Samuel Wells,
Kannabia Seed Co., Harry Resin,
Joshua Boulet, Skunkmad, Davide
Stallone, Gregorio "Goyo",
Michael Guerrini

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Submit your articles to:
submit@treatingyourself.com

Treating Yourself
250 The East Mall,
P.O. Box 36531
Etobicoke, Ontario
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The fight for the right...

I hope that everyone who attended the recent Treating Yourself Expo had a wonderful time. If you didn't have a chance to attend this year, the 3rd Annual TY Expo is being held on May 25th to 27th 2012 and I have been taking lots of early bookings for vendors already. This is also a long weekend in the USA so make sure you keep it free if you live across the border. The show is growing from strength to strength and has become a platform for educating people from all walks of life which is a powerful tool.

When Stephen Harper was voted in as Prime Minister once more, I was curious to see if he was making empty promises as a PR campaign or whether he would really bring about change. The threat of change has already started it seems. Health Canada has made proposals to change the Medical Marijuana programme that compromise a system that is at best inadequate. They are attempting to stop private growers from growing their own medicine and propose to reduce manufacturing to three companies that patients will have to buy from.

For those of you who are knowledgeable about using medical cannabis, there are approximately 1,600 varieties of cannabis. Each has a differing impact of the body and not one strain can be applied for all ailments. What works for M. S. may not be as effective on Crohn's disease. Health Canada will only be supplying one strain though and have been since the programme started. Their reasoning behind this is based on health and safety risks behind private grow operations.

When I had my garden up and running, I worked in tandem with the local Police and the Fire Marshall in addition to the Electrical Standards Authority (E.S.A.) to ensure that all requirements had been met. The local police disclosed that no guidelines exist for safe grow operations and I suggested that we get together and write a manual that could be utilized. While they appeared to be supportive, the Fire Marshall clearly wanted us to leave his jurisdiction and made it increasingly difficult and costly for us to jump through hoop after hoop. This would have been a step in the right direction as the experts in the programme are certainly not Health Canada. In addition to this ridiculous suggestion, employees from their offices are still advising doctors regarding how much they should be prescribing which implies that they have more medical knowledge than them. In actual fact, they have little to no research or medical knowledge at all. This would be funny if it wasn't really happening but it is.

On a lighter note, I have just returned from Europe where I mixed business with pleasure. I visited my homeland of Malta which was quite nostalgic for me. I also had meetings with various people in Germany and Amsterdam to discuss business matters which is always a pleasure. On various occasions, the subject of Michelle Rainey came up and the Greenhouse crew had a framed picture of her in their office. As always, everyone had nothing but the highest praise for Michelle who was nothing short of an ambassador for our movement. She is a valuable reminder of why I continue to fight for the right to use cannabis as my medicine.

Take care and Peace,

Marco Renda.



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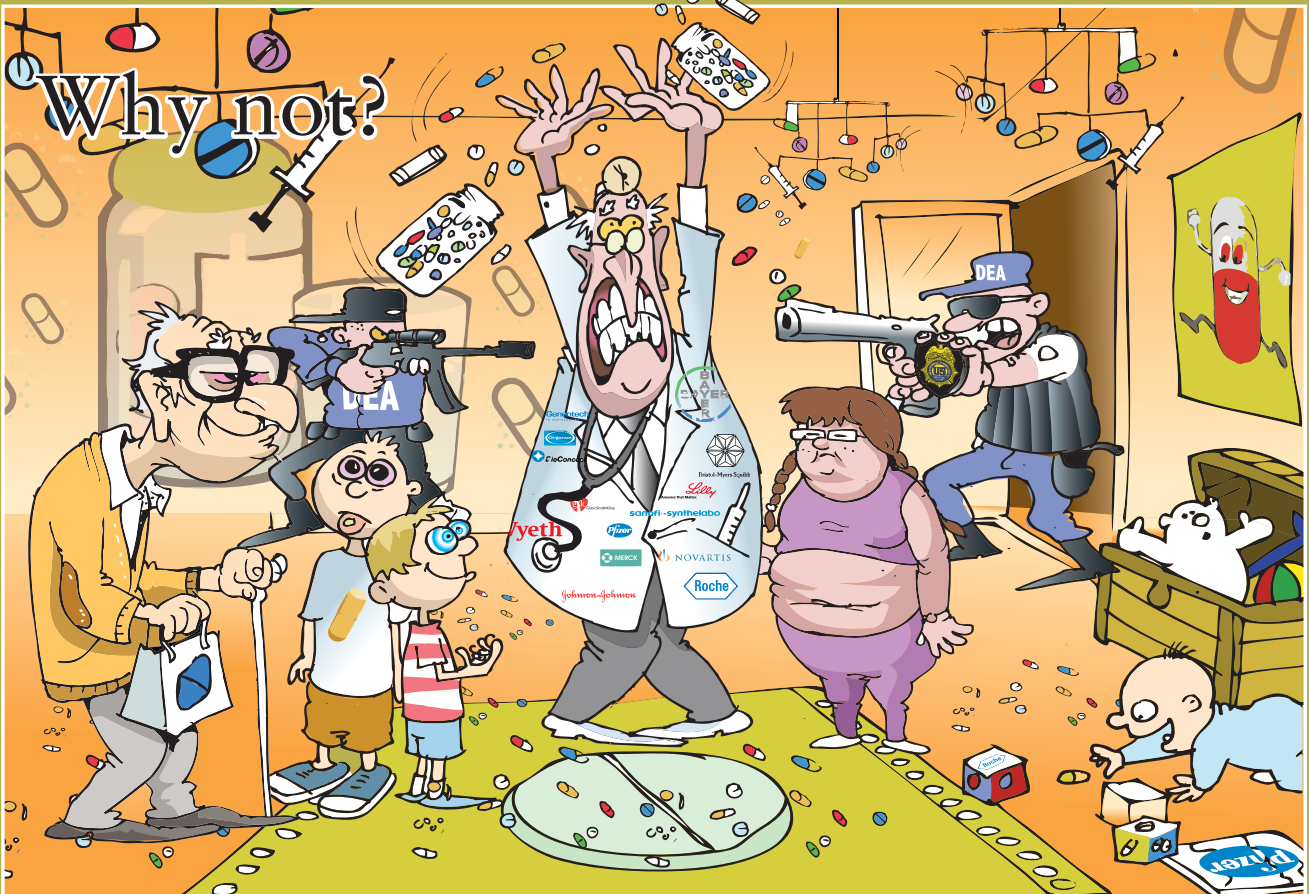
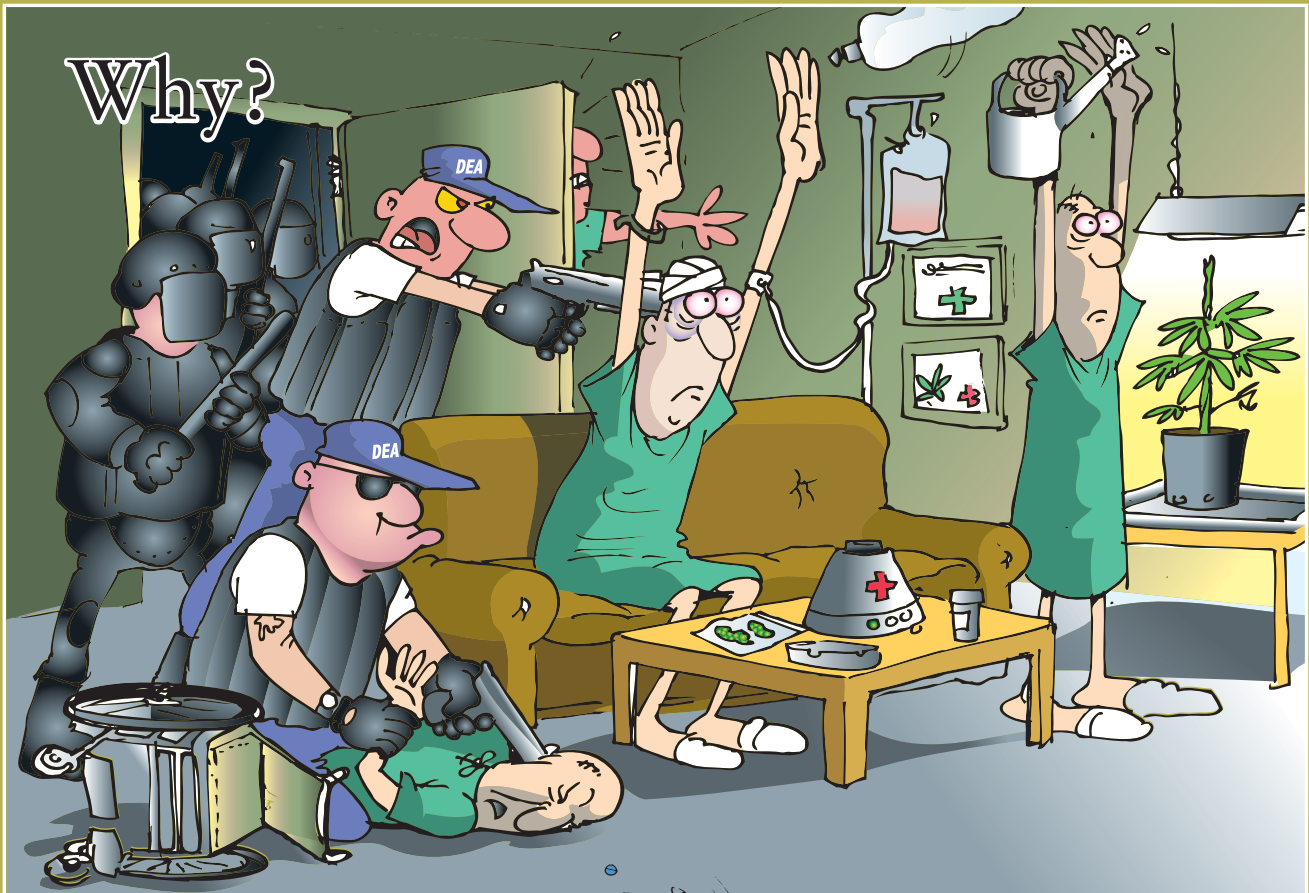
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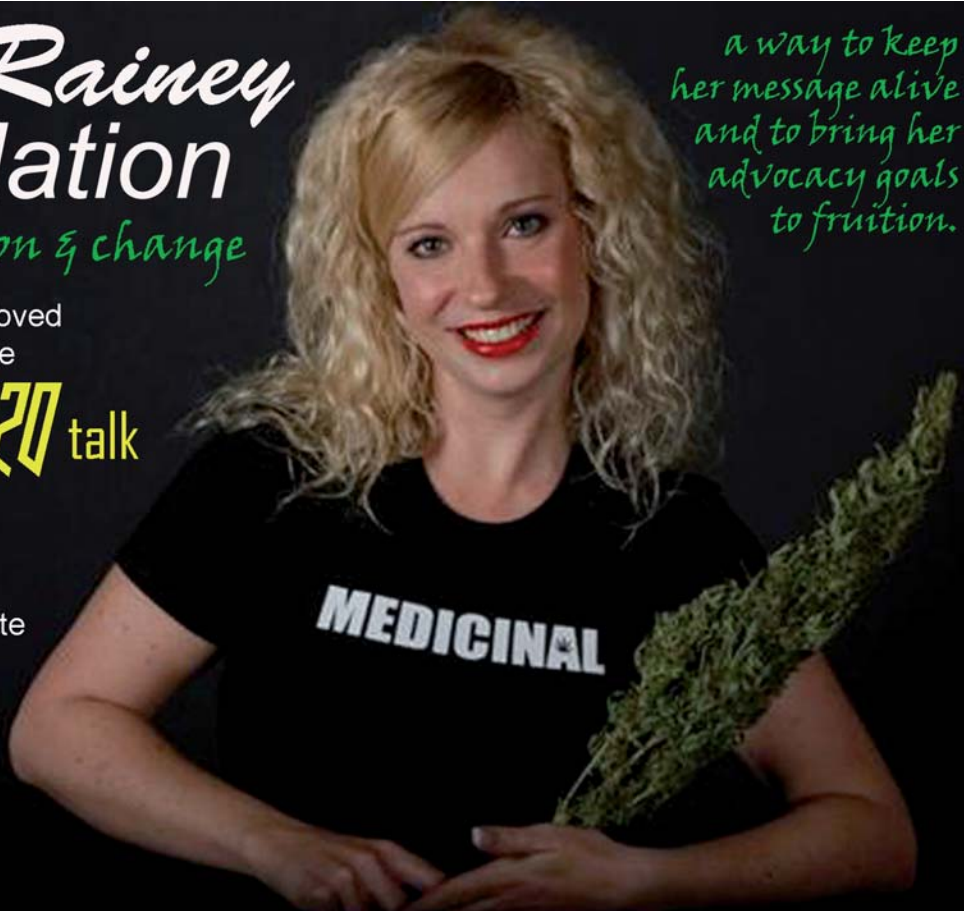
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TORONTO- June 20, 2011- ERUPT™, an environmentally-friendly plant nutrient company that currently targets the medicinal marijuana industry, will now offer a line of eco-nutrients to the traditional home and garden market.

ERUPT™ announced Friday, their intention to enter the home and garden nutrient market with special blends of nutrients formulated for the at-home gardener, as a response to direct-competitor Scotts Miracle-Gro Company's announcement on June 14 of its intention to target the medicinal marijuana market.

In March 2011, ERUPT™, formerly Mari-Gro, received a cease and desist request from Scotts Miracle-Gro Company's attorneys asking ERUPT™ to stop using the Mari-Gro brand stating it was far too similar to the Miracle-Gro brand, lending confusion to the marketplace and tarnishing the brand's reputation, since Mari-Gro specifically targeted the nearly \$2 billion U.S. medicinal marijuana market.

"After receiving the attorney letter three months ago, I

was surprised to hear the news that Miracle-Gro is now trying to enter the market they claimed would damage their reputation," said ERUPT™ President Tim Shoniker. "As we see it, it expands the market for all of us and opens the doors for access to a wider range in all of the plant nutrition markets."

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Arizona

Fifteenth State to Pass Medical Marijuana

By Easyrasta

Arizona had passed medical marijuana bills in the past but has had them derailed by the state legislature. This time around, the canna business community drafted Proposition 203, which authorizes medical use of marijuana for patients with debilitating medical conditions, but it is heavily slanted to promote the canna business agenda. The bill calls for approximately 120 dispensaries to serve the entire state. No personal growing is permitted within 25 miles of any dispensary. The plan is to strategically place the dispensaries to disallow private growing throughout the state.

Proposition 203 was thought to be a lost cause on election night, trailing by nearly 7,000 votes. However, after provincial ballots and mail-in ballots were counted, it passed by the slightest of margins, 4,341 out of more than 1.65 million total votes. Dispensary applications were scheduled to be accepted June 1, 2011. In May, U.S. Attorney Dennis Burke warned the Arizona Department of Health Services, the department charged with supervising the medical marijuana program, that complying with the Arizona statute will not

shield them from federal prosecution. "The [Controlled Substances Act] may be vigorously enforced against large marijuana-production facilities.... This compliance with Arizona laws and regulations does not provide a safe harbor, nor immunity from federal prosecution," he wrote.

Upon becoming aware of the letter, Arizona Governor Jan Brewer filed suit in federal court for a declaratory judgment regarding the state's exposure to prosecution. The health department put the dispensary plans on hold, but continued to issue medical cards to patients and caregivers. As of June 15, 2011, the health department reports 5,601 patient cards have been approved, as well as 147 caregivers. Caregivers can assist five patients and grow up to 12 plants per patient. The permission is valid for the one-year period of the card. However, if at the time for renewal, a dispensary is located within 25 miles of the patient, no caregiver service is available, and patients must rely on dispensaries for their medicine.

The current state of events is that patients must either grow their own, get a caregiver, or purchase from another patient. The last option seems to be a loophole in the proposition the canna business did not anticipate.

Yours truly has chosen to grow my own and provide for a select number of patients. I have teamed up with two other caregivers and will share the expenses of providing for nine or ten patients total. We can only recoup cost from our patients, as the canna bill does not allow for profit, except for the dispensaries. Although we can legally grow 120 plants, we will keep our number under 100 in an effort to keep the Feds away.

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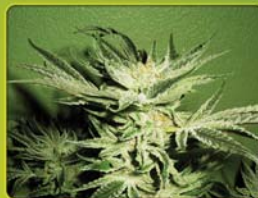
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There's no time like the present to learn about America's favorite Schedule I medicine, as its status under the Controlled Substances Act keeps a tight lid on research, and therefore education. Project CBD, a clearinghouse chock-full of medical cannabis information, puts the science front and center.

The cofounders of the online resource — www.projectcbd.org — have written about cannabis for years. Fred Gardner is editor of O'Shaughnessy's, the journal of the Society of Cannabis Clinicians (SCC), a consortium of physicians that recommend cannabis and seek voluntary standards in accordance with state laws. The science-based publication is named after the English doctor who returned from work in India in the 1800s firmly convinced that cannabis is a fantastic medicine for numerous conditions. During that go-round, even Queen Victoria enjoyed cannabis tinctures for her ailments. The freelance writer Martin Lee's book *Acid Dreams: The Complete Social History of LSD: The CIA, the Sixties and Beyond* explores the cultural awakening that gave cannabis a fresh start. Both Gardner and Lee write for O'Shaughnessy's.

Project CBD formed in the fashion of many cannabis initiatives, out of a sense of urgency. Cannabis scientists meet annually in Europe at the International Cannabinoid Research Society conference. After attending more than one of the overseas

forums, Gardner and Lee realized that few members of the media were covering the dense and weighty subject matter, and in particular the considerable clinical work surrounding cannabidiol (CBD). While the science explaining why the plant works so well with so many conditions was rapidly advancing, the two journalists saw that only a select few clinicians were attending the conference or being brought up to speed.

As cannabis therapeutics march forward, research reveals that the benefits of components such as CBD are significant. A comprehensive body of information details powerful medicine coming from an age-old plant. Research conducted over the past four decades demonstrates that elements within cannabis, and even within the human body, work together to create synergistic effects. Even on the federal level, a U.S. patent owned by the Department of Health and Human Services describes the usefulness of cannabinoids in treating myriad oxidation-associated diseases, including inflammatory and autoimmune diseases, and as neuroprotectants, which could mean anything from stroke or head injury to Alzheimer's, Parkinson's, or dementia. The patent acknowledges that CBD is a powerful antioxidant and neuroprotectant with anti-inflammatory effects. The recent U.S. patent granted to England-based GW Pharmaceuticals for Sativex, a whole-plant extract, is one more show of hypocrisy from the same government that maintains that cannabis has no medical benefit.

Gardner and Lee decided that the science of medical cannabis, which includes the story of CBD's reemergence into the equation, needed to be disseminated to a wide audience.

Project CBD actively seeks participation from collectives and dispensaries, many of which have cannabis tested for potency content. Sarah Russo, outreach coordinator, meets with patients and businesses to encourage participation in a survey being conducted to learn more about CBD's effects. Patients contact Project CBD with testimonials about strains and other cannabis-related feedback, and their commentary is used on the portion of the site that Russo reports is becoming the lifeblood of the project, CBDiary.

"It's been interesting, because when I first started working at Project CBD, patients wanted to know where to get CBD-rich strains," said Russo. "We've been encouraging growers and dispensaries to introduce CBD-rich strains. In a short amount of time, more dispensaries are realizing that this should be an option."

For the uninitiated, clinical research reveals that THC and CBD together create a complex balancing act. CBD was bred out of the overall supply of marijuana over decades as the focus on recreational use guided growers in the direction of the best buzz with high-THC strains. Studies conducted anywhere but the United States — where government-funded, proactive cannabis research is slim to nil — documents that CBD counters the

psychoactive effects of THC, and that the long-lost compound is beneficial both on its own and in combination with other cannabinoids.

Valerie Corral, the director of WAMM, WoMen's Alliance for Medical Marijuana, a patients' and caregivers' collective in Santa Cruz, California, has been collecting patient data for 18 years and sees value in Project CBD's promotion of the survey. "You could call it Project Terpene, Flavonoid, CBD, THC," she said. "What it is is an awakening. By correlating patient data, individuals will learn about different alternatives in therapy."

An epileptic, Corral experienced as many as five grand mal seizures a day, with loss of consciousness and violent muscle contractions, before she began smoking cannabis. She's been growing cannabis for her illness for 37 years. While she does grow a CBD-rich strain, she does not find that it reduces pain as well as THC-rich varieties.

"As an epileptic, I don't find CBD to relieve pain," she said. "It doesn't do that for me. I know another epileptic for whom it relaxes pain, so this is not a standard. What I'm suggesting is that there are all kinds of things that science will be looking at as we dissect the whole in search of specific answers."

Project CBD's Lee stressed that the project will deal with the science of the whole plant, not just CBD.

"Essentially, Project CBD is an educational organization," he said. "We are an activist think tank that serves a community, a movement, so to speak, that's become an industry. We're in an area where everybody's exploring, and we're trying to be a forum for sharing information so that people learn how to use this medicine in the best way."

Granted, there is no shortage of marijuana Web sites. Most seem to be cobbled together by volunteers in their spare time, and are as wide-ranging as the plant's storied past. Many launched with lofty intentions morph into billboards documenting dysfunction at the federal level, outrage over the Obama Administration's election-year crackdown on legitimate businesses, or promotional venues for bong, vaporizers, and seeds. While Project CBD is partially funded by advertisements from dispensaries and cannabis labs that appear on its site, the nonprofit seeks to be educational, not advertorial. With one paid employee and two passionate advocates, the aim is to maintain a sharp focus on clinical studies and medical information. The Web site's science section is filled with articles and videos documenting research. Its medicine section delves into specific

illnesses that have been shown to respond to cannabis medicine.

"We try to maintain an unbiased perspective," Russo said. "Many of these Web sites are funded by the industry. There are a lot of people out there who say that they're for the medicine and for the patient, but really it's just a way for them to make money. While we rely on donations, we're not about making money. Being a nonprofit is difficult, and I will honestly say that funding is a major issue for us. We welcome contributions from anyone that wants to help our collective research effort."

Working with a growing network of physicians and clinicians, the project seeks to clear confusion and misinformation in the realm of medical cannabis. One point of focus is the booming market of CBD-rich strains.

For Project CBD participants, education and public awareness are critical goals.

"The way that the whole plant works when you're suffering just seems like magic," said Corral, "When you put people together, it just gets better and better. Collaboration is everything." ♦

Cartoon



Cultivating Compassion By Georgia

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Medical Marijuana Testing Lab Claims to Forecast Personalized Cannabis Treatment

LOS ANGELES, CA /PRWEB/ -- BudGenius.com, a social networking Web site and medical marijuana testing laboratory, has developed technology to predict therapeutic effects for thousands of marijuana strains by combining scientific data and crowd-sourced reviews. Patients throughout California use this unique online service to select marijuana individually rated for pain relief, sleep aid, anxiety relief, nausea treatment, appetite stimulation, and mood modification. BudGenius plans to extend treatment options to target cancer, Parkinson's disease, and Alzheimer's within a year.

Patients search online at BudGenius.com to find locally available marijuana treatments that meet their requirements. Patients are also given the option to visit participating dispensaries and review on-site educational materials. Dispensaries aid medicine selection by displaying BudGenius identification cards alongside each marijuana strain. Each card appears similar to a driver license, containing a photograph, therapeutic effects matrix, potency ratings, and an expiration date. All cards are sealed with a tamper-proof hologram to ensure authenticity.

"Senior citizens and patients new to cannabis face an uphill battle in sifting through myth and rumor to educate themselves on selecting the proper type of marijuana for their needs," said Angel Stanz, cofounder and president of BudGenius.com. "With dispensaries carrying a dynamic medicine catalog upwards of 20 products, often changing every two weeks,



there is no system in place for caregivers to make a fully informed recommendation to patients. BudGenius provides a much-needed solution, with a rating system powered by science, crowd-sourced reviews, and an intelligent engine constantly reevaluating data patterns."

The BudGenius process begins with a gas chromatography analysis to determine the active chemicals contained within each marijuana plant. This produces results in potency levels and chemical ratios. Test results are then compared against previous scientific trial data and crowd-sourced reviews that match similar strain properties. Using this information, BudGenius produces the most likely effect ratings, based upon its gathered information.

In just over six months of operations, feedback has been overwhelmingly positive. "The services that BudGenius has provided lends validation to our craft," said a representative from Humboldt County Housewives, a group of Northern California gardeners, "We believe that BudGenius is helping pave the way to conscious medical administration."

While Stanz feels BudGenius has set a foundation that could soon begin identifying effectual treatments for critical illnesses, he recognizes that there is more work to be done. For example, BudGenius is only testing for three chemicals out of many that exist within marijuana. "We're just beginning to scratch the surface of what's possible," said Stanz.

Artificial-intelligence software BudGenius correlates chemical analysis with online feedback from thousands of patients to further determine health benefits of medical marijuana.

“Pharmaceuticals and traditional medical research often focus on a micro scale by isolating individual chemicals. However, the marijuana plant is a macro organism, with hundreds of interrelated compounds bearing synergistic effects. The interrelationships could take decades to discover by following a conventional path. We’ve harnessed the power of the most valuable resource available — thousands of willing human test subjects. By correlating exact chemical ratios with patient observations, we’re in the beginning stages of becoming a physician’s desk reference for available medical marijuana.”

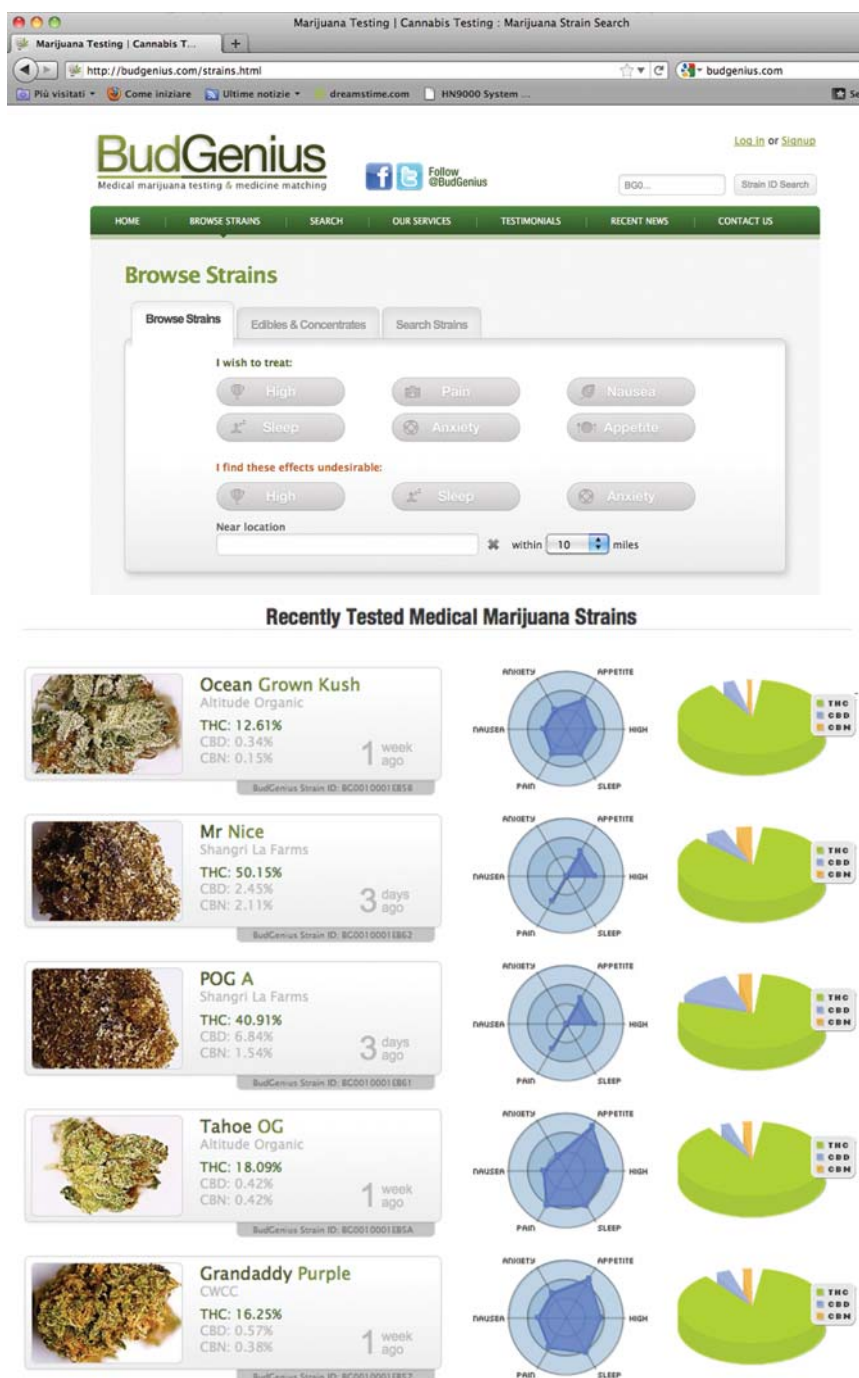
Learn more on how the BudGenius system works here: <http://BudGenius.com/marijuana-testing.html>.

About BudGenius.com

BudGenius.com is a social networking Web site and a leading provider of medical marijuana testing services located in California. In addition to safety screenings, BudGenius provides a unique rating system to assist patients in selecting marijuana strains more likely to efficiently treat specific medical conditions.

Contact:

Angel Stanz, President
BudGenius.com
angel@budgenius.com
+1 (855) 723-3283
<http://BudGenius.com> 🇺🇸



Proposed Improvements to Health Canada's Medical Marijuana Program



On June 17, 2011, Health Canada published proposed improvements to Health Canada's Marijuana Medical Access Program. An English copy can be obtained at http://www.hc-sc.gc.ca/dhp-mps/consultation/marihuana/_2011/program/consult-eng.php. I am not sure of the link for a French copy.

In reading the consultation document, obtained from the Health Canada Web site, it appears that

some potentially beneficial changes are being proposed. It also appears that perhaps some things have been overlooked. Before critiquing each section, I should explain why improvements to this program are important to me.

In 2009, my dearest friend and companion, my wife, was diagnosed with perianal cancer with lymph node involvement. She obtained her authorization to possess medical marijuana from Health Canada, after

experiencing the negative effects of OxyContin. Although an OxyContin prescription was easy to obtain and fill, it was problematic to my wife's health.

The program has failed to meet its intended purpose for six of the 19 months my wife has been a licensed participant of the medical marijuana program. Health Canada has demonstrated little concern, professional ethics, or accountability for this failure. The failure of this program has caused extreme hardship, anxiety, and needless pain and expense to my wife and family. To my knowledge, the failure has not negatively impacted her doctor, any Health Canada employee, law enforcement official, fire official, or designated producers.

On the very rare occasion that we were able to speak to Health Canada employees, they often stated it was not the right department, not the policy, or there was an extreme backlog as the excuses for the failure and lack of accountability. Although, we made numerous requests and followed all their procedures regarding supervisor intervention, we were unable to get a return call from a supervisor until we involved our Member of Parliament (M.P.).

After involving M.P., we received a call from Brian and a day later, a call from Gulwant. Both claim to be supervisors for Health Canada; however, neither could address our issues. The third day we received a call from a man named Simon, who also claimed to be a supervisor for Health Canada. This man spent two hours

on the phone with us and stated that he would have responses to our issues within a week.

The next call we received from Health Canada was from Cheryle Anderson. Anderson informed me that Simon was not a supervisor, and that she was responding to my issues. She left no time for us to have a thorough conversation, stating she had a meeting to go to. She was unable to access certain information on our account, and we were left with more questions than answers.

After the many deceptions and delays perpetrated by Health Canada in regard to the follow-up calls, we again contacted our M.P. We informed our M.P. of every conversation we had had with Health Canada employees, and the many times we'd been deceived by these employees. The M.P. informed but there was little to do to enforce the ethical behavior and accountability of Canadian government employees.

Jeamine Rithot, who stated that she was the director of the medical marijuana program, next contacted us. During that conversation, she apologized for the failures in the program, cited erroneous information, and was unwilling to answer all of our questions. As the conversation ended, she stated she would respond in writing regarding the conversation. We asked her to e-mail us the response, and she replied she would mail it to us even though there was a pending mail strike: an unexplainable delay in our mind, since emailing and faxing are acceptable forms of communication when placing orders and authorizing payment withdrawals for orders.

Verbal apologies are neither compensation nor consolation for the hardships caused to licensed participants and their loved ones. Witnessing my wife endure the extreme lack of professionalism and the inability of Health Canada employees to meet the intended purpose of this program

has prompted me to get involved. It is my sincere hope that my wife's experiences will not be in vain, and we can effect change to this program that will benefit licensed participants, hopefully, preventing others from enduring the callous disregard of Health Canada. To this end, I have the following concerns with these proposed improvements to the Canadian Medical Marihuana Program.

Section 1. Introduction.

Starting with the very first paragraph, it appears that the participants (and groups representing their interests) may have been the last considered in these revisions. I for one cannot consider it coincidental that the first parties mentioned in these revisions in **order** are: police and law enforcement, fire officials, physicians, municipalities, **then** program participants and groups representing their interests.

Although the Medical Marihuana Program in Canada has been plagued with problems since its arrival in 2001, many of those problems have affected the participants (prescription holders) directly and far more negatively than law enforcement, fire officials, physicians, and even municipalities. Had many of the known problems been addressed much sooner, or had marijuana been legalized or decriminalized, there would have been considerably less effect on police and law enforcement, fire officials, physicians, and municipalities.

In the introduction, under the sub-heading "Some of the key concerns raised include," it could easily be argued that almost ALL of the "key concerns" in this section would be eliminated by the legalization or decriminalization of marijuana. However, the second-to-last paragraph makes it very clear that this option is not being considered under these proposed revisions. While the intent of this article is not to promote

the legalization or decriminalization of marijuana, it should be noteworthy that most of the concerns mentioned would be eliminated if marijuana were to be legalized or decriminalized.

It is important to remember, that this is currently a prescribed treatment for certain conditions. It is important to remember that this program has a lengthy and in-depth licensing procedure. It is equally important to recognize numerous problems, such as the length of time to approve a license after a physician prescription has been written, inconsistent shipments to the participants, the lack of accountability from Health Canada employees/supervisors failing to inform prescription holders or even return phone calls, the availability of only one strain of marijuana, as well as limiting the quantity and reorder of this prescribed treatment. These have contributed largely to the key concerns.

It is also noteworthy that the introduction does not include a proposed date of implementation for these proposed revisions. Indeed, the last paragraph of the introduction essentially informs us that the current flawed process, which has been known and acknowledged to be flawed for quite some time, will remain in effect (presumably indefinitely) until such revisions are adopted.

Section 2. How to Comment on This Document.

I am alarmed that the only way you can comment on this document is privately to Health Canada. Although they provide your choice of options — e-mail, fax, or direct mail — when sending your comments regarding this document of proposed improvements, you are still sending them to Health Canada. There's no mention or option for a public forum for participants who have experienced other issues not addressed in these proposals. I believe that participants that▶

have endured, in some cases for months, without their prescribed medication should definitely comment on these proposals. However, I believe that the welfare of the participant, which is often neglected under the current system, should be the priority for introducing improvements. As such, an independent review board and public forum should be made available to the participants that have been negatively impacted. I believe that it is critical that all situations and possible solutions to provide better, consistent, and affordable health care to those with valid prescriptions and licenses should be considered. With the health care of the participant being the priority concern — or at least it should be — participants should be informed of and awarded the opportunity to comment on the issues expressed by ALL parties that wish to comment on this document. It would be nice to know how many people are on the review committee for this document, as well as how many licensed participants are on the reviewing committee.

Section 3. The Improvements under Consideration.

Reviewing this section, I believe that there should be additional concessions and/or implementations to provide authorized, licensed participants a form of expedited intervention, accountability, and compensation in the event that shipments do not arrive in a timely manner or at all. Many licensed participants have experienced firsthand the hardship, undue stress, undue pain, and diminished quality of life that occur when their prescribed pain relief does not arrive on time.

Although Health Canada acknowledges in this section it is "the Program's intent to provide seriously ill Canadians with reasonable access to a legal source of marihuana for medical purposes," Health Canada has been directly responsible for many participants not receiving their

prescribed medication. Participants that have obtained a doctor's prescription, a license from Health Canada, filled out the correct order form (in many cases a regular monthly order), and provided payment to Health Canada have gone months without receiving their order.

The current program provides no form of accountability. Participants are given a sole point-of-contact toll-free number, and even though they request the supervisor's intervention and are told that a supervisor will call within five business days, as recently as April through June of 2011, we were unable to get a supervisor to call us back without a Member of Parliament's intervention. When a callback finally came, there was no offer of compensation for the hardship caused in the six months that the prescribed medication was not supplied, even though they had secured our payment and acknowledged that for six months of a 19 months' license, no shipment was made. Every excuse was given, from increased participation, licensing delays, backlog in paperwork, and shipping. We were told by the Director of Medical Marihuana Program for Health Canada that Health Canada offers no compensation and all she could do was apologize.

Although the Canadian government employs the employees of this program, it is still a business that takes money to provide a service. If the Canadian government can operate with no accountability to paying licensed participants, how much easier will it be for the private sector to avoid accountability for delayed and missed shipments? I believe many participants would agree it is imperative to address the issues of expedited intervention, accountability, and just compensation before implementing changes or improvements. I believe any participant that has experienced this would agree that delayed and missed shipments undermined the quoted intent of the program, which

once again is "the Program's intent to provide seriously ill Canadians with reasonable access to a legal source of marihuana for medical purposes."

Section 4. How the Proposed Redesigned Program Would Work.

4.1 Physician-Patient Interaction

An important consideration that should be included in this section is the influence of the various governing bodies of doctors. In Alberta, for example, the College of Physicians and Surgeons recommends that doctors not sign medical marijuana forms. Personal experience has demonstrated this has a dramatic and negative effect on participants that have an ongoing condition and a previous license. We personally experienced this dramatic and negative effect after relocating our residence. The doctor we began seeing in our new town was aware of my wife's condition and marijuana prescription well before her renewal date. When it came time to have her renewal document signed, the doctor, although supportive of her renewal, refused to sign her documents. He stated that before he could sign, he would have to discuss the matter with the College of Physicians and Surgeons of Alberta. We had to make a second appointment, only to find out that the College of Physicians and Surgeons recommended that no doctor sign the medical marijuana documents. At that time, we contacted the College of Physicians and Surgeons of Alberta, and were informed that this was actually posted on their Web site. (I have not verified if this is still on their Web site, but it was there in October 2010.)

With all of the drugs that have been recalled after being approved for use by the College of Physicians and Surgeons, this federally authorized program is being correctly undermined. Since the governing body for doctors is the College of Physicians

and Surgeons, it appears they have more weight authorizing doctors to sign (at least in the doctor's opinion) than the federal government. Although I'm not sure of the advice given to doctors in each province, this issue can lead to difficulties in obtaining the proper authorization and/or renewals for participants. Failure to address this very critical detail will guarantee the failure of the proposed improvements and the future availability of this program.

4.2 Dried Marihuana Production and Distribution

This section has ten bullet points, and although they're not numbered, I'm going to address each bullet. Some of these bullets are obviously good improvements beneficial to the participants, while others require some adjustment, in my opinion.

*Health Canada has routinely demonstrated its inability, inconsistency, and lack of accountability in supplying and distributing marijuana to licensed participants — even the participants that have diligently followed their policies and procedures. Removing Health Canada from the distribution of marijuana to participants is a step in the right direction. With proper legislation, participants' health and well-being will be better served.

*Having commercial producers will provide participants with effective options to a higher quality and diversity of medical marijuana. However, it is time for Canada to recognize the many ways in which marijuana can be consumed, and to that end, commercial producers should also be able to produce and distribute edible marijuana products to licensed participants also. Edible products effectively eliminate any arguments regarding the negative impacts of inhaling marijuana.

*This bullet needs to be re-thought. Individuals should be able to grow their own marijuana for medical purposes. Certain limitations and regu-

lations regarding the amount of plants and the location of where plants can be grown (i.e. indoors) could be expected. Additional limitations could be imposed to prevent indoor growing by rental tenants, and restricted to only the property holder, these individual growing locations to be inspected by the same inspectors monitoring the commercial grows. This would eliminate potential electrical safety issues, fire safety issues, and mold-producing issues, such as inadequate venting. To totally remove the option for individuals to grow their own medical marijuana overlooks the financial savings that directly benefit these



individuals. It is legal, for example, to make alcohol in your home. The byproduct of the improperly made alcohol can cause blindness, while the byproduct of improperly grown marijuana is inferior marijuana. This bullet really needs to be re-thought, especially if there is no regulation controlling the end cost of commercially grown medical marijuana to the licensed participant.

*This bullet deals with compliance and requirements for licensed commercial producers. With the welfare of licensed participants being the focus of this program, high standards and quality control are good things. However, more information needs to be presented by Health Canada for

the requirements of personnel, security, and disposal to effectively evaluate this bullet.

*As it reads, this bullet concerns the regular audits and inspections for licensed commercial producers. However, the first portion of this sentence requires more information before anyone can comment on the value of this bullet to licensed participants. The sentence starts, "Health Canada would establish a comprehensive compliance and enforcement regime." Without a written definition of this proposed regime, how can Health Canada expect licensed participants to comment on these proposed improvements by July 31, 2011? To expect the licensed participant on such a short timeline, one would expect that the licensed participant would like to see all the documents on the proposed improvements before commenting.

*This sixth bullet is conflictually alarming, in my opinion. I believe that all licensed participants would agree that commercially purchased medical marijuana should have specific product labeling and packaging requirements. However, I believe that a licensed participant of the medical marijuana program, with a Canadian doctor's prescription, should not be required to prove the legitimacy of their marijuana. Licensed participants should only be required to prove that they are licensed and seeing a legitimate doctor.

*This bullet limits commercial producers to growing indoors; this is an effective method of controlling the quality of marijuana, security, and safety of commercial producers.

*This bullet allows licensed commercial producers to produce any strain of medical marijuana. Most licensed participants will agree this is a great improvement. This same opportunity should be available to individuals that wish to grow their own medical marijuana. ▢

*This ninth bullet should be of particular importance to licensed participants of the medical marijuana program. Licensed participants on a fixed income, or located in financially restricted communities, or those participants unable to declare medical marijuana as an insured prescription, should not be exposed to potentially inflated prices of their medical marijuana. Although Health Canada was inconsistent with its ability to supply participants in a timely manner, the medical marijuana was at least affordable. Even though commercial producers can produce whichever strain of medical marijuana they choose, it is still a plant. There's no difference in the growing process of different strains. By allowing commercial producers to set their own price, you open the door to the "risk of abuse and exploitation by criminal elements."

Currently, there are a number of compassion houses assisting medical marijuana participants in obtaining medical marijuana. The prices medical marijuana participants pay at these compassion houses rival street prices. In actuality, a recent comparison of street prices in Edmonton, Alberta, showed they were equal to the prices charged at compassion houses, with compassion houses charging an additional cost for shipping. This effectively means you can purchase marijuana cheaper from the criminal elements than you can from a compassionate house. The price difference was \$100 more for two grams less, when compared to Health Canada. Note that the strain offered by Health Canada was inferior in comparison to the strain being sold by the compassion house (both street suppliers and compassion house were selling the same strain).

Allowing commercial producers to set their own price overlooks that this (medical marijuana) is a quality-of-life alternative medicine, and as such lumps marijuana in the same category as consumer goods like alcohol. If indeed the intent of the program is "to provide seriously ill Canadians

with reasonable access to a legal source of marijuana for medical purposes," it must be price regulated.

*The final bullet of this section states that a licensed commercial producer will only be able to send the dried marijuana they cultivate by registered mail or bonded courier. This protects both the licensed commercial producer and the licensed participant, and is undisputedly a good idea. I do believe, as I've stated earlier, that Canada needs to acknowledge the various methods in which marijuana can be consumed, especially since the production of quality edible products would assist with the disposal of plant trimmings, an issue commercial producers must deal with. Assuming that Canada is seriously pursuing improvements to the medical marijuana program, edibles should be considered and should be permitted to ship by registered mail or bonded courier.

Section 5. Impact on Current Program Participants Holding an Authorization to Possess Marijuana for Medical Purposes.

This section contains five paragraphs. Although paragraphs three and four, as written in the consultation document, would appear to make the licensing process and supply of medical marijuana to licensed participants easier, paragraphs one and two should send up a red flag to any licensed participant.

Without addressing the previously mentioned concern of the influence that the College of Physicians and Surgeons has over doctors, and influence that could hinder the intent of the program and/or the licensing process, it would appear from this whole document, not just this section, that Health Canada is relying on the medical community to be objective and supportive of the medical marijuana program. This should be particularly alarming to licensed partici-

pants currently holding an authorization to possess marijuana for medical purposes.

The medical community, mainly doctors, has historically not been objective about or supportive of holistic medicine and alternative remedies. Indeed, historically, the medical community has got behind and supported new drugs, only to witness those drugs be recalled due to the devastating side effects and complications they cause. Although these dangerous drugs were promoted and prescribed by physicians, very few physicians suffered any negative effect from the promotion of these drugs. If only the same could be said of the patients that suffered through the side effects and complications caused by taking these drugs that were prescribed by a medical authority!

In addition to these recalled dangerous drugs, physicians routinely prescribe potentially addictive pain medication quite liberally to seriously ill Canadians. Since each patient responds differently to prescribed medications, patients that experience negative effects from a prescribed drug return to their medical authority only to receive a different prescribed drug. Drugs like morphine, OxyContin, and Vicodin (to name only a few), while they help control pain, are addictive and habit forming. Law enforcement can substantiate that these prescription drugs have become part of an ever-growing list of problem street drugs. In addition to being habit forming, the use of these drugs can inhibit the quality of life of the patient.



Section 6. Impact on Current Program Participants Who Hold a Personal- Use or Designated- Person Production License.

This section reiterates the intent to only permit commercial producers the right to grow medical marijuana, denying individuals that cost-effective option to grow their own medical marijuana. I've already expressed why I feel this is a concern for license participants.

However, at this time, I would like to quote the last sentence of this section. The last sentence reads, "A detailed transition plan will be shared with stakeholders when proposed regulations are pre-published in Canada Gazette, Part I."

Health Canada acknowledges with this sentence that a detailed transition plan is not available for consideration or comment at this time. However, Health Canada expects stakeholders to comment on this consultation document individually and intelligently by July 31, 2011, presumably to develop those details. I believe this emphasizes the fundamental problem with legislation regarding the medical marijuana program in Canada.

The Canadian medical marijuana program was designed to benefit seriously ill Canadians. This program was not designed to benefit law enforcement, fire officials, physicians, municipalities, commercial producers, or even Health Canada. The majority of licensed participants would agree there is no benefit in encouraging the criminal production and distribution of marijuana, **IF** a program existed in which seriously ill Canadians got this form of pain relief as quickly and easily as prescribed drugs like OxyContin.

Remembering the program's intent is to provide seriously ill Canadians with reasonable access to a legal



source of marijuana for medical purposes means this program **IS** intended to benefit seriously ill Canadians. As such, an independent committee consisting of a majority of licensed participants, one high-ranking federal law enforcement representative, two representatives of the medical community that are openly supportive of medical marijuana, and one openly supportive representative from each political party should be convened to review any proposed improvements to this existing program. This committee should be responsible for reviewing and developing detailed improvements that could then be legislated.

Only persons openly supportive of the medical marijuana program, and licensed participants, will be focused on improving this flawed program to the benefit of seriously ill Canadians.

After all, in the 10 years this program has been in place, it is the licensed participants (seriously ill Canadians) that have been most negatively affected by the flaws in this program. This is not only a noteworthy statement, it is the whole reason for proposed improvements in the first place. This is why the majority of the independent committee should be licensed participants.

Section 7. Opportunity for Those Interested in Becoming a Licensed Commercial Producer.

This section should not even be mentioned in this document until details are established related to reach sub-heading. The subheadings are: dried marijuana production; distribution and disposition; personnel; record-keeping and Reporting; and compliance and enforcement.

Summary

Again, I would like to emphasize that the intended purpose of the medical marijuana program is to provide seriously ill Canadians with a legal source of marijuana for medical purposes. With this in mind, the licensed participants' welfare, including affordable medical marijuana, should be the number-one priority of all improvements.

The current proposals suggest that no license will be issued by Health Canada. Instead, the application would go to a commercial grower. This will make it extremely difficult to order from a different commercial grower, should the initial grower be unable to deliver in a timely manner. Worse, there is no mention or consideration of Health Canada's repeated inability to deliver medical marijuana in a timely manner, or how a licensed participant will deal with these issues once the program is essentially privatized. It does not address the unethical business practices exhibited by Health Canada, or how those issues will be escalated currently or once this program is essentially privatized.

Having personally witnessed the openly unsupportive influence of the medical community, I would seriously question the medical community having so much control in this program, especially when no details or review committees containing licensed participants have been established. Although it would▷



appear initially to be an improvement to the currently flawed program, I can see this negative influence leading to the demise of the entire program down the road. Although I am extremely confident that our experiences are not unique, I would recommend that anyone responding to this consultation document should include a brief history of their negative experiences, as we have below.

I personally witnessed my wife deteriorate before me in the one month that she was on OxyContin. My beautiful six-foot-two and 140-pound wife completely lost the ambition to live. During the month that she took OxyContin for pain relief of perianal cancer, she lost over 25 pounds. Although she had no pain, she also had no life. After taking the prescribed OxyContin, she would become lethargic and unable to focus on the simplest things. She would watch TV for an hour and be unable to tell you what she just watched. Her doctor attributed it to stress and depression from

being diagnosed with cancer, and prescribed antidepressants to be taken with the OxyContin.

After one week of marijuana use, my wife completely stopped taking OxyContin. She began to put on weight and remember the details of her day. Although marijuana provided considerably less pain relief, it made the pain and discomfort tolerable, allowing her to function and have some quality of life. My wife has never exhibited any "couch potato" symptoms stereotypically assumed to be associated with marijuana use. Indeed, her authorization to possess medical marijuana has removed the need for secrecy and allowed her a more active life. She has no reason to hide out while inhaling the marijuana, nor a need to hide out and conceal the effects of inhaling the marijuana.

Even after obtaining the proper and legal authorization to possess medical marijuana, the expressed intent of the medical marijuana program to provide a legal source of marijuana

for medical purposes, my wife was unable to obtain through legal sources her medical marijuana for six months of her 19 months' license.

Amazingly, in 2011, it is still easier (and will remain easier if these improvements are adopted) for seriously ill Canadians to get a prescription (with multiple refills) for highly addictive OxyContin, without government intervention, than it is to get authorization to consume a plant that grows naturally.

Perhaps if the doctors had witnessed what I witnessed, they would all be more objective and supportive of the medical marijuana program. Perhaps if the doctors had witnessed what I witnessed, they would finally acknowledge that the positive effects of marijuana outweigh the expressed concerns of the medical community. Remember, we're talking about a plant. Unlike other commercially promoted plants and herbs, the users of this plant can verify it works on their own.

After all, with hundreds of thousands in North America alone over the last 55 years, what other drug has had as extensive human trials with fewer negative effects than marijuana? If marijuana were half as bad as the medical community would like you to believe, the population in North America should be half of what it is. 🍀



Two more herbalAire Vaporizers given away!

Our latest winners are Laurence and Mark.

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.

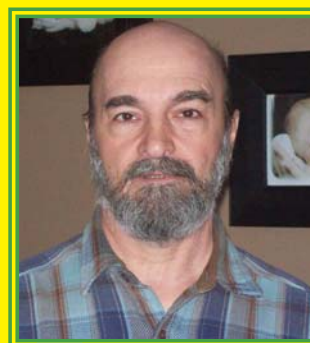
Judging the entries is never easy, but we believe we have chosen two more winners who are truly deserving of a HerbalAire.

Laurence – New York, USA

Laurence is able to consume his medication without the risks of smoking.

Mark – Ontario, Canada

Having an herbalAire to medicate will help Mark deal with chronic pain.



Laurence



Mark

Hello TY Members. I have got some great news!

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

The rules are very simple :

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

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

Kelly KDK Distributors

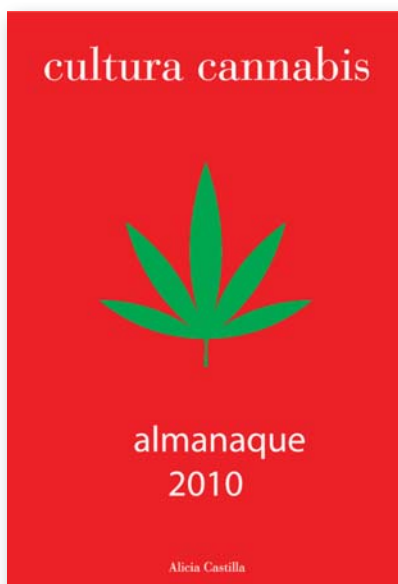
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Calgary , Alberta
Canada, T1Y 7E2
kellyk@valleyofgreen.com





Alicia Castilla: Free at Last

By Mike Bifari



Finally, Alicia Castilla, 67, was taken out of an Uruguayan prison near Montevideo on May 5. Alicia, an Argentine cannabis writer and author of *Cultura Cannabica*, already a best-seller in Spain, was sent to prison for more than two months after a special squad team busted her house and found 20 small cannabis plants. Alicia had retired and moved to Uruguay to find some relaxation near the beach. Her nightmare started when she was denounced by an informant. The local police then raided Alicia's house, put it all upside down, and took her homeopathic medicine away from her.

Immediately, the local media gave a huge coverage of her case and named her "cannabis grandmother." She was in every TV program, and a debate started around her case and the legalization of marijuana.

Alicia meanwhile was in prison, didn't stop one moment since she got there, and made a survey among 150 female inmates that were in prison for drug trafficking (crack cocaine). The results were that 148 of the women will continue with illegal trafficking after they gain freedom, and only two of them will give up this mule-style business. This whole work done by Alicia inside the prison is, of course, another proof of the complete failure of the policy of the war on drugs taking place in South America. After this, she stated that she was not aware that so many small cocaine family businesses were taking place; she thought that the big cocaine cartels were the ones who traffic most. "Now I became a coca expert," she said.

On the other side of the Rio de la Plata, a young and vigorous Argentine cannabis activist made two demonstrations in front of the Argentine foreign office in downtown Buenos Aires, and many gatherings took place in Montevideo around the presentation in court of Alicia's case, who by this time was of vital importance for the entire region (Brazil, Argentina, and Uruguay) concerning the change of the current marijuana laws.

A political debate also started around the Uruguayan government concerning Alicia's imprisonment. The president himself had to make a declaration expressing his concern for Alicia, but at the same time hypocritically stated that Uruguay has an independent justice system.

Three different drafts of a new bill concerning the change of the current marijuana laws were sent to Congress. One of them is advanced and already is being studied in commissions. There are 350 prisoners for marijuana in Uruguay and 30 of them for cultivation who will be automatically released if the draft is approved by Congress.

All this is happening in the middle of a big debate surrounding marijuana legalization and a kind of take-off for thousands of home growers that now are united. The new bill talks about eight mature plants and up to 25 grams. To carry on, we all hope and are waiting for the laws to be changed so that Alicia's sacrifice to spend so much time would not be in vain. She is still waiting for trial, but now with a home arrest. 🍀

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€



Children, Cancer, and Cannabis

The Cash Hyde Story

“The Boy of Steel”

By Jonny Appleweed



Cash Michael Hyde (Cashy) was born on June 21, 2008, to Mike and Kalli Hyde, and along with his older brother, Colten John, they complete the Hyde family.

This story is compiled of writings by Kalli and Mike Hyde and brought to you on behalf of The Cash Hyde Foundation.

On May 3, 2010, after 10 weeks of weekly trips to the pediatrician's

office, we were told once again that our beautiful son Cash just had a simple case of mononucleosis and to let him rest and give him Tylenol and ibuprofen for his recurring fevers. He was sleeping 18 hours a day and vomiting in the morning and at night, and in the last week his left eye started drifting and drooping. This had gone on too long. It felt like our son was dying in our arms and there was nothing we could do about it.

After taking Cashy to his pediatrician

and being told the same thing again, we left the pediatrician's office and met my mom for a quick bite to eat. Cash had taken a bite of some macaroni and cheese and instantly threw up. I heard someone in the restaurant say under her breath, "That baby is sick!" I told my mom that I was going to leave and take him to the emergency room at Community Medical Center. I said to my mom ironically, "Well, I don't think it's a brain tumor or anything." Little did we know we'd be hearing the words

no parents ever want to hear.

Cash and I arrived at the emergency room and we were quickly seen by the triage nurse, who was extremely concerned with Cash's lethargy and weakness. I told her that he'd been like this for two months now, and his doctor kept telling us the same thing: It's mono. I told her it was time for a second opinion.

We were taken back to a room, where we were seen by the doctor pretty quickly. Even the doctor was a little skeptical on my need to come to the ER. She told me that my pediatrician was a great doctor and that I should trust her. I said I did trust her, but I just needed a second opinion and that this had gone on too long. Reluctantly, she said, "Well, I'm going to order a CT scan of his brain, then." I said, "Ok, let's do it." After the scan, the radiology tech told us that the scan looked good and nothing was abnormal. We felt relieved. We continued to wait in this small room, and now all of our family had arrived. Finally, after a light knock on the door, the doctor appeared, and taking slow, deliberate steps, she entered the room. Her face was serious, but her eyes were full of compassion and regret.

My 22-month-old son was lying across my lap like a wet, limp rag. His energy was gone and his light was fading. He was no longer the playful, spirited child he had once been. All she said was, "I'm so sorry, I'm so so sorry." We were like, "WHAT?" Then she said it again: "I'm so sorry, your son has a 4.5-centimeter mass in his brain." Time stopped at that exact moment. I couldn't breathe, I couldn't cry, I couldn't even talk. I was blown away and scared to death for my baby boy. As the doctor left the room, we sat in silence. Our lives were on the verge of chaos, and there were no words. We were in shock and barely able to process what had just been revealed. We looked at Cash. He had no idea of the magnitude of this discovery,

but we knew he would soon suffer its consequences.

"Your child has a mass in his brain." That sequence of words changed everything. We were utterly terrified. That was one of the worst days of our lives. It felt like a death sentence. Two long hours later, Cash and I were life-flighted on a fixed-wing plane to Salt Lake City, Utah, heading to Primary Children's Medical Center. This was THE scariest airplane ride I've ever been on. There was extreme turbulence and I wasn't even able to sit next to Cash. Cashy was at the front of the plane and I had to sit in the back, and that was the longest flight I've ever endured. There were so many emotions running through my head. I felt so alone and scared.

Why did this happen to my baby? Why Cashy? Why us? That's all I could think about. Cash and I arrived at Salt Lake City two hours later. We were driven by ambulance to Primary

Children's Medical Center and taken to the emergency room, where we were greeted by Mike's loving and caring family, his uncles and his aunt and cousin. Thank God they were there; I needed somebody. Mike and our six-year-old son Colten drove down in record time. We were later transferred to the neurotrauma unit, where they would decide the next plan of action. We were told that this could be a few different types of cancer, due to positioning of the tumor (in the back of my mind for some reason I thought possibly it could be benign — just wishful thinking, I guess), but they wouldn't know for sure and what types of treatment protocol we would need to take until they did a craniotomy and took a biopsy of the tumor.

His tumor was wrapped around his optic nerves and intertwined with his hypothalamus and his pituitary gland, so removing the tumor was going to be a risky job: risks for blindness, paralysis, and even death from blood▷



loss. May 5, 2010, was the longest day of our lives, waiting and waiting for updates from the doctors while our little Cashy was being operated on. Four hours later, the brain surgeon pulled us into a small waiting room and told us that they were only able to remove approximately 10% of the tumor due to its location and how it was wrapped around vital blood vessels and his optic nerves, and that his tumor was part of the blue cell tumor group, but we wouldn't know more until pathology had a chance to look at it.

We had to wait six days to find out if the tumor was even cancer and what type it was. That Monday evening, after anxiously awaiting the oncologist's news, we were taken to another small room, where we were told the tumor was in fact cancer and its name was PNET, primitive neuroectodermal tumor. It was extremely aggressive and malignant. Those words should never, ever be used in the same sentence with child and brain. We were devastated. We were told Cashy would need to undergo three rounds of standard chemotherapy and then three rounds of high-dose chemotherapy, with three stem-cell transplants, and possibly radiation and another surgery. After the surgery, Cashy was completely blind for six weeks. He was so scared, he wouldn't even let me get out of the bed to take a shower, go to the bathroom, or even eat, and I would have to sneak out of the room so he wouldn't know I left.

He would pat on the bed with his arm for me to lie down beside him. His speech and language skills took a major downward spiral two months prior to his diagnosis. It broke my heart seeing him lying in the hospital bed, blind, a bloody scar on his head with stitches, and fear of the unknown.

As I would walk through the halls of this huge hospital, I would selfishly look at other little boys Cashy's age and ask myself and God, Why Cash?

Why not one of these children? Why our baby? I never got an answer. Cash started his first round of chemotherapy on May 21, 2010, after having a central line and a g-tube placed a few days earlier.

He had his first doses of the drugs and did OK until nine o'clock that night, when Cashy had a major seizure where he coded and needed a little resuscitation. The seizure was from extremely low sodium levels in his blood. He was left in full posturing (where his arms and legs were sticking out straight and stiff and his back was arched, the most awful thing to see your child go through). That lasted 10 hours in the PICU. They took Cash for an MRI scan of the brain and found that his tumor had grown past the biopsy and larger, to 4.7 cm, in just a week and a half. This was terrible news.

Cash finished up round one of chemotherapy in the PICU. We were then transferred back to the oncology floor until we were able to head home for a week's break. Cash finished up round two of chemotherapy with a bacterial infection in his blood, transferring us to PICU again, but just for two days until his infection cleared up, another code blue episode later, from a little overdose of fentanyl and versed from his central line removal (the source of the bacte-

rial infection). Cash celebrated his second birthday in the hospital, still blind, but happy, and there was a little glimpse of that boy we once knew and which we yearned so deeply to see again. Over time, Cashy's complex treatment schedule became our new norm.

We cherished each day and celebrated the small victories. We took nothing for granted, which included the support and love we received from so many. There is nothing good about cancer. However, it does have the uncanny ability to bring people together — people whose paths, under normal circumstances, would never have crossed. Of course, our family and friends were on the front line offering assistance, but it was the kindness from strangers — those who would later become friends — that moved us even more. Growing up, we were told it is better to give than to receive, but I have learned there is a time and place for both. Those giving walked away with the same big smile and hearts full of joy as they had granted us.

After Cashy's third and uneventful round of chemotherapy, he had an MRI scan to see what was going on in that brain of his. By the grace of God, Cashy regained his vision slowly; it was simply a miracle. We thought our boy was going to be



blind forever. Cash had his MRI on a Friday, and we had to wait till Monday to get the results. We had our camper parked out in the parking lot so Mike and I could take breaks and get some rest once in a while (rest, yeah, right, what's that??).

So that morning Mike was sleeping in the camper and I was in the room with Cashy, the oncologist came into the room to deliver the news of the MRI. I can't quite remember the words she said, but overall she told me that Cashy's 4.7-cm mass that took over his brain was completely GONE! He had little remnants of cancer cells at the base of the skull where the tumor was eroding the skull, but the mass was completely gone!! I hugged the doctor and told all the nurses. It was seriously the best news we've had during this whole journey. I hurried and called Mike, but he didn't answer. So I had one of the nurses sit with Cashy and I ran down to the camper to deliver the good news.

We were elated, excited, overjoyed — every positive word you can think of, that was us! We were on cloud nine, calling everyone and everybody we knew!! Cash then started his high-dose chemotherapy with stem-cell transplants on August 18, 2010. The first round went effortlessly, and Cashy breezed through and was out

of the hospital in 12 days! We couldn't go home to Montana, though; we had to stay local in case something was to happen. His second round of high-dose chemotherapy went all right, with a few minor ups and downs, extreme nausea and vomiting, chills, peeling of the skin and diaper area (leaving a severe diaper rash). The doctors explained to us that whatever was happening on the outside of his body was also happening on the inside of his body. He was then placed on TPN and lipids and his main source of nutrition due to the inability to keep down his tube feedings. During this second round of high-dose chemo, Cash was so incredibly sick and weak, Mike had finally had enough of watching Cashy suffer and took matters into his own hands. Cash had received his medical marijuana card a few months earlier, so Mike went about learning the safest way possible to make cannabis oil for Cashy, and proceeded to make a batch.

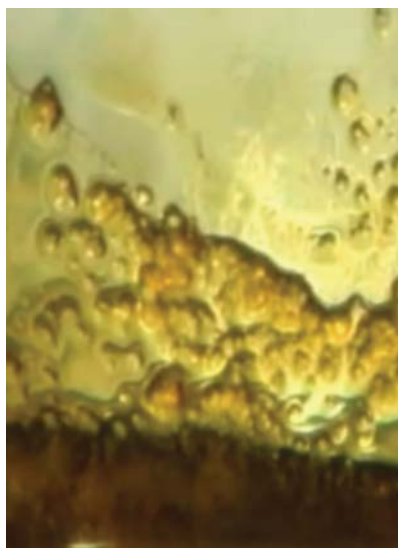
After a few doses of the cannabis oil, our son transformed. He was able to take bites of food (which he hadn't done in over 40 days). He was able to sit up and play, laugh, and enjoy a quality of life that he wasn't getting from the pharmaceutical drugs they were administering to him as a "nausea cocktail." We were so thrilled with his progress, and we continued

to give him the cannabis oil through his g-tube. He went from throwing up 10 times a day to maybe two or three. It was a miracle drug.

The thing that kept Mike and me going strong and kept us from going into a slump of depression from the circumstances was our six-year-old son, Colten John. He is an amazing little boy full of energy and spunk and never skips a beat. He was our rock, our most solid thing we had to keep us alive and striving for Cashy's healing.

Cash went into his third and final stem-cell transplant with high-dose chemo eating, walking with a little assistance, laughing; his nausea was controlled, and he wasn't in pain. He breezed through the last round of two days of medications and every-eight-hour baths (to wash off the chemo that can seep through the pores and burn the skin). Then on day nine post-stem-cell transplant, Cashy developed a bacterial infection in his blood while still immunocompromised (extremely dangerous). Cashy immediately became very sick, struggling to breathe, and was transferred to the PICU.

That next morning, Cash became even sicker and was really having difficulty breathing, so doctors opted to place him on a ventilator to support his lungs. He blew up like a balloon with all of the fluids they were giving him to try and increase his blood pressure. Nothing was working, and his condition was worsening. At one point, Cash had 13 IV pumps flowing medication into his body to keep him alive. He had four code blue episodes, which required full resuscitation. After he was on the vent for two weeks, they told us that he developed a rare condition as a side effect of the stem-cell transplant, it was called diffuse alveolar hemorrhage (severe bleeding in the lungs). He was then placed on an oscillator (after another code blue episode, and the bleeding was worsening). The doctor came to us with terrible news that she





thought possibly Cashy's tumor had spread to his brainstem; she called this micro-invasion of the brainstem. We were scared to death. They said if that was the case, there was nothing they could do, and the only way to find out was to do an MRI. They were able to take Cashy for his MRI only after coding again and requiring CPR through the whole scan. They came back to tell us the news that there was no micro-invasion of the tumor and the cancer was completely gone, but that Cashy had suffered a minor stroke. Relieved that the cancer was gone, we still had this huge obstacle to overcome: the bleeding lungs.

Things were getting bad really quickly. The doctors told us it was very unlikely that he would make it, and they asked us about six times if we wanted to continue resuscitation efforts in the event of another code blue. We told them to continue to do everything they could until all efforts were lost. We brought in a Catholic priest that day, and Cashy was baptized with all our family around for support. It was a very emotional service (if you call it that). After everything little Cashy and our family

went through, how could God let us lose him now?? It wasn't fair; I had my first actual "breakdown" that day. I'm usually a very strong person who doesn't display emotion easily. But there was no hiding my emotions now; my baby was dying. For six weeks, we watched the rollercoaster of a screen of his vital signs 24 hours a day/seven days a week. No TV ever played, just Michael Franti and Bob Marley on the iPod; it kept us semi-sane. His blood pressure would go up; his heart rate would go down; his blood pressure would go down; they would give him epinephrine for it to go back up. It was a vigorous process of ups and downs. Cash had two nurses at all times. He was a busy patient. I could never ever be a PICU nurse. Those nurses are amazing. After four weeks on the oscillator, the doctors told us he was at a "plateau of sickness," and that if there was any hope of him surviving, we would have to wean him off the oscillator and put him back on the regular ventilator. This was a huge, stressful process that even the doctors were skeptical



to try. They told us Cashy would probably need a trach tube placed and he would most likely be on the ventilator for months due to the extent of lung damage he had.

Well, after only five days, yes, five days, Cash was extubated (breathing tube removed) and he was breathing on his own with a small amount of oxygen. How did this happen???? It was a miracle. And that's exactly what the doctors said: He was our Christmas miracle! Our goal was to be out of PICU and back to the oncology floor by Christmas 2010, but Cashy was out of the hospital and back at great-grandma's house by December 17!! Once again, a miracle!! Cash spent Christmas with our



family members in Salt Lake City. The best Christmas present any parent could ever get. We were finally able to leave Salt Lake City after Cashy's 100-day post bone marrow transplant workup and MRI scans of brain and spine, and head back home to Missoula, Montana, on January 31, 2011, after 10 long months in a strange city. Cashy continues to be cancer free, and we count our blessings every day for the second change we get with our amazing son Cash, "The Boy of Steel."

It felt bittersweet, like it was too good to be true. But it was true! To finally get to bring our baby home to his room and toys and to sleep in our own bed after 10 months of hospital chair beds was beyond amazing. We would have never chosen to be a part of this journey with childhood cancer, but it was chosen for us and our sweet baby boy Cashy. The battle is never gone, never unnoticed, or completely absent from our thoughts, and

obviously never lacking from our prayers. Sometimes it is the simple things that serve as the greatest encouragement during this fight.

At times, it's hard to look back over the past year. And yet there are days I find extreme comfort looking back and seeing God's faithfulness amidst our own nightmare. If cancer has ever touched your life or the life of someone you know, I don't have to tell you how devastating it is. There are no words to describe watching cancer and chemotherapy take their effect on someone you love. Cashy survived septic shock, stroke, pulmonary hemorrhage, pulmonary hypertension, all side effects of the chemotherapy and bone marrow transplants he had received. We were told after his fourth cardiac arrest episode he would have brain damage and organ failure, and that he would ultimately die. However, he did not die, and it was because of the cannabinoid therapeutics that he was

receiving and their known antioxidant and neuroprotectant capabilities. Many say cannabis has anti-tumor effects and could possibly be the cure for cancer.

We were very fortunate to have the support of friends and family through Cashy's incredible journey and would not have been able to battle cancer with Cashy without all of the financial and emotional support we received. Along the way we came across families that were not so fortunate and we were able to help them since we had so much support. That's when we decided to start the Cash Hyde Foundation to continue fighting pediatric cancer and assisting families in need. The fact is, in one way or another, cancer may affect us all. That's why it is up to all of us to play a part in fighting cancer during our lifetimes. Cashy's journey has given us all the opportunity to unite, with the same common goal, helping children fight cancer. ▢



The Cash Hyde Foundation's mission

is to fight cancer with smiles, prayers, and positive energy, and provide information and financial support for children with cancer and their families. <http://www.cashhydefoundation.com/>

What We Do

- Make custom Reggae Runners and donate them to patients at children's hospitals.
- Raise money to purchase a trailer for families to use at Primary Children's Medical Center.
- Purchase DVDs, I-Tunes, and CDs and donate them to patients at children's hospitals.
- Help families in need organize fundraisers so they can concentrate on fighting cancer.
- Collect donations and organize fundraisers to financially assist the foundation with its projects and financial support for children with cancer and their families.
- Maintain an open forum and blog on the foundation's Web site for donors to stay informed and communicate.
- Create childhood cancer awareness in our communities and financial support for children with cancer and their families.

On a somber note, due to recent changes in Montana's medical marijuana laws, Mike Hyde will now only be able to have 12 seedlings, four mature plants, and up to one ounce of cured medicine in his possession to care for Cash with. Where do they come up with these figures for patients' possession??? This is a CATCH-22 regulation: One mature plant grown indoors under perfect conditions will yield more than four ounces, and outdoors it could yield more than a pound. So by these new laws, you can get busted just after harvesting one of the four plants you are supposed to be able to have legally. And to add insult to injury, according to the new regulations, Cash may have a difficult time renewing his medical marijuana patient card when it expires in 2012.

REGULATIONS BASED ON SPECULATIONS!!! WHEN WILL THIS MADNESS STOP???

Thanks to Mike and Kalli Hyde for allowing me to bring you Cashy's story of battling and conquering childhood cancer by using cannabis oil. It's time to get educated on the beneficial effects of cannabis and its compounds to our bodies.

Peace and God's Speed 🍀

little piece of cheesecake



big peace of mind

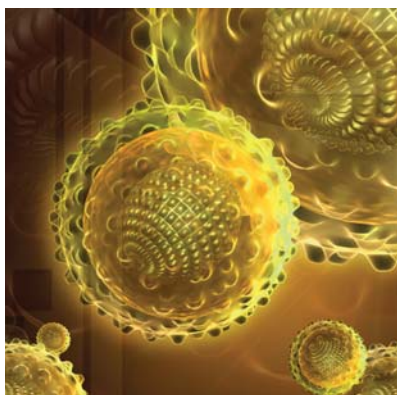
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The Benefits of Including Delta-9-Tetrahydrocannabinol in Hepatitis C Antiviral Polypharmacy

Author:

Mr. Eckhardt is a hepatitis C patient undergoing therapy over the course of numerous years. He is also a healthcare professional, speaker, and writer. He lives in the USA with his wife and is an outspoken medical marijuana advocate. Author's e-mail is CB1CB2TY@comcast.net. Author is available for public speaking.

I am a hepatitis C patient or should I say was; I have recently been cured. The insidious little bug had been running around my body for years, but I did not look sick, except when I was on antiviral medicine, 48 weeks at a stretch. There were times when I would feel like I had a cold, a bit achy and under the weather, but generally I felt well. The polypharmacy prescribed for treatment all starts with some form of interferon alpha (IFN). Along with the loathed interferon, various other drugs are thrown in to battle the virus or fight the unrelenting side effects. Yes, therapy is like taking poison. The process is an immune system up-regulating. If you have ever had the flu, interferon is a large part of what makes you feel sick; try it for 48 weeks.

There are many sources for information on hepatitis C (HCV). Here, I will just outline the disease, symptoms, and side effects. HCV is a viral infection that takes its toll on the liver, causing inflammation and scarring. The damage can lead to liver cancer and cirrhosis of the liver. The damage is usually over the course of many years, and about 4 million people in the US have the disease. It is quite possible to live with the disease and not know it for many years. I found out I had the infection from blood work performed prior to an

elective surgery. HCV is transmitted via the blood; therefore, it is important to inform those who may have contact with your blood. People like your sexual partners, dentists, tattoo artists, and, of course, your physicians all should be told. HCV does not spread through casual contact, but the amount of virus in the blood is greater than that of an HIV-infected patient, and therefore, more likely to cause an infection with even a small exposure.

During the last course of treatment, I had severe anorexia, some vomiting, considerable nausea, depression (to the point of not wishing to see people), anemia (difficult to climb stairs because I would get short of breath), myalgia (pain in the muscles), and chills.

OK, the therapy is bad, not something taken on lightly. Why did I do it four times? Simply put, the therapy did not work until the last attempt, and I want to live! The first time, I just used interferon alone, then interferon with ribavirin (which is another antiviral), then pegylated (which means that it is time released) interferon with ribavirin, and last and far from least, pegylated interferon with ribavirin and Alinia (which is an anti-protozoal drug that is used on patients with weakened immune systems, e.g. HIV). Each new variation

Some more common ways HCV is transmitted:

- Blood transfusion
- Intravenous drug use (when sharing needles)
- Needle-stick injuries
- Sharing straws during cocaine inhalation
- Tattooing and body piercing
- Sexual transmission
- Tooth brushing (sharing a brush)

Side effects vary among patients. Some patients only have side effects during the first couple of weeks, when starting therapy; others are not as lucky. The most common side effects are flu-like symptoms, because your body fights flu viruses using interferon, which causes the achy, tired, and feverish symptoms.

Common side effects of therapies are:

- Fatigue
- Chills
- Achy muscles and joints (myalgia)
- Weight loss
- Insomnia
- Skin reactions (injection site reactions and rashes)
- Decreased white and red blood cells
- Depression
- Mental changes (thoughts of suicide or homicide)
- Anorexia
- Nausea
- Vomiting

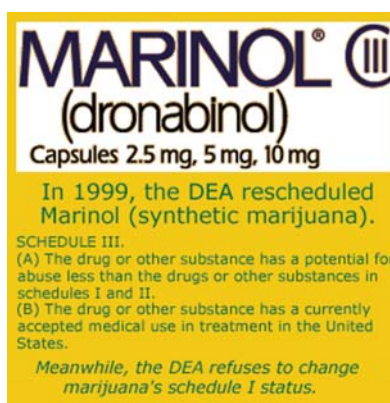
to the polypharmacy came with no promise it would work, but as the liver damage continues without treatment, it was the only quill in the quiver at the time. The liver takes a hit each day that the virus is circulating though a patient's body. Even if the virus clears just during therapy (meaning that the detectable amount of virus is minimal or non-detectable, only to return once treatment stops), the liver rests, or so goes the thought process.

I follow Murphy's Law, having genotype I of the virus, being the most recalcitrant to treatment. When you have your blood tested for hep C, your doctor will also be looking for your genotype, which helps determine the success of the therapy. I did finally win the battle, however, using the most recent therapy protocol instituted by my physician. I also must state that having a hepatologist (liver specialist) who practices in a large teaching hospital and is actively involved in clinical trials is ideal.

I would like to now spend some time on how I tolerated the terrible symptoms of treatment and how I was able to continue on with a somewhat normal life. Marinol (synthetic pharmaceutical THC) and/or cannabis (plant material containing THC and other cannabinoids) enabled me to continue to work my more-than-full-time job and spend some, albeit not much, time with family and friends.

Over the several courses of treatment, I learned that THC (used in this article as a term for either Marinol or cannabis) was superior to many other drugs in treating some of the refractory (difficult to control) side effects. I learned this at a party, of all places.

I went to the party at a friend's house; I was doing rather poorly that day, but was still able to attend. A friend noticed that I was "not myself" and asked if I would like to have a smoke. I stated I was not feeling well (I seldom told anyone of my troubles) and thought that I would forgo the fun.



He said it was not going to hurt and might make me feel better: ever hear of medical marijuana? It did make me feel better. My pain waned quickly; I even felt sociable. I thought, as my general practitioner has said, that I got high, and that is why I felt better. The fact that the patient gets high from the medication is not an issue with opiates; I am not sure why the same is not true for cannabis. If a drug makes me feel better and able to tolerate my therapy, is that not a positive clinical outcome (see Sylvestre, below, 2006)? Is a drug that is euphoric taken off the market? Notable to this is that the high is not the same as if you were not sick. The high is somewhat mitigated by the polypharmacy and the side effects being treated.

If I stopped here with the benefits of using THC during antiviral therapy for HCV, I would say that there is subjective evidence that the high gained through smoking cannabis is beneficial to the patient. But there is more, much more, to this wonderful plant and its most noted cannabinoid, delta-9-tetrahydrocannabinol (THC).

Dronabinol (Marinol) and plant material were used during the last attempt to eradicate the virus. Previously, I was naive about Marinol. Marinol has benefits and drawbacks, as does smoking plant material. I asked my liver doctor if he would prescribe Marinol during this last course of treatment, as I was aware that it worked well against the

muscle pain. He was willing, unless I ended up in a drug study that did not allow its use. I ended up not in a drug study, so he prescribed the Marinol. I was quite lucky, as I could not have completed therapy without THC.

THC, synthetic or plant based, at this time has no known effect on the battle to eradicate HCV. There are studies showing that THC and other cannabinoids do affect the immune system. The extent of action on the immune system and what that action may be is still to be determined. Did the THC molecule help me in my battle? The answer is yes, but we will not speculate on any putative effect on the immune system. I write this article to impart a patient's perspective on its benefit during antiviral therapy for HCV infection, and to describe my experience with Marinol and plant material in helping me tolerate the side effects of the therapy.

First, I would like to discuss driving. Driving is problematic with THC/cannabis therapy. If one needs to hold a job during treatment, driving may be imperative. Such was the case with me. I had a job, and it required countless hours of driving. When using these therapies, in particular cannabis from the plant, most of us know it is illegal to drive. In many states, it may also be illegal to drive days after ingestion, as the test to establish intoxication measures metabolites of THC in your blood. In other words, you use, derive benefit, and then the THC is metabolized, stored in fat, and sitting in your system. You could be tested some time after use and be positive. This, of course, is well after any effect on driving ability is gone. There is debate about how much cannabis it takes to affect driving ability.

Marinol, on the other hand, leaves the door somewhat open. The package insert warns that you should not use it while driving (and performing other potentially dangerous activi-

ties) until it is established that you are able to tolerate the drug and to perform such tasks safely. The insert does not state that driving is out, just that you need to be sure that you can perform this task safely. My take on this is, you can drive, but if you cause an accident, the authorities will say, obviously you were not OK to drive. Another note of caution: My eyes blow out just as if I were smoking weed. I become Rudolph with eyes so bright! You may be using Marinol, but you may as well have just smoked. During therapy (during the last effort with antiviral meds), for the most part, I kept the THC use to the evening and night so as not to drive while using THC from either source. As therapy went on, I found that when using Marinol, the high, although erratic, did not seem to impair my driving. Marinol one day may make you high; the next dose you may not notice much at all. Oral THC is kind of a crapshoot.

In my case, the side effects were different on a daily basis. I called this "the side effect of the day." One day, the anorexia would be the prevalent problem, and the next day it might be nausea or vomiting or both. Onset of side effects can be remarkably rapid, having no warning. I could not plan on how I would feel. Toward the end of therapy, I could not go very long without dosing; you need to consider how this will affect your ability to hold a job and whether you feel you can drive.

During previous periods of antiviral therapy, I had used plant material, primarily due to the myalgia. Before going on the Alinia with interferon, my main problematic side effect was myalgia, with occasional nausea and/or vomiting. Cannabis was wonderful. I would look forward to coming home from work for that first puff and the substantial relief it brought to me. The myalgia would

If you have HCV, it can be cured, but not without an attempt by you to persevere. THC is an excellent addition to the polypharmacy required to win the battle. I found both Marinol and cannabis to be beneficial in mitigating side effects, although plant-based medicine is often better, as it can be titrated to the proper dose for the symptoms and is effective immediately.

just slowly melt away, leaving me more relaxed and comfortable. The myalgia usually got worse as the day progressed, but a few inhalations, and the pain would subside. Interferon therapy also had sleep effects, relieving associated insomnia; I had either sleep onset insomnia or sleep maintenance insomnia or both. Cannabis was useful in this regard, as benzodiazepine effectiveness quickly wanes over a short period of time, whereas the cannabis effects are relatively stable over the therapy period (48 weeks). During the most recent period of therapy, the use of THC throughout the 24-hour day, myalgia was not a problem. Marinol was effective because the effect lasted longer than smoking plant material, so I seldom had pain or insomnia from interferon.

Anorexia, which is something I had a significant problem with during my last stint of therapy, is a truly odd phenomenon. You can be hungry and still not care to eat. I am not talking of anorexia nervosa, where the patients see themselves as overweight and they wish to control their perceived fat. Anorexia is the absence of desire to eat. It may or may not be associated with nausea or vomiting. I could literally not eat all day, and this, of course, just added to the misery, making me weak, tired, with an overall ill feeling. Marinol and plant material helped with the problem. I did lose weight, but with the aid of THC, I was able to plateau. However, even with an improved ability to eat, my tastes did change. I found that many

foods I had previously enjoyed, such as salads and vegetables, were not welcomed by me. I could eat meat; beef for the most part tasted better. Sweets were the other food source I found palatable. THC seems to point the taste toward sweets and fats. I lost not only fat but muscle. I initially tried to exercise, but I could not due to the anemia causing shortness of breath. I lost some weight but retained a middle-age gut due to the types of foods that I could tolerate. That being said, I honestly could not have completed therapy this round without the THC, as the anorexia would have done me in.

Nausea and vomiting were also in my body's bag of tricks during therapy. These symptoms often did present together. Nausea can be treated with antiemetics other than cannabis, but they produce their own side effects, and the doctors were reluctant to add more to the polypharmacy. With using the cannabis for myalgia, it was easy to use cannabis for the nausea. There is a difference with Marinol and plant-based medicine in mitigating this side effect. Smoking is almost instantly effective. Marinol, being quite erratic in its onset of action and dose effectiveness, is not something you want to use unless you use enough to keep the symptoms at bay 24/seven. My doctor kept the Marinol to no more than 20 mg each day. At 20 mg per day, I could not fully get rid of my nausea and vomiting throughout the day and night. Nausea comes on very quickly, for no apparent reason. If you wait too long to treat the symptoms, you likely will proceed to vomiting, even if you have not eaten. Plant-based medicine, in my opinion, was much better at treating this.

Vomiting, like nausea, had a quick onset, with no warning, making plant-based medicine the obvious choice. Vomiting also is hard to treat

with pharmaceuticals, as you can take them but you may just vomit the medication up. When you vomit up your medicine, it is hard to know how much to take next and when; you may have lost the entire last dose taken or assimilated some of the dose, making the next dosing a guessing game.

Depression was another serious problem for me. I was treated with an antidepressant, which helped a great deal. THC did play a part in mitigating the problem. THC tends to elevate mood and can even get you to laugh in the face of all this fucked-up shit.

What does the science say? Well, there is a study¹ that showed: "Conclusions: Our results suggest that modest cannabis use may offer symptomatic and virological benefit

to some patients undergoing HCV treatment by helping them maintain adherence to the challenging medication regimen." There is also a negative study²: "In conclusion, daily cannabis smoking is significantly associated with fibrosis progression during chronic hepatitis C (CHC). Patients with ongoing CHC should be advised to refrain from regular cannabis use."

I can say that the first study listed does confirm my opinion on cannabis use for the HCV patient. I cannot speak to the later study in reference to myself, as I do have scarring, but I have not undergone a biopsy since embarking on a year of chronic cannabis use. I can say that without THC or cannabis mitigating the side effects of the polypharmacy prescribed for me, being virus free would have been impossible.

If you have HCV, it can be cured, but not without an attempt by you to persevere. THC is an excellent addition to the polypharmacy required to win the battle. I found both Marinol and cannabis to be beneficial in mitigating side effects, although plant-based medicine is often better, as it can be titrated to the proper dose for the symptoms and is effective immediately. 🍀

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Cannabis to the Rescue for Appetite Gain & Pain Relief

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Stephen (who requested anonymity) has been through the ringier. His particular condition made its first appearance in 2004, with a jolt of incredible pain in his testicles. With no rhyme or reason, the random pain might appear if he was walking or lying still. It ranged between crushing and piercing.

Initially, the 18-year-old was sent from his primary physician to a urologist, who could not find anything wrong, but quickly ramped up the pain meds, from one 750-mg Vicodin every eight hours to five 5/325-mg Percocet every six hours in addition to a 2-mg hydromorphone (Dilaudid) every six hours or as needed daily.

Instead of subsiding, the pain spread. He visited another urologist, who ran every test under the sun but couldn't pinpoint anything. A diagnosis of kidney stones led to more pain killers, but no kidney stones were found.

By 2006, his employer made it known that lying in a fetal position on the floor while calling in pain meds was not acceptable, and he left retail management. He then pursued a degree in computer drafting and design at ITT Technical Institute. While his physicians were unable to uncover anything, a lab technician taking blood for a routine test noted

that he had seen pain move south from the bowels to the testes, and that Stephen might want to visit a gastrointestinal doctor, which he did. Finally, in 2009, at age 23, he had a colonoscopy, which found chronic active colitis. An endoscopy found acute erosive gastritis and duodenitis. An exam of his liver and surrounding area discovered pancreatitis.

Stephen worried that the opiates might be addicting. When he woke up one morning in a cold sweat and shivering, he knew that he'd become reliant on the Dilaudids. He put them away in his sock drawer for a week before taking another. When he told his doctor what had happened, she stopped prescribing hydromorphone and upped the Percocet dosage.

By this point, the pain, which had never left his testicles, was also in his stomach. "Food entering my stomach felt like hot glass shards," he said. "It never changed consistency either, only temperature, as it moved through the rest of my intestines." Because eating made him vomit, he quit eating. After he went from 285 to 150 pounds in three months, his doctor told him he was dying.

"It was a sobering moment, because I knew that if I didn't do something I probably wasn't going to see 24," he said. "She sat me down and said, 'Look, we need to figure out something quick or I need to hospitalize you because you are starving. You are wasting away.'"

While Stephen had smoked marijuana as a teenager, it had never appealed to him. Smoking was not a regular pastime. Faced with starving to death in pain, he toked again. Cannabis worked, both by improving his appetite and helping him forget the pain. Within a few weeks he'd gained 10 pounds, and his condition was stable.

As in many medical marijuana stories, the federal government found a way to prevent the care of a seriously ill patient. A variety of things might have been occurring to draw attention to his situation. For one, he'd been honest with his doctor and told her that he was smoking cannabis to improve his appetite. She, in turn, had noted in his medical records that along with the opiate medications, he was smoking historical medicine when necessary. In addition, when stopping in to pick up his prescription refills, he noticed that several doctors, and not just his primary physician, were signing off on his refills. All of this could have drawn attention to his situation. For whatever reason, a second "doctor"—Stephen doubts that he was a doctor—began sitting in on his meetings with his physician.

"He wore the lab coat, but his stethoscope seemed like a prop to me," he said. "He was some kind of hospital administrator."

With no warning, Stephen was taken off all pain medications. The reason given was cannabis use.

Unethical Pain Treatment Care of the United States Government

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

Not that Stephen was ever given any kind of pain contract to sign, because he was not, but shutting off pain medication because of cannabis use, which prompted the above-mentioned action, concerns an outdated prohibition and has absolutely nothing to do with medical care.

While signing a treatment attestation for pain management would require a patient to acknowledge who he or she is and have that person agree to not misrepresent medical history, the standard pain contracts currently in use throughout the United States are something altogether different. Because of the federal government's stance in placing marijuana in Schedule I of the Controlled Substances Act, seriously ill patients that depend on the therapeutic benefit of cannabis are thrown under the bus. Because of Schedule I's requirement that a drug have no currently accepted medical use in the United States, the plant that's never killed anyone can cause pain patients that have been honest with their doctors to lose their medical care. The inappropriate placement has been noted by landmark rulings by two Drug Enforcement Administration (DEA) administrative law judges (Mary Ellen Bittner 2007 and Francis L. Young, 1988), both of whom strongly favored more access for research and rescheduling in rulings that were ignored by the DEA.



Even the federal government's Veterans Administration (VA) is changing with the times. In July 2010, the Department of Veterans Affairs, through the Veterans Health Administration (VHA), issued Directive 2010-035, the first of several on the same topic, outlining guidance on access to and use of medical marijuana by veteran patients. The directive acknowledges that laws in states authorizing the use of medical marijuana are contrary to federal law, that veteran physicians recommending marijuana can lose the ability to prescribe controlled substances and be subject to criminal charges, and that marijuana cannot be used on VA property even in states that allow medical marijuana. The directive states that VHA policy does not prohibit veterans in programs of states that authorize medical marijuana from participating in VHA substance abuse programs, pain control programs, or other clinical programs.

The VA directive is a clear case of a federal authority deferring to state law, according to Michael Krawitz, founding director of Veterans for Medical Cannabis Access. A letter to Krawitz from Department of Veteran Affairs Under Secretary for Health Dr. Robert Petzel stated that "standard pain management agreements should draw a clear distinction between the use of illegal drugs and legal medical marijuana."

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

When told of Stephen's treatment, Krawitz was clear. "The notion that anyone would threaten a patient with denial of care is an absolute, outrageous violation of every standard that we hold dear in our society," he said. "Whether he signed a contract or not, taking away someone's successful pain treatment is a violation of basic human rights. It is a violation of medical ethics and of the standards of medical care."

Fighting Prohibition with Schedule III Medicine

When faced with a firewall preventing her patient from having opiates because he'd admitted to using cannabis, Stephen's doctor came up with an alternative plan. By now, they were both aware of the total disconnect between the federal government and the medical profession regarding cannabis and health care. While cannabis might have saved his life, its status as a Schedule I drug was creating problems with the law. She prescribed Marinol, synthetic THC classified as a Schedule III (medically beneficial!) drug, which would always explain away any cannabis components in his system.

A funny thing happened when Stephen was yanked off opiates. His health improved, and his stomach didn't hurt as much.

"The research confirms that cannabis has a synergistic, beneficial relationship with opiates," said Mary Lynn Mathre, president and cofounder, Patients Out of Time. "Most patients taking cannabis for pain will either get off of opiates entirely or really reduce the dose, and they do not need the stool softeners, antiemetics, or antidepressants usually prescribed for opiate side effects."

His new regimen is Prilosec for stomach acid, Zofran for nausea and Tramadol when he does have severe pain, maybe once a week. He uses the Marinol, which works during his

most severe pain times, when he wakes up in the morning and when he goes to sleep at night. Cannabis is a mainstay in his medicinal war chest. A whole-plant advocate, he prefers a vaporizer for the fast action and also likes edibles because they last longer and seem to help with his physical pain.

"The cannabis helped with the pain in my intestines," he said. "It definitely helps with appetite and nausea. I have not vomited since I started medicinally using cannabis, which has done wonders for my esophagus and stomach. Cannabis doesn't have any of the side effects of any of the other medications that they give me."

Pushing for Reform in Virginia

Stephen's experience turned him into an advocate for others. Like many who realize that marijuana is more than a recreational drug, he is pushing for a more compassionate medical cannabis program in his home state.

Virginia's possession law for a first offense is a small fine and under a month in jail. Cultivation of 10 plants can be considered a personal possession misdemeanor. Selling marijuana to a friend can be adjudicated as an accommodation, with the same weight as a possession charge. Virginia does have a medical

cannabis law that covers patients with cancer and glaucoma.

Stephen is drafting more comprehensive medical cannabis legislation, meeting legislators, and working with advocacy groups such as Patients Out of Time.

"The problem with medications handed out for pain is that many of them are more addictive than effective," he said. "Cannabis saved my life by stabilizing the weight loss. It's been extremely beneficial in other ways, including pain management. There is no other way to put it; cannabis has been a blessing in my life." +



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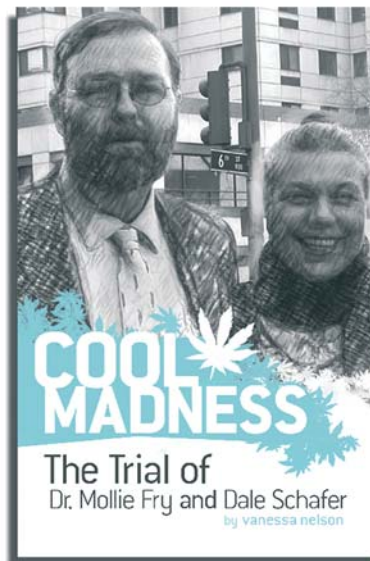
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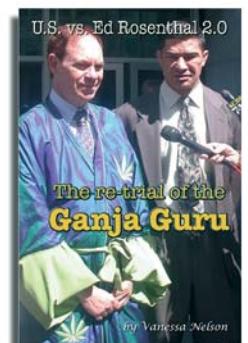


COOL MADNESS, The Trial of Dr. Mollie Fry and Dale Schafer is the riveting true story of a medical marijuana doctor undergoing a federal trial for the first time in history. The main character of Cool Madness is Dr. Marion "Mollie" Fry, a cancer survivor who learned about the benefits of medical marijuana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



Topical Cannabis Preparations:

SNAKE OIL OR HEALING OPTIONS

By Cheryl K. Smith

As medical marijuana has become more widely accepted, methods for its use have gone beyond simply smoking it. Vaporizers are replacing pipes and joints, as physicians and other proponents strive to make it as safe as possible for patients. Medibles — foods that are medicated with cannabis butter or oil—have gone mainstream, with new gourmet products being added every day.

Entrepreneurs are also creating tinctures, ointments, and lotions, with names like Apothecanna, Doc Green's Therapeutic Healing Cream, and Pain Eraser. Testimonials abound about the effectiveness of these topical medicines, with claims that they are effective not only on skin conditions, but for muscle, joint, and other types of pain. But do they really work?

BRIEF HISTORY.

The use of cannabis as a medicine dates back thousands of years. It was mainly used orally (as a tincture or component in medicine) and by smoking, although there is some documentation of external use. Cannabis is believed to have been used externally by the Egyptians for its antiseptic properties. Reports from different parts of Africa indicate that it was used for a similar purpose.

In "Cannabis as a Medicament" (<http://tinyurl.com/249rcct>), the authors report that cannabis was



Cheryl K. Smith is an attorney and Executive Director of Compassion Center, a medical marijuana clinic and educational nonprofit in Eugene, Oregon, and serves as secretary of the board of the Institute for Cannabis Therapeutics in Oregon. She raises miniature dairy goats and is a freelance writer and editor.

used in European folk medicine as an antiseptic as well. The narcotic effect apparently was not mentioned or noticed; instead, it was believed to be effective for antibiotic and limited analgesic purposes. They mention the use of the dried leaves with butter for burn treatment, and other external applications for inflamed feet, furuncles (skin infection involving a hair follicle), and erysipelas (bacterial skin infection) in various cultures. In the Victorian era, cannabis plasters and ointments were used to relieve local pain. In more recent (1968) Arabic medicine, cannabis (or hemp) was used to treat pityriasis (a disorder causing flakiness or scaling of the skin) and lichen (an inflammatory skin condition) by washing with the juice from the leaves.(1)

EFFECT OF CANNABIS ON SKIN CONDITIONS.

Confirming that the historical uses of cannabis are in fact effective, recent studies have shown that cannabis has antibacterial, anti-inflammatory, anti-cancer, and immune-modulating properties.(2) This means it may be effective on skin infections, burns, rashes, and other skin problems. Most of the evidence that cannabis ointments and lotions work when applied topically is anecdotal, although studies have begun to be published. Different parts of the cannabis plant have been suggested for topical use. The seeds of the plant are made up of essential fatty acids and proteins, and are considered to have therapeutic



...recent studies have shown that cannabis has antibacterial, anti-inflammatory, anti-cancer, and immune-modulating properties.

effects. The fatty acid, g-linoleic acid, in particular, is recommended for relief from the skin diseases eczema and psoriasis. It is also believed to provide some relief for osteoporosis, rheumatoid arthritis, and other inflammatory diseases. The buds, leaves, and trichomes (resin glands) are the parts of the plant most commonly used for creating topical preparations. Hashish made from these parts of the plant can also be used.

While early studies looked mainly at the effects of smoked marijuana, recent studies most often use oral cannabinoids (usually THC) or are performed on laboratory animals. These include studies looking at the effects of using fatty acids as a nutritional supplement rather than topically. Only rarely has a study looked at topical applications of cannabis, but at least one study found that nerve and mast cells in human skin contain cannabinoid receptors. This would indicate that topical application of cannabis could have an effect on skin conditions.

In fact, at least one study showed that topical cannabinoids have a positive effect on severe itching. In that 2006 German study, researchers found that 14 of 22 patients had a reduction in severe pruritis (itching) with application of the endocannabinoid N-palmitoyl ethanolamine (PEA).(3) The PEA was applied in an emollient cream to the skin. No patient experienced side effects.

A more recent study, in 2007, looked at how the cannabinoid receptors in mice become activated by administration of cannabinoids, significantly decreasing inflammation caused by

contact skin allergy.(4) The study's authors suggest that cannabinoid compounds such as those produced by the cannabis plant may provide an enhancement to therapeutic treatment for humans.

On the flip side of these beneficial effects is the possibility that cannabis may cause some of the very skin problems it is used to treat. A 1983 article in the *Western Journal of Medicine* noted that many people who have a sensitivity or an allergic reaction to airborne plant pollens, including some in other botanical families, may develop contact dermatitis or urticaria (hives) as a result of prolonged exposure to cannabis (such as trimming or other work in the industry that requires handling).(5) Another potential, but less likely, risk may be anaphylactic reaction. A 1971 medical article noted such an effect from smoking cannabis.(6)

While the studies cited addressed the effect of cannabinoids on external skin conditions—something that can be readily observed and proven true or not true—the question remains as to whether cannabinoids can effectively permeate the skin barrier to affect internal conditions or even joint pain.

ABSORPTION OF CANNABIS THROUGH THE SKIN.

According to *The Healing Magic of Cannabis*, cannabis in a compress, salve, or tincture is absorbed locally when applied directly to the skin, but there is debate about whether it can reach the central nervous system

(CNS).(7) This is why topical applications have no psychoactive effect, despite the claims by some that they do.

A 1987 study from Israel investigated the skin permeation behavior of a tetrahydrocannabinol (THC) in both rat and human skin in vitro.(8) The researchers found rat skin much more permeable than human skin. They also found that “24 hours after application the drug was concentrated in the stratum corneum, in the upper epidermis, and around the hair follicles....” In other words, it doesn't penetrate very deeply. However, using a permeation enhancer (oleic acid) on the rat skin only, the researchers found a sustained concentration in the blood for about 24 hours. This study still leaves open the question of whether topically applying THC to human skin can deliver it to the bloodstream.

Cannabinoids are similar to opioids in that they inhibit pain by interacting with specific receptors within the pain pathways.(9) At least two patent applications have been filed for transdermal delivery systems (10), and various other methods have been suggested. Some people claim that using ethyl alcohol (such as vodka) as a medium for cannabis more effectively delivers cannabinoids to the body through the skin. While it is true that ethyl alcohol can be absorbed through the skin, no comparative studies have been done comparing the effectiveness of cannabis-infused alcohol with cannabis-infused oils in delivering cannabinoids through the skin.

A skin patch, similar to those used for delivering certain opiates and hor- ➤



CLAIMS FOR COMMERCIAL CANNABIS LOTIONS, OINTMENTS, AND CREAMS:

- Apothecanna Pain Cream is claimed to be effective on fatigued and sore muscles, arthritis, carpal tunnel, joint pain, fibromyalgia, headaches, and migraines. It contains not only cannabis, but arnica, juniper, peppermint, clove, wintergreen, lavender, and ravenara. Many of these other essential oils can provide relief for some of these conditions, so it isn't clear that the cannabis is responsible for the therapeutic effect, particularly in the case of headaches.
- Doc Green's Therapeutic Healing Cream is claimed to "get your muscles and aches stoned while keeping your head clear." It is said not to show up on a drug test, but to provide local relief. This cream is in a shea butter base and sells for \$6 per ounce. Medical studies referenced to show its effectiveness are misleading, as they dealt with mice or with localized pain or itching rather than joint or muscle pain.
- Elsie's Ointments, carried by Northern Lights Rx in Colorado, are claimed to help with "nerve, joint, headache, and other pain." Like Apothecanna Pain Cream, all but the ointment meant for skin disorders contain other essential oils. The site also implies that topical application of this ointment can cure cancer, with a link to a news story in which a man claims that this ointment cured malignant tumors in his neck. This is a dangerous claim, particularly if it prevents patients from considering life-saving options such as surgery for a lethal cancer like melanoma.
- Cannabee Pain Eraser, a lotion that is marketed in California, only advertises that it is for pain and inflammation of muscle and soft tissue. It contains some essential oils (not noted) that may also have an effect on local pain relief.

mones, would have to be large enough and contain a large enough dose to overcome the low absorption rate of human skin. The scalp (which has the fatty sebaceous glands and hair follicles) may provide the best possibility for absorption of cannabinoids into the human body. In addition, DMSO (11) or oleic acid (12) could be used to enhance the penetration into the skin. However, many of the properties of DMSO are the same as those of cannabis (13), which could potentially confound a study on the effectiveness of cannabis.

At the Third National Clinical Conference on Cannabis Therapeutics, held in 2004, University of Kentucky professor Audra Stinchcomb, PhD, spoke on transdermal and intranasal delivery of cannabinoids (14). The study was funded in part by the American Cancer Society.

Dr. Stinchcomb noted that transdermal patches are a superior method for treating various conditions because they decrease side effects, maintain steady drug levels, and provide controlled release of cannabinoids. The study also found that the addition of certain proteins can add to permeability and that cannabinol and cannabadiol are more permeable to the skin than THC. Finally, in this study, which used hairless guinea pigs for research subjects, there was difficulty in obtaining a high enough plasma level to be effective—an indicator that simply applying lotion or oil topically won't relieve joint pain or other internal pains.

FACTORS IN PERCEIVED EFFECTIVENESS.

Studies to date have pretty clearly established that cannabis is effective for topical and possibly muscle problems. However, the fact that cannabis doesn't get you high when topically applied is good evidence that it does not reach the CNS or bloodstream. However, there's no

lack of testimonials (on Internet boards and heard personally by the author) to the effect that commercial or homemade cannabis-infused ointments and lotions are an effective alternative for treating a variety of medical conditions beyond superficial skin disorders.

Without good studies proving that topical cannabis preparations are effective for more than skin conditions, e.g., for joint pain or headache, it's hard to know whether those that are homemade or on the market are really doing what people claim they are doing. Several factors may be at play. These include:

- Placebo effect
- Using another method at the same time
- Other ingredients are causing pain relief
- They do work, but the right studies haven't been done

Placebo effect. According to *The Skeptic's Dictionary*, "The placebo effect is the measurable, observable, or felt improvement in health or behavior not attributable to a medication or invasive treatment that has been administered."⁽¹⁵⁾ There is disagreement as to whether this effect is psychological, physical, or has some other cause. An example of what may be the placebo effect is the claim of some individuals that they have gotten high simply from trimming bud or otherwise handling cannabis plant material. The placebo effect may be at play when topical cannabis preparations are used to treat some medical conditions.

Using another method at the same time. If a person is smoking cannabis, for example, while also applying a cannabis-infused oil to an affected area, determining which method causes the therapeutic effect is impossible. (This obviously isn't always the case, as many medical cannabis users have no desire to get high.) The only true test is to stop all other methods and try only the topical application for a period of time.

Other ingredients are causing pain relief. Some topical preparations rely not only on carrier oils to get cannabis into the skin, but also contain other essential oils such as eucalyptus, peppermint, menthol, or camphor. These are some of the ingredients in Tiger Balm, a non-cannabis product that is sold for muscle pain relief and works. The principle behind these ingredients is the same as applying heat to joint pain. So is it the cannabis or the other oils? (Or both?)

This is an area that is ripe for study. It may be that cannabis combined with other ingredients adds to the beneficial effect. An example would be camphor, glucosamine, and chondroitin sulfate in a topical preparation, which were found in a study to relieve osteoarthritis pain.⁽¹⁶⁾

They do work, but the right studies haven't been done. Clearly, more studies need to be done. When I started researching this article, I didn't believe that cannabis ointments and lotions had a therapeutic effect on anything other than skin conditions. I had tried such a salve years ago and found that it did nothing for my muscle pain.

Because I work in the medical marijuana industry, I continued to hear claims that topical applications are effective in treating all sorts of pain, including muscle and joint pain. Then one day, a man came into our clinic with some olive oil that contained 1% hash (or honey) oil. When I scoffed at him, he handed me an eight-ounce bottle with the demand that I try it. I was shocked several days later when I applied it to my shoulders and neck for severe muscle pain and found relief within 15 minutes.

Conclusion. Cannabis salves, lotions, and ointments can be effective treatments for certain skin conditions, such as burns, infections, and rashes. Some preparations are also effective in treating muscle

pains. Use of these products is fairly harmless and doesn't cause psychoactive side effects, which makes it a good method for such problems.

Other better methods, such as vaporization or oral ingestion, exist for treating medical conditions not affecting the skin or muscles. There is no evidence that topical preparations have an effect on headaches or internal problems. If topical cannabis preparations are even effective on joint pain, they would likely be more useful on joints that are close to the skin, such as the fingers or knees.

Despite their shortcomings, topical preparations are a good addition to the medical arsenal that this amazing herb can provide. In the future, we can expect to see more studies of their effectiveness, as well as more sophisticated delivery methods and combinations of herbs or other substances. 🍀

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11. Dimethyl sulfoxide (DMSO), which has been used as a commercial solvent since 1953, is a byproduct of the wood industry. Its potential medical uses were first noticed by Dr. Stanley Jacob, MD, a physician at Oregon Health Sciences University, in 1961. In the midst of studies to determine its effectiveness, FDA closed down clinical trials and, other than approving its use for interstitial cystitis, has generally continued to refuse to approve any new trials. DMSO easily crosses membranes and has the added attribute of carrying other drugs across these membranes.
12. Oleic acid is a monounsaturated omega-9 fatty acid found in various animal and vegetable fats. It makes up a large part of olive oil, which is often used as a carrier oil in topical cannabis products.
13. DMSO is very effective as a topical analgesic, causing immediate relief from the pain of burns, sprains, and strains. Like cannabis, it also has been found to have potential in fighting cancer, bacteria, and other disease processes.
14. <http://video.google.com/videoplay?docid=310494628955328203#>
15. www.skepdic.com/placebo.html.
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The Art of the Test:

Finding the High Ground in an Unregulated Industry

Mary Lou Smart © 2011
www.medicalcannabisart.com

More and more dispensaries and wellness centers market lab-tested product. Cannabis analysis is the practice of determining the potency and make-up of a plant packed with beneficial molecules. Pinpointing cannabis components is often a starting point; many labs offer testing for molds and pesticides for additional cost.

As studies showing the therapeutic effect of cannabidiol (CBD) take hold, patients want it for neuroprotectant and antioxidant properties, for pain relief, and for its role in buffering the psychoactive effect of tetrahydrocannabinol (THC). Problem is, the decades-long quest for high-THC product delivering a great buzz led to CBD being bred out of cannabis. Those in search of therapeutic benefit are often happier with either a lower-THC strain or a higher ratio of CBD to counteract the high anxiety that can accompany a high-THC buzz. Growers race to develop strains with greater CBD counts, and CBD-rich product is all the rage.

Steve DeAngelo, executive director of Harborside Health Center in Oakland, California, stated that after analyzing 2,000 strains, his business associates were able to find nine that did contain a higher ratio of CBD to THC.

"We got cuttings of those and supplied them to our most trusted growers, and then those growers grew that medicine out," he said. "Now, at



Harborside, we have every day at least one type of CBD-rich medicine, and often more than one. We go up to 14 percent CBD."

Not everyone believes the stories of 14, 15, and even 17 percent CBD, however, and curiosity surrounding cannabis testing, an industry in its infancy, grows.


Bill, a chemical engineer who owns a dispensary in Denver and prefers to remain anonymous, is one of many who tend to be skeptical of high-CBD reports.

"If you look at the data that's been collected from the labs over the last year, to find a strain that is in excess of one percent, the chances of that happening are maybe 20 percent; it's not great," he said. "It's not as high as we would like it to be. It's rare, is what I'm trying to say. To get above two percent is a lot more rare. To get over four or five percent is very, extremely rare. That's like one in 100."

Others report that samples from one plant dropped off at five cannabis labs will yield five different results.

"I think that the numbers are somewhat suspect in that they're not uniform," said Martin Lee, cofounder of Project CBD, an educational resource (www.projectcbd.org). "What we're interested in is consistent data in terms of the ratio between CBD and THC. In that sense, we are finding fairly consistent patterns between the labs."

Steep Hill Laboratories, also in Oakland, launched the analysis movement with the creation of its lab in early 2008. Dispensaries throughout the state send product to Steep Hill to be tested. The company also works closely with growers. Stories of start-up labs run by those setting up shop overnight after spending a few grand on a base model GC (gas chromatograph) machine online abound, but the science is tricky. For one thing, heating product, which GCs can do, alters



Steep Hill
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Medical Cannabis Screening Potency Summary

Lab ID #	Customer ID #	Strain	Sample Type	Moisture	THC %	CBD %	CBN %
101207U029	101207-CDC-	72 Apollo 13	Flower	17.74%	18.50	0.52	0.24
101207U030	101207-CDC-	70 Apollo 13	Flower	12.85%	17.65	0.17	0.25
101207U031	101207-CDC-	66 Apollo 13	Flower	16.22%	19.44	0.21	0.2
101207U032	101207-CDC-	59 Hazey Kush 1	Flower	6.81%	19.25	2.33	0
101207U033	101207-CDC-	67 Hazey Kush	Flower	43.45%	22.76	0.00	0.11
101207U034	101207-CDC-	66 Chem Dawg	Flower	42.79%	24.70	0.01	0.22
101207U035	101207-CDC-	66 Golden	Flower	15.46%	22.17	0.19	0.19
101207U036	101207-CDC-	Hazey Kush x	Flower	22.95%	16.12	0.07	0.07
101207U037	101207-CDC-	Hazey Kush x Apollo	Flower	27.74%	17.77	17.98	0
101207U038	101207-CDC-	Golden Pineapple	Flower	20.12%	17.71	20.12	0
101207U039	101207-CDC-	Golden Pineapple	Flower	9.36%	17.71	20.12	0
101207U040	101207-CDC-	Golden Pineapple	Flower	6.53%	17.71	20.12	0
101207U041	101207-CDC-	Chem Dawg	Flower	9.19%	17.71	20.12	0
101207U042	101207-CDC-	Silver Surfer Haze	Flower	13.36%	17.71	20.12	0
101207U043	101207-CDC-	Golden Pineapple	Flower				
101207U044	101207-CDC-	Golden Pineapple	Flower				
101207U045	101207-CDC-	Golden Pineapple	Flower				
101207U046	101207-CDC-	Golden Pineapple	Flower				
101207U047	101207-CDC-	Golden Pineapple	Flower				
101207U048	101207-CDC-	Golden Pineapple	Flower				
101207U049	101207-CDC-	Golden Pineapple	Flower				
101207U050	101207-CDC-	Golden Pineapple	Flower				

Lab ID # Customer ID # Strain Sample Type Moisture THC % CBD % CBN %

101207U029 101207-CDC- 72 Apollo 13 Flower 17.74% 18.50 0.52 0.24

101207U030 101207-CDC- 70 Apollo 13 Flower 12.85% 17.65 0.17 0.25

101207U031 101207-CDC- 66 Apollo 13 Flower 16.22% 19.44 0.21 0.2

101207U032 101207-CDC- 59 Hazey Kush 1 Flower 6.81% 19.25 2.33 0

101207U033 101207-CDC- 67 Hazey Kush Flower 43.45% 22.76 0.00 0.11

101207U034 101207-CDC- 66 Chem Dawg Flower 42.79% 24.70 0.01 0.22

101207U035 101207-CDC- 66 Golden Flower 15.46% 22.17 0.19 0.19

101207U036 101207-CDC- Hazey Kush x Flower 22.95% 16.12 0.07 0.07

101207U037 101207-CDC- Hazey Kush x Apollo Flower 27.74% 17.77 17.98 0

101207U038 101207-CDC- Golden Pineapple Flower 20.12% 17.71 20.12 0

101207U039 101207-CDC- Golden Pineapple Flower 9.36% 17.71 20.12 0

101207U040 101207-CDC- Golden Pineapple Flower 6.53% 17.71 20.12 0

101207U041 101207-CDC- Chem Dawg Flower 9.19% 17.71 20.12 0

101207U042 101207-CDC- Silver Surfer Haze Flower 13.36% 17.71 20.12 0

101207U043 101207-CDC- Golden Pineapple Flower

101207U044 101207-CDC- Golden Pineapple Flower

101207U045 101207-CDC- Golden Pineapple Flower

101207U046 101207-CDC- Golden Pineapple Flower

101207U047 101207-CDC- Golden Pineapple Flower

101207U048 101207-CDC- Golden Pineapple Flower

101207U049 101207-CDC- Golden Pineapple Flower

101207U050 101207-CDC- Golden Pineapple Flower

the plant's natural chemistry, destroying THC acids and other components with proven therapeutic value that also require analysis. More expensive equipment employing liquid chromatography that runs at room temperature is said to yield more consistent and accurate results. Analyzing the numbers also takes talent. Reliable labs employ technicians with advanced degrees in fields such as chemistry.

Many dispensaries, including Harborside Health Center, sell only lab-tested product. DeAngelo has reported that his dispensary spends up to \$40,000 a month for lab tests at Steep Hill, where a potency analysis determines percentages of THC, CBD, and another active component, CBN. While many dispensaries market screening to determine contamination by pathogenic molds and pesticides, these tests cost more and are not automatic.

Because testing can be expensive, bulk discounts make the top clients the larger growers and manufacturers of edibles, tinctures, and topical preparations. Steep Hill promotes working directly with growers for on-site testing, labeling, and packaging. "Because of the cost to collectives, the turnaround time and the bottleneck caused by pulling samples from their incoming supply before product hits the floor, we work to get growers on board," said Addison DeMoura, vice president. "Grocery stores do it that way for the same reason; it's cost-effective and efficient." ▢





Steep Hill's standard bulk pricing for potency analysis is \$120. An additional \$100 provides the microbiological — mold, fungal, and bacterial — analysis. Pesticide analysis is an additional charge. Because of the fixed cost of the tests, the overall expense to a dispensary submitting smaller samples for testing is much greater.

Without government regulation, the consumer is relying on the lab. In an effort to promote best practices in the fledgling industry, Steep Hill recently joined with other labs to form the Association of California Cannabis Laboratories. The trade group's aim, in the face of almost no federal or state regulation, is standardization.

"Testing is the future," said DeMoura. "It's the standard that we apply to every other medicine that we consume. There's no question that people are demanding cannabis to be scrutinized in the same way. Our mission, to screen cannabis from a safety standpoint, is very simple."

Thanks to analysis, educated patients are now identifying as much with the cannabinoid profile as the strain when purchasing cannabis. DeMoura's background is sales, and he admits that the seal of approval given by a cannabis test translates into dollars. "We are a marketing tool for a lot of these collectives," he said. "What has happened in this state is that we've created a standard where if a potency analysis has not been done on the product, patients do not even want to consume it."

Full Spectrum Laboratories opened in Denver, Colorado, in 2009, following six months of research and development. Its HPLC (high performance liquid chromatography) method tests for seven cannabinoids. Instead of a focus on potency, the real push at Full Spectrum and throughout the industry is to seek ratios





“Patients need to know what they’re getting,” Mathre said. “Analysis is going to be a big part of providing reliable, safe, and effective cannabis medicine.”

between cannabinoids to promote the therapeutic value of the entire plant. Whereas potency data vary significantly when looking at samples from top to bottom of the same plant, Buckie Minor, manager, reports that ratios between cannabinoids usually remain consistent.

Tests are run multiple times to compare results for errors and to be certain that equipment is properly calibrated.

“Our error range is less than one percent,” Minor said. “As long as our test results are falling within that error range, we’re happy.”

Full Spectrum, the largest laboratory in Colorado, is known for low pricing: \$35 for cannabinoid profiles, discounted to \$25 for bulk quantities.

Minor reports that Full Spectrum receives frequent calls from start-ups wanting to learn the trade.

“I get e-mails and phone calls all day long saying, ‘Hey, man, I’m trying to open up a lab and do cannabis testing and stuff. Can you help me?’” he said.

“No, I’m sorry, I cannot help you. If you do not have a science base to start up your own lab, you do not have any business testing cannabis.”

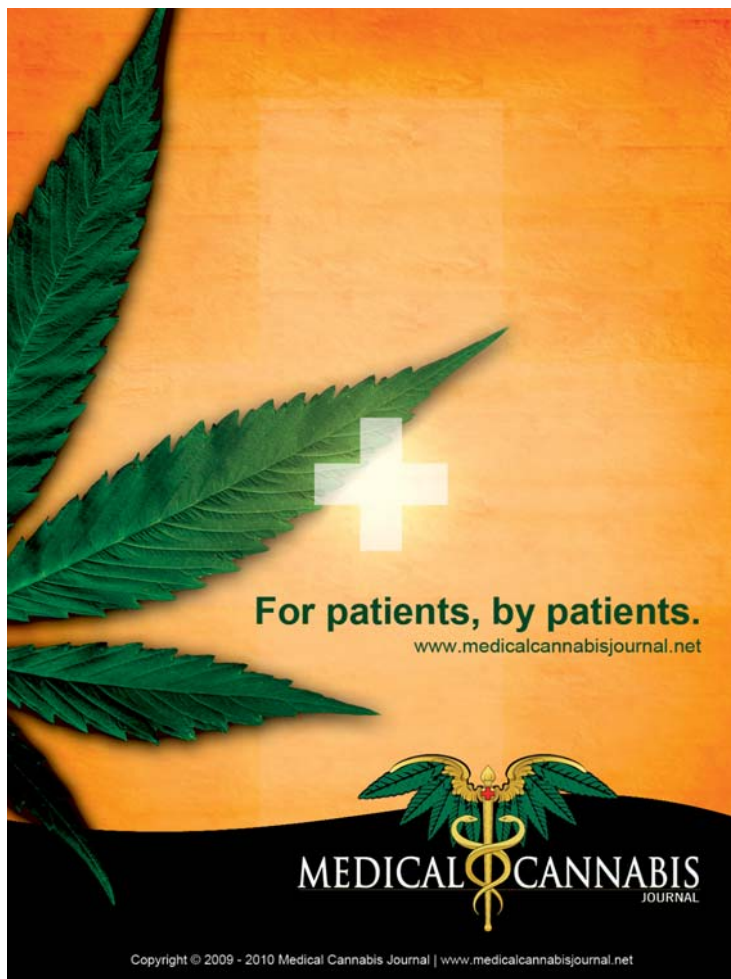
As old medicine returns to the mainstream, testing for profiles will be essential, according to Mary Lynn Mathre, president, Patients Out of Time.

“Patients need to know what they’re getting,” Mathre said. “Analysis is going to be a big part of providing reliable, safe, and effective cannabis medicine.”

Entities supplying data for the federal Environmental Protection Agency or the Food and Drug Administration operate under intense auditing situations. Not so with cannabis medicine, which evolves against an entirely different backdrop. No surprise, but the federal prohibition of the 3,000-year-old medicine thwarts attempts to protect patients. Because cannabis is a Schedule I drug classified as having no medical benefit under the Controlled Substances Act, attempts to apply professional standards in any of the 16 states with medical

cannabis programs have translated into continual federal harassment of the business community and a great boon to the legal profession. In 2010, for example, Full Spectrum’s application for analytical lab licensure through the DEA triggered a DEA raid. Like wellness centers and dispensaries, most lab employees are required to be patients to get around the possession issues; many technicians are also caregivers.

“Up to this point, regulation has been a loose concept,” said Noel Palmer, PhD, technician, Montana Botanical Analysis. “States do not seem to have the infrastructure or desire to audit labs or to serve as a controlling source, but that’s really what needs to happen right now. There’s too many labs doing too much closed-door work, and there needs to be some sort of oversight. I think that a state is eventually going to have to step in with the services of a forensics lab or state crime lab to essentially audit labs, because cannabis labs should be scrutinized just like anything else. If we’re going to be calling ourselves quality-control facilities, somebody needs to control our quality.” 🍀



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TY SPOTLIGHT

Does the Prohibition of Cannabis Restrict Religious Freedom? Temple 420 and the Holy Herb...

The First Amendment guarantees American citizens the right to practice their faith without the fear of prejudice. Yet the dozen or so religious groups whose beliefs involve the sacramental use of marijuana can often find themselves on the wrong side of the law. In conventional Christian churches, wine is often consumed as part of the service. Alcohol is arguably a far more harmful substance than marijuana, so does banning the use of cannabis in religious ceremonies constitute religious discrimination? I caught up with Craig Rubin, marijuana activist and founder of the Temple 420 faith, to find out just how difficult it can be to practice a religion that holds cannabis sacred in a country where its use has been prohibited.

First of all, introduce yourself and say a little bit about your faith.

Craig: I believe in the Bible and that all of it is true, including the part where it says that God created the plants for man's use, especially seed-bearing herbs. Also, our faith demands that one burns cannabis on a daily basis. One need not smoke cannabis, and we never smoked in church, but because we are always trying to reach stoners with the word, we burn cannabis as an offering of fragrant herb to our creator.

What is the role of cannabis within your religion and why is it so important to you?

Craig: It is important because sinners gravitate toward Temple 420 because of the herb, but we are a normal church and all we teach is the Bible.

Do you think the US government is restricting religious freedom by keeping cannabis illegal?

Craig: Well, they are restricting my religious freedom. They broke every law in the book to shut our church down; lying on government forms, lying to judges, police stealing thousands of dollars, committing perjury, having lawyers solicit me that were working with the prosecution, and the list goes on and on. From my experience, the US Constitution means nothing in a so-called court of law, because I was told that I could not even mention it.



What happened when they raided your church? Did it put you off following your religious beliefs?

Craig: I never stopped believing in God and teaching the Bible. I went to work for another church when my church was shut down. Coincidentally, the officer of the court who seized my life's savings ended up being a member of the church where I pastored after the government shut down Temple 420 on Hollywood Boulevard. Now the Temple exists in nearly every state as a simple study of the Bible in people's homes. Potheads around the nation write to me asking me Bible questions and telling me how they have been inspired by my story to start small Bible studies at friends' homes, where they enjoy burning cannabis and studying the Bible.

Do you feel that it was sacrilegious for the police to raid a religious establishment?

Craig: Yes and no. They are horrible people who broke the law raiding our religious establishment, but God had a plan and because of the SWAT raid on our church, we have now become more famous in more states than we would have done if our church had not been shut down.

Treating Yourself Interviews

Craig Rubin



Just like with the early Christians, the more the government tries to oppress us, the more people hear about what God is doing with Temple 420, and the more people are turned on to the Word.

You have registered your support for the use of medical marijuana. Why do you think it is so important that people have the right to use cannabis for medicinal purposes?

Craig: Because marijuana really helps. Most of the evidence is anecdotal, but that is because good studies are restricted. Everybody knows that pot gives you the munchies, makes you feel better when you are depressed, and is less dangerous than 99 percent of pharmaceutical drugs because it is natural and non-toxic.

You have compared the current prohibition of cannabis to the prohibition of alcohol. Can you say a bit more about this?

Craig: People haven't been shot over beer since alcohol prohibition ended. The way to end the horrific violence associated with prohibition is to end the prohibition.

Prohibiting such a beneficial natural resource in a free society shows you that our society is not as free as we like to think it is. The truth is that we live in a police state. Since World War II, governments similar to the US have not been much different than what George Orwell described in 1984.

You have appeared in a number of different factual films about marijuana, including *Super High Me*, *American Drug War*, and *How Weed Won the West*. How did this come about and what was the experience like?

*Craig: I have now been in ten marijuana-based films, mostly because I wrote a book called 9021GROW, and that landed me a role in *Weeds* on Showtime. The rest, as they say, is history. I do the documentaries because I am a true anti-prohibitionist, but I really love acting. It just seems that I keep on getting pot movies or pot-type roles. I was in a TV pilot with TJ Hoban and Shirley Jones about cops on the beach and, although I played a business owner, it was a bong shop. ▷*



Can you tell us a little more about 9021GROW?

*Craig: I wrote it so that I could get my political views out to the public. People can read my second book, *Jesus Smokes Weed*, at temple420.org for free, and 9021GROW is available at Amazon.com for less than the cover price.*

What was it like starring in *Weeds*?

*Craig: Awesome. It was my first acting job, so I was a little sweaty, but after doing a bunch of student films I began to feel more comfortable in front of a camera. Acting really is an art form, and I love the craft. Being on *Weeds* simply inspired me to work hard at acting because it is so much fun.*

Which of your TV or film roles did you most enjoy, and have you got any more planned in the years to come?

*Craig: I loved all the films and TV shows. *Weeds* was one of my favorites, obviously, and I just shot *Venice Heat* with TJ Hoban, where I got to work with the great Shirley Jones. I like acting and being funny, but I do documentaries too. *Super High Me* and *How Weed Won the West* are two documentaries where I'm funny yet make important points. I'm filming a Marc Emry movie today that is pre-sold with distribution, so it will be in theaters soon. It is hard to say favorite because you put your heart into each project and you make friends on all the jobs.*

You are an advocate of hemp as an alternative food source. Can you say a little bit about this?

Craig: The marijuana seed is the most digestible protein on

the planet for human consumption. Although the soybean may have more protein, much of it can't be used by humans. But marijuana is an incredible source of food for starving people living on marginal soil or for people looking to consume healthy organic food. Marijuana as a food source hasn't even started to be tapped into yet. Just think about what George Washington Carver did with the lowly peanut.

You have previously expressed a concern that people who use cannabis without God in their life can be more prone to using it as a gateway drug to stronger, more dangerous substances. What is the reasoning behind this?

Craig: I think that people who don't have God in their life are more likely to participate in behavior that can be detrimental to their health. When people have God in their life and use the Bible as a guide to living, they know that their body is a temple and are more likely to treat it as such. When they don't believe in the Bible or the fact that they were created by God, their life has less meaning. They believe that they came from a primordial slime and will simply go back to dust upon death. There is no hope, and because of this, people without God tend to sleep around more, dress more suggestively, and, from my experience, are more likely to be controlled substance users.

Finally, is there anything relevant that you would like to add?

Craig: Study the Bible and if you have a question about it, ask. 🇺🇸

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TY SPOTLIGHT

Treating Yourself takes a look at The Twister

by Jeremy Norrie

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The large-scale production of cannabis is getting to be more and more of a mainstream business than ever before. As such, there are all kinds of tools and equipment that are being used by the farmers who produce these huge crops, and not all of them are very good. Some of the main tools being used are called trimming machines, and there are a variety of them. One of the best machines on the market today is called the Twister, and we recently got a crash course in how it works. We also got a chance to see something very special and, for a cannabis lover, one of the ultimate dream experiences.

To understand what goes into the large-scale production and giant plants people are growing, a person really needs to take a look at what goes into the harvest of medical marijuana. Cannabis can be a medicine for many people, but the health aspects of this plant are often debated. The funny thing about the cannabis industry is the lack of information and education for and from many of the top providers. There are many things that go into growing cannabis in a healthy way so it can be used properly as a medicine. One of the popular topics in growing cannabis is organic growing and one of the legendary places is Humboldt, California, where thousands of pounds are grown outdoors organically every year. We had the chance to go visit one of the legendary growers, Humboldt Local, and he had all kinds of excellent information for us and showed us how they use the Twister to harvest their legal medicinal grow.

First thing, we drove up from Los Angeles, and let me tell you, it is a long, long drive. There are a couple of great moments where you go past a number of famous cannabis destinations, like San Francisco and Oakland first, then places like Ukiah and Mendocino. After about 11 hours or so, we finally arrived in the tiny little town of Garberville, in southern Humboldt. After a small walk around town, even an outsider can tell this is cannabis country; there are all kinds of healthy places to eat and, of course, a hemp store. People even seemed to be talking about cannabis everywhere we went; it was just like all the stories I had heard and seen in movies. This place was the real deal.

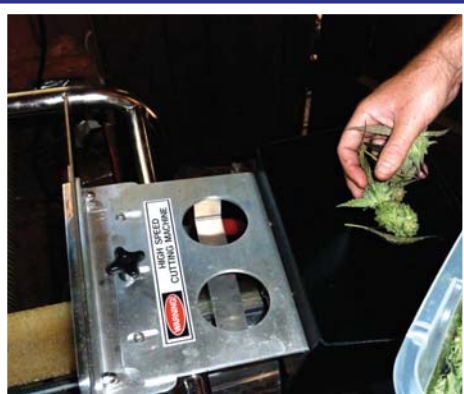
The next morning, I had breakfast with Humboldt Local



and his family. It was great talking with them and sharing good food. He took me out to the shop, where he got his machine, and we took a long and twisty drive into the hills to find the farm I would be visiting. It was amazing. There were no signs of anything until after we drove right up to the house. There we found a small garden with huge cannabis trees growing in 300-gallon smart pots. These were serious plants — the biggest I had ever seen. Surrounded by forest and lush plant life, these trees were all in line and had two layers of support, a metal cage on the inside and PVC pipe with netting on the outside. The plants were amazing and looked so delicious and healthy. It was one of the most beautiful things I have ever seen and probably will ever see. My heart swelled with joy and excitement for these lovely ladies.

Later, they showed me how they harvest the plants and how they use the Twister to trim massive amounts each day. It truly is an amazing place, and their system works. They have one set of workers cutting the plants down so they can drop them in the machine. From there they bounce around and get trimmed up to a good point, then fall out the other end. After that, another group of workers pick up the boxes of trimmed buds and touch them up to make them real nice looking. In a side-by-side comparison, it is tough to determine the difference between a hand-trimmed and a machine-trimmed bud.

We had another friend try the machine with indoor plants, and he had a bit of trouble. The machine is powerful and the buds need to have some weight to them. Buds that were odd sizes and with any foxtailing didn't trim well in the machine. It was far more effective with big, round buds, from small marble size to, say, baseball size. The bigger and rounder, the better it works in the machine. Also, if you trim wet, you will have many fewer problems doing the curing and drying, etc. However, if you trim dry, then this will be a big change for you, and the process may take you a couple of tries before you are happy with the final result. It can be very different.



Joey from Trim Scene Solutions was able to answer some of our questions about the Twister, and the things he has to tell us are unbelievable.

I know you're busy with the end of the season coming, but thanks for taking the time to talk with me for the magazine today. I really appreciate it.

TSS - My pleasure. I have been a big fan of Treating Yourself magazine and all that you guys have done to raise awareness of the benefits of medical marijuana.

First, tell me about your company, Trim Scene Solutions. How long have you been around and how did it all start?

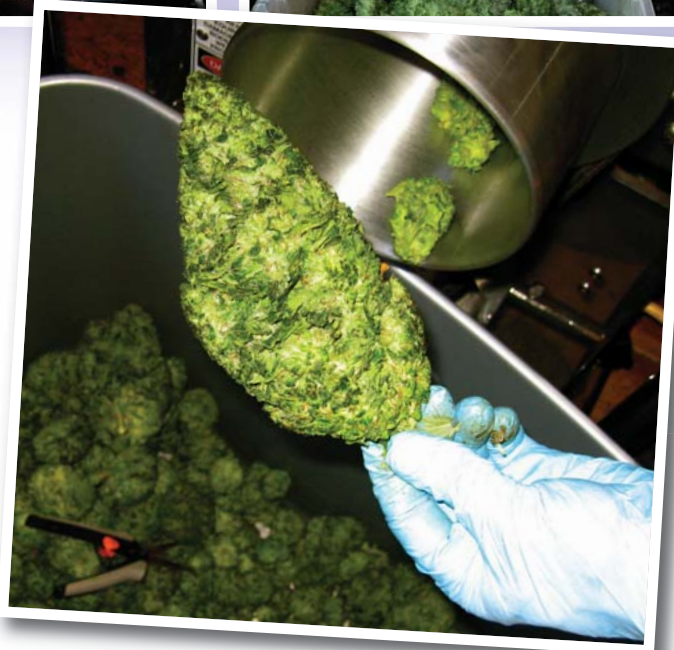
TSS - Growing up here in Humboldt County and the famed Emerald Triangle, I had always been around the medical marijuana industry and knew of the many needs of the medical growers. I saw that there were many products that local grow stores would not carry because they refused to acknowledge the medical marijuana industry. I started Trim Scene Solutions in early 2009 to cater to the medical growing community that felt their needs were being ignored by the conventional grow stores.

What kind of products and services do you provide?

TSS - We specialize in trimming machines and products to help make your harvesting and processing easier. We carry bubble bags, scissors, kief tumblers, dry racks, hydraulic presses, scales, bagging machines, and a whole lot more. We have a huge selection of trimmers as well as a very successful trimmer rental program. Customers like to rent a trimmer to see the results themselves before buying. "Seeing is believing," we like to say.

Can you tell me a little about how you came to discover the Twister and the company that manufactures it?

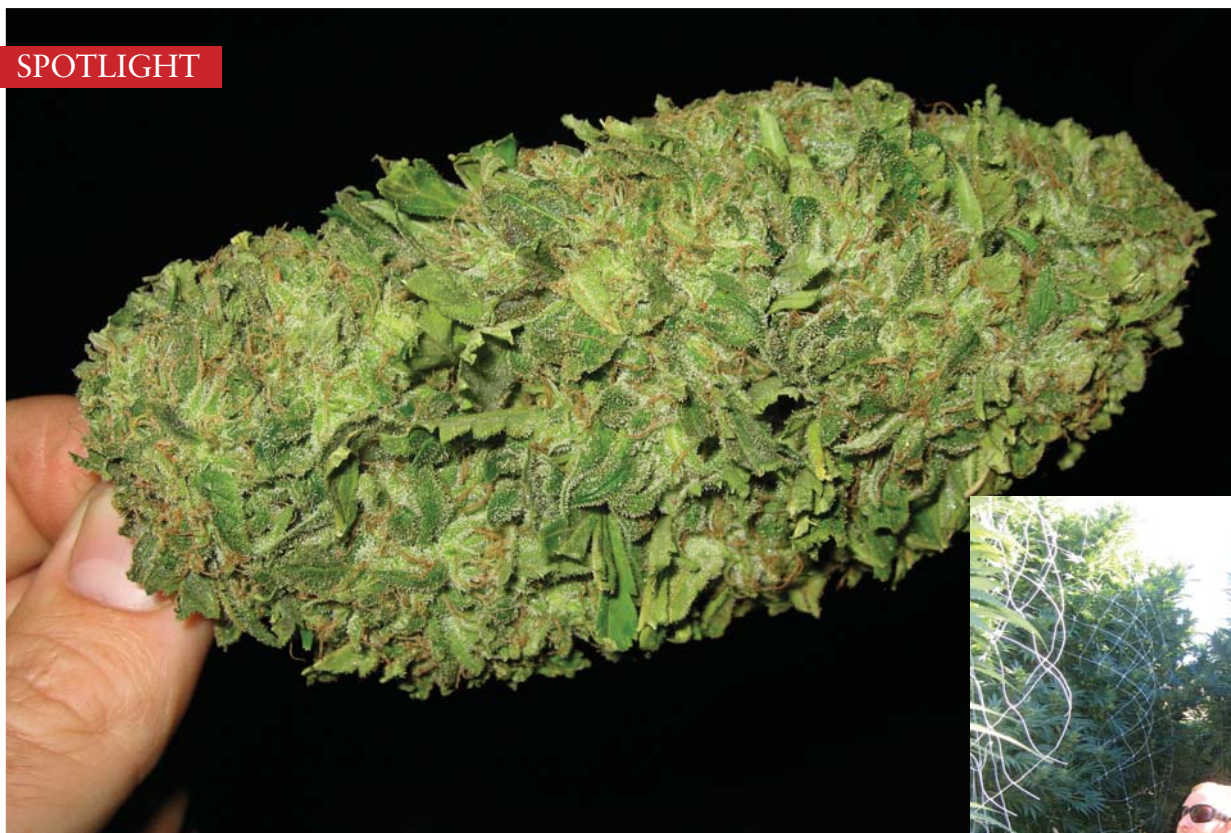
TSS - The first trim machines made their way to Northern California about a decade ago. They were far from the godsend they were being touted as. For the next eight years, many were tried, and most were left collecting dust in the shed. In late 2008, I came across what was called a rotary-style trimming machine. I took a chance and bought one to try on some medical crops that were being grown by a local collective. I could see the potential in this style of machine, but the craftsmanship and customer service from



that model were lacking. Some months later I got my hands on the Twister and found it had addressed so many of the problems I had seen with the other rotary trimmers. It was a game changer. I saw that this product could really help the local medical growers bring down costs, make harvest safer by using less workers, and get through their harvest quicker. I forged a great relationship with the company and became North America's first Twister dealer and service center.

I know this is a somewhat complicated question, but what are some of the main advantages your customers have reported when using the Twister in general? Basically, how does it work?

TSS - All trimming machines work best with freshly harvested material. Remove the large fan leaves, take the flowers off the stem, and toss them in the hopper. The vacuum pulls the leaves into the blades, and as the flowers roll through the tumbler, excess leaf is cut off. Throw the trimmed flowers on a dry rack, and they are done. Some looser, leafier strains may require a little touch-up by hand, but most won't. Many collectives love the Twister because they can process their crops faster, with a smaller crew, and with less hands touching and damaging their medicine. ▢



Have you found the Twister to have any advantages over other similar products or other trimming tools currently on the market?

TSS - The Twister has many advantages over similar-style machines. Besides offering the tightest trim job of all trimmers, it is the only rotary-style trimmer with self-sharpening blades. Other rotary trimmers require manual blade sharpening every couple of days. It can be dangerous and slow down your production. The entire Twister is also completely waterproof, so you can pressure-wash it when it gets dirty and it will look good as new. They are also built incredibly strong. One of our customers had his fall out of the back of his truck on the highway at 70 mph. He brought it in to get a new axle and wheel and he was back in business.

Do you carry any other products that our readers might be interested in?

TSS - One of our most popular items is a bagging machine that is made in Italy, the MVS 45. It sucks all of the oxygen out of your bags and then injects them with nitrogen, without crushing your medicine. It keeps your harvest fresh for very long-term storage. Collectives love this machine because they can store their medicine harvested in the fall, and when they open the bags the following summer for their patients, they still look and smell as fresh as the day they were bagged.

How can people find out the latest information about the Twister or any of your other products?

TSS - By visiting our Web site at www.trimscene.com, emailing us at info@trimscene.com, or calling us at (707) 923-9319.

Thanks for your time, and I wish you the best in the future. Anything new coming up you might want to talk about?

TSS - In early 2011, we moved into our new, larger store. To better serve Humboldt's medical cannabis community, we are now adding a head shop to Trim Scene Solutions to showcase some of the amazing glass smoke ware made by some of our very talented local glass artists. We will also be carrying the latest in vaporizers, water pipes, papers, and more. Please come by and visit us if you are in the famous Emerald Triangle.

Make sure you all catch up with us again next time. If you grow huge amounts of medicine, this is a must-have product for you. Maybe you have been thinking about some way to cut down on your trim time or number of trimmers, and this will help you find what you need.

Next issue, we will talk about more cannabis-related news. If you enjoy these articles, follow me @Professor420 on Twitter for more personal stories and behind-the-scenes details and pictures from my articles, including things that don't make it into the magazine, and get them as they happen live. Also, don't forget to check out www.FutureofFighting.com to bet on fights and get the latest news about UFC and other mixed martial arts. Also, go to www.RLDDVD.com for the very best DVD about Amsterdam's Red Light District. Take it easy, have fun, don't believe the hype! Find success and make it work for you. Good luck.





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The Marijuana Art Attack

An Interview with

Jean Hanamoto

By Mike Marino

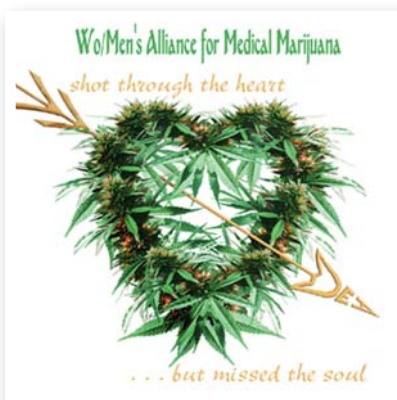


What happens when you take medical marijuana, place it in sociological Mixmaster, and add a brilliant dash of daring art and ardent activism? Simple. Beautiful creations of marijuana art, bursting from the creative womb of imagination and the everyday realities that combine to compose the artistic world of Jean Hanamoto and her husband, George. In April 1998, George was able to get a recommendation from his doctor to use marijuana for his glaucoma, and he joined WAMM (Wo/Men's Alliance for Medicinal Marijuana), a patients' co-op in Santa Cruz, California. Her art has been inspired by all the wonderful, generous, kind, and concerned people in this group that are working together to grow and give away this potent herb as medicine.

I recently had the opportunity to interview this fantastic artist about her life, her husband, George, and the problems facing those in the medical marijuana community. She explained her love of life, her art, and the fact that on the front of medical marijuana use, the war isn't over yet.

How powerful a tool is art combined with activism? Do you find that art and activism are a powerful weapon in the war to change people's perception of the evil weed?

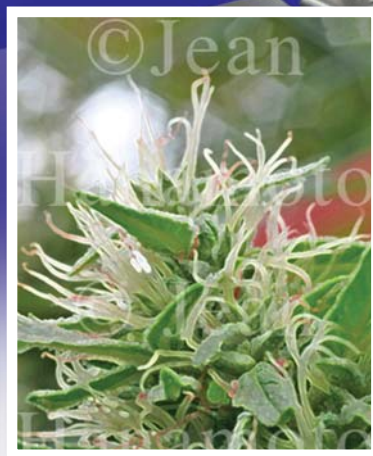
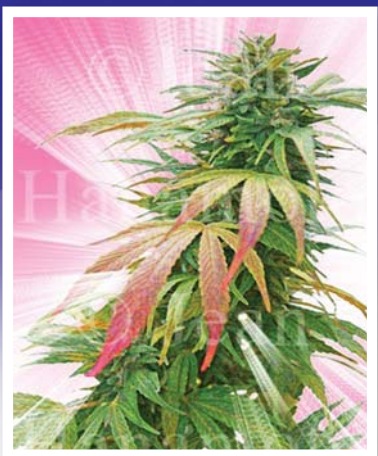
Jean: Very much so. My art has always celebrated the beauty and grace of this fine herb, and people are surprised by my colorful images. I've been entering marijuana portraits into various county fairs and shows over the last 13 years, and most were placed where everyday people saw marijuana as art for the first time. Fairs and art shows in Gilroy, Morgan Hill, Santa Cruz, San Jose, and now various venues in Mendocino County have almost always taken the high road and displayed them without prejudice. Even the California State Fair hung my piece "The Sink in WAMM's Garden" prominently in the main rotunda. I was allowed to have a framed statement next to it explaining the WAMM philosophy (Wo/men's Alliance for Medical Marijuana in Santa Cruz) that treats patients like family, and had worked out a method to exchange medicine for labor in the garden. Thousands of fairgoers read about our success. Comments from viewers were very positive.



How do you feel about the use of recreational marijuana, in addition to the use of medical marijuana. Should it be legalized altogether?

Jean: My views have changed over the years, especially since coming from the cocoon of my experience with WAMM. I would like legalization to be seen as an opportunity to legitimize and support small growers, allowing them to be some of the employers this country needs. I'm all for having an age restriction, and children need to be taught respect for use, but it's outrageous that alcohol is legal and marijuana is not.

When my husband, George, and I joined WAMM in 1998, the founder, Valerie Corral, had strict rules in place. It wasn't for nothing that it was called the gold standard of medical marijuana organizations. Medical marijuana was respected, and all the rules were followed. If anyone was caught selling, they were not given a second chance. Medicine was distributed free to our members, and most worked in the community garden to provide it. WAMM



Jean Hanamoto

Marijuana art, posters, and graphics <http://www.marijuana-art.com>

Marijuana camouflage tees and tanks <http://www.camomoto.com>

believed in medical marijuana only, and had no tolerance for anything other than that narrow group. The patient was the point.

Moving north to Mendocino County five years ago changed my outlook, but it took some time. I had been WAMM-educated to believe strongly that to respect marijuana, it must be used as medicine. Also, that no one should make money from growing it. That was a practical attitude in Santa Cruz in those days. We were trying to make it legitimate, and strict rules helped, but here in Mendocino many people depend on their small marijuana crops to provide them with a living. They consider themselves farmers, and want to have as much right to grow their crop as the vintners in the same area. I have seen the light. This does not excuse the plunderers that grow on and ruin state and national parks, or other people's property. Uncaring workers growing thousands of marijuana plants without love or respect for the herb or the earth makes me sad. Seeing corporations take over would give me much the same feeling. If I had my way, it would stay a boutique business. That quality advantage will always be with the small growers in the Emerald Triangle.

Do you find that there is an appreciation for your art outside of the marijuana camp? Has your art in some way fostered an appreciation for the medicinal uses of the herb by those who may have been on the fence?

Jean: I've had many opportunities to talk seriously to individuals and groups about medical marijuana. I know from feedback that I've had a positive impact on countless non-smokers, many that came to me through my art. City and county fairs are usually not a showcase for outside-the-mainstream ideas, but I have been surprised by their willingness to overlook the fact that my subject matter is marijuana. Not only have I been awarded a number of first-place ribbons over the years, but most of the time my

work has been displayed on prominent, well-lighted walls. Not always, but almost. I find that Mendocino County is a little more sensitive about the impropriety of using cannabis in this way. It's a different outlook than the bigger cities to the south, where art is defended above content. Here, they are more open about marijuana in many ways, and dependent on it to keep the county together financially, but horrified by it at the same time. Very schizophrenic.

Tell me more about the garden, how it started, and how it grew and involved others in the medical marijuana community.

Jean: When Valerie organized WAMM in the early '90s, she was struggling with epilepsy and had discovered what a difference smoking marijuana made vs. the heavy drugs she was receiving from her doctor. She decided she wanted to start a garden for herself and some friends, mostly ones dealing with AIDS at a time when there was very little help for them. The garden came first because she did not want to buy or sell what she considered medicine. With help from her husband, Mike, she and the other members raised their first crop. It was decided that after the harvest, WAMM would have regular meetings and distribute to each member their weekly share of the bounty. No one was charged, but they all made a promise that either they or their caregivers were to help in the garden. We could only grow for a limited number of patients (350 at its peak, but sadly, places opened up regularly). Donations were encouraged and appreciated. Having a long waiting list for membership made everyone grateful for what we had, and regular weekly meetings kept us informed about which of our family needed a phone call, a visit, a ride, or help in other areas of their lives. Our membership ran from business executives to the out-of-work and homeless.

When we joined WAMM, the garden was so secret that only proven members were allowed on the property.▷

When we finally were given permission to see it, it was a revelation. We'd never seen such a beautiful garden, and George was there every week after that until he became garden coordinator. Then it was three to four times a week from Morgan Hill, an hour-long trip. He loved it and did it for our last three years in the area. He was there at 7:00AM to open the gate to our working members, deciding what needed doing and getting everyone doing what was needed. It was a peaceful, sacred place, even more so after several of our long-time members had their ashes scattered in that beautiful setting. The sunsets over the ocean were spectacular, adding glorious color to this gorgeous, bucolic scene.

George has always loved growing things, but nothing ever fascinated him like growing marijuana. When his family was moved back to California from the Topaz, Utah, internment camp after WWII, they were given housing and jobs share-cropping strawberries for Driscoll Farms. George spent his boyhood working in the fields, with time left for school, but not much else. Baseball was out of the question. Even so, farming is in his blood, and marijuana farming was most fulfilling. Not only could he spend quality time with equally hard-working and dedicated friends, he felt he was helping as many people as possible. It's a joy to watch these plants grow to maturity, to learn about how to make them better each year, to see patients at meetings and to know we've helped with their everyday lives and their pain. It's a great reward. Belonging to a group with that much integrity was an honor.

Do you consider yourself a crusader, and how do you define your role as one?

Jean: Crusader? Hmmm. If crusading means putting my art into what was considered entirely inappropriate venues, or creating an art Web site 13 years ago that was openly one of the few (or possibly the only one — I searched!) displaying marijuana art by a marijuana artist, or just being persistent in my calling without being intimidated, then I guess it's yes. I feel so strongly about the medical part of the equation, and am so very fond of the recreational part, that I can't very well deny being an advocate. I want people to see my work and know that there is more than one school of thought, more than one prominent lifestyle out here in marijuana-land. I don't deal with gangs, or guns, or any kind of organized crime. I don't grow on other people's property. I'm not out to make a million dollars. I don't disturb my neighbors. I just want to have my small garden and not have to worry

about evil-minded trespassers, or the law. I love the look, the smell, the taste of marijuana, and even the sticky feel. It's a miraculous plant. This is reality for hundreds of thousands of smokers in the US, and we're just overlooked because we're no trouble at all.

Tell me more about George the Gardener Man and his garden projects. George has to be the guiding light in your art, and he must give it a foundation that drives you and gives you strength.

Jean: George has indeed been the light of my life for 25 years. Without his love, I would not have had the freedom to be the person I've become. We had a small repair shop when we were first married called George the TV Man, along with my business, Artworks Frame & Gallery, in the tiny town of San Martin (for an article, the local newspaper called us Magnavox and Magnolias, we were such an odd pair. I was painting flowers then).

When we joined WAMM, he just naturally became George the Gardener Man. When he was first diagnosed with glaucoma, George was the one who very much wanted to be legal, and we met Valerie when we came to Santa Cruz for their then-annual HempFest. She was a speaker that day, and we waited to talk to her afterward. She was so encouraging, and invited us to visit a WAMM meeting the next week, knowing we were enthusiastic and motivated. Our bond was immediate.

Being hired as garden coordinator for WAMM for the last three years before we moved was such a great pleasure for George. You would never know that he was close to 70 at that time. He worked as hard as anyone 40 years younger, and the work and marijuana kept him young. He loves to experiment with cross-pollination and growing methods, soil, and fertilizers, happy in his own cannabisian world. At 76, he should be able to be safe and secure. He should not have to worry about the law saying he is wrong in any way for using marijuana for his glaucoma, high blood pressure, arthritis pain, and appetite. With health care so expensive and pharmaceuticals that create so many side effects, the calming pain and nausea-reducing effects of marijuana would replace many more dangerous drugs. Think that's a big reason why it's still illegal?

I read too that you mentioned something about a DEA bust. Was this a personal bust?

Jean: That was the infamous DEA raid on the WAMM garden on Sept. 5, 2002. WAMM was well known and trusted by both the city and county of Santa Cruz, even listed in the Yellow Pages, which was unheard of then. We had their 100-percent approval and cooperation. WAMM was, after all, a group that was helping very sick



and dying people in a totally nonprofit way. We were conducting research not done anywhere else in the US, filling out surveys every week for months to gather vital statistics for medical studies. We took care of our members' needs over and above providing them with their weekly supply of medicine, with patients able to get help with services, housing, and personal necessities.

Neither city nor county law officials were informed before the DEA conducted the bust. The federal government knew the situation and went over the heads of the entire local government to prevent them from objecting. When George and I got there that morning after rushing from our home in Morgan Hill, they were already up the hill in the garden. We could hear the chainsaws destroying our life's blood and imagined those booted feet trampling the fertile ground sprinkled with the ashes of our friends. The big gate at the bottom of the hill was closed, and a policeman was watching us, but we decided we would lock the gate behind them. When they came down with three big U-Hauls full of our precious harvest, we peacefully declined to take off the padlock, so they had to call the local sheriff's dept. to rescue them from all the sick people. This is the same sheriff that they bypassed to get to us, so he was not too happy with them. He negotiated with us to get Valerie and Mike back from a holding cell in San Jose in exchange for letting the U-Hauls and black-glassed SUVs off of WAMM's property. He refused to disperse any of the WAMM members, allowing us all to go up and inspect the damage. It was a crime scene. It was devastating. Our almost-ready-to-harvest year's supply for over 300 members was nothing but a few broken stems. People were overcome with grief at the sight of the destruction. It was a crushing blow to George, and he sat there in the garden for a long time just mourning the loss.

They didn't get everything. By the next week, we had arranged to distribute marijuana to our members on the steps of Santa Cruz City Hall. In front of a crowd of close to 1,000 people, including the mayor, the city council, and numerous news vans, we were able to give each member his or her weekly share out of our remaining stores. It made the national news plus the BBC. It gave us the opportunity to explain how we were conducting ourselves, and Valerie is always eloquent.

What do want your art to say to people? What is the one message you want to get across to others as a crusader and as an artist?

Jean: Don't be afraid! For those who use it and still feel bad because it's always been that way, or for people that don't use it and only know what they hear about the money and violence, there's a very large other side. Marijuana is a beautiful, wildly useful herb that has benefited human beings for thousands of years without harming anyone. The most dangerous thing about it are laws that ban and punish and lie. This will change. Don't be afraid!

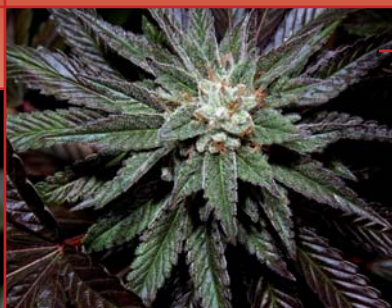
Any thoughts on your feelings toward how the federal government stands on medical marijuana?

Jean: If the federal government had any compassion or courage, it would take marijuana off Schedule I. Why do they still pretend that it has no medical value? Are they completely blind to the truth? Apparently. George and I have found Mendocino County to be a wonderful place to live, but because of a backlash to destructive growers in the parks and forests, the sheriff and police are not really on our side. They have a hard time realizing that smokers are not automatically bad guys. Federal law says it's still felonious to have and grow marijuana, even if Californians vote to legalize it in November. It has to be handled at the federal level.

You obviously know a lot of people with serious illnesses, such as AIDS, cancer, MS, and what I have, extremely high blood pressure. You have shared the joys of their lives, but there must have been losses too of lives to those around you that made up your family. Does your art help elevate personal pain when you experience these losses? Is your art therapy for you as well as an artistic outlet?

Jean: As WAMM's photographer/ historian/artist for seven years, I recorded all of our activities — from softball games and celebrations to hospitals and memorials. Too many memorials. WAMM taught us so much about dying. My photographic images were a record of the good times and bad, and I created albums and albums of memories that are WAMM's forever. Sorrowful as it was to lose another friend, we always had a portrait of the joyful times to look back on. Lots of sweet summer days in the garden, and people shown at their finest and most generous. My art flourished because of my family at WAMM, and those days were some of the best in my life. Joining WAMM was a life-changing decision for George and me. We put every ounce of energy we had into supporting our patients and caregivers, and in spreading ideas about sharing without selling, and working together to make every day better for our family members. We were always lacking in funds, and that hasn't changed. Trying to come up with ideas to pay for the hall rental and a tiny office was a group project. I designed many a T-shirt and organized some wonderful craft days for members to come in and use their artistic abilities to make something beautiful. Our garage sales and WAMMfest, the annual event that my wonderful husband started about eight years back, continue to this day. It's a successful show of what medical marijuana is about, and this family-friendly event is meant to change minds and hearts.

I love my job! I've always been adamant that art is free to be bold and ahead of its time. My art is legal everywhere, and I've fought to remind people that that's the case. Don't tell me no. I'm so stubborn! Hahaha! 🍀



LA Confidential - DNA seedbank



STRAIN CATALOGUE



BARNEYS FARM

REGULAR PACKS OF 10

Sweet Tooth	\$69.00
Violator Kush	\$78.00
Morning Glory	\$62.00
Laughing Buddha	\$78.00

AUTOFLOWERING FEMINIZED PACKS OF 5

Little Cheese	\$39.00
Pineapple Express	\$41.00

FEMINIZED PACKS OF 5

Tangerine Dream	\$59.00
Pineapple Chunk	\$51.00
Vanilla Kush	\$54.00
Acapulco Gold	\$51.00
Dr. Grinspoon	\$59.00
Phatt Fruity	\$42.00
Red Diesel	\$59.00
Sweet Tooth	\$57.00
Violator Kush	\$57.00
L.S.D.	\$56.00
Red Dragon	\$56.00
Amnesia Lemon	\$56.00
Utopia	\$63.00
Morning Glory	\$57.00
Laughing Buddha	\$57.00
Night Shade	\$56.00
G13 Haze	\$59.00
Honey B	\$48.00
Crimea Blue	\$41.00
Red Cherry Berry	\$42.00
Blue Cheese	\$51.00
Top Dawg	\$44.00
8 Ball Kush	\$44.00

BC BUD DEPOT

REGULAR PACKS OF 12

BC God Bud	\$105
The Purps	\$105
BC Mango	\$90
BC Blueberry	\$90
BC Sweet Tooth	\$90
BC Sweet God	\$90
The Black	\$90
Texada Timewarp	\$90
BC Pine Warp	\$90
Purple Buddha	\$75
Burmese	\$75
Jack Herer Feminized	\$150

BUDDHA SEEDS

FEMINIZED PACKS OF 5

White Dwarf	\$60.00
Red Dwarf	\$45.00
Deimos	\$60.00
Syrup	\$55.00
Quasar	\$70.00
Pulsar	\$70.00

CASH CROP KEN

REGULAR PACKS OF 10

Kenny's Mix Mostly Indica	\$30.00
Jas Bud Kish x Burmese	\$45.00
Kish x Juicy Fruit	\$45.00
OG Nukush	\$45.00
Posh Kish x Honey Pot Kush	\$45.00
Purple Nukush	\$45.00
Nuken x Purple Kush	\$45.00
Rene x Nuken	\$45.00
Watermelon x Nuken	\$45.00
White Widow x Nuken	\$45.00
Bubba Kush X Nuken	\$45.00
Mental Floss X Nuken	\$45.00
Kish	\$75.00
Nuken	\$75.00



DINAFEM SEEDS

FEMINIZED PACKS OF 5

White Widow	\$75.00
Shark Attack	\$50.00
Moby Dick	\$83.00
Blue Widow	\$60.00
Blue Hash	\$66.00
California Hash Plant	\$72.00
Moby Hash	\$74.00
Power Kush	\$53.00
Critical+	\$68.00
Diesel	\$48.00
Blue Fruit	\$53.00
Industrial Plant	\$74.00
Original Amnesia NEW	\$65.00
Cheese	\$53.00
White Siberian	\$50.00
Moby Dick #2	\$71.00
Critical Jack	\$56.00
Cloud #9	\$45.00
Sweet Deep Grapefruit	\$48.00

AUTOFLOWERING FEMINIZED PACKS OF 5

Fruit	\$45.00
Haze	\$60.00
Critical+	\$60.00
Roadrunner	\$60.00
Roadrunner#2	\$54.00
Critical Jack NEW	\$56.00



DNA/ RESERVA PRIVADA

FEMINIZED PACKS OF 6

60 Day Wonder Autoflower	\$83.00
C13 Haze	\$60.00
Cannadential	\$75.00
Chocolope	\$90.00
Connie Chung	\$83.00
Hashplant Haze	\$60.00
Kushberry	\$75.00
LA Confidential	\$90.00
LA Woman	\$90.00
Lemon Skunk	\$60.00
ReCon	\$83.00
Rocklock	\$60.00
Sharksbreath '09	\$60.00
Sleestack	\$90.00
Sour Cream	\$60.00
Sweet Haze	\$60.00
Cole Train	\$75.00
Confidential Cheese	\$75.00
Kandy Kush	\$90.00
OG Kush	\$105.00
R.K.S.	\$60.00
Silver Bubble	\$60.00
Sour Kush	\$105.00
The OG #18	\$105.00
Tora Bora	\$90.00



FINEST MEDICINAL SEEDS

FEMINIZED INDICA PACKS OF 5

Citrus Skunk	\$75.00
Medifemss	\$75.00
Medi Kush	\$75.00
Peace Maker	\$75.00
Skunk NL	\$75.00
White Rhino	\$75.00
White Widow	\$75.00

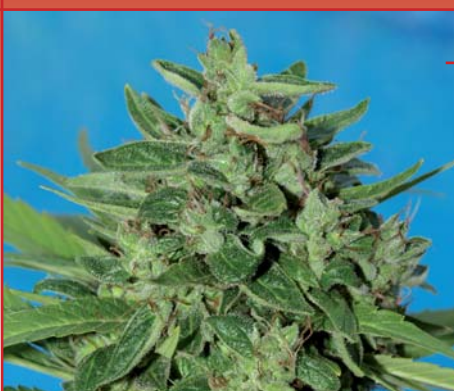
FEMINIZED SATIVA PACKS OF 5

Amnesia Haze	\$95.00
G13	\$95.00
NL 5 Haze	\$95.00



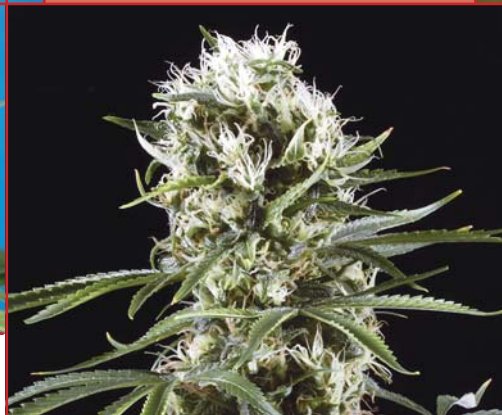
Peacemaker- FMS Seeds

Sensi Star - Paradise Seeds



Avalon - Next Generation

Super Lemon Haze - Greenhouse Seeds



Super Silver Haze - Mr. Nice

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FEMINIZED PACKS OF 5

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The Church	\$35.00
A.M.S	\$35.00
Kalashnikova	\$35.00
Super Bud	\$35.00
Excodus Cheese	\$35.00
Lady Burn 1974	\$38.00
Arjan's Haze #3	\$38.00
Lemon Skunk	\$38.00
Greenhouse Thai	\$38.00
Diamond Girl	\$38.00
Cheese	\$42.00
Pure Kush	\$42.00
Himalaya Gold	\$48.00
Moby Dick	\$48.00
Trainwreck	\$48.00
NL5	\$48.00
Alaskan Ice	\$48.00
King's Kush	\$48.00
Chendog	\$48.00
Jack Herer	\$48.00
Super Critical	\$48.00
K-Train	\$52.00
Bubba Kush	\$52.00
Kaia Kush	\$52.00
Damns Sour	\$52.00
White Widow	\$55.00
White Rhino	\$55.00
Great White Shark	\$55.00
El Nino	\$55.00
Super Silver Haze	\$62.00
Nevill's Haze	\$62.00
Hawaiian Snow	\$62.00
Arjan's Haze #1	\$62.00
Arjan's Haze #2	\$62.00
Arjan's Ultra Haze #1	\$62.00
Arjan's Ultra Haze #2	\$62.00
Arjan's Strawberry Haze	\$62.00
Super Lemon Haze	\$68.00
autoflowering strains	
Big Bang Autoflowering	\$48.00
Green-o-Matic	\$48.00
Super Critical Auto	\$60.00
mix packs	
Sat/Ind mix A	\$48.00
Sat/Ind mix B	\$48.00
Sat/Ind mix C	\$48.00
Sat/Ind mix D	\$48.00
Indica mix E	\$48.00
Indica mix F	\$48.00
Indica mix G	\$48.00
Indica mix H	\$48.00
Indica mix I	\$48.00
Black & White	\$48.00
Rasta X	\$48.00
Sativa Mix	\$52.00



KANNABIA

FEMINIZED PACKS OF 5

Afrodite	\$44.00
Big band	\$44.00
Citrus	\$44.00
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



MR NICE

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
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Ortega	\$102.00
Shark Shock	\$86.00
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Skunk Haze	\$120.00
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pink Floyd	\$102.00
U2	\$102.00
The Stones	\$102.00
The Cure	\$102.00
The Doors	\$102.00



NEXT GENERATION

REGULAR PACKS OF 10

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



NIRVANA

Regular Packs Contain 10 Seeds
Feminized Packs Contain 5 Seeds

Aurora Indica	R\$30/ F\$38
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
Snow White	R\$30/ F\$38
White Castle	R\$30/ F\$38
White Rhino	R\$30/ F\$38
White Widow	R\$30/ F\$38



PARADISE

FEMINIZED PACKS OF 5

Dutch Dragon	\$60.00
Sensi Star	\$90.00
Nebula	\$75.00
Magic Bud	\$45.00
Opium	\$75.00
Sweet Purpleoetnik#1	\$60.00
Wappa	\$45.00
Ice Cream	\$75.00
Jacky White	\$75.00
White Berry	\$75.00
Delahaze	\$75.00
Automaria	\$60.00
Acid	\$75.00
Pandora	\$60.00
Lucid Bolt	\$75.00
Vertigo	\$60.00
Alikush	\$75.00
Atomical Haze	\$90.00
Automaria II	\$60.00
COLLECTION PACKS OF 6	
Sativa Pack	\$87.00
Indica Pack	\$87.00



Photo of seeds: www.stallonedavide.com



Querkle - TGA



MK Ultrawreck - THSeeds



Cannatonic - Resin Seeds



STRAIN CATALOGUE



RESIN SEEDS

FEMINIZED PACKS OF 5

Cannatonic	\$85.00
Sour P	\$85.00
Critical Haze	\$60.00



ROYAL QUEEN SEEDS

FEMINIZED PACKS OF 5

Ice	\$52.00
White Widow	\$45.00
Fruit Spirit	\$52.00
Power Flower	\$52.00
Shining Silver Haze	\$52.00
Amnesia Haze	\$60.00
Blue Mystic	\$45.00
Northern Light	\$52.00
Skunk #1	\$45.00
Critical	\$52.00
Indoor Mix	\$45.00
Outdoor Mix	\$45.00
Special Kush #1	\$20.00
Special Queen #1	\$21.00
Royal Cheese	\$52.00
Royal Moby	\$79.00

AUTOFLOWERING FEMINIZED PACKS OF 5

Royal Dwarf	\$38.00
Easy Bud	\$41.00
Quick One	\$45.00
Royal Automatic	\$49.00



SERIOUS SEEDS

REGULAR PACKS OF 11

AK47	\$120.00
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

Amnesia Haze Regular	\$195.00
Buddha's Sister	\$120.00
Sogouda	\$150.00
Lavender	\$120.00
Kushadelic	\$150.00
NYC Diesel	\$195.00
Somantra	\$150.00
FEMINIZED PACKS OF 10	
Hash Heaven	\$195.00
NYC Diesel	\$210.00
Lavender	\$150.00

Lavender - Soma Seeds



TGA

REGULAR PACKS OF 10

Agent Orange	\$105.00
Apollo-13 BX	\$105.00
Cheese Quake	\$105.00
Chernobyl	\$105.00
Dairy Queen	\$105.00
Deep Purple	\$105.00
Jack The Ripper	\$105.00
Jack Cleaner 2	\$105.00
Jilly Bean	\$105.00
Pandora's Box	\$105.00
Qleaner	\$105.00
Qrazy Train	\$105.00
Querkle	\$105.00
Space Bomb	\$105.00
Space Jill	\$105.00
The 3rd Dimension	\$105.00
The Void	\$105.00
Vortex	\$105.00
The Flav	\$105.00



THE CALI CONNECTION

REGULAR PACKS OF 10

Tahoe OG	\$110.00
Larry OG	\$110.00
Deadhead OG	\$110.00
Sour OG	\$110.00
Chem3 OG	\$110.00
Chem 4 OG	\$110.00
Chem Valley Kush	\$110.00
Ogiesel	\$110.00
Corleone Kush	\$110.00
Julius Cesar	\$110.00
Blackwater	\$110.00
Jamaican Me Crazy	\$110.00
Jamaican OG	\$110.00
Jamaican D	\$110.00
Chem 4	\$110.00
Hazey OG	\$110.00
Purple Diesel	\$110.00
Regulator Kush	\$110.00



THSEEDS

REGULAR PACKS OF 10

S.A.G.E	\$105.00
Chocolate Chunk	\$82.00
Mendocino Madness	\$60.00
Heavy Duty Fruity	\$105.00
Bubblegum	\$135.00
Skunk XXX	\$30.00
The Hog	\$150.00
MK-Ultra	\$140.00
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

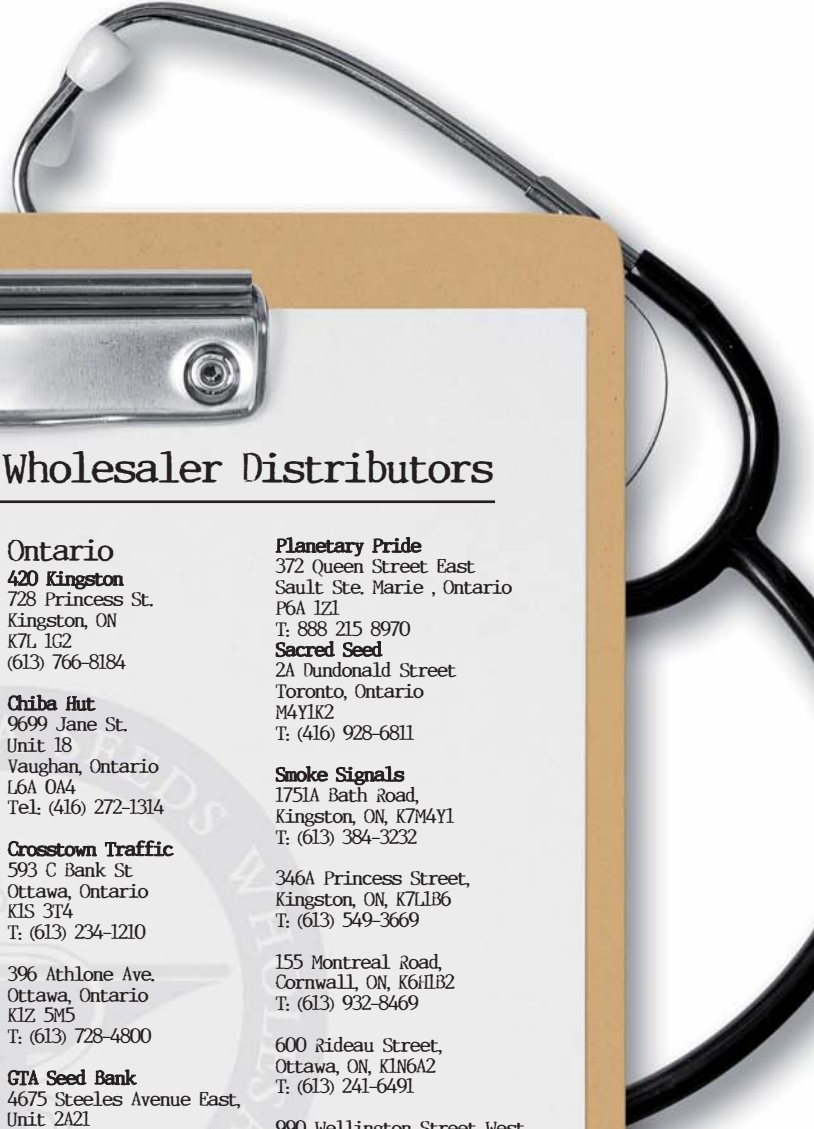
FEMINIZED PACKS OF 5

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

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Rx





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By Shantibaba

Lies normally hurt, but... The truth is killing us all!

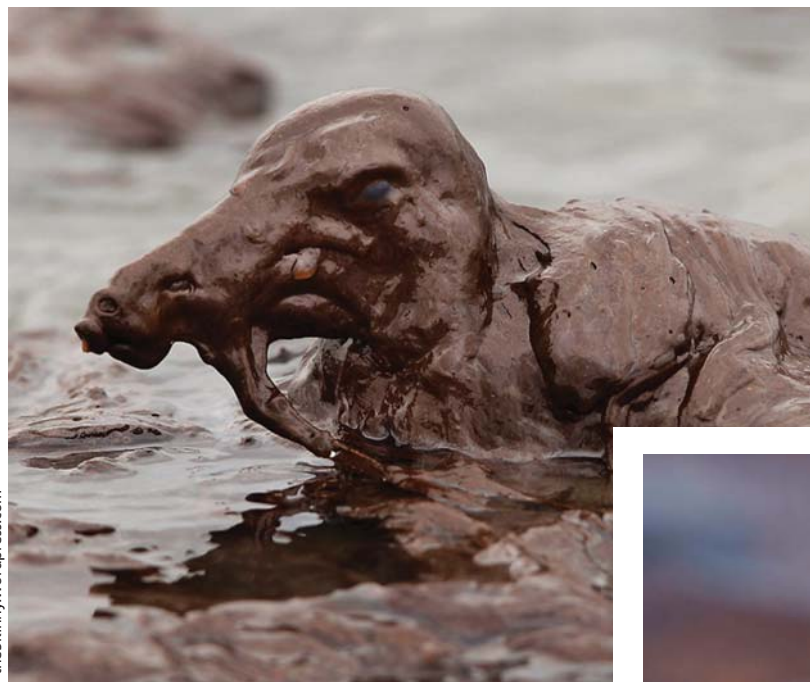
They call themselves Humans and inhabit the planet called Earth. This is a species that considers itself superior to the laws of Mother Nature and Evolution. Their actions and relation to raw materials found on Earth seem to point them in line with a party interested in profit-taking with little or no thought to the consequences it is causing to the living entity of a planet.

Can you imagine how an Alien would view us, if they were to arrive tomorrow?

In the past year alone, at a time where computers, technology and advances in scientific research dominants, the two biggest and most economically advanced nations of the world could not deal with two manmade epic disasters they have inflicted on the world.

America could not shut off petroleum they tapped for their energy needs in their back yard, and Japan is melting down as we speak polluting the entire world with radioactivity. From countries that had back up measures installed for the highly unlikely and the most improbable situations...with several safe guards in place in case one did not work...to prevent world catastrophes like Chernobyl from happening again! We supposedly learnt our lessons and like the dropping of 2 nuclear bombs on the Japanese civilization in the WW2, man would not forget? So did I miss something someone said, as from where I sit things look pretty meek for the age we are in!

There must now be several pertinent questions aimed at this apparent Nuclear Council who gave the permission and advice to Japan to allow them to build in a place where the tectonic plates are as active as a herd of Elephants ice skating on newly formed ice. I mean even the questions like Iran's nuclear program seem off skew to pretend authority on, when this council gave the go ahead for



the5kinny.wordpress.com

Japan to build even one Nuclear power plant! It would seem a little bit of an oxymoron to even call it Nuclear Technology nowadays, since implying technology means you understand the workings of it before going on with it! We cannot claim to understand a lot of what we have allowed to go on in this planet nor can I personally understand what they all mean when they talk about cheap and clean and un-polluting power sources? This mistake has been made several times already and seems to be getting worse each time. Not what one would expect if one learnt from one's mistakes! Japan is melting down not in one reactor but three, while Chernobyl was only one reactor...so isn't it time to come clean and

gizmodo.co



stop the lying or at least tell the truth...that no one knows the consequences!

British Petroleum pumped some outrageous amount of thick black gunk into the pristine eco system of the water ways of southern USA contaminating and killing undetermined animal and marine habitats not to mention what we do not know got effected. How can we know what is the consequences of what occurred if it has never occurred in our history before? How can we believe these people who make regulations and safeguards to protect us? How can we spend all this paper money we are supposedly making from cheap fuel sources when there may not be a habitat left to live on? Basic questions of epic proportions seem to come up from a time on Earth where we felt we were all doing ok? This leaking crack in the Earths sea crust that man made to pilfer a natural resource in the name of tax for the Government and profit for the Heroic companies (who gave us the car), may now be like drowning in our own bodies with perforated lungs that slowly suck us dry of the richness they once breathed into the corpse we are now peering at.



thecomingcrisis.blogspot.com



fzdailyblog.com



smartpress.tumblr.com

It questions scientific evidence or even the methods we base these developments on, as no one is innocent on Earth. We are all connected and we are all reliant on each other even if it looks otherwise. So it is not good enough to point a finger and go back to our little routine lives thinking it did not affect us... it was too far away. That attitude seems to be limited to governments and politicians who are jostling for your vote, not concerned people looking after your well being.

Consider that petrol and Nuclear power are only from the last 150 years. It does not take a nuclear scientist to know we have accelerated disrepair and burden on a planet we apparently love? How did we get so lost and wrong on a road that looked to answer our dreams? Did everybody involve fall asleep at the wheel of this large

automobile? Or did the systems of banking and finance distract us all for a short while? Did we think our banking system would answer our calls and surpass the laws of Nature? I mean in this moment in time I feel burdened with some seriously unanswerable questions, which up until a year ago looked different to me. It does not point a good finger at profit or our monetary system, does it?

Not to rub salt into the wound, but the rest of the world has been suffering tsunamis, earth quakes, tornadoes, flooding, fires, a near fatal banking crisis (not to mention the French world bank representative who is up on sexual assault charges), and now even football in Europe has its sporting image tainted! The world is hemorrhaging big time on all levels and we are all to blame in part,



Flash from the past...Chernobyl



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as we let those rule on all our lives because we trusted what they said to be true. The fact is that no one knows, and we are learning by trial and error. The value of economics does not match anything we received as a consequence when it sacrifices all the things money cannot buy like our fresh air, or clean water and solid ground. We are living a big illusion based on illusionist's creations and it is leading to a big down fall for us all unless we wake up and attack the root causes.

The Manmade laws seem to reflect the wrong values and do not consider Mother Nature's value at all. As Mother Nature's systems reach tipping point we will all suffer violently, so it is time to take a stand. We need to know that our knowledge and technology benefit us and our environment. We also need to be honest in answering questions on things new to us, to gauge if it is worth

the risk compared to the gains.

Blind acceptance of our law makers is no longer sufficient for me and my 3 kids and wife. I wish to do something positive to help rectify this predicament we are in. I truly believe medical Cannabis use and personal benefits without material gains are a better alternative for our future, the one where we leave the world we inhabit in a better state than we found it in. The industries surrounding the Cannabis plant cannot be overlooked any longer. The level of unemployment worldwide is critical, our CO2 emissions are



immense and the need for a greener future where plants seem to offer alternatives needs to be seriously addressed. The useless incarceration of people of all ages for Cannabis serves no one or no country. In short we need to grow up and see the things that are helping us and the things that are not.

If we as a species on Earth in 150 years can have such an impact with our Industrial revolution, then we better wake up and smell the coffee, cause at this rate we are committing collective-suicide!

I do not pretend to be a politician in



my thinking nor ever wish to be, but my contribution to the world can be positive and if we all do this then the world will be a better place in the end. Striving solely for monetary gains must cease to become a motivating factor. We need to put our planet first and its health as priority. Only by doing the recycling and repenting will we repay! Time to begin was yesterday, but we can do it today as it is better to try than never to have tried! +

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Soil Pests & Soil Diseases

By Lazystrain

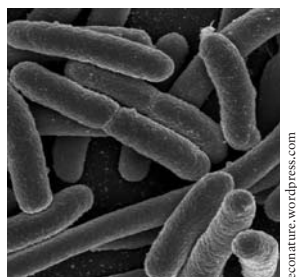
Soil is a living organism made up of billions of microbes and bacteria. The cosmology of soil life is therefore such a vast subject that we can only really cover the very basics of soil science here in this issue of Treating Yourself.

As highly advanced ecosystems, all healthy soils naturally support a variety of quantum beings and microorganisms. Most of these soil organisms, as we shall discover, often remain completely invisible to the naked eye, while others are more easily observed and recognized. In the majority of cases, most of these soil organisms are totally beneficial to plant life and should always be encouraged in any healthy garden.

Several of the more hardcore soil organisms may, however, be considered garden pests as and when they become established. Gardeners therefore aim to discourage unwanted soil species from reproducing before they can establish themselves and become totally uncontrollable. Telling soil-friendly centipedes from root-destroying millipedes or harmful mushrooms from friendly fungi isn't always easy and often involves a keen eye for observation. The importance in identifying soil species before applying methods of biological control, therefore, cannot be over-stressed in this article, especially within the context of the medicinal herb garden.

Soil Microorganisms

Microorganisms are an essential ingredient of any soil or compost. These soil organisms are often so small that millions of microbes can inhabit the surface of a single seed. These microbes consist of bacteria and protozoa, each of which specializes in a specific task. Most of these quantum beings are 100-percent garden friendly. For example, azotobacter fix nitrates on to root hairs and soil particles in exchange for plant sugars and residual salts. Likewise, some fungi microbes latch on to harmful nematode worms as garden-friendly parasites. Mycorrhizae fungi release hormones into the soil that help to prevent the spread of plant diseases and are believed to enhance plant growth.



Where or when soil conditions are unhygienic, however, due to the use of infected organic materials and/or the introduction of a stagnant supply of water, then harmful bacteria gradually start to persist in the soil. The use of non-treated water, for example, often poses a serious threat to outdoor soil sites, since untreated water carries a host of anaerobic bacteria (several of which are toxic to humans). Once irrigated on to outdoor soils, these harmful bacteria thrive during the autumn and in spring months, when conditions are warm. Several of these anaerobic microbes further support and co-exist alongside primitive algae species, such as liverworts, mosses, and fungi, the presence of which encourages the spread of further pests and diseases throughout the garden and wider environment.

Soil Fungi

Fungi can be sexual or asexual in character, meaning that once established, they can be difficult to control or eradicate. Soil fungi themselves are the fruits or flowering bodies of subterranean spores collectively called mycelia. These mycelia are made up of many hyphae. These hyphae string themselves together underground, allowing the colony to travel across soil sites as rhizomorphs. For most of the year, these spore colonies go completely unnoticed. However, once the moisture and the temperature of a soil site reach an optimum level for a prolonged period of time (usually during autumn and spring), then specific spores start to flower into the fruiting bodies we call mushrooms and toadstools.



Once established, these fungal spores obtain carbon compounds from carbonaceous food sources found within organic matter, soil, and compost. Since fungi do not themselves contain chlorophyll, they must co-exist alongside other organisms that do. For example, many algae species provide certain fungi with foodstuffs in exchange for mineral salts and moisture. The presence of residual salts and excess moisture, especially within uncultivated soils, therefore strengthens the possibility of inheriting unwanted algae and fungal species to begin with.

Soil Invertebrates

Soil invertebrates have no backbones and can easily burrow into soils to make a home. In contrast to fungi species, which require stagnant soil conditions, most terrestrial invertebrates thrive in soils that are well cultivated, free draining, and rich in soil nutrients. Common soil pests outdoors often include ants, beetle larvae, grubs, nematodes, millipedes, spider mites, weevils, and woodlice/wood bugs. Likewise, winged soil pests often include ground-dwelling hornets, wasps, and bees, to name but a few.



Several insect species build nests for their larvae underground. Others simply lay their eggs in the soil, and they later become serious pests as they hatch into hungry larvae. For example, the larvae of beetle grubs, cutworms, and leather jackets all feed on the young roots of plants in the soil subsurface. The best ways to control these soil invertebrates is often to remove them visibly by hand during cultivation and/or the regular rotation of surface soil. Another way is to encourage friendly predators, such as songbirds, toads, and frogs, into the garden; they will happily and naturally eat up unwanted insects.

In truth, most insect pests do as much good as they do harm in the garden, usually serving a dual role as garden friends and garden foes. Even the most hardcore soil invertebrates, like millipedes and nematodes, actually help out in the garden by improving the overall soil structure, breaking down organic debris, and helping to control other unwanted soil pests in the process of their own life cycle. It is only when an insect species begins to feed directly on a plant's root system, and/or when plant life starts to deteriorate in the garden, that any soil invertebrate can really ever be considered a pest.

A Brief Note on Earthworms

Adding earthworms to outdoor soil sites (and compost bins) is an ancient practice. As and when earthworms burrow down into the ground, they improve soil drainage and soil aeration. During autumn and spring, earthworms come up into the topsoil to break down organic debris, dragging dead leaves and twigs back down into the ground below. These organic materials then get broken down to form a mineral-rich compost that helps to improve soil condition.

Each day, an earthworm makes its own weight in worm casts. These worm casts contain high traces of (N) nitrogen, (P) phosphorus, (K) potassium, and (Mg) magnesium. Earthworms also attract a special type of (Ca) calcium-loving bacterium, which fixes vitamin B12 into the soil as the worm travels. These added elements in turn help to improve the overall health and flowering potential of plants. Likewise, in time, earthworms help to cultivate the land, turning heavy soils into smaller particles that are easier to work by hand.

Typically, earthworms prefer warmer soil conditions that are free draining, with a pH around 6.5. It is easy to make a worm farm at home using a few old buckets. Worms can be liberally fed on a variety of uncooked kitchen waste, broken eggshells, and shredded paper, until a nice worm-cast compost is produced. This worm-cast compost can then be added to compost teas and/or fed directly to the base of plants to help improve growth.

Biological Soil Control

In order to control outdoor soil sites, we must first grasp a basic understanding about the local pest species that are already living there and their potential impact on the garden environment. Once these factors have been addressed, a course of soil management can be planned throughout the year. Winter is often the best place to start:

Winter is a gardener's best friend when it comes to controlling unwanted soil pests and diseases. In winter, ground frosts help to sterilize the soil. Winter kills off any overpopulated invertebrate colonies and helps to reduce the spread of fungal diseases and spores. It is advisable to add animal manure to outdoor gardens prior to winter frosts arriving (or at least before the last frost has passed). This helps ensure that any harmful organisms in the manure itself have been killed off. A healthy and natural balance of soil microbes and soil invertebrates will then slowly start to establish during the months of spring.



Spring usually brings rain. The water content of outdoor soils often reaches near full capacity at this time of year. As water levels slowly start to recede, soil organisms (good and bad) start to multiply underground. At this stage, we want to free up the surface depth of heavy soils and improve drainage ready for planting. Green manures, which help retain water content in the soil, can be added at this stage. By refreshing old soils in winter and spring, gardeners ensure that a soil site is always rich in available nutrients, healthy, and in peak condition, ready for planting at any time in the season.

Summer brings with it insects. Insects producing larvae begin to make homes in the ground as the soil starts to dry out. Parent insects also start laying their eggs below ground at this time in preparation for next season's larvae. Friendly soil microbes are working flat out in summer, providing plant root systems with NPK nutrients and other complex compounds in exchange for plant sugars. Harmful bacteria are also clubbing together and lying dormant, getting themselves warmed up and ready for an outburst following heavy rainfall in autumn.

Fall/Autumn is the time of the year when the soil really comes alive. Soil conditions are wet and humid, which promotes major fungal activity. Mycelia have multiplied in such numbers underground that they start looking to fruit out over ground into mushrooms and toadstools. In turn, these fruits will produce spore that will establish new colonies. All visible fungal infections and spore, like Botrytis or Gray Mold, are best removed by hand and burned on a fire to prevent further infection in the garden.

Fungal sprays containing benomyl or carbendazim (and sulfur) can be used during the early stages of Botrytis or Gray Mold infection several weeks prior to harvest to help prevent bud rot. However, this is NOT an option available to organic gardeners. Organic methods of reducing the environmental conditions that mold species favor include the following: reducing humidity, reducing watering, increasing airflow (where possible), and removing all dead or decaying leaf debris from the garden.



After Thoughts

All soils (indoor and outdoor) contain microscopic beings (tiny creatures whose existence we can barely comprehend, let alone see). Sadly, many gardeners notice the symptoms of damage in their plants without ever acknowledging the presence of the problem, pest, or disease in the soil. Likewise, using chemical fungicides and pesticides to treat symptoms that naturally occur does not acknowledge the causes. It is all too easy to go to the store, buy a bottle of chemicals, and apply them to a soil site without thinking about the process behind it (thousands of people do so every year with relative success).

However, with a soil management plan in place, most sites (indoors and outdoors) can be turned around organically without using anything other than common sense. It is important to remember that friendly bacteria prefer free-draining soil conditions with good aeration at all times in the season; and that unfriendly bacteria thrive within over-watered, uncultivated soils that are humid, especially in spring and fall/autumn. Likewise, soil invertebrates dislike soil that is kept under regular cultivation.

From a medicinal marijuana perspective, it is important that we grow herbal medicines that are free from harmful chemicals, many of which cause further free-radical damage when consumed. This is especially the case where herbal cannabis is ingested as medicine. Likewise, from an ecological perspective, it is often less stressful to find an organic solution to the cause than fighting the infection with a lack-luster remedy. Treating soil life with the same degree of care, judgment, and respect as we do plant life is perhaps the second step toward growing cleaner organic medicine for ourselves.

Keep medicating! 🍀

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No More Spider Mites!

By Lexx

Using azadirachtin (I'm not going to say which brand), I had a very disappointing crop because of an invasion of spider mites, the first time in years!

Having used neem oil products for years with complete control, I heard of azadirachtin and decided to use it before I switched into bloom.

I believed that after its proper use, applying it over several weeks, that there were no more mites. **WRONG!** I could not see any mites anywhere. With my past results being great with neem and less applications, I figured there were no more mites.

At two weeks from finish, I found a small pocket of mites under a branch that even with my air conditioner on maximum ate their way through 20 percent of my crop!

There was nothing that could be done at that time. I could not spray anything except cold water, or so I thought.

Organic growing is a commitment to health, environment, and safety that is the root of the health foods/organic gardening community.

Because of the high value of these flowers, there has been added to the arsenal of the underground growers Avid, a

type of mite killer used on flowers for the floral trade that is not to be used on vegetables or anything destined for human consumption. It is very deadly to patients! According to Dr. Todd Mikurya, Avid caused the death of a patient that had a compromised immune system. She had been trimming a batch of cannabis that had been treated with Avid during the final weeks of the bloom cycle.

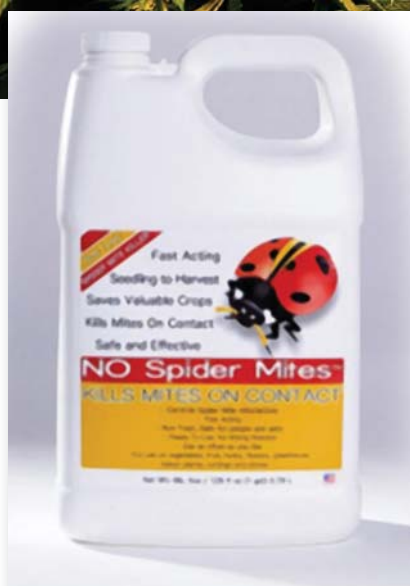
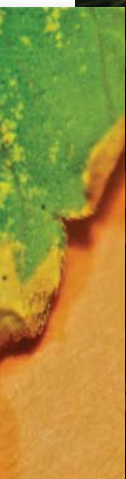
This insecticide and the many other equally toxic insecticides are used to stop Satan's minions (spider mites) from destroying a crop. Many unscrupulous growers, who care only about money and not the health of those who consume their herb, are now routinely using Avid and equally toxic insecticides.

Because of the devoted staff of the research and development team at Greenway University, there is a new non-toxic mite killer called No Spider Mites!

Using organic oils and botanicals, the company has developed the best new product I have tried in the past 30 years!

This really works! This product really ends the merry-go-round of control we have been forced to endure to keep our crops free of this truly devastating pest.

I will use the example of my own last crop. The poor per-



formance of azadirachtin before it went into bud had the mites re-appear in the final two weeks of bud, causing a 20 percent loss of my crop. Much of the remainder could not be sold due to the telltale holes of mites in the leaves.

This has never occurred before using neem, which has controlled mites well enough to be able to keep them out of my bud room and long enough to not need to spray at all during the bud cycle.

This failure of the product to truly control them also left them in my bud room, my nursery; happening while I was traveling for a week in California, these pests got a lot worse.

My bottle of No Spider Mites arrived while I was in California; my caregiver sprayed both spaces twice while I was gone. I sprayed once more to just make sure the floors and walls were all covered in both spaces. Using about a gallon on an 8' x 12' space, as well as the nursery, which is 2' x 4', and the room it is in, covered it completely. My caregiver used much more than was necessary; he should have used no more than half a gallon, instead of using an entire gallon on just the nursery.

After transplanting all of the cuttings into the bud room,

I noticed they all had very shiny leaf surfaces and over all looked like really healthy plants. Seeing leaves healing from previous mite bites, while seeing desiccated eggs, is particularly inspiring to any gardener! Loss of vigor is one of the most noticed effects on cannabis plants when sprayed with all the various miticides; with No Spider Mites, there is a renewed vigor that makes me even more impressed with this product; and it even smells good!

It has been about a week since I sprayed this product last, and my plants are noticeably improved; there are no more spider mites!!!!

There were three applications applied in total: one on the 20th, another on the 23rd, and the last one on the 27th of April, with amazing results.

What is most impressive is that the eggs are killed, and they have always been the hardest to eliminate in the life cycle of these pests. I have never been this impressed with any product more than with this No Spider Mites in the last 30 years!!!!

FYI, 21 days into bloom, June 14, not only are there no signs of mites, there is very vigorous growth, with a heavy onset of flowers, absolutely beautiful plants!!!! I love this product more today than when I used it. There are no signs of spider mites anywhere nearly a month after I have used this product. 🍀





The Ripper Effect

By Subcool

Some really interesting information has come to my attention, and I am very excited to tell everyone in the cannabis community about it. As The Dude would say, “New shit has come to light, man!” Recent tests of our hybrid Jack the Ripper came in with a total THC profile of 26.6 percent. Even more exciting is the fact that the strain tested at 5.5 percent for THCV. THCV is very rare among all the samples tested, and we are very happy that one of our hybrids has tested high for something so elusive in nature.

Before we get into THCV, let me tell you a little about the hybrid Jack the Ripper and how it was created.

Jack’s Cleaner is the mother collected from an old friend named Skoosh and out-crossed to Jack Herer. The origins of The Cleaner are:

1985 SSSC (Nevil’s)

NL#5 X Pluton

Back-crossed into the original NL#5 mom.

NL#5/Pluton X Purple Haze

Backed into the NL#5 mom

Skoosh gave me 100 or so seeds, and from that entire lot,

found one incredible girl that I named The Cleaner because it smelled like a product called Mr. Clean. I was growing Jack Herer at the time, and after sexing the females, I placed the male plants in my garage to cut down and clean up later. I got busy in the garden and it was days before I went back into the dark garage. One of the Jack Herer males was bigger than ever, and I decided to use the pollen on The Cleaner. About 30 seeds were produced, and from one of these seeds, I grew out Jack’s Cleaner. Over the years, I created several hybrids from JC, including Jack’s Cleaner Blueberry, used in Bog’s now famous Life Saver cross. I also created a few other hybrids, but none really impressed me like JC BX.

When I moved out West and I got my legal status and started working to create better medical strains, one of the strains we started was Space Queen, by BCGA. We found great males and females, and created some f2 crosses to give away as freebies to TGA fans. MzJill also used this Space Queen male we now call Space Dude to cross her Orange Velvet to and created Jillybean. Knowing Space Dude is a “good boy,” as Jill likes to say, and reviewing the less-than-stellar results of JC BX, I decided to completely start over with the cubing of JC,



Jack the Ripper

Primary Cannabinoid: THCV

Ratio Rarity: 42%

Form: Raw Plant Material

Moisture: 6.98%

Calculated Active Cannabinoids

CBD: 0.38%

CBN: 0.42%

THC: 20.22%

CBC: 0%

THCV: 5.05%

Total Active Cannabinoids: 26.06%

Jack the Ripper

Primary Cannabinoid: THCV

Ratio Rarity: 64%

Form: Raw Plant Material

Moisture: 10.07%

Calculated Active Cannabinoids

CBD: 0.22%

CBN: 0.32%

THC: 13.82%

CBC: 0%

THCV: 6.49%

Total Active Cannabinoids: 20.84%



using Space Dude to outcross her to. What we didn't expect was the perfect combo of JC x SQ being better than the mother! Yes, I said it, and many others that have smoked the two side by side have confirmed it. Here are the things that are better about JTR:

- Smoother taste on inhale and exhale, with almost a lemon candy-like aftertaste.
- Faster finishing, usually done at eight weeks.
- Shorter node spacing and less stretch when entering flower.
- Combined terpenes create smells of lemon and mango and resin so dense the leaves curl up with trichomes. Even the fan leaves have resin on them!

The most dominant female is a short, sticky female we call Lemon and can be identified by the resin taco look of her resinous, inward-curling leaves. The other main pheno is a more Space Queen dominant than can easily be spotted by her tall stretch and long internodal spacing. This phenotype actually developed more slowly than the other type, and I culled her, even though others that tried her loved her. There is slight variation, but every female reeks of lemons, haze, incense, and overpowering sour fruit. The big surprise, however, is not the great taste, but the extreme buzz that seems to cut through any type of weed. Even after smoking Apollo or even bubble hash all day, when I have a few bowls of JTR, it just makes my heart race and my ears ring. I find myself talking faster,

laughing and telling stories more than usual while high on JTR. It doesn't seem to have a ceiling, and the more I smoke, the higher I get, to the point where my vision will actually blur from multiple bong hits. Jack the Ripper has earned a spot in gardens around the world, and so many people come up and thank me in person for creating their favorite plant!

THCV, aka Delta-9-tetrahydrocannabinvarin

I had never heard of THCV before I stumbled on the test results at Full Spectrum Labs, but when I saw the results for JTR coming in with total active cannabinoids of 26.06 percent, I studied the test results more carefully and saw the listing for THCV at 5.05 percent. After spending a few hours using the searchable database at FSL, I discovered only a small number of samples testing for THCV, and none as high as JTR. What the hell is it and what does it do? My research has uncovered the following information. Unlike your body's own cannabinoid anandamide or plant-based THC, THCV does not activate CB1 receptors. THCV instead binds and activates with the CB2 receptors, as well as blocking the activation of the CB1 receptors serving as an antagonist. CB2 receptors found more in the immune system are thought to be responsible for cannabis's beneficial effects on autoimmune disorders. THCV is a powerful antioxidant that actually attracts free radicals. According to Spanish and British researchers, the effects of THCV show promising results in the field of Parkinson's research and the treatment of ameliorating Parkinson symptoms.

It would be nice if we had US testing data, but in the US, science seems to be determined by politicians, not real data.

What I can tell you is THCV is now available in a natural medicine, one that Big Pharma is not making a profit on. It can be found in the TGA strain Jack the Ripper, and while some don't like the name I chose, its medicinal effects cannot be denied any longer.

Here are the results of two different tests of completely different flower samples submitted to Full Spectrum Labs. Notice that while the total potency varies between the samples, both test very high for THCV.

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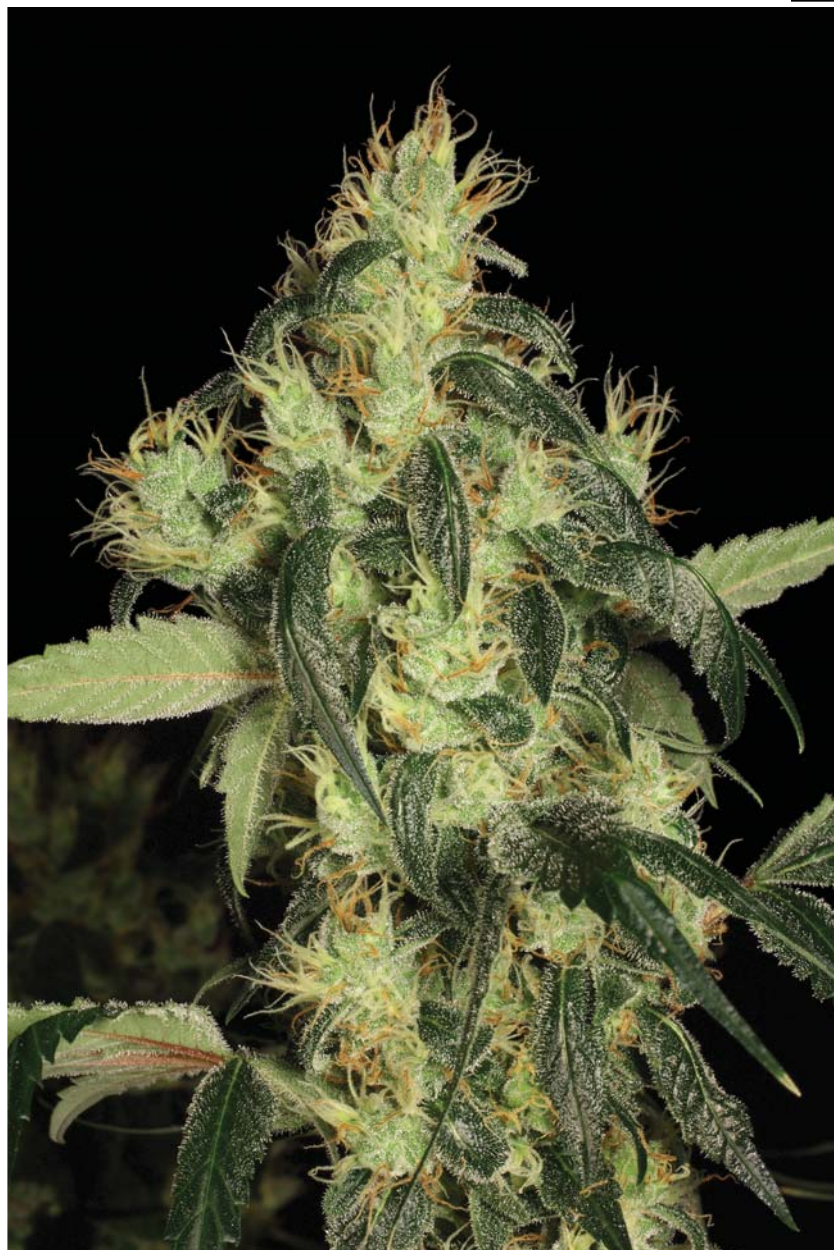
Burmese Kush

Double Kush Power from the Kings of Kush

Text & Photos: Green Born Identity - G.B.I

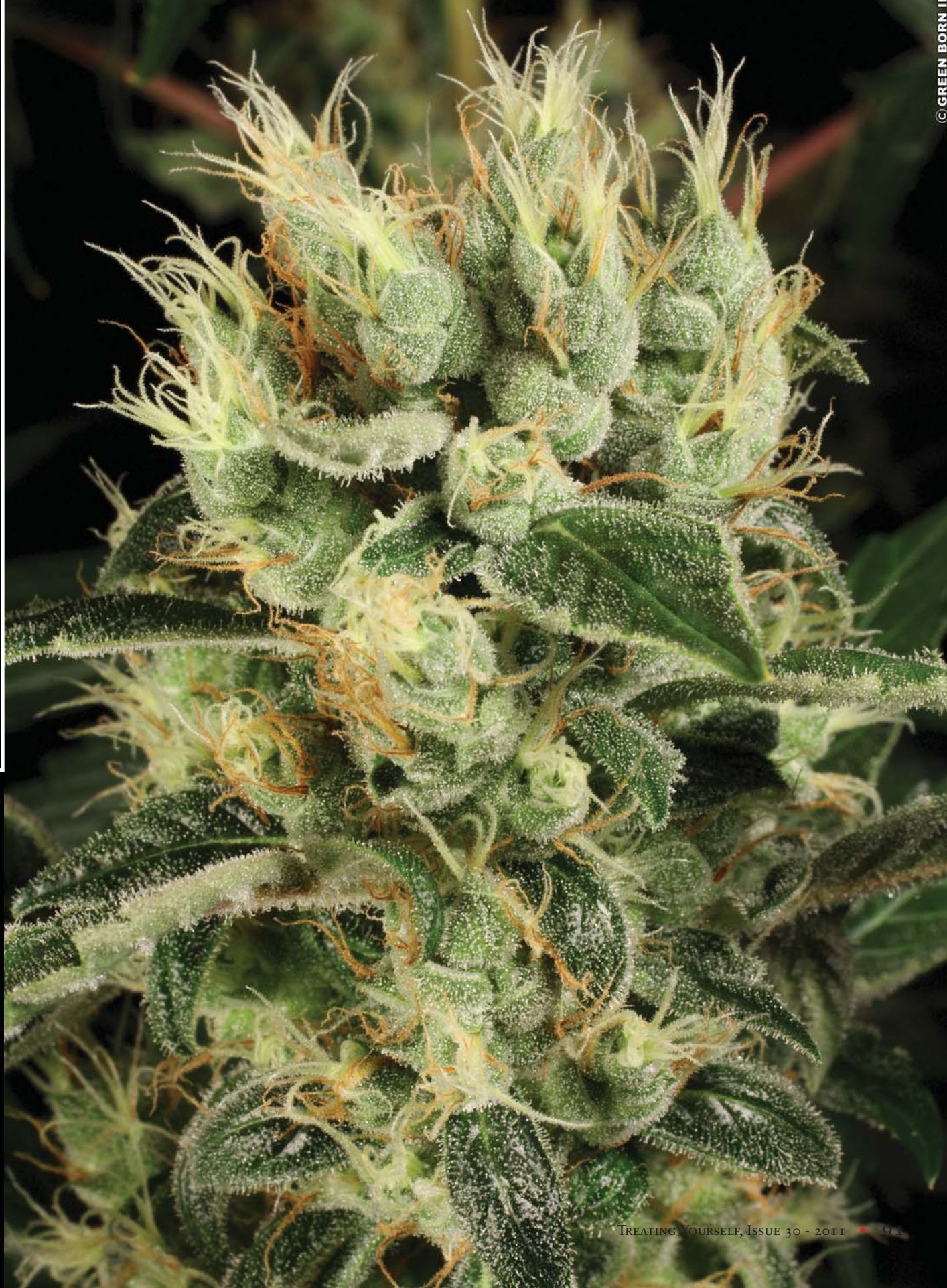
In recent years and until now, Kush genetics have been the big thing in the cannabis scene worldwide, particularly in the USA, Holland, and the UK. Kush strains are also highly popular among many hip-hop artists. The habit of smoking Kush spliffs seems to be a firm part of an unofficial “How to be cool” code of practice in this field. Meanwhile, even whole cannabis trade shows (KushCon) have been named after Kush. The famous Dutch quality seed company T.H. Seeds took up the cause of Kush many years ago, after having received legendary O.G. Kush (also known as L.A. Kush) genetics that are only available as a female clone from friends in Los Angeles. It’s a poly-hybrid variety with large, classic Kush calyxes. Using those rare O.G. Kush genetics, T.H. Seeds set out to develop a range of lovely Kush strains that quickly gained heavy worldwide popularity and many awards, shaping the Kush competence profile of T.H. Seeds: Kushage, MK-Ultra, Burmese Kush, and their latest big hit, Cold Creek Kush, which won second place at the 23rd High Times Cannabis Cup 2010 in the Indica Cup.

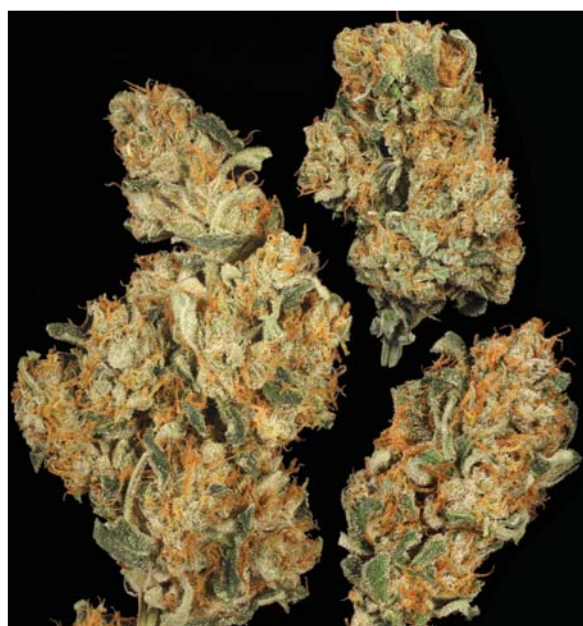
Let’s take a closer look at T.H. Seeds’ famous BuKu (Burmese Kush) strain. To create it, T.H. Seeds crossed an authentic Burmese Kush with that O.G. Kush, resulting in a very fast-flowering (50-55 days) indica/sativa hybrid with a high calyx-to-leaf ratio and dark green leaves. It’s a short, fat plant with fat yields (400+ grams per m²) — perfect for small, highly productive grow-rooms, and therefore also sea-of-green cultivation. BuKu develops from top to bottom, with slight lower branching appearing late in maturation. Plants grow to a final height of about 100 cm, producing tight, extremely resinous buds with very small, dense trichomes and that great Kush flavor and high that all growers and smokers wish for: Her smell and taste are sweet, with delicious pine and citrus undertones; her buzz is a real mighty creeper, bringing a calming, deeply relaxing feeling through a centered indica sensation. According to T.H. Seeds, BuKu’s genetic makeup also suggests medical applications for pain relief and appetite.



Cultivation data:

Strain Burmese Kush, aka BuKu
Pedigree Mostly indica
Vegetative stage here: 24 days
Flowering stage here: 52-55 days, 50-55 days in general
Medium Plagron Standard Mix
Container volume 6.5 litres
pH 6.0-6.3 **EC max.** 2.0 mS
Light Vegetative stage: 3 x 600 W Green Bud MH
Flowering stage: 3 x 600 W Osram HPS
Temperature night: 17-19 °C **day:** 24-28°C
Air humidity 40-55%
Watering Gardena “Urlaubsbewässerung”-System
Fertilizers Canna Terra Vega, Canna Terra Flores PK 13/14 (during flowering week 6)
Stimulators/Additives Rhizotonic Wurzel, CannaZym, Bcuzz Blütestimulator
Height 97, 103, and 110 cm
Yield 42, 48, and 53 g = 47.7 g/average





Mr. Power Planter, an experienced grower, for a long time had been interested in growing BuKu, and a while ago he ultimately decided to put it to the test. Five BuKu seeds were germinated: half of the package only, as he was growing some other strains simultaneously. After four days, all of the seeds had sprouted and healthily reached the soil's surface. Right from the start, the young BuKu seedlings, together with 21 other plants, were grown under three 600 W Green Bud metal halide lamps equipped with adjust-a-wings reflectors (without spreaders). One week after germination, the plants were transplanted into 11-litre containers filled with Plagron standard soil mix. In the beginning, vegetative growth was quite slow, but two weeks after germination, the BuKus got into full gear, showing stout, compact growth with dark green leaves, giving off a spicy Kush smell already.

They exhibited very homogeneous growth also, developing a strong main stem and only very little side branching. Three and a half weeks after germination, when the plants were at a height of 30-38 cm, Mr. Power Planter induced flowering by reducing the light cycle from 18/6 to 12/12 hours of light, at the same time replacing the metal halide lamps with three 600 W Osram HPS lamps. Within nine days, all of the plants revealed their gender, with three of the five BuKu plants turning out to be female. After about 2.5 weeks of flowering, bud production noticeably got going. The plants were developing dense flower clusters along their main stem and short side branches. Soon the three BuKu plants were forming thick main colas and spreading an intense, spicy-sweet Kush flower odor, coming from lots of resin emerging from the calyxes and flower leaves. In the course of flowering, thanks to the sativa influence, there was a

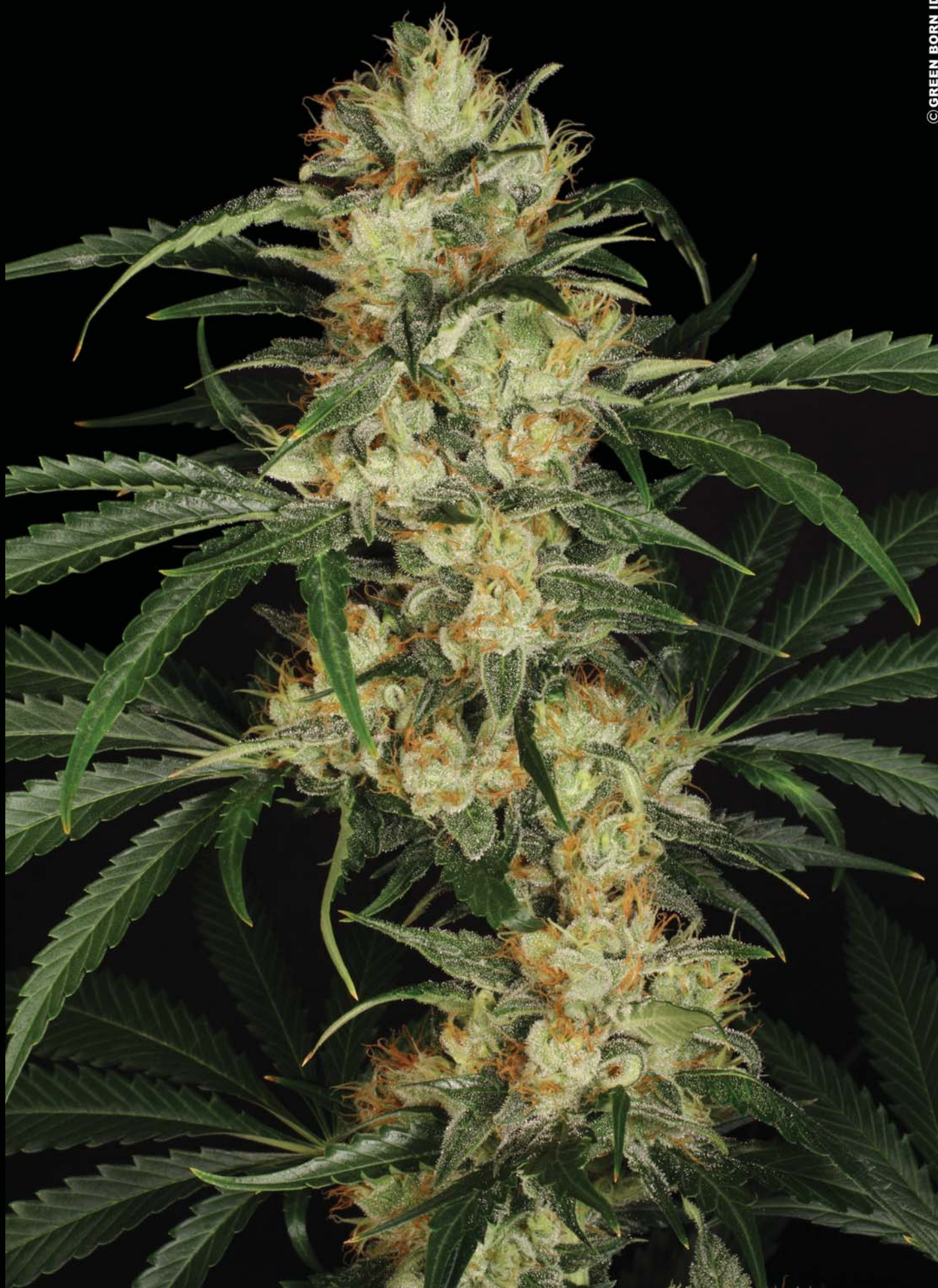
certain stretching effect, with also the side branches noticeably increasing in length and forming lovely, dense buds. The flower structure of the three BuKus was very similar, exhibiting a high calyx-to-leaf ratio, but not fully identical in terms of shape. One of the plants produced buds with a stronger sativa touch than the other two. The trichomes of all the three plants were very small, indeed, but were in rich abundance, forming sticky, dense resin layers over real hard flower nuggets.

Two of the BuKu plants were harvested on flowering day 52, and the third one on day 55, so the flower period frame stated by T.H. Seeds was precisely met. They had arrived at heights between 97 and 110 cm in the end. Thanks to the high calyx-to-leaf ratio, harvesting was quick work for Mr. Power Planter, who was heavily looking forward to finding out about the smoking qualities of his marvelous BuKu buds. But these silver nuggets had to be dried first, and Mr. Power Planter cautiously took care of this, applying his usual slow two and a half weeks' drying process, including slight bud fermentation. After the drying process had been finished, Mr. Power Planter was taken with the delicious strong Kush odor of the buds. Just as described, he found them to be spicy sweet, with piny and citric undertones. He put the BuKu buds on the scales, and the great outcome of the three plants was 42, 48, and 53 grams of finest Kush nuggets.

Then it was smoking time for Mr. Power Planter at last. He smokes a lot of weed and is on a high dosage, so if a strain is unusually strong, he instantly notices it. Smoked in a bong, the BuKu buds did provide an intense, grounded feeling and deeply relaxing, soothing body high to him, with the sedative effect lasting very long, more than one and a half hours. This definitely was double Kush power of the highest order. Thanks to the sativa influence of BuKu, Mr. Power Planter also noticed a slight cerebral effect that was calming rather than activating, so not only his body got relaxed, but also his head and thoughts. The flavor was exquisite, piny sweet, with no cough factor at all.

Mr. Power Planter was very well pleased with the overall performance of the BuKu strain and found its strong medical qualities to be impressively confirmed. He liked that special BuKu high a lot. But, of course, also underlined other than for medical application, it's a kind of smoke for the evening rather than daytime, when you want to mellow out and not do any physical activities. After another outstanding experience with T.H. Seeds' Kushage strain in the past, Mr. Power Planter now feels T.H. Seeds are the Kings of Kush.

For the same prices, BuKu is available as both regular and feminized seeds, with 42 Euros for five seeds and 75 Euros for ten seeds being an excellent deal.

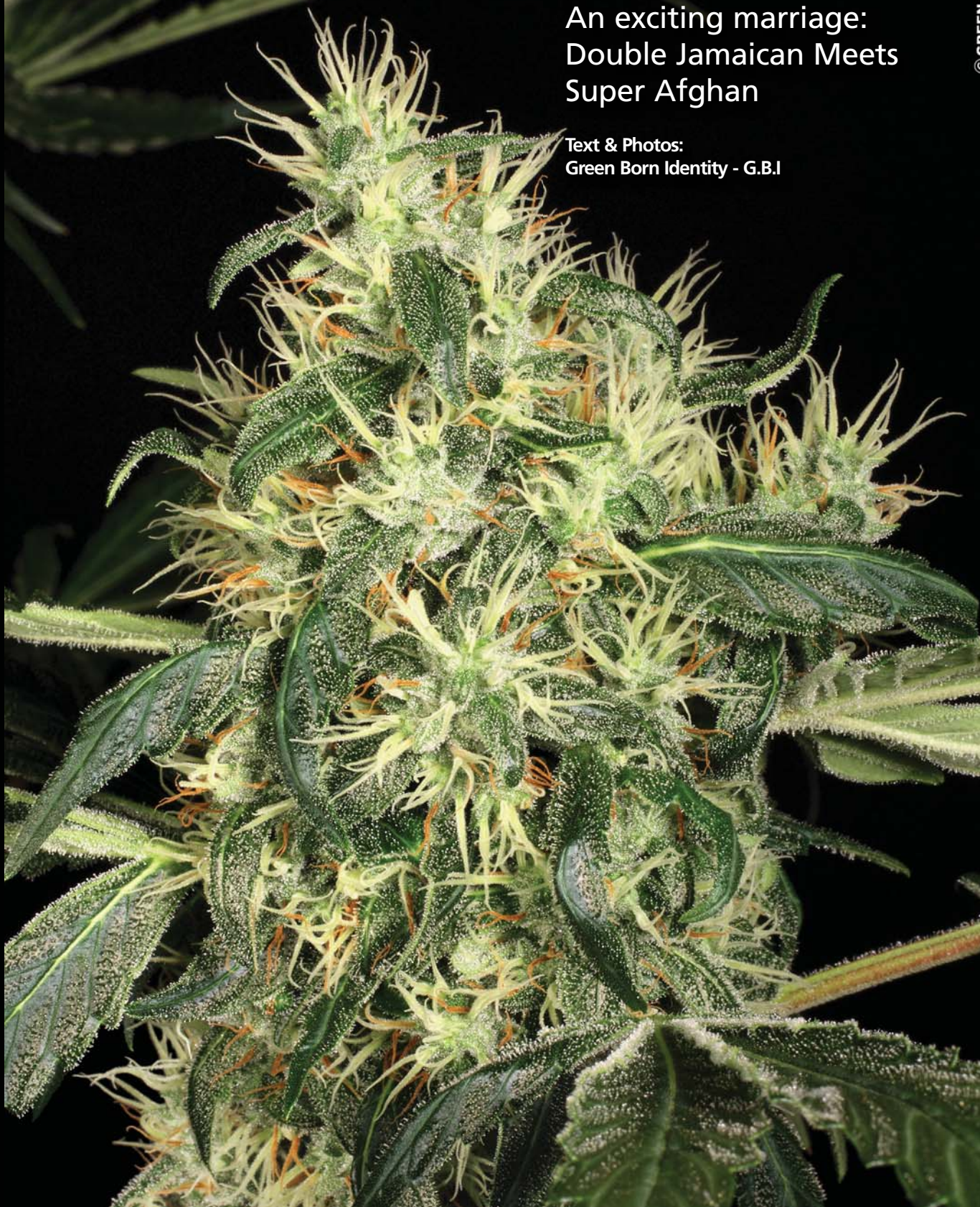


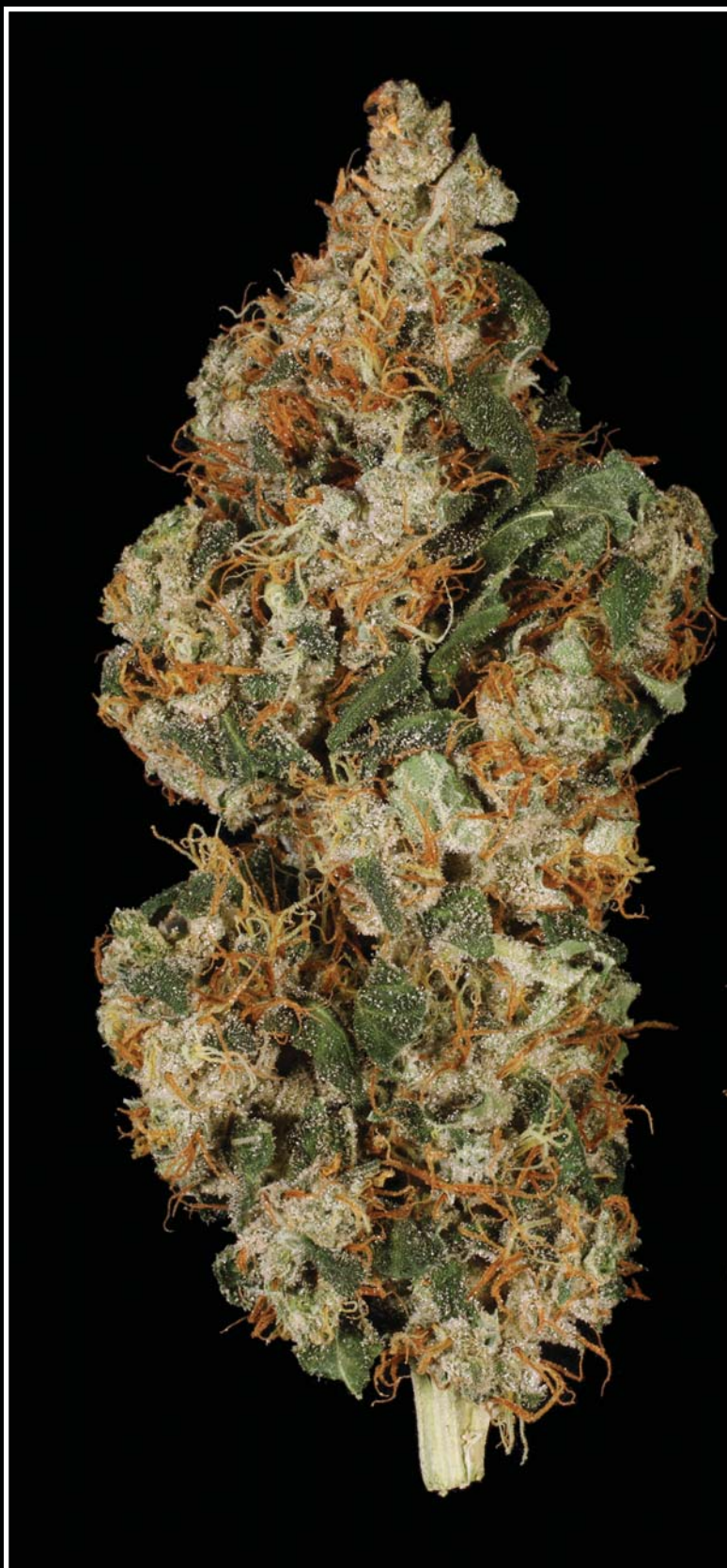
Lambo

An exciting marriage:
Double Jamaican Meets
Super Afghan

Text & Photos:
Green Born Identity - G.B.I

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Lambo dry

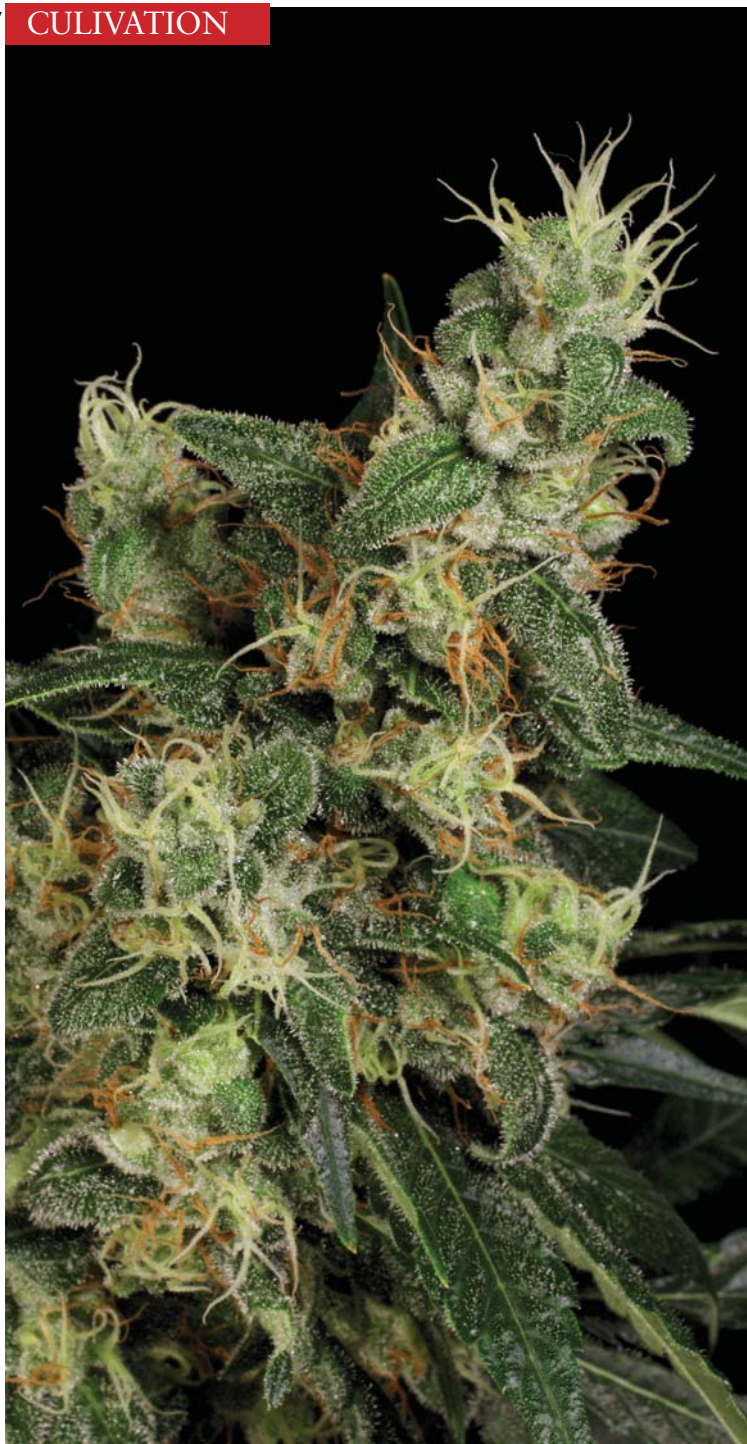
When visiting the High Times Cannabis Cup 2008 in Amsterdam, I was struck by a lovely-looking dry bud displayed at the T.H. Seeds booth, placed in front of a small Rastafari figure, indicating

the respective strain obviously must have a Jamaican genetic background. Having asked a staff member about its name, the answer was Rambo — which I didn't like too much, being opposed to any strain names associated with violence. The pedigree of Rambo I did like a lot, though: Jamaican Haze x Jamaican Purple x Super Afghan — that really sounded like an exciting genetic marriage.

However, the strain name Rambo didn't exist for a very long time. T.H. Seeds was forced to change the name, due to licensing issues, to Lambo, which did appeal to me much more, reminding me of the famous Jamaican Lambsbreath landrace. Lambo is an indoor strain, though, in the first instance, but can also be grown outdoors in mild climate. It's a highly bug and mold-resistant sativa/indica hybrid (75:25), says T.H. Seeds: "Coming deep from the Northwest hills, this ultimate guerilla grower plant will be your strongest ally in the war against the elements." And they are crediting it with "large resin-coated buds," eventually enthusing about "an incredible flavor that seems to change from inhale to exhale: It transforms from an Amaretto inhale to a vanilla, metallic lime exhale." Indoors, it grows to a height of about 140 cm, yielding copious 400+ grams per sqm. And it has quite a short flowering time: 55-60 days are pretty fast for a mostly sativa strain. Lambo also is a great medical marijuana strain that provides a strong, clear, sativa-dominant high that, thanks to the Afghani influence, is accompanied by a certain indica effect also — just enough to serve as an effective analgesic as well.

It was Mr. Power Planter — an ardent lover of reggae music and Jamaica — again who put Lambo to the test, together with Burmese Kush and others. This was why he sowed only five Lambo seeds, half of the package. They proved to be very viable and came out of the ground within four days. Right from the start, the young BuKu seedlings, together with 21 other plants, were grown under three 600 W Green Bud metal halide lamps equipped with adjust-a-wings reflectors (without spreaders). One week after germination, the plants were transplanted into 11-litre containers filled with Plagron standard soil mix. The Lambo seedlings thrived, being homogeneous and clearly exhibiting their sativa-dominant nature by quickly shooting up. But also, side branching had an early onset, so that Mr. Power Planter was expecting tall, bushy plants in the end. Leaves were deep dark green.

Three-and-a half-weeks after germination, when the



plants were at a height of 56-65 cm, Mr. Power Planter induced flowering by reducing the light cycle from 18/6 to 12/12 hours of light, at the same time replacing the metal halide lamps with three 600 W Osram HPS lamps. Within eight days, preflowering became visible and Mr. Power Planter had to dismiss two male plants, ending up with three female Lambo plants. In the course of flowering, certain differences between the plants appeared, with one of the Lambos having a stronger stretching effect during flowering than the other two. Also, the developing flower structure of this taller plant was different, having stronger sativa traits, while the other two plants were leaning toward the Afghani indica side to a higher degree. But both phenotypes were producing very dense buds with a high calyx-to-leaf ratio

and copious amounts of resin. The sativa-dominant plant's buds were long drawn out, with lots of spiky bud shoots standing out of them. In contrast, the other two plants developed round, thick buds with a much stronger indica touch. But all three plants were frosted with the same dense layers of sparkling resin, giving off the same exotic, delicious smell, which was spicy sweet and also somewhat earthy.

In the end, after 56, 60, and 62 flowering days, these three bushy plants with lots of excellent dense buds had arrived at heights of 112, 141, and 152 cm, with the one more indica-influenced plant being the first to be harvested. Mr. Power Planter was very much on the edge to test smoke his lovely Lambo buds, and after they had been carefully dried two-and-a-half weeks, including slight bud fermentation, that day finally came. The slow drying process had yielded a remarkably fine organic, sweet, and slightly earthy aroma that was present on all the buds. They were rock-hard and silvery-white with resin. But before test smoking them, he wanted to find out about their weight, of course, and put them on the scales that read 52, 57, and 61 grams (following the same order as above) — certainly quite a superb outcome. Type one, the buds with a stronger indica influence, did provide both a strong, clear, cerebral high and simultaneously slight calming indica buzz to Mr. Power Planter. The high was pretty damn strong and lasted very long. Type two, expectedly, had an even stronger, tingly, cerebral sativa turn and less, almost no, indica influence, reminiscent of real high-grade Jamaican sativa sinsemilla. That kind of high kept Mr. Power Planter sky-high for about one-and-a-quarter hour, then gradually faded away. The flavor of all the buds was deliciously mild and sweet, but it frankly took quite some fantasy to maintain it was tasting like Amaretto in the inhale, and vanilla, metallic lime on the exhale. But we all know such attributes always much depend on the sense of taste of the respective person smoking a certain bud. After the whole test had been completed, Mr. Power Planter was extremely fond of the Lambo strain, regarding it as a highly rewarding, very special sativa strain with outstanding qualities in any respect.

Lambo is only available in the form of regular seeds at the moment, with 45 euros for five seeds and 80 euros for ten seeds certainly a fair deal for such an exotic, high-quality sativa strain. 🍀

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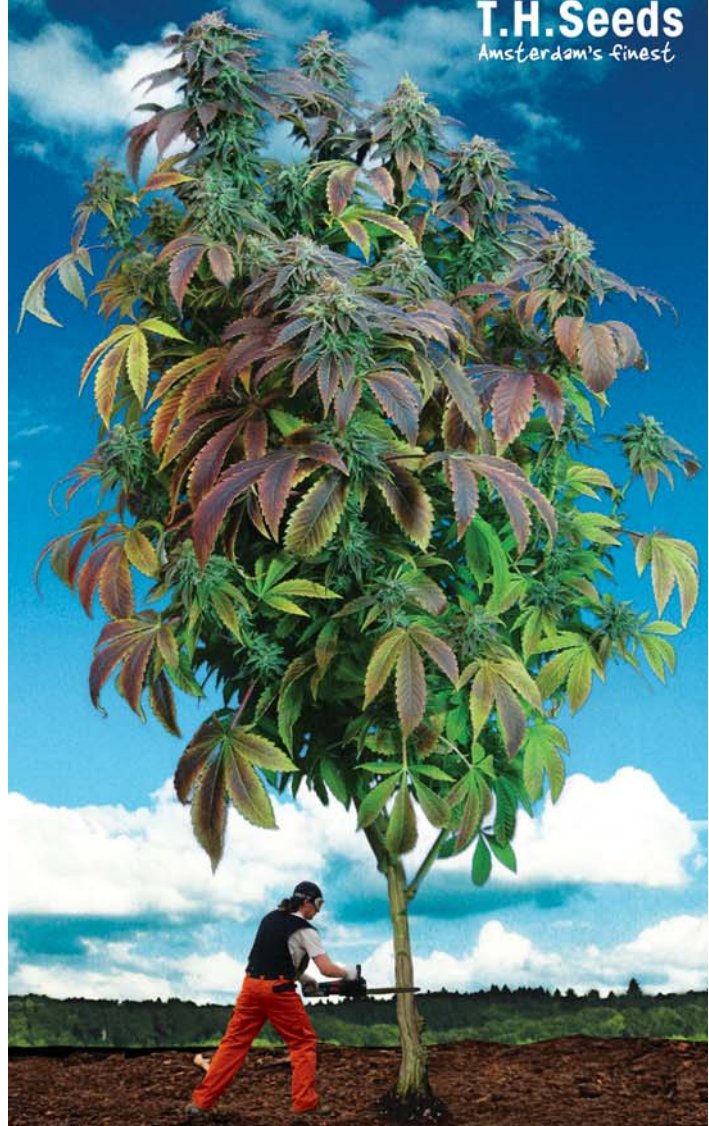
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CULTIVATION

Mataró Blue

Genotype: (Blueberry x Mazar-i-Sharif) x

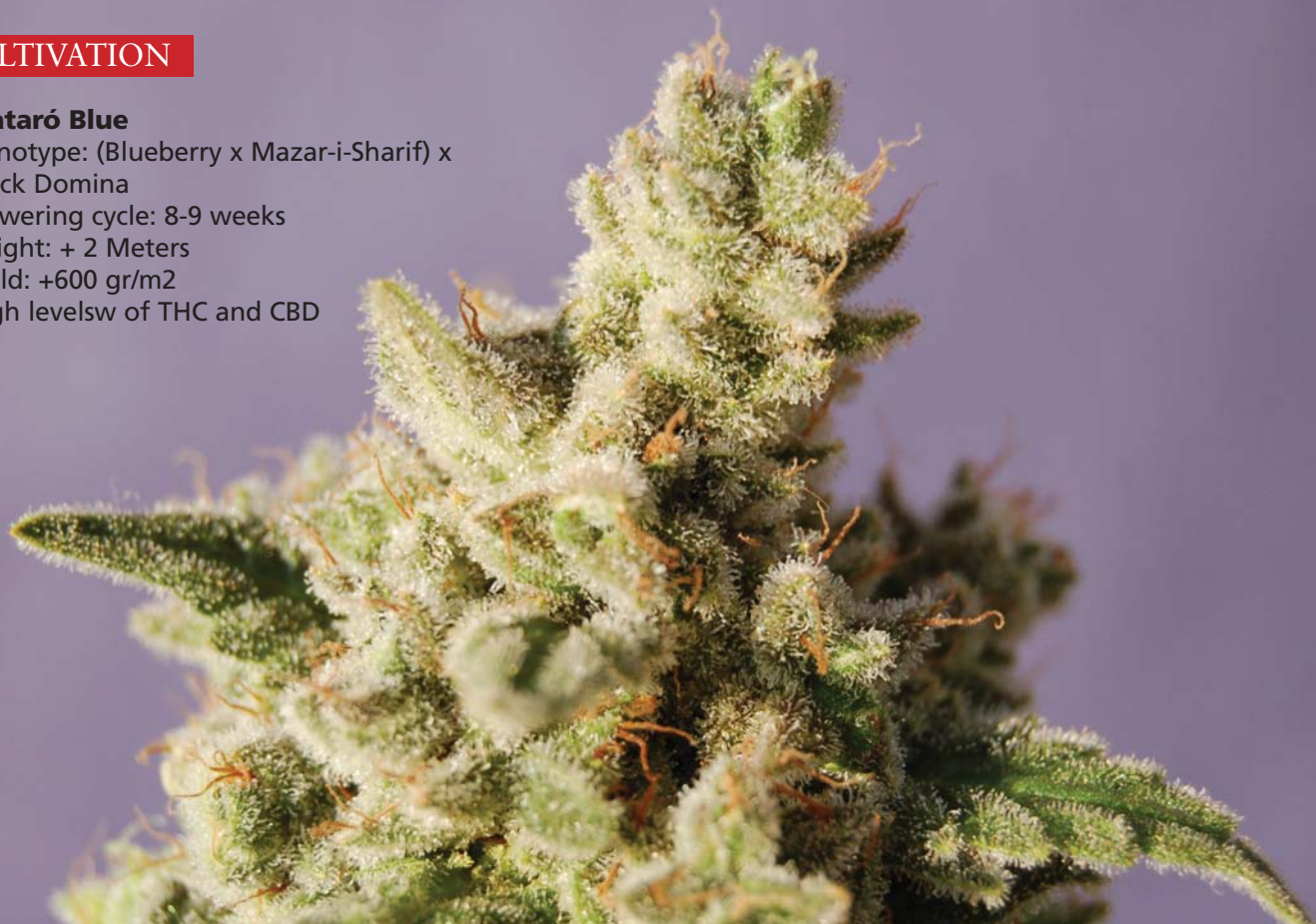
Black Domina

Flowering cycle: 8-9 weeks

Height: + 2 Meters

Yield: +600 gr/m2

High levelsw of THC and CBD



MATARÓ BLUE



The most difficult genotype in our entire catalogue is a three-way cross featuring the best of several predominantly indica strains. One of these is one of the most indica-rich Blueberries that we have, with a very high yield and maintaining all the properties that this variety is known for (short height, fast flowering and a bluish tone).

Another of the components is an original Afghan (Mazar-i-Sharif), a very good resin producer that also gives a generous harvest. The final ingredient in this indica cocktail is our Black Domina, which gives it a more ramified structure when grown outdoors or indoors in seven-to-ten-litre pots, and more height than the results of the first crosses.

Even so, the plant forms a thick central bud, hardening because of the number of flowers that form overlapping bunches. The plant starts to form crystals as soon as it begins to flower, eventually becoming covered in a thick coat of sticky resin, like large drops of caramel. It immediately produces trichomes with lime-green heads, and by the time it has nearly finished it has a whitish/golden appearance with a penetrating smell. When subjected to low temperatures the colour turns a bluish purple. It forms thick, healthy cuttings that are suitable for

cloning. The plant has a good resistance to high levels of EC.

Median nodes develop with huge, fat leaves. It withstands large amounts of fertiliser when growing and is resists to periods of drought very well. Indoors we recommend using a lot of wattage to optimise the crop's results (600W/m2). The recommended vegetative cycle indoors is two weeks for a good yield. With hydroponic systems the results are particularly impressive and quick to ripen.

It works very well outdoors, occupying a circumference of several square metres. We recommend propping it well to support the weight of the buds. With good pruning, the plants will grow into large bushes up to 2 m tall.

The flowering cycle is 58-65 days, so it will be ready for harvesting in early September. We recommend using carbohydrates to bring out all the flavour. The smell is very deep, with a hint of bitter orange. The high is fast and deep, lifting you up and making you float before firmly bringing you back.

Very high THC levels. Produces a very strong hash when extracted with ice. 🇨🇦





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TY Product Review



100% natural bat dung for unprecedented results.

By Skunkmad

Centuries ago, Incas discovered the powerful natural source of bat guano or bat poo, the perfect flowering fertilizer for growing plants and crops. The organic super-fertilizer Guanokalong helps in promoting taste, quality, and yield.

The proof that the bat guano from Guanokalong is ultimately organic is that the bats choose their own food themselves. The organic guano fertilizer is produced with the aid of natural ingredients from the droppings of bats. This guano has been piling up for hundreds of years in caves, and over time has changed into compost. Ripe fruit and healthy insects are abundantly available in the rainforest, from places where humans still have not had any influence. Let the spirit of the jungle become a part of your garden with the aid of Guanokalong. This plant nutrient is excellent for use in organic growing of consumable crops. Let the natural phosphate and the abundant presence of microelements and enzymes do their work. This organic super-manure works to improve taste, quality, and yield.

Guanokalong has a rich and unique composition of macro- and microelements as well as beneficial enzymes. The macro-element phosphorus in particular is present in abundance, which makes Guanokalong a great grow and bloom nutrient.

Guanokalong only gradually releases its minerals, thanks to which burning the plants' roots is all but impossible.

The unique enzymes and the high calcium/magnesium-concentration of Guanokalong stimulate the micro-life in the ground.

In addition to Guanokalong powder, Guanokalong also produces several more products: a taste enhancer, a complete soil mix, and liquid Guanokalong grow and bloom. Here is some more information on those products.



Guanokalong taste-enhancing extract

This is a plant nutrient that is directly taken up, made by allowing guano to sit for a long time in water while kept circulating by pumps. Use the extract as an additive to the feed water and give this around once a week. There are no preservatives, hormones, acids, or sugars added. The extract is used as an extra addition on top of the normal grow schedule feeds. The taste of the end product is incomparable.



Guanokalong complete mix soil + guano

Lightly enriched with guano. This soil consists of: 10% perlite, Baltic peat, garden peat, and 10% worm castings.



The Guanokalong products.

Centuries ago, Incas discovered the powerful natural source of bat guano

Guanokalong Grow & Bloom

Two organic liquid fertilizers for growth and bloom. These fertilizers contain only nitrogen and potassium, and are at their best when used in combination with Guanokalong powder (rich in phosphorus, calcium, and micro-elements) in order to make up the phosphorus requirements of the plant sufficiently. Guanokalong powder has an average value of 15% phosphorus. This phosphorus becomes gradually available from week one right up until the end of the cycle. The microbiological life in the soil will gradually convert the phosphorus into nutrients that can be taken up by the plant. Kalong Grow & Bloom can also be used with Guanokalong – complete mix soil + guano.

In order to fertilize a soil or garden completely, we recommend you mix additional organic fertilizers. Here are some suggestions.

- Nitrogen** (fish = 100% organic)
- Potassium** (palm tree ashes = 100% organic)
- Micro-life** (worm castings = 100% organic, or compost as direct plant nutrient)
- Seaweed powder/extract** (100% organic and also rich in magnesium and micro-elements)✚

How to use Guanokalong bat guano?

Guanokalong Growing Scheme

Mix 50g Guanokalong powder per plant in 7 liters of soil/coco or use Guanokalong complete mix soil + guano

Week	Kalong grow	Kalong bloom	Extract taste improver (optional)
18hrs	1ml/l		10 ml/l
12hrs			
1	2ml/l	1ml/l	10 ml/l
2	2ml/l	2ml/l	10 ml/l
3	2ml/l	2ml/l	10 ml/l
4		2ml/l	10 ml/l
5		2ml/l	10 ml/l
6		2ml/l	10 ml/l
7		2ml/l	10 ml/l
8		2ml/l	10 ml/l
9		2ml/l	10 ml/l
10		2ml/l	10 ml/l

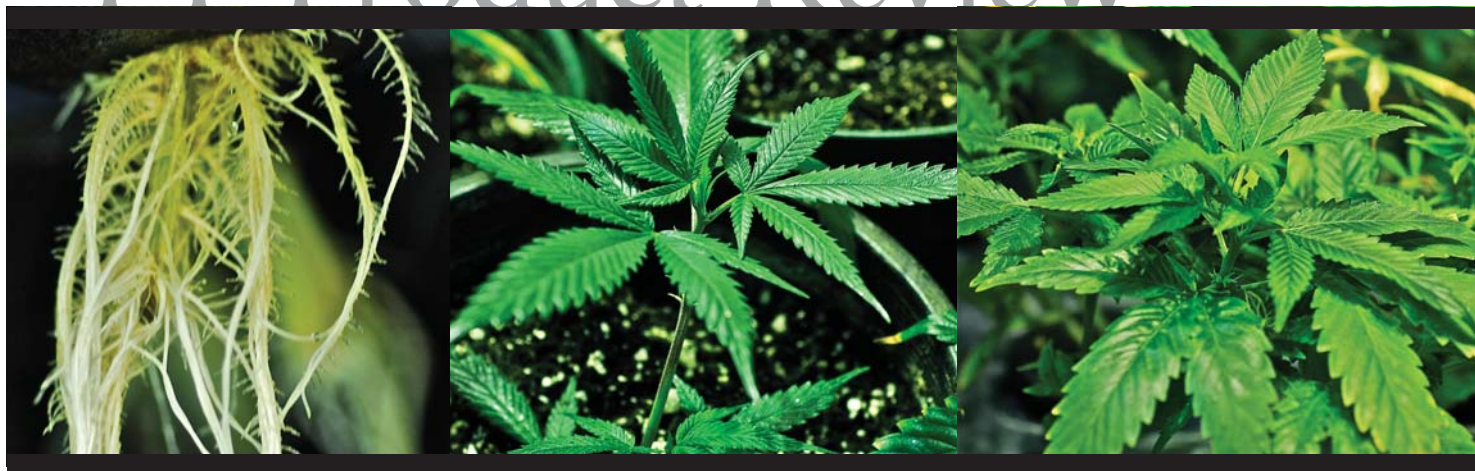
Cartoon



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TY Product Review



Grow Switch **Full On** turn on your grow.

Having been made aware of this bio-stimulant GrowSwitch Full On by what my friend in Vancouver, Canada, started calling his magic tonic, I sent for a trial sample.

I love this part of my life, and that is beta testing organic products as they come into the marketplace.

The product came right away in a really cool aluminum bottle, so I was impressed by a company whose packaging shows care for our environment, as these bottles are 100% recyclable.

The mix rate is one bottle [four ounces] to 15 gallons, to be sprayed on plants [foliar feeding] as well as watered in, or added to the reservoir in the case of a hydroponics set-up.

I noticed immediately the deepening of the color of the leaves as well as the vigor of the plants from just this first spraying and watering.

I added this to my clone machine and sure enough had thick, nice roots in half the time! My cuttings were all taken on the 21st; now on the 29th, they have five-inch-plus roots and very happy, strong cuttings that never once fell down. There were roots present on all the cuttings by the fourth day.

Using this product for a little more than three weeks now, I notice all the growth. The roots and stalk have grown noticeably larger, with the leaves darker in color lying nice and flat, with all of them facing into the light, like the active solar collectors they are. These are just plain noticeably happier, healthier plants.

To explain all of Grow Switch Full On's benefits will be an article all on its own, which I will submit after I finish this crop.

Full On is a product that is designed specifically for your plants' needs. It assembles the right sequence of building blocks from what you are supplying with your fertilizers and nutrients, creating a balanced uptake by the plant, utilizing every bit of what you feed, while actually lessening the amounts of nutrients and fertilizers used.

This is a synergistic, nutrient-dense, food-grade growth enhancer for high-value plants. No matter if the plants are grown in dirt or hydroponics systems, Full On will benefit the health and accelerate the growth of your plants. I could call it a miracle tonic for cannabis, or an energy drink specifically designed for the optimum nutrition and growth of cannabis, though I would rather have someone else tell me thanks for spreading the word about Full On by saying something like, Man, my garden looks awesome!

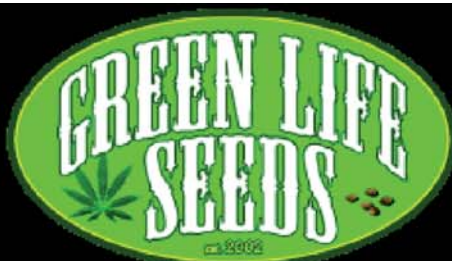
The pictures are of my plants at three weeks in bloom and again at four weeks. The roots are at seven days after cuttings were taken. I must admit they were not my best cuttings either, as I was in a rush. Yet they are all strong and with nice roots.

My opinion on this product is that it should be in your garden to boost your return on your investment in nutrients, fertilizers, and mycorrhizals. From what I have observed, it optimizes every little bit of nutrient, fertilizer, and tea, plus whatever is found in the soil mix you use, meaning using less of everything and getting more bang for your buck.

Oh, did I mention it is 100% ORGANIC and manufactured from all FOOD-grade ingredients?

I ordered a liter immediately after I tried the sample.

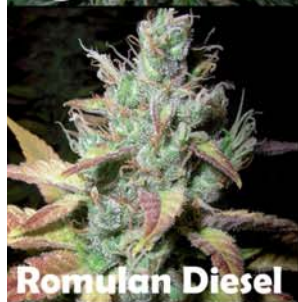
Ask your local grow store to carry it; it really rocks!!! 🍀



Romulan



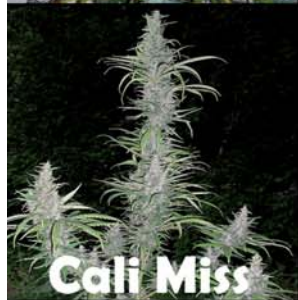
Afghani Dream



Romulan Diesel



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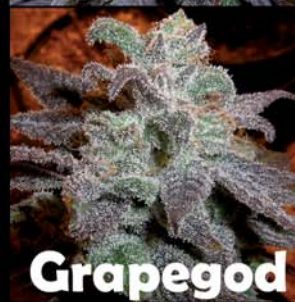
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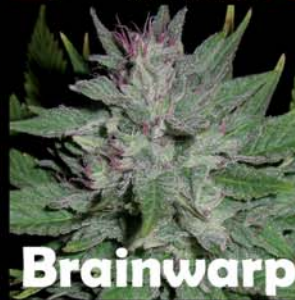
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Uncovering the Original Sacrament:

Chris Bennett's Cannabis and the Soma Solution

Review by Samuel Wells

When asked to name an author crucial to the growing mainstream understanding of the uses of cannabis and its role in history, culture, and religion, almost every educated marijuana activist and patient across the world would naturally answer, "Jack Herer." Jack's classic collection, *The Emperor Wears No Clothes*, is a must-read for everyone interested in the uses of industrial hemp, the early medical explorations of therapeutic toking, and the madness of prohibition. The book has rightly been lauded as a landmark in cannabis history; many texts and tomes published in the years since its release simply do what they can to fill in the gaps in the contemporary historical narrative. Chris Bennett's astonishing new piece of scholarship, *Cannabis and the Soma Solution*, absolutely deserves a place directly adjacent to the work of Jack Herer on every reader's bookshelf. This clever and detailed dissertation is one of the most important academic works ever created in the field of marijuana anthropology.

At the heart of the matter is the true identity of the ancient magical elixir Soma (also Haoma), venerated in the Hindu Vedic scriptures as being the key to immortality. Since 1967, the predominant theory of the identity of Soma has been that of banker-mycologist Gordon Wasson, who claimed the holy beverage came from the toxic fly agaric mushroom, *Amanita muscaria*. Bennett seems to come from the take-no-prisoners approach to historical argument; he wastes little time in analyzing and countering a vast majority of Wasson's argument early in his 500-page thesis. The pattern holds true for the rest of the intimidatingly well-researched and argued book. Through detailed analysis, illustrations, and careful source citation, Chris Bennett takes his reader on a whirlwind tour through human history and culture with only one goal: to prove that the oldest-known spiritual sacrament on the planet was created from cannabis.

To say that he succeeds in this goal is a vast understatement. Readers can expect to absorb volumes of facts on the smoking cups of the horse-riding, nomadic Scythians, the "magic mountain" incense braziers of the ancient Chinese physicians, and India's notorious beverage, bhang. Even when dazzling the reader with his erudition and research, Bennett never takes his eyes off the prize; he makes sure to follow the evolution and alteration of the term Soma/Haoma as it moves from culture to culture and forward in time. He clearly demonstrates how the ingredients of Soma were hidden or falsified by jealous

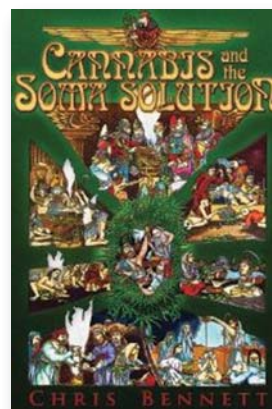


Cannabis and the Soma Solution,

by Chris Bennett

Published by Trine Day

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priests and reactionary contemporary historians. This linguistic history provides a solid foundation for the rest of Bennett's arguments and claims, all of which are carefully and thoroughly cited. *Cannabis and the Soma Solution* ranges from analysis of ancient Egyptian hieroglyphs to Greece, Rome, and Persia, with assurance born of the author's certainty in his cause. Bennett's work on the ancient Hebrew and Christian use of cannabis in potent anointing oil is enough to justify the purchase of this impressive book; although only a fraction of the larger historical context, the argument and proof presented to the reader is first-rate scholarship.

Every cannabis aficionado, patient, and advocate will find something of great value in Chris Bennett's *Cannabis and the Soma Solution*. The great Jack Herer laid the foundation of our understanding of the foolishness of cannabis prohibition in its modern form: Chris Bennett has performed an invaluable service by proving once and for all that the oldest and greatest spiritual sacrament in human history is cannabis use.

The Pot Book,

Edited by

Julie Holland, MD

Review by Samuel Wells

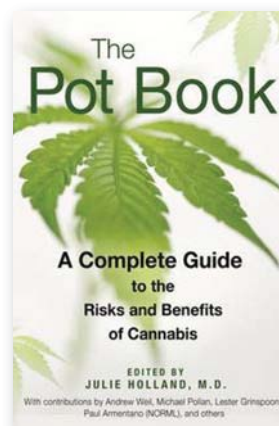
The Pot Book:

A Complete Guide to
Cannabis,

ed. Julie Holland, MD

Park Street Press

ISBN: 978-1-59477-368-6



The most important tool any cannabis activist, patient, or enthusiast can possess is information. Marijuana prohibition has always depended upon the promulgation of shoddy, unreviewed research, fear-based propaganda, and outright falsehoods; many dedicated to educating the public on the powers of medical cannabis are often left dumbstruck by the sheer volume and depth of the misinforma-

tion that masquerades as truth. With an astonishing history of falsehoods that includes Harry Anslinger's racist rantings, the televised brain-wave deceptions of the Partnership for a Drug-Free America, and outright lies about sex characteristic and chromosomal damage, is it any wonder that it has taken so long for the truth to begin to reach the public ear?

The Pot Book: A Complete Guide to Cannabis is NYU professor Julie Holland's valiant attempt to counter decades of propaganda and fear. The anthology is a deep trove of information for those seeking to educate themselves on the science, history, and culture of marijuana use. Contributing writers include luminaries like Lester Grinspoon, Allen St. Pierre, Tommy Chong, Dr. Andrew Weil, Donald Abrams, and Mitch Earlywine, all well-known and respected medical cannabis researchers and crusaders. "The Endocannabinoid System," an early entry in the book, is a clear and easy-to-understand introduction to the human body's unique system of chemical regulation and the complex role it plays in health and well-being. The chapter "Anandamide and More," by Dr. Raphael Mechoulam, is also very informative; authored by the scientist who first discovered THC, it gives a detailed overview of the two primary internal cannabinoid compounds found in the human body and offers a direct comparison to THC.

Although the medical aspects and uses of cannabis abound in this informative text, the curious reader will find much more than dry clinical studies. There is a fascinating interview with Michael Pollan, the author of *The Omnivore's Dilemma* and *The Botany of Desire*, where he explores the concepts of gardeners' rights and expands upon his concept of humanity's co-evolution with the cannabis plant. There are entries that delve into the US government's total refusal to accept the medical benefits of marijuana, that propose how pot-smoking parents might wish to discuss the topic with their young children, and that provide direct cost-benefit analysis of legalization. There is even a wide-ranging section that covers any possible negative effects from cannabis use and promotes effective harm-reduction strategies. The Pot Book does indeed offer exactly what its title claims: Nearly every aspect of the science and culture of marijuana is presented in this fine volume. The book itself is sustainably printed, and proceeds from sales help fund new cannabis research!

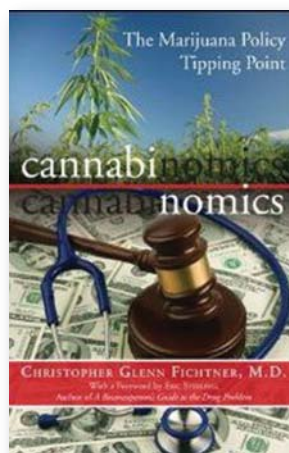
The Pot Book: A Complete Guide to Cannabis is an excellent addition to any activist library and a perfect gift for someone who wants to know more about the powerful healing medicine known as marijuana. The only antidote to fear and propaganda is information and accurate science: Dr. Julie Holland has given the cannabis community a powerful tool with which to fight the forces of ignorance.

Mapping the Road Ahead. A Review of

Cannabinomics: The Marijuana Policy Tipping Point

by Christopher Fichtner, MD

Review by Samuel Wells



Cannabinomics: The Marijuana Policy Tipping Point by Christopher Fichtner, MD
Well Mind Books
ISBN: 978-0-9842588-0-2

One of the greatest tragedies of the recent cannabis movement in North America was the infighting and division that occurred during the debate over Proposition 19 in California. Also

known as the Regulate, Control, and Tax Cannabis Act, the proposal was problematically written and doomed as the result of infighting among growers, dispensary owners, and patients, with a vast majority of the voters in the area known as the Emerald Triangle ultimately rejecting the measure. The cannabis community is wide-ranging and lacks unity: How can we bring enterprising entrepreneurs together with desperate medical patients? How can these two groups connect with the wide-eyed, take-no-prisoners legalizers ready to confront the so-called drug warriors in public with signs and protests?

Psychologist Christopher Fichtner's *Cannabinomics* is the author's attempt to synthesize the three primary approaches to ending the War on Natural Medicine in order to provide a clear and unified platform for activists to create real change. Through a detailed discussion of recent political history, effective use of selected and powerful case studies, and pages of research, Fichtner draws a convincing map of the current cultural landscape and how contemporary social evolution has created a unique opportunity for activists and voters to push for the elimination of anti-cannabis laws on the federal level. *Cannabinomics* is designed to provide a platform that honors each voice and opinion within the marijuana movement and allows each of those perspectives to lend its most powerful tools to the greater fight.

Fichtner labels each of the three main schools of thought

with a geographic location: the medical marijuana movement and harm reduction approach is grouped as San Francisco in honor of Denis Peron and other pioneers; Amsterdam serves as the urban logotype for those who focus on policy reform and ending the Drug War; Oxford, UK, the home of GW Pharmaceuticals' Sativex (aka Oxford Gold), is put forth as the icon for economic integration into the current system of medical science and sales. Each of these approaches is given its own section of the book, complete with research, case studies, and analysis.

While there is little information presented in Cannabinomics that will not already be familiar to most activists, Fichtner's analysis that all three aspects of the movement must work together for effective policy change is worthy of attention. His categorization of the main approaches — medical science, policy change, and economic entrepreneurship — is logical and provides activists with a clearly drawn map of the road toward legalization. It is a refreshing request for solidarity in a movement splintered by controversy and conflict. What remains to be seen is if anyone will heed the call. 🍀



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The Coffee Shops Remain Open to Tourists

By Harry Resin

www.harryresin.com

A famous minister of state once said, "If you tell a lie big enough, and keep repeating it, people will eventually believe it." This quote comes from Joseph Goebbels, the German Nazi Minister of Propaganda. This is exactly what has gone on in the last month all over the various world news outlets. They have been reporting that a weed pass has come into effect and that the coffee shops of Amsterdam and the Netherlands will be closed to tourists.

Thankfully, this is only an attempt at global propaganda and is totally untrue. The shops are open and ready for a summer filled with nice weather and good smoke.

It seems for whatever reason, CNN, The Guardian, and various other news outlets have been falsely reporting the demise of the shops.

The coffee shop system subscribes to a unique set of regulations and rules. This is because coffee shops are not actually legal; they are tolerated. The rules that govern the shops are called the gedoogbeleid (tolerated policy). As a result, there is a government organization that monitors the shops and policy. It also enforces the rules and suggestions handed down from the government in The Hague. This organization is called the AHOJG.

In recent weeks, there has been a ton of discussion about the weed pass and closing of the shops. The reason for this was that there were discussions in the Dutch equivalent of the House of Commons, known as the Tweede Kamer, regarding the weed pass. However, on June 23, the AHOJG released the guidelines for the coffee shop policy, which will be put into effect from now until June 2015, and the recommendation for the weed pass was not taken up. Another important ruling occurred, which was the defeat of the 350-meter rule, which meant that all shops within 350 meters of a school would have been closed. I found this quote on a blog from a Dutch lawyer:

"Het grote nieuws van vandaag is dat het nieuwe gedoogbeleid op 1 juli a.s. in zal gaan en tot 30 juni 2015. De AHOJG criteria staan al op internet (www.om.nl). Het goede nieuws is dat er niet veel zal veranderen.

De belangrijkste conclusie is dat de AHOJG criteria niet zijn aangevuld met wietpas en afstandscriterium. Alleen de burgemeester is exclusief bevoegd ex art. 13b Opiumwet consequenties te verbinden aan niet naleving van de AHOJG criteria. Daarin vernadert niets. De aangekondigde maatregelen maken tot 30 juni 2015 geen deel uit van lan-





delijke regels voor coffeeshops. Alle boze maatregelen uit Den Haag (inclusief afstandscriterium en wietpas) kunnen de komende vier jaren dus uitsluitend op lokaal niveau worden gerealiseerd. Dat betekent voor de goede orde dat de wietpas en ook het scholenaftandscriterium in Amsterdam het naar alle waarschijnlijkheid niet zullen halen. Immers, Deze aankondigde maatregelen die in Amsterdam tot een kaalslag zullen leiden kunnen alleen middels lokale regelgeving door de Gemeenteraad worden vastgesteld. En de gemeenteraad is tegen een afstandscriterium en tegen de wietpas. Net als de burgemeester, die ook in de nieuwe gedoogregels is aangewezen om deze te handhaven. Dat betekent dat er in Amsterdam niet veel zal veranderen."

This quote basically reiterates that the governing body in charge of coffee shops, the AHOJG, did not take up the recommendations for the weed pass and the distance ruling. The AHOJG stated that the individual mayor of each city has the right to decide what is the best policy for each city. The local government and mayor in Amsterdam are against the weed pass; therefore, in Amsterdam, not much will really change. All the angry rules that The Hague has been talking about will not come to pass on the local level for at least four years.

This means that you need to spread the good news. The shops are safe, at least for the next four years. In this time, I have no doubt that the government will change and, hopefully, the people of Holland will elect something more tolerant. The word on the streets in Amsterdam, though, is that the current policies will remain status quo for quite some time, with the shops open and ready to serve all tourists and visitors to Amsterdam. A friend of mine from Hunter's coffee shop told me that one of the local cops in charge of monitoring the coffee shops told him there is no way the weed pass will ever come to be. He said, "Why fix something that works? We don't want to divert our resources to busting street dealers and dealing with new problems that now don't exist."

Hopefully, this will finally set the record straight. I'd also like to add that the world's media should get some better fact checkers, as they jumped the gun a bit with their reporting. The coffee shops of Amsterdam have their doors open and their menus ready, so when you're walking down the streets, follow the smell, and we'll see ya soon in Amsterdam.

Special thanks to two shops for letting me take pictures and providing me with information.

The Bluebird

Sint Antoniesbreestraat 71

Hunter's

Warmoestraat 24, 35, 36

Love and light 🍀

By Lexx

Born into the tumultuous '60s,

with the Beatles on Ed Sullivan, watching the Rolling Stones make Ed twinge, then watching the Who thoroughly trash their guitars on stage, was the time etched forever in my mind as the birth of the hippie generation.

Many of the famous activists were personal heroes of us as hippies, watching as these peaceful warriors did battle with the dark forces opposing our freedoms, bringing back a little of our dignity with each win.

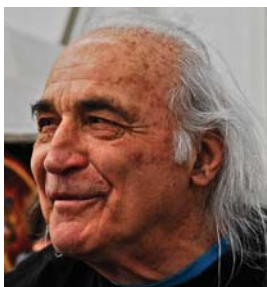
McCarthy was still alive when we were young, though we knew little of what it had done to our personal liberties; we knew we were forced to comply with draconian laws.

The honor granted to me as a photographer and journalist are these sometimes fleeting glimpses of and even rarer moments together with these living legends, such as, Tony Serra, Wavy Gravy, Mountain Girl, Jerry Beisler, and more, at events, like Deep Green, that I have covered. These great experiences are why I am taking the time to write a bit about who they are and why they matter.

Tony Serra

<http://www.pier5law.com/j-tony-serra.html>

is the unstoppable, legendary attorney whose tireless devotion to the cause is documented in the movie *True Believer*. Tony fought for the freedom of an innocent man who was framed for a Chinatown gang murder. The truth of what had happened was kept quiet so that a snitch who actually committed the murder could keep being an informant for the police.



He defended such notables as Huey Newton, Brownie Mary, Dennis Peron, even members of the Symbionese Liberation Army and Earth First!

He won the case for Judy Bari against the FBI!

Tony took a vow of poverty, which he has maintained through all the years as expression of '60s values, becoming an issue with the IRS. All profits in his cases go to other attorneys helping others deserving help.

Tony spent several years in Lompoc Prison for refusing to

pay taxes to support the war in Iraq.

Pictures never truly capture the fire in the soul of these true master wordsmiths that help those blinded by ignorance awaken and see through their prejudice and malcontent. Court decisions that give rise to understanding the impact of the injustice of an unevenly biased judicial system are few and far between. Tony did more than his share to place boulders on the side of the scale of justice for our rights.

Wavy Gravy

(<http://www.wavygravy.net/bio/biography.html>)

is the Zen Trickster of the clown world. With humor in all his undertakings, he has been able to convince doctors and many patrons to help humble, blind men, women, and children to be able to see again. The SEVA Foundation



(<http://www.seva.org/site/PageServer>) offers a gift of sight and help from the heart of a Zen master. Wavy, not content enough with that amazing accomplishment, also put together Camp Winnarainbow, a circus and performing arts camp

for inner-city children and adults who have “forgotten how to lighten up and let loose.” I am particularly fond of his work with children suffering from life-threatening illnesses.

Wavy's commitment to healing the world with laughter is his legacy.

Part of this same troupe of entertainment-centered tricksters is the woman who captured Jerry Garcia's heart: Carolyn Garcia, aka Mountain Girl. Being part of this Deep Green fest, she is spreading the family-rooted work of the REX Foundation (<http://rexfoundation.org/>), whose Grateful Dead-fueled foundation gives money to worthy causes. The sparkle in her eye speaks volumes of the music Jerry has serenaded her with and the heart of gold she manifests with this blessed foundation.

Michael Gosney

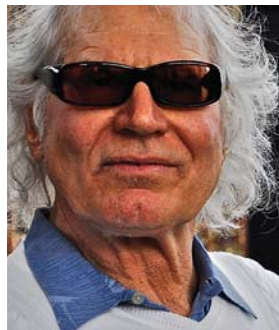
(<http://www.greencenturyinstitute.org/directors.htm>)

the producer of Deep Green fest, is another producer of international events centered on changing this paradigm of unawakened environmental damage by synchronistically harmonizing at the same moments in time with others who have the conscious intent of shifting the consciousness of the world to thinking, acting, and being peaceful beings. Earthdance (<http://www.earthdancelive.com/>) is a worldwide music event, manifesting healing conscious thought by creating peaceful vibrations with music and dance all over the world at the same time.



Buddhists hold to the belief that the continuous chanting of the different sutras in each of the temples around the world keeps the peaceful energy flowing to all troubled beings. Ceremonies include ones like Liberating Life (<http://www.advite.com/sf/assm/assm7.html>), which frees animals from the fate of becoming dinner by buying them at the markets and freeing them back into nature or the waters or seas they came from, granting the possibility of freedom from false imprisonment by transference of merit.

Jerry Beisler is a successful counterculture historian whose book *Bandit of Kabul* captures a unique perspective. Jerry was part of the first American hippie entourage to venture and stay in the famous hash regions of Nepal, India, and Afghanistan. Jerry was also deeply involved in the music scenes of the early roots of rock and roll, and he was the first to do many of the things we take for granted today, like design bud T-shirts or buy and sell seeds.



Doctors include **Dr. Todd Mikurya**

(<http://www.mikuriya.com/index2.html>), now deceased, whose pioneering work and devotion to this medicine is why we have the medical world reawakening to this most ancient of remedies.



Doctors have taught other doctors the value,

use, and integrity of cannabis,

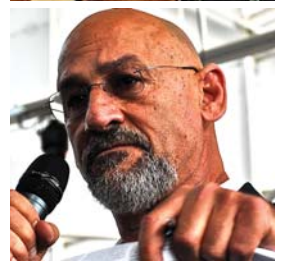
such as **Dr. David Bearman**

(<http://www.davidbearmanmd.com>), who has been helping pioneer the free clinics movement and has been outspoken on cannabis since the '60s. His contemporary, **Dr. Frank Lucido** (<http://www.drfranklucido.com/>), has taken to the courts to support patients and doctors, and to educate lawmakers anywhere he can be of assistance.



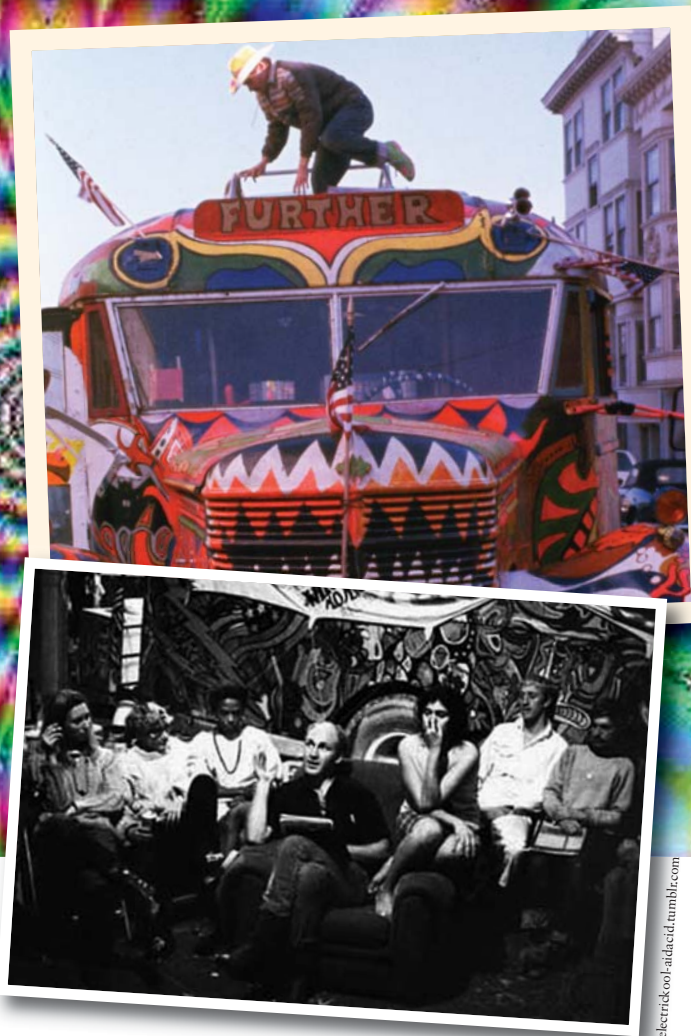
If not for the bravery of doctors to stand besides patients like **Elvy Mussika**

(http://en.wikipedia.org/wiki/Compassionate_Investigational_New_Drug_program), she would not have gotten her federal medical card. This transformed Elvy into a darling of our movement, speaking in every state, demonstrating that cannabis does not make you crazy, or such nonsense, that it does heal, maintains Elvy's eyesight, and makes her the fire of truth that cannot be extinguished. Elvy is a mother speaking truth to power. Her library is legendary, so next month we will sit down and have an interview with her. Stay tuned!!!



More Than ONE FLEW OVER THE CUCKOO'S NEST

By Mike Marino



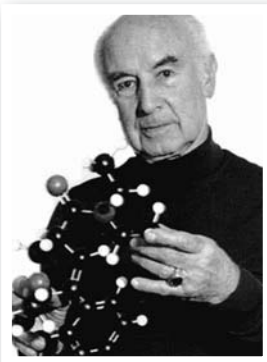
The Spare Change Sixties came on like a Day-Glo banshee, screaming and screeching. The counterculture was on the move to the beat of a communication breakdown with the torch-passing greatest generation that won the war to end all wars. Now it was the emperor without any clothes as the military-industrial nation stood naked in a pool of hypocrisy, and the new generation moved like so many ants across the asphalt expanse of America. The East Village to Haight-Ashbury, East Coast to the West, the neighborhoods were psychedelic bicoastal sexual bookends anchored in fog and smoke-enshrouded harbors. The ragtag army traveled by thumb, by car, and V-Dub vans. Male hormones were reaching critical mass, while teenaged girls were having menstruation meltdowns. The Sexual Revolution was on. It was a time of Yellow Submarines and magic carpet rides, the straights and the Haight. The difference itself was as divided as night and Day-Glo. The acid poured like rain from a monsoon in New Mexico, painting a kaleidoscopic portrait on a blank canvas in double domes of purple to alter the states of the alter egos.

The hipsters of the '50s and the hippies of the '60s shared common heroes, from Kerouac to Ghandi, and shared their heroes' personal quests of civil disobedience and public drunkenness. It was a tightrope walk of cultures that met and morphed into a wonderful bastard child of pop counterculture that included the likes of Ken Kesey and the Merry Pranksters and the famous

Trips Festival. It was determined at one point that it was time to load up the sociological bus, inhale deeply, and take a whole generation on a magical journey aboard a 1939 International Harvester school bus named Further. Flash forward to that period in time on the cosmic stopwatch later. Flash back now to a time in a space inhabited by the duo that would one day converge in a merry-go-round of Albert Hoffman and Ken Kesey, proving that more than one flew over the psychedelicatesan of a cuckoo's nest. Dr. Albert Hoffman was the first man in space, and is best known as the Father of LSD. Born in Baden, Switzerland, in 1906, he studied chemistry in Zurich. His main focus of study was the chemistry of plants and animals. He landed a gig at the famed Sandoz Labs in Basel, studying medicinal plants and ergot as part of a program to purify and synthesize active constituents for use as pharmaceuticals. In his studies, he first managed to synthesize LSD in November of 1938 while researching lysergic acid derivatives. Its main purpose was to be a circulatory stimulant. It was put on the back burner for five years until 1943, when he decided to re-examine it. He accidentally absorbed a small quantity through his fingertips and became the first outer-spaced traveler fueled by LSD. He hopped on his bicycle, and the rest is hipster history.

electriccool-acid.tumblr.com

He later wrote about that ride..."I was affected by a remarkable restlessness, combined with a slight dizziness. At home I lay down and sank into a not unpleasant intoxicated-like condition, characterized by an extremely stimulated imagination. In a dreamlike state, with eyes closed (I found the daylight to be unpleasantly glaring), I perceived an uninterrupted stream of fantastic pictures, extraordinary shapes with intense, kaleidoscopic play of colors. After some two hours this condition faded away." That day is remembered by the faithful as Bicycle Day.



A few days later, he purposely took 250 mgs of LSD and experienced a more intense trip. Self-experiments continued by Hoffman and a gang of happy colleagues. Later Hoffman

went on a hallucinogenic treasure hunt, studying the substances found in Mexican mushrooms and other plants used by aboriginal peoples. This study eventually led to the synthesis of psilocybin, the active ingredient in many magic mushrooms. He also studied Mexican morning glories and found the active ingredient in one variety was chemically similar to LSD. He died in April 2008.

Author Aldous Huxley opened the literary doors of perception, while Jim Morrison, a young film student and poet in Southern California, broke on through to the other side of that door with a blazing poetic fire that lit the imagination of a generation. Huxley had always been fascinated by spiritualism, philosophy, and psychedelics. In New Mexico, where I used to live, the saying was, "Don't search for the peyote, the peyote will find you!" Leave it to an inquisitive German pharmacologist, who studied and then published the first study of the chemical properties of the cactus in 1886. The Wild West was winding down, and the study of psychedelic properties was on the rise and raising the levels of self-awareness. Peyote to the primitive religions and the Indians of Mexico and the American Southwest was a friend of long standing. In some cases, it was more than that; for example, in the words of one of the early Spanish visitors to the New World, "They eat a root which they call peyote, and which they venerate as though it were a deity."

Huxley was tripping out in the sterility of the 1950s, and from those experiences wrote the book, *The Doors of Perception*, a phrase used by William Blake that suffi-

ciently influenced Huxley to use it as the title to his book regarding his mescaline experiences.

If Hoffman gave birth to LSD, and Huxley put the psychedelic experience into literary perspective, then Jim Morrison gave the chemical offsprings its lyrical and poetic voice through music. Jim was attending film school in Los Angeles, a budding director to follow in the celluloid footsteps of the great ones: the actors, the directors, the writers, the artists, all creative types who follow the muse wherever she may lead. Another young film student, Ray Manzarek, was working on projects with Morrison, and he realized at one point they shared an interest in music. Morrison's poetry was put to a blues piano by Manzarek. They teamed up eventually with Robbie Kreiger and John Densmore. The band chose its name from the very same poet-visionary William Blake, who had written, "When the doors of perception are cleansed, things will appear to man as they truly are...infinite." Another inspiration was Huxley's *The Doors of Perception*. Morrison was so connected to both works that he proposed the name, *The Doors*. Everyone agreed that the name, as well as the inspiration from which it sprang, was perfect to convey who they were and clearly representative what they stood for.

LSD was sanctified to a higher level by the high priest of the Garden of Chemical Eden, Timothy Leary, and one man, and



many pranksters, took it even further, to a chemical roadshow that ate asphalt from the psychedelic colors of the West Coast to the gray East of New York City and its teeming tenements and lofts in the East Village. Timothy Leary was the high priest of LSD, turning on, tuning in, and dropping out while dropping acid by the bucketful.

Ken Kesey and the Merry Pranksters flew over the cuckoo's nest of the tie-dyed decade by buying an old school bus and loading it up with cargo, contraband, and contraptions, including musical instruments, speakers, electronics, bong pipes, and other necessities of such a journey from one coast to the other. Kesey's first novel, *One Flew Over the Cuckoo's Nest*, was a success, and in 1964, Kesey and Company were ready to celebrate the publication of *Sometimes a Great Notion* with a cross-country chemical mission of conquest. The old school

bus was painted in brilliant fluorescence with a variety of symbols, some mystic, some fun, but when viewed collectively, pure haiku. The bus was named Further in honor of its ultimate destination, and at the helm was Captain Kesey, but in the driver's seat was none other than Ken Kesey's real-life R.P. McMurphy and Jack Kerouac's real live Dean Moriarty, Neal Cassady, gear jamming across the black jazz asphalt night of the continent, and all the while loudspeakers were blaring and the Pranksters pranking their way across America in a journey that would become the subject matter of Tom Wolfe's *The Electric Kool-Aid Acid Test*. Although Kesey is generally associated with Northern California and the robust Northwest state of loggers, Oregon, his roots were deep in the soil of the ag-rich community where he was born, in La Junta, Colorado.

Located in southeastern Colorado, La Junta is located on the Arkansas River and lies on the old Santa Fe Trail. Kesey was surrounded at an early age by dairy cows and devoted his young days to farm work, where his work ethic was ingrained. By the late 1940s, the Kesey clan packed up and made its way to Springfield, Oregon, where Kesey found a passion for wrestling in high school and college. He enjoyed reading, and on the quirky side of the street, ventriloquism and hypnotism. Before R.P. Murphy, before Tom Wolfe, before the Trips Festival, Kesey was writing and testing his literary muscle, and like most writers whose first endeavors on the field of honor end in disappointment, *Zoo*, a novel he wrote about the Beats living in San Francisco, was not published. Writers have a tendency to leave unpublished works in their wake, a trail of breadcrumbs to follow should they get lost in the forest and too far from their voice.

Finally the pen became mightier than the sedative when *Cuckoo's Nest* was published in 1962. It was first adapted as a stage play, and eventually as the cinematic icon it eventually became in 1975, although Kesey loathed the film version. Whether it was a financial rift in the fault line or the fact that the main character was the McMurphy one and not the Chief, as in the book, Kesey left the production within two weeks. Also, Kesey wanted Gene Hackman in the McMurphy role, not Nicholson. Stephen King had the same problem with *The Shining*, and wanted another actor in Nicholson's place! Gimme a break! Nicholson gave life to both characters that the celluloid gods demanded. It's one thing to write a book, another to produce a film. Let artists in both media stay in their own realm and let the other do his work.



The inspiration for *Nest* was a stint at a veterans' hospital where Kesey had worked. The patients were under the influence of hallucinogenics as well as sedation, which made Kesey wonder whether they were kept in that state because they didn't fit the societal mold or some other reason to shunt them aside in a landfill of insanity. In 1959, the military-industrial complex was involved in experimental testing of psychoactive drugs and their reactions from those who ingested them. Some of the offerings today read like a Charlie Sheen buffet menu of all-you-can-eat chemistry. LSD, psilocybin, mescaline, cocaine, and on and on. Kesey, like Hoffman before, wrote extensively about the effects of these drugs. Soon,

Kesey moved from Menlo Park, where he was working at the time, thanks to the success of the book, and moved to La Honda, California, a beautiful two-lane wooded region south of San Francisco so rustic that the redwoods wore plaid shirts in lieu of bark. His fame grew and his circle of friends grew. It was not unusual to befriend and entertain on regular occasions the Grateful Dead, Kesey's favorite band, and Allen Ginsberg. The parties were accelerated with black lights, strobes, Day-Glo paints, and loads and loads of LSD, the holy communion of the unholy commune. Tom Wolfe wrote magnificently about the parties and the trips in *The Electric Kool-Aid Acid Test*, a weathered copy of which I still have to this day...

The Trips Festival and the Bus that could go further...or Furthur. It was a schizoid hipster suppository and repository of iconic proportions, and like the times, not easy to digest the meaning at one seating at the table at the feast without getting history heartburn trying to make sense of it all. It was time for publication for public consumption of Kesey's next literary foray, *Sometimes a Great Notion*. It was time to party and take the road trip of a lifetime aboard a bus called Further or Furthur, with a noble cast of counterculture characters as the trip to celebrate *Notion* was about to accost the nation, West Coast to East, North Beach and the Haight meet the East Village head-on in a psychedelic collision, replete with colorful clothing, blaring speakers atop the magic bus, and a load of Merry Pranksters to Kesey's Robin Hood aboard the 1929 Dustbowl-era International Harvester ... bound for glory... or at least Times Square. In literary lore, Neal Cassady holds a place on a pedestal of hipster honor in the realm of all things Kerouac. He was the true Beat. While Jack Kerouac wrote about the Beats, his inspiration was the sum total of one man, Cassady, or as he is known, the fastest man on earth and the official Further captain of the gear-jammin' journey across an America that had not witnessed such a cornucopia of

More Than One Flew Over the Cuckoo's Nest

flotsam and jetsam of debauchery, drugs, and the off-beat fading Beats, now becoming hip as the times they were a changin' group of hep cats heading east, not west, as is often the Kerouac case; the counterculture compass was pointing to the Atlantic this time, not Pacific. Further was painted on the bus as a one-word poem-destination placard to placate the psychedelic trailblazers on their Jeremiah Johnson quest as modern-day asphalt mountain men and mountain women and Mountain Girl....

Tripping out at the Trips Festival, which was a trip in and of itself, held in the dawning month of January in 1966. In part, it was the idea of Steward Brand, Prankster and in a later life the publisher of The Whole Earth Catalog. It was organized by Pranksters and kept in rein by none other than Filmore Bill Graham.

It was a night of techno-frenzy, with decibel decadence provided by the Grateful Dead, Big Brother and the Holding Company, and other neighborhood bands. Entertainment was provided by the spectators themselves and the bands, and LSD was plentiful, thanks to the Mother Theresa of acid, Owsley — Stanley himself, who passed it around freely, a cherubic smile beaming from his face.

The times moved on; the Summer of Love had a broken heart and fell apart as Flower Power wilted in the garden. Kesey kept active at his farm in Pleasant Hill, Oregon, with his family, including son Zane, who keeps the Kesey flame alive today, along with a host of aging Pranksters hanging on from the old days, and some new ones to help light the way for the new days. Further was put out to the psychedelic pasture in an empty field in 1989, when Ken acquired a new bus ... it wasn't the same at all ... as the original Furthur could go no further. The second bus, also called Further, is a 1947 International Harvester.

Ken passed away in Oregon following an operation for liver cancer and died at the age of 66 in November 2001 ... and no, he was no space oddity, he was just one who was lucky enough to fly over the cuckoo's nest in time and make the best of those times.

At the Kesey Web site in the Intrepid Trips store you can purchase miniature toy school buses hand-painted by the Pranksters, perhaps by Zane himself. I had one sent to me years ago when I had known Ken, and was fortunate that my bus was painted by Ken himself It sits by my keyboard, so when I get a bout of writer's block, it reminds me to keep going ... just a little further.... 🍁



The advertisement features a dark brown background with a dense, intricate pattern of green leaves, vines, and small yellow and orange flowers. In the upper center, there is a circular logo containing a stylized white 'VR' monogram. Below the logo, the text 'SF MCD PERMIT N° C 12381' is printed in a small, white, sans-serif font. The main title 'VAPOR ROOM' is written in a large, bold, white, serif font with a slightly distressed or hand-painted appearance. Below this, 'COOPERATIVE of SAN FRANCISCO' is written in a smaller, white, sans-serif font. Further down, 'YOUR PREMIER THERAPEUTIC CANNABIS DISPENSARY • EST. 2004' is displayed in a white, sans-serif font. The address '607A HAIGHT STREET • SAN FRANCISCO • CALIFORNIA 94117' is listed in a white, sans-serif font. Below the address, the text '* OPEN DAILY 11AM TO 8PM *' is written in a white, sans-serif font. At the bottom, the website 'WWW.VAPORROOM.COM' is shown in a white, sans-serif font. A small disclaimer at the very bottom reads 'Only patients with legally recognized medical cannabis ID cards may obtain cannabis from medical cannabis dispensaries.' in a small, white, sans-serif font.

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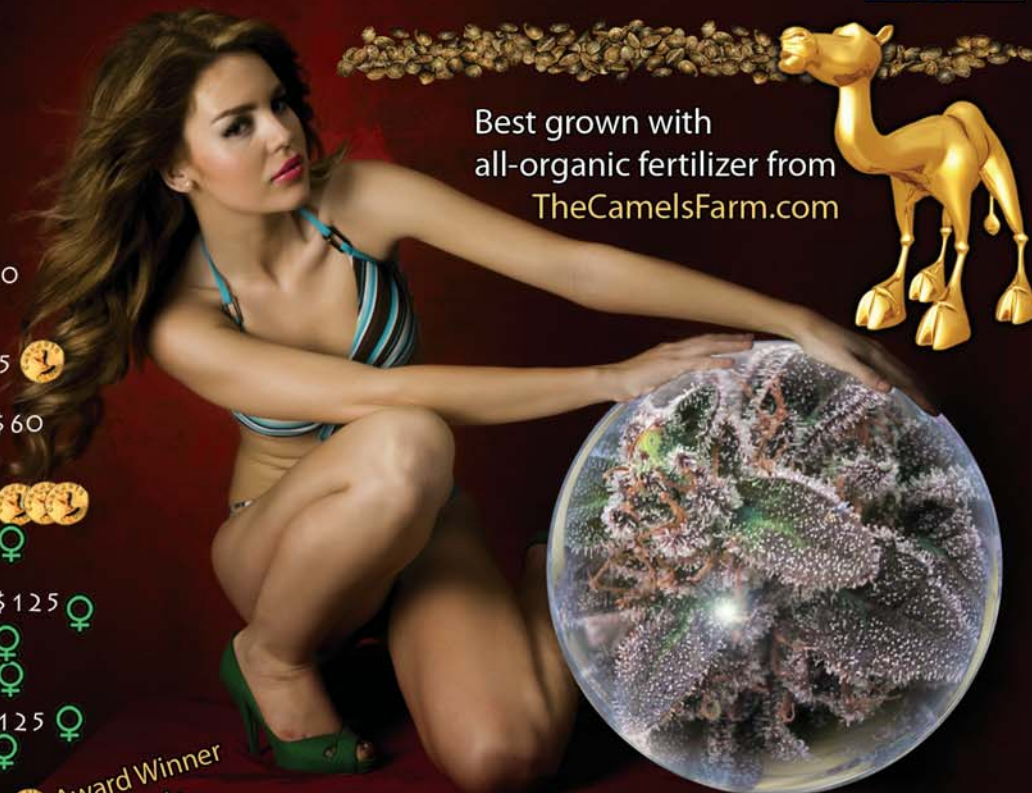
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Keeping PACE Everywhere

Al Graham

P.A.C.E.

www.peopleadvocatingcannabiseducation.org

Over the last few months, the people at P.A.C.E. have been quite busy. We've held our social and shown our movies. We've participated in the Treating Yourself Expo and are working on future events, such as Cannabis Day Peterborough, with other groups. There is also a plan in the works for a possible midwinter Med-Fest that could be held at a local venue featuring bands, educational movies, and an open speakers' forum. We've been involved with the media, discussing the new medical marijuana regulations as well as working hard every day to educate people.

P.A.C.E. Social

When people come out to P.A.C.E. events, they usually see and feel the great karma that spreads throughout the room. One such couple were Glen and Cindy. The two of them saw our ad in the local papers and they have been coming out to our movies ever since.

The two of them have now opened up their place to a P.A.C.E. event, as they allowed us to hold one of our quarterly P.A.C.E. socials at their home. Our social event allows people and patients to get together and enjoy themselves. We play the Grow Op game, listen to music, and enjoy a potluck meal as well as making it a get-together with other likeminded people.

As well as playing the game, we also hold a raffle draw. The businesses that support PACE help out with prize donations.

These places would include Peterborough Hydroponics, who donated food products, and Intergalactic Trading Company, who donated a percolator bong and papers, while Green Tree Eco of Alderville donated some products as well. They were joined by Canada's Number 1 Seedbank and Spirit Quest Speciality Seeds, as these two companies offered up items to the raffle prize pool as well. BMA Hydroponics of Belleville got into the draw prizes by donating a "washing machine" that was won by Bob, a friend from up north. We also raffle off the latest issues of Treating Yourself magazines, and some other, smaller prizes were also up for grabs.

As always, our pot luck meal was great. Since our socials go all day, everyone took a break part-way through the day to enjoy something to eat. Since our hosts had small children, they went and visited other family members for the day. Because the children would return, there was a no-smoking rule put into place so people would go outside for a smoke while those who just wanted to medicate could choose to join the smokers or enjoy the use of one of the Volcanoes that were set up around the rooms.

The winner for our spring gathering was Jeff. He is one of our first repeat winners, and from what I understand, he thinks our quarterly gathers should happen much more often. Jeff got to choose whatever prize he wanted from the prize table (except for the washing machine) for his efforts. Cannabis Educational Series



Our Cannabis Educational Series continues. Over the last few months, we were able to enjoy Emperor of Hemp, a story about Jack Herer. We played this movie in April, which coincided with the one-year anniversary of his death. In May, we showed the 2010 Treating Yourself Expo DVD set, which allowed us to show our audience what last year's Expo was all about in order to give them an idea as to what this year's event could look like. Besides showing people a general overview of everything, we also showed them the first ten minutes of each of the speakers that spoke at last year's show. As the year goes along, we plan on showing all of the speakers in their entirety.

In June, along with the movie Grass, we reviewed some highlights of this year's Expo that we found online. At the beginning of the movies, Mike always reads out a short bio on what I've done as a patient advocate. At this month's movie, Mike was able to add one more accomplishment, as he informed everyone that I had received the Michelle Rainey Foundation Award, at which time the place broke out in applause from those in attendance. The Grindhouse even went out of its way to put the award announcement on their outdoor blackboard for all to see.

Patricia and her staff at the Studio in Belleville, as well as Alice, Holy, and Ali at the Grindhouse in Campbellford, always make everyone feel so welcome that at times they must think people don't want to go home when everything is over.

House Calls

P.A.C.E. is also finding itself doing some house calls, as some people have problems coming out into a public setting to find out about this medication. Because of this, we have been contacted by people who want us to do house calls. These people have asked us to come to their place and talk to them in private and away from any interference or concerns of being seen. P.A.C.E. is always glad to help out people in this situation or help anyone that needs to get educated.

Until next time, remember: If you're a person talking positively about cannabis, then you are people advocating cannabis education. 🍀



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Toronto Freedom Festival - Global

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As spring jumps into action, so do the many volunteers that help with the Global Marijuana March and Freedom Festival in Toronto. Just like most events, things usually get started for the next year right after the present year ends. The organizers of this event are no different than any other organizers, but this spring there was a change; something was different. As it turned out, there was a different feeling, a feeling that something was going to change. What they didn't know was what it was.

As it turns out, a couple of months before the event was to start, the City of Toronto refused to grant the organizers a permit to hold their event. There was a lot of talking and letting the city know that no matter what, people were going to show up at Queens Park, whether they liked it or not. In the end, the city allowed the event to carry on for 2011 but said that they would have to make some changes, which would include fewer vendors and only one stage, not three like they have been using. The question still remains for some: What about next year?

Once things were approved, the word went out and somewhere around 50,000 people showed up. The vendors were there as well. You could buy yourself some sugar cane or freshly cut open coconut in order to enjoy its milk, or you could get yourself a great piece of glass if you could make up your mind with all the choices that were available. Or maybe you wanted to enjoy some Pizza Pizza. Yes, corporate Canada is at the Global Marijuana March. Now to get them to support us for more than our money, as it's obvious that they know where the sales are.

The reduction in vendors and the stages weren't the only noticeable difference that we witnessed. The other big change was the way the parade was run. For me, this was the best way in the six years that I have been attending this

event. In the past, there was no notice of when the parade would start. This year, they asked everyone to meet at a certain exit and then they took the people with large banners, such as our Treating Yourself banner, and held them back to get people to build up behind them. Then every four minutes they would let the group go. One by one, the groups made their way along the parade route throughout the downtown with a set of volunteers marshaling each group as it made its way along. This all worked very well, as the marshals prevented the groups from blending together and allowed the parade to stay intact instead of spreading out. There was one thing that I noticed, though, that wasn't within the parade route: cars traveling in the opposite direction. Usually, we are walking on the one side of the road and the traffic would travel along the opposite lanes, but not this year. This year, the roads were completely shut off. While this gave us four lanes to walk on, it did prevent the motorists from joining in with their horns and celebration as they went past us. The one noise that could be heard throughout was those loud chants echoing off of the tall buildings as the crowds passed by them.

At the Treating Yourself booth, we were very busy handing out paperwork and magazines. At one point, there was a crew of us, which included Mike, Jay, Fourtwentydeb, Sandra, myself, as well as a few people that were just planning on visiting but went to work helping out instead as we tried to keep up with the people coming to the booth. We also had thousands of Treating Yourself show guides available for everyone that came by, as we wanted to make sure that this large crowd knew that the Expo was only a month away.

The crowd was entertained by the musicians that took the stage throughout the day. There were many speakers that got up to say a few words to encourage the crowd to keep



Marijuana March

up the pressure on their elected officials. Matt Mernaugh and his lawyer Paul Lewin, joined by a live five-foot cannabis plant, talked to the crowd about their legal case that has put the government into a corner when it comes to legalization. Toronto lawyer Ron Marzel spoke to the crowd about the court challenges that are working their way within the courts and that we must keep the pressure on. Treating Yourself publisher Marco Renda also took to the stage. Marco talked about needing unity in the movement and that we are all in this war together as one, not separately.

When the time came to announce that it had reached 420, Jodie Emery took to the stage. Jodie talked about the unfair war against law-abiding cannabis users as well as about her husband, Marc, and his situation of being locked up in a United States jail. From what I saw from behind the stage, Jodie and Marco shared some quiet time. Jodie agrees with Marco and his unity plea within the movement. Jodie didn't fly in from Vancouver by herself, as other activists such as Jacob Hunter were also spotted in the crowd and on the stage.

As the day wound down and the people started to leave, the signs of a large gathering started to appear, as the litter on the ground was becoming very visible to those still in attendance. Until this year, I had never been around when things shut down, and I can say the mess I saw wasn't a pretty sight. Was it the fault of those in attendance? Was it the fault of the organizers or was it the city's fault for not having enough garbage cans located throughout the park? I'm not sure who's responsible for it, but it sure didn't look good on the news that night. Other than this ugly mess on display, the cannabis movement can say it's a peaceful one, unlike those who drink alcohol and watch their hockey team lose the cup. 🍀



- Marco addressing the crowd about unity amongst the cannabis community
- The crowd makes it way along the parade route
- Treating Yourself banner leads this group of marchers through Toronto's downtown.



Treating Yourself Expo

Al Graham

P.A.C.E.

www.peopleadvocatingcannabiseducation.org

Photos courtesy of Michael Guerrini

The weekend of June 3-5 brought many activists, patients, and vendors to Toronto as Treating Yourself magazine launched the 2nd Annual Treating Yourself Expo at the Metro Toronto Convention Centre.

While last year's Expo surprised many people, this year's version didn't suffer a sophomore year jinx, as it literally blew away last year's show. This year there were more vendors, bigger crowds, and everything was on one floor.

The convention center is a perfect location to hold such an event, as it's located in the city's downtown. It features three large halls as well as several meeting rooms, and is perfect for an event that requires access for handicapped people to come and go as they please. If you don't drive or have a car to get there, you're in luck, as this venue has access to all of the public transportation within the city.

As with any event, you build off of the last show and you

improve it. This year, event organizer Marco Renda left no doubt in anyone's mind that was exactly what he did. Instead of having the show placed over three floors, he set up everything such as the theater, the vapor lounge, and the vendors, all on one floor and within the same hall. When it came to the vendors, Marco worked the phones really hard and managed to fill every booth that he had available. I understand he may have had to turn some vendors away, which should bode well for next year, as it signals more vendors want to get involved.

There were 140 vendors that were present over the weekend. They came not only from both coasts of Canada, but also from the United States and everywhere in between. Many of the vendors even crossed over the big pond, as some of the finest European cannabis companies were present. Arjan, Franco, and Olaf were present from Greenhouse, Martin from RooR bongs was back for a second year, and Luke, the owner of Paradise Seeds, was present once again. The show also had small grow



Joshua Boulet at work

stores, such as BMA Hydroponics from Belleville, Ontario, and large growing companies such as BC Northern Lights setting up booths. You could also visit with the folks at Indoor Growing Solutions, an Internet-based company, to pick up everything that you need to grow with. There was even a tractor-trailer set up as a growing facility present for everyone to see. The company known as Grow-Bot manufactures trailers of different sizes into grow rooms, and while they were present, they provided show-goers with tours of their massive 53-foot-long grow trailer.

If you were looking for something different, there were many places, such as KDK Distributing from Calgary, Toronto, Hemp Company, and KushH.

You're looking into some new food products, you say. Then the Expo had that covered as well, as suppliers such as Advance Nutrients, Green Planet Plant Products, Gro4 Organics, and Erupt420 were all present. The peo-

ple from these companies could answer any question that you may have had about their products and how it's best to use them.

When you have your license to grow your own medication, you're always looking for the correct strain that suits your needs. In order to help you with that, the Expo brought in many of the top seed companies to help you out. Some of the seed companies represented on the floor were Paradise, Greenhouse, DNA Genetics, Serious, Delta 9 Labs, Kannabia, and Nirvana, to name a few. If you wanted a place that gave you options to the many different seed companies, then you could visit such places as the Vancouver Seed Bank, Royal Queen Seeds, and Medical Marijuana Seeds Wholesaler.

There was no shortage of vaporizer companies and distributors present for you to talk to. All of them had their products out on display for you to take a good look at. You could venture over to the HerbalAire booth to get a



good look at their product or check out a location such as Vaporizers.ca to get a look at the many options that are available to you. While at it, you could also stop over to the people at Vape Shapes to pick yourself up a cannabis leaf-shaped bag to add to your new vaporizer. If you wanted to try out one of these medical devices, you could do so at the Treating Yourself Vapour Lounge. This 4,200-square-foot room would allow patients to come in and test out the many vaporizers available today. The vaporizer demonstration tables, which included units from HerbalAire, Volcano, as well as two versions of vaporizer bongs built by RooR and Verdampfer, were set up around the outside of the room. The center of the lounge was filled with tables and chairs set up in the middle for the patients to enjoy a rest before heading back out onto the Expo floor.

If you're into glass, such as bongs and speciality pipes, there was no shortage of these for you to view or purchase. Many companies, such as C&G Wholesalers, Lethal Glass, Pure Glass, as well as some of the top European glass available from RooR and Percolated.co.uk, were also present. One of the places that had the wildest glass available was appropriately named 1 of a Kind Glass. This booth had about a half-million dollars worth of some of the craziest and finest glass on display. For me and many others, seeing this display created a lot of buzz. This was proven by its third-place showing in the Treating Yourself survey filled out by show-goers to find the best booth.

The TY Expo isn't about getting high; it is about educating

the public about the medical value of cannabis.

While attending the Expo, you could hear from cannabis experts such as Dr. Robert Melamede, who teaches at the University of Colorado, or Dr. Juan Sanchez-Ramos, who is a neurologist at Tampa Bay Hospital and Patient Out of Time cofounder Mary Lynn Mathre. Irv Rosenthal, one of four remaining US federally licensed patients, was present and he spoke about his journey to become legal medically in the United States.

There were also many patient lobby groups present, including MMAR Lobby Group, Medical Cannabis Access Society, People Advocating Cannabis Education, and even the United States-based group Patients Out of Time. These groups, as well as many others that were present, would help people with their questions about the medical uses of cannabis and help explain what they are doing to get the word out about cannabis as a medicine.

There were also lobby groups, such as POL-COA Defence, Why Prohibition, End Prohibition, Law Enforcement Against Prohibition (L.E.A.P), NORML Canada, all who are fighting to bring an end to the unjust cannabis laws that we have here in Canada and around the world. All of them are working overtime to help spread the truth about cannabis, and for us here in Canada, what will happen with the new laws that our Conservative government is bringing into force.

Are you a person who is having trouble getting your doctor to sign your application but maybe willing to sign one for a compassion center? If so, then the Expo had compassion centers such as Med Cann Access, CALM, and

TREATING YOURSELF EXPO 2011



the Toronto Compassion Centre present to help you with this. These centers all require you to fill out an application, which goes to your doctor to verify your condition before your application is accepted. There was also a new group present, The Canadian Association of Medical Cannabis Dispensaries, which was put together by several centers in order to set standards and other conditions that the compassion centers will use nationally.

If you wanted more education, such as how to grow cannabis, you could visit the Canadian Cannabis Learning Centre or you could have visited Hemp Alternatives to learn about the 50,000 uses of the plant. Needed some time to let your mind and body go? Follow your Bliss had this covered, as many people visited this booth for some Ganja Yoga. This business, which I'm told is one of a kind, mixes cannabis and yoga together. The two of them allow a person to get into a deeper medication and bring your mind into a relaxed state more quickly than regular yoga. Those in attendance could also get a massage from the Massage Lady booth.

For entertainment, those in attendance could hear the music being played in the theater. Throughout the weekend, you could hear live marijuana music being played by bands such as Northern Lights, The Breeze Way, The Killin Time Band, and Errol Blackwood, who has played with reggae great Bob Marley and performed many reggae tunes. The Andy Sagle Project, the artists behind the Treating Yourself theme song, not only appeared but also played their hit, "Treat Yourself." Paul Bullock, a word artist from Texas, even made a trip north to inspire

everyone with his poems, such as "Carpool Mom" and "Passing of the Joint." Other performers, such as DJ Slim and The Breezeway, who both won global marijuana music awards, also performed and picked up their hardware. Joining this great musical line-up were gypsy reggae group Hannah's Field and the band Lo-Fi.

Treating Yourself also features the work of three of the finest cannabis-related artists out there today. At the front of the Expo floor, Marco had a section set up for the Compassionate Cultivator (formerly the Happy Hippie), Joshua Boulet of the Green Reefer super hero fame. Beside them were radio artists such as 740 Zoomer and Classic Rock radio Q107, as the two radio stations did live remote broadcast from the Expo floor.

Friday's attendance was up from last year's, and many of the vendors I talked to all agreed that this year's kick-off was busier than last year's. The show opened up with Marco doing a welcoming speech in the theater. Following Marco, other speakers, such as Dr. Paul Hornby and Dr. Robert Melamede, took to the stage and talked about the science and the medical value behind cannabis. Also speaking on this day was the second person to legally be allowed to consume cannabis for medical purposes in the United States, before DJ Slim and the Andy Sagle Project got the place rocking with some marijuana tunes.

Friday night brought everyone together, as the VIP dinner was held for those who purchased a VIP pass. The



buffet dinner featured food from several different nations from around the world, such as somosas from India, mini-burgers and hot dogs from North America, two different kinds of chicken shish kabobs from an unknown land, as well as many, many other items, such as salads and desserts to keep everyone very happy. Once dinner was served, the entertainment for the night took to the stage. Everyone in attendance got to hear from some of the bands performing over the weekend, such as The Andy Sagle Project, DJ Slim, and Hannah's Field.

Before the music started up, Treating Yourself publisher Marco Renda took to the stage and talked about everything from last year's Expo to a call for unity among us in the movement. He talked about Marc Emery's situation and how unjust it is to lock him up while many vendors sell seeds daily. He reminded everyone that a fractured cannabis community is not the way to end prohibition, but one that works together to reach the same goals is the way to end the war on cannabis.

Marco didn't only speak those words, but he walked them as well. Throughout the Expo, activist group booths could be seen. Not every group could afford to purchase a booth, but Marco knew how important some of these groups are to the movement. Instead of telling them to go elsewhere, he reached out to some and offered them a booth to help them assist in their efforts. Included in these groups were some people he hasn't always agreed with, but to Marco that was not important; the message you are sending is.

Saturday saw the largest crowd yet to appear at the Expo. The show opened up with Marco doing a speech to rally the troops to come together in order to defeat prohibition. From there, Mary-Lynn Mathre of Patients Out of Time and Michael Krawitz, a hemp activist and war veteran, took to the stage. The two of them talked about the organizations that they are involved with in the United States and what they are doing to improve the situation back home. Following them were musical artists Lo Fi

and the Killin' Time Band, joined by Bong Man during one of their songs. As a person that worked in a booth, I can say our booth was hopping most of the day. The only thing we lost track of was the time of the day, as it flew by us, leaving everyone exhausted by day's end. Even though there were four of us in the booth, we were kept very busy throughout the day, as business went nonstop right up until closing.

With no events staged for Saturday night, many of those who were staying in the city took to the several events happening away from the Expo. This would include gatherings at such places as Vapour Central and at the Underground Comedy Club, just two of the cannabis-friendly places that were open late this weekend to welcome the cannabis lovers to the city.

While those attending the Expo spent their time doing other things, ten special judges were swept away to a private location to judge the seed company strains that had entered into the Cup competition. The companies represented where not only from Canada but also from other locations from around the world. The group was split into two, with one side testing the six indica strains while other side looked after the eight sativas that had entered the contest. One by one, the strains were brought out. Each group had a chance to look at the samples as they were laid out on the table. This allowed a reporter from Buzz News and me to get some pictures of the samples, but it also allowed each participant a chance to see, touch, and smell the bud before grinding it. From there, each person got approximately a gram so samples could be rolled up and tested. This happened with every strain that was tested throughout the three hours that it took to complete everything.

Throughout the weekend, the VIP judges were kept busy judging 15 samples of the finest medicinal cannabis available today. While many were asking how they could possibly test all these strains over the weekend, it was something that they all looked forward to. Besides the judging

GLOBAL MM AWARDS AND MM CUP AWARDS



duties they were to do, all VIPs also received a Treating Yourself carrying bag, a TY Expo event T-shirt, a three-day pass, Friday night gala dinner, and some speciality rolling papers. Then, when the judges were all done, they were asked to submit their testing forms back to the organizers, at which point they would receive even more gifts, such as 15 special-event CannaFresh storage jars and some 420 cleaning solution.

Sunday brought more entertainment as Errol Blackwood took to the stage. He sang some special reggae tunes that would make one believe that one was on a tropical island enjoying some fresh herb. Following him was The Breezeway. This band played some of their favorites as well as their award-winning tune, "The High Life." Next up was a duo known as Hannah's Field. The two of them play some pretty good tunes, such as "Puff Puff Pass," which some people have labeled gypsy reggae. They have music that appears on Time4hemp, and it was recently announced that these two will be doing the theme song for the new Time4hemp video program.

The award show that wrapped up the day was about to change the lives of many people, including the musicians and an activist, as they were presented with awards for their hard work. One by one, the VIP judging results were named off as the winners from the private growers, compassion clubs, and seed company categories made their way to the stage. One particular seed company, Medicinal Cannabis Genetics, walked away with half of the awards for this category, as they took first again this year in the indica category with Grape Escape while their Humber Valley Kush took third. Their Chemo Grapefruit took second in the sativa category, making it a very successful weekend for this very small but up-and-coming business. While it's not part of the competition, I have noticed something about this year's private grower winning selection. This year, a new strain won that was grown with a new grower. There was a new set of judges, but what didn't change was the nutrient that the winner was grown with. This honor goes to the Dr. Paul Hornby-approved

Medi One. The Global Marijuana Music awards were also presented, and some of the bands present went home with hardware for their musical talents.

For this writer, Sunday brought me acknowledgement of years of hard work, as I was presented with the first-ever Michelle Rainey Foundation Award. This award, picked this year by the foundation's directors, is to be presented each year to a person who exemplifies what Michelle was doing as an activist. This person is a person like her, a person who worked day in and day out for nothing but the desire to educate people on the truth of the medicinal value of cannabis. Each year, this award will be presented to a person that educates selflessly day in and day out, and goes above the call of duty. While this description fits many of us, this year I am honored to have been picked by the foundation as the person who in the last year has exemplified what Michelle was doing while she was with us. Even in her passing, her education will continue, as many patient advocates will follow in her steps.

While the Expo is about cannabis and educating the public about its medicinal value, it's also in a way a family reunion. Many people in this movement do not get to actually meet each other in person, and if they do, they are lucky if it's more than once or twice in a lifetime. This Expo allows activists to come and join each other in solidarity as one big happy family. It's allowed people like Casper Leitch of Time4Hemp to meet the people he only interviews during his radio broadcast; it allowed vendors to meet and greet the businesses that they only deal with by phone; and most of all, it allows people from all over the world to come together in one big place and under one roof for one common cause, to educate the world about cannabis.

I can hardly wait for next year's reunion. This will happen on the weekend of May 25-27, 2012, as the Third Annual Treating Yourself Expo returns to the Metro Toronto Convention Centre to once again educate the masses. See you all next year. 🍓



Judging Competition Entries and Winners

Compassion Clubs:

CC01 – CANNABIS MEDIC – PURPLE KUSH

CC02 – MMAR.CA – JUICY FRUIT

CC03 – IMEDICATE – GREEN CRACK ----- 3rd Place

CC05 – MED CANN ACCESS – CHEMO GRAPEFRUIT

CC06 – MED CANN ACCESS – WILD BERRY

CC07 – CCMC – PURPLE KUSH

CC08 – SECTION 56 – OG KUSH

CC09 – VICS - HAOMA ----- 1st Place

CC10 – CANADIAN MEDICINAL MARIJUANA – G STAR ----- 2nd Place

Private Grower

PG01 – CCK – JASBUD

PG02 – IGS – CHEMO GRAPEFRUIT

PG03 – IGS – ANOTHER KUSH

PG04 – REMO – BUBBA KUSH ----- 3rd Place

PG05 – JB – MEDIKUSH ----- 1st Place

PG06 – CF – BC BLUEBERRY ----- 2nd Place

Seed Company Sativa

SCS01 – BC BUD DEPOT – TRULY FRUITY

SCS02 – CASH CROP KEN – WATERMELON

SCS03 – CRAZY DIAMONDS – CINDY'S BUBBLES

SCS04 – MEDICINAL CANNABIS GENETICS – CHEMO GRAPEFRUIT ----- 2nd Place

SCS05 – PARADISE – DELAHAZE ----- 1st Place

SCS06 – HUMBER VALLEY SEEDS – SILVER GRAPEFRUIT

SCS07 – CASH CROP KEN – JAS BUD ----- 3rd Place

SCS08 – PGL GH – SUPER LEMON HAZE

Seed Company Indica

SCI01 – BC BUD DEPOT – THE BIG

SCI02 – CASH CROP KEN – NUKEM

SCI03 – PARADISE – WHITEBERRY

SCI04 – MEDICINAL CANNABIS GENETICS – GRAPE ESCAPE ----- 1st Place

SCI05 – BIG BUDDHA – CHEESE ----- 2nd Place

SCI06 – HUMBER VALLEY SEEDS - HUMBER VALLEY KUSH ----- 3rd Place



Daily Draw, Glass, Booth and Award Winners

Best Booth :

- #1 Roor
- #2 TY Magazine
- #3 1 Of A Kind Glass

Best Glass:

- #1 Ghost/JoAnn Fellatio - Collab Bubbler w/ Display Stand
- #2 Banjo - Red Spider Dry
- #3 Ghost – Snoopdog Tube

Daily Draw winners

Digital Volcano: B Rogers, R Walker, J Brown

TY Roor: J Dryden, J Tursa, R Macarthur

HerbalAire: S Hollinrake, A Dajnko, T Charron

Trim Pro Trimmer: T Green, J Gudapee, A Mimee

Quantum Ballasts + 1,000 watt HPS High Output Emperor Lights: K Brazier, T Noble, T Priest

1-Year Subscription to Treating Yourself Magazine: K Haskell, M Ahond, C Houck

Michelle Rainey Foundation Award: Al Graham

Global Marijuana Music Awards

- | | |
|------------------------|--|
| SONG OF YEAR – | "KRONIC KASTLE," BY THE KUL |
| ALBUM OF YEAR – | "420MASS," BY DJ SLIM |
| BEST ARTIST – | "\$100 BAG," BY MYSTIC ROOTS BAND |
| BEST ROCK – | "THE HIGH LIFE," BY THE BREEZEWAY |
| BEST REGGAE – | "SENSIMILLA," BY ELAINE LIL'BIT SHEPHERD |
| BEST RAP – | "HIGH," BY THE REALLIONAIRES |
| BEST HEMP – | "IT'S JUST A PLANT," BY REAL ONE |
| BEST DJ MIX – | "MARIE," BY DIEGO DJ |
| BEST POETRY – | "MELLOW HIPPIE," BY PAUL BULLOCK |
| BEST VIDEO – | "LEGALIZE," BY MUSICIENS SANS FRONTIERES |



Behind the Scenes at the TY Expo

Al Graham

P.A.C.E.

www.peopleadvocatingcannabiseducation.org

Photos courtesy of Michael Guerrini

In order to run any event, it takes a large team of people to pull it off. It can be a lot of work, with long hours and early mornings after late nights. But when it comes to a cannabis show, there is no shortage of people wanting to help out. The cannabis community is a tight-knit group, and many would drop what they are doing to be part of this event. To tell you the truth, this year some of our help did just that.

In the beginning, we were planning on going with a handful of volunteers. As time went on, the list got longer and longer, until it stopped at 20 people. These 20 people would look after things such as greeting people, as Lynda and Chris did throughout the weekend. The two of them were joined by Chris's friend, while Peter came along every once in a while to relieve Lynda. There were Charlene and Dianne, who spent the weekend in the Erupt 420 booth. The two of them babysat a pair of five-foot cannabis plants while helping the company distribute its product. Shane, Sarah, and Danny got the experience of a lifetime as they got to watch over the half-million dollars of glass that was on display in the One of a Kind Glass booth. Then there was Sean and Scott, who looked after the Treating Yourself – P.A.C.E. booth. The two of them handed out free copies of Treating Yourself and P.A.C.E. Medicinal Link brochures and also filled in for others as they were needed. Lucky for us, we had some part-time helpers who are part of the community I wrote about above. Pete, JoAnne, and Sam also took some time out from the show in order to help out in the TY-P.A.C.E. booth. Mike, who started out in the TY-P.A.C.E. booth, was moved over to the Finest Medicinal Seeds booth on

Saturday to help the short-handed crew there. Jay, Gayle, and I were very busy and needed assistance from Kelly to fill in or help out. The moving of Mike to our booth allowed Kelly to help out and stay in his own booth.

We also set up volunteers for the vapor lounge, as RooR and Volcano were needing people to help run their equipment. Fourtenty Deb and Jim got the joyful experience of working at the RooR Vaporizing Bong station, while Jen and Scott were handed the duties of looking after the Volcanoes. The four of them had the duties of demonstrating and helping out the patients in the lounge as they instructed people how they worked. Then there were Wally and Erin, who looked after security at the lounge as the two of them checked people for medical need before they entered.

What people don't see while attending the Expo is what happens behind the scene. They don't see the long days of having to measure out and prepare every sample that is to be judged; they don't see the number of times things have to be counted or the many months that go into the planning to set an expo like this up. They don't get to see what goes into setting up the booths and the nervousness of some people that are handling glass that is worth thousands of dollars, or that after a long day, Marco and Kelly treated everyone to dinner at a local restaurant to show their appreciation.

All weekend long, the volunteers assisted each other and the people who approached them for assistance in finding a booth or where the washrooms were. If we needed them to fill in some place or to go and grab something, they were there to help out.

Then Sunday came along, and the volunteers were needed to help determine many of the award winners based on the paperwork that was submitted. There was the sorting of the TY surveys and selecting the winners of the Volcano Vaporizer and the Trim Pro draws as well. The paperwork that was submitted by the VIP judges had to be sorted out and results put together in order to determine those winners.

When everything was done and the people had left to go home, the helpers were still at it. Instead of working

TREATING YOURSELF EXPO 2011



with the people, they were now disassembling the booths that they had set up only four days before. All the glass had to be repacked, and all the magazines had to be put back into their boxes. The garbage had to be collected and things had to be prepared to be shipped. Volunteering for the Expo wasn't just something that was done in those final weeks leading up to it, or that day. Many volunteers also took time to help out all year long at the trade shows that Treating Yourself attends to while educating the public on medical cannabis. These people spent whole weekends handing out thousands and thousands of the Expo show guides to the people as they passed by those booths.

In closing, I'd like to say that it takes a team to work together and to put on such a great show. There is no doubt that this year's volunteers worked as a team, and all of them should be very proud of the job they did. To Marco: a large thank you goes to you from all the volunteers for allowing us to help you bring such a great event to everyone.

When everything was over, I asked the volunteers if they wanted to let you know what it was like for them to be involved in this year's expo.

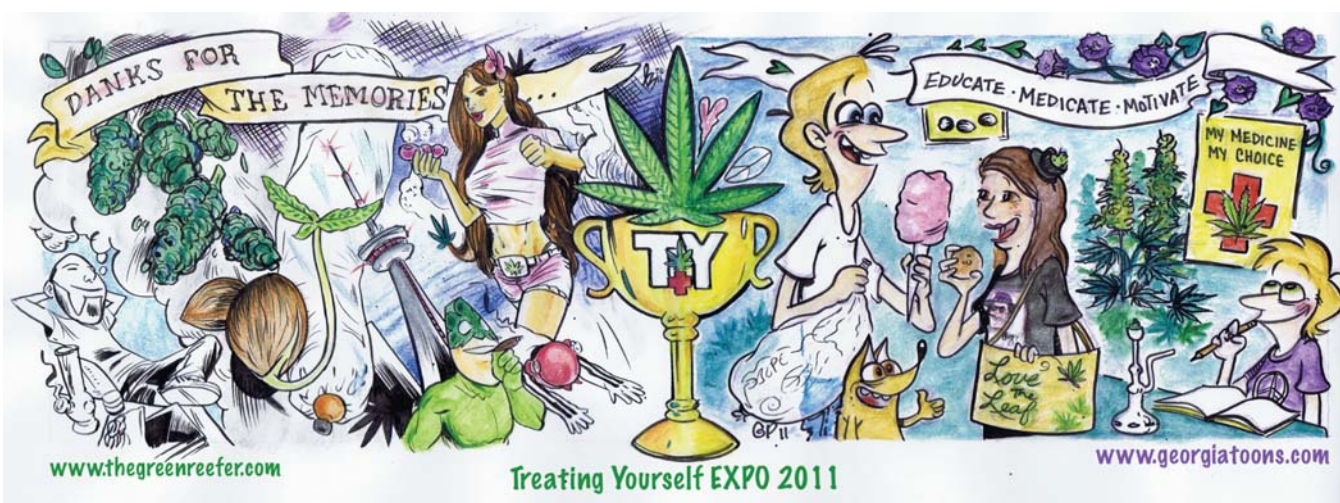
Here is a sample from two such letters. Mike wrote that the 2011 Expo was a wonderful experience for him. He goes on to say: "From my vantage point, this year's

Expo was even better than last year's. I really liked the idea of everything being located on one floor. It gave the whole Expo a feeling of connectiveness. A lot of people had questions about doctors, and I was able to give out information for sick people who did not know where to turn. In the course of my discussions, I explained the brochure and the P.A.C.E. movie nights in Campbellford and Belleville. Even though some of the people I was speaking to were practically neighbors, none had heard of the P.A.C.E. movie nights. Several participants promised they would make the trek to see them.

"Because of the shortage of volunteers, I was asked to help out in another booth. It went from crazy in the TY booth to insane in the Finest Medicinal Seed booth. I say insane in the best possible way!! It was very busy, explaining different seed strains and general grow questions.

"It was so busy, I really did not see much of the Expo aside from quick glances side to side on my way to the washroom. I didn't care because the weekend of the Expo I had the best job in the world, talking to people about medical cannabis.

"I want to take the opportunity to first thank Al from P.A.C.E. Without him, I would not be talking about an Expo. Secondly, a big thank you to Marco. As a volunteer he showed us so many times his appreciation, from



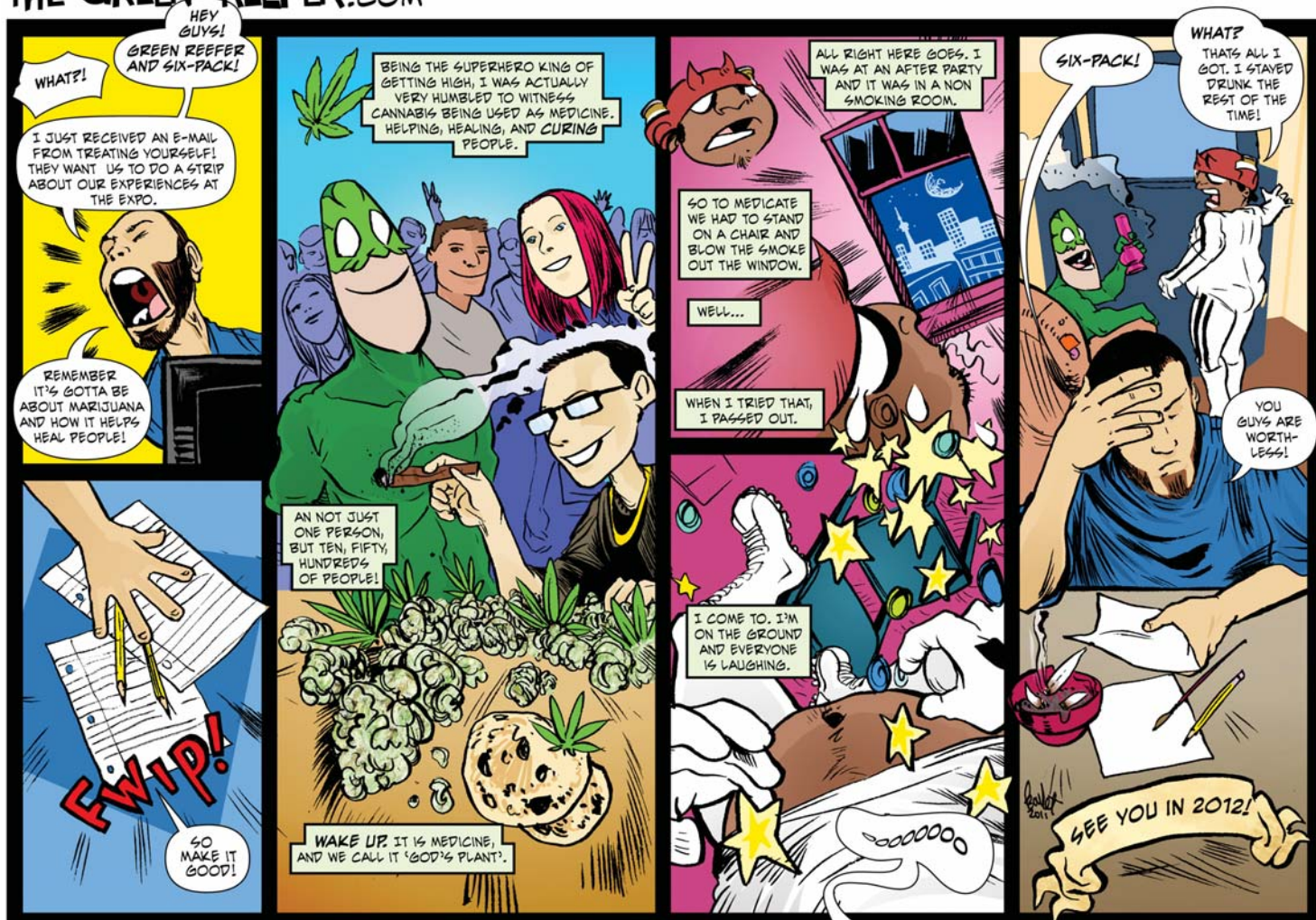
the gifts to the much-appreciated meals and his hospitality at his suite. Even though I was very tired, and swollen feet aside, I would jump at the opportunity to do this again."

Scott, also known as Chronic Dad, says: "This was my second year helping out in the Vapor Lounge. Last year, I was taken by the experience of watching one after another tense, tired, or hurtin' face come up to our station, and watch that face morph hit by hit into someone who was in love with life and the world. Folks couldn't believe how many bags of vapor they got from a sample, and it was fun turning them on to the new technology. "This year, it was all about the personalities I met and their stories. I got a particular kick out of talking to one

of the genetics exhibitors from California and his son, who turned out to be an off-road bike racer from back in the day. I jokingly asked if he appeared in any scenes of the movie On Any Sunday, about the history of the sport. He not only replied yes, but he gave me his nickname to watch out for on his helmet visor. "Green" was part of it.

"Being a dad myself, I was stoked to see so many family businesses exhibiting, and so many couples and patients with either a parent or son/daughter accompanying them. It always feels great to see families doing things together, and we've got a lot of talented families working constructively together in our medical marijuana community." ♦

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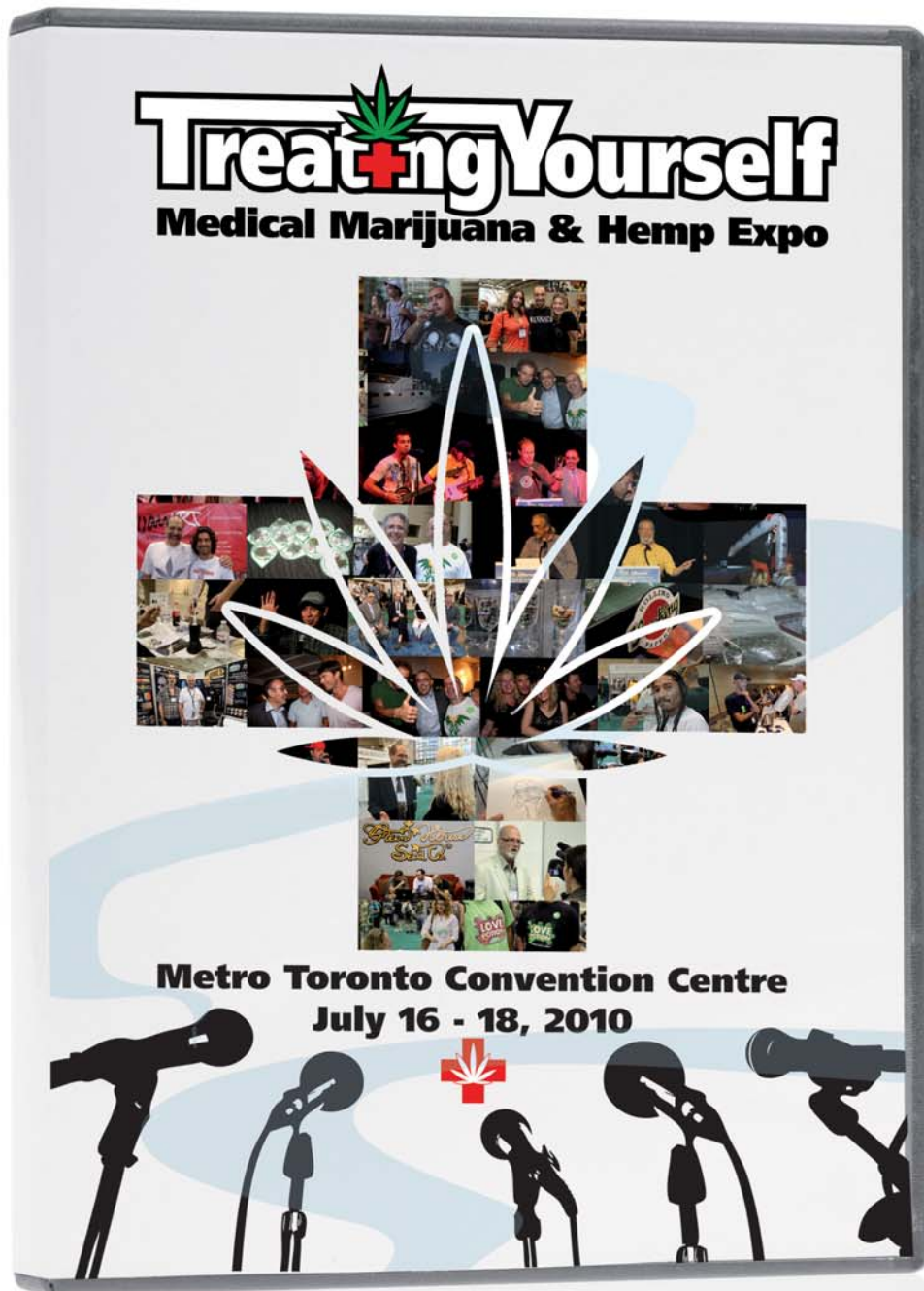


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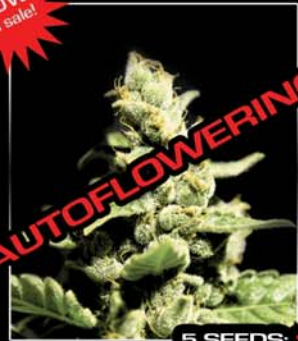
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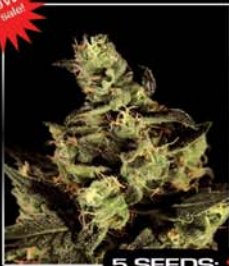
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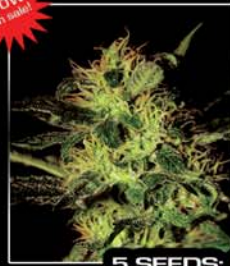
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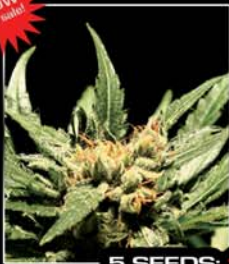
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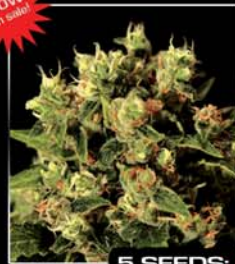
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