

# Treating Yourself

The alternative medicine journal

## Cannabinoid Receptors in the Body

and Their Importance

## Medical Cannabis and Traumatic Brain Injury

## Marijuana

Protective in Strokes

## CBD Crew Launch

a chat with Jorge Cervantes, Shantibaba from Mr. Nice Seedbank and Jaime of Resin Seeds

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By Serious Seeds

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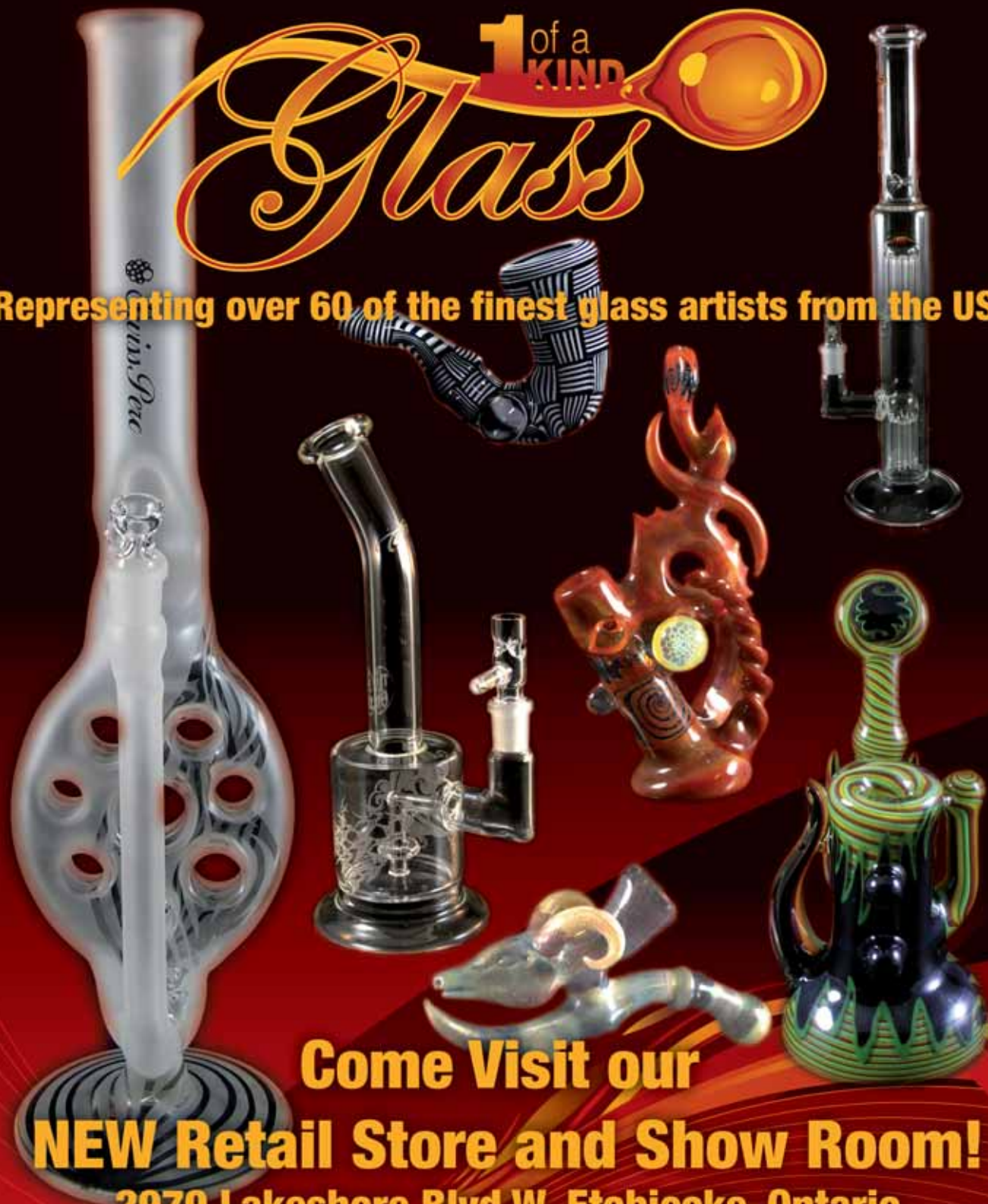
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by Serious Seeds



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## ***Light at the end of the tunnel***

Let me begin by making an apology to Michael Guerrini and Lauren Zadikow, the photographers who volunteered their time and service at the 2nd Annual Treating Yourself Expo this past June. They were not given credit in issue number 30 and I would like to thank them both now. Their work is much appreciated and has documented the event for everyone to see.

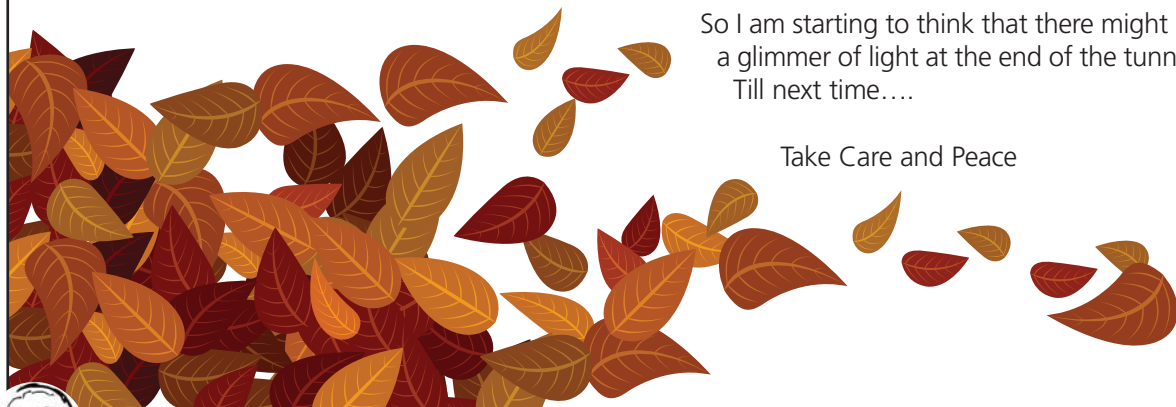
Over the last few months I have been extremely busy with attending meetings with MMAR officials as well as elected politicians. I have also been busy going over renovation plans with contractors and interviewing potential staff for both Vape On The Lake ( 3,000 sq. ft. vapour lounge ) and 1 Of A Kind ( 3,500 sq. ft. retail store ) which are new businesses that my business partner Kelly and I have launched.

I found the meetings with MMAR officials extremely interesting as they wanted to hear from compassion club owners from across Canada to discuss the upcoming changes to the program. They plan to eliminate grow permits for patients and designated growers in 2014 and replace it with licensing commercial growers instead. The officials don't know exactly how many commercial growers they are going to licence but it could be up to 500 if not more. They also stated that they won't be compensating existing growers for all the time and money spent retrofitting their grow location in order for them to meet existing codes. If the MMAR follow through and do not compensate current growers, there will be civil lawsuits brought on by patients and designated growers. At the meeting I also got to meet with Cathy Sabiston who is Director General for Controlled Substances & Tobacco. Cathy offered me her assistance in contacting the folks at MMAR about my exemption that is more than 50 days late. I gave Cathy a call but she wasn't available but her assistant Paula Robert spoke with me and managed to help me. This resulted in my exemption being approved on September 22, 2011 and I should have it in my hands any day now from what I have been told.

I recently met with Bernard Trottier, Member of Parliament for Etobicoke Lakeshore, to go over the issues concerning patients as well as the new crime bill the Conservatives have put forth. Bernard stated that the new crime bill is aimed at Organized Crime. When I brought up the issues that patients have with the current MMAR he was dumbfounded to hear that doctors are getting called by workers at MMAR to verify the dosage and to try to get them lower the dosage. He did state that he does support the use of marijuana as medicine.

So I am starting to think that there might be a glimmer of light at the end of the tunnel.  
Till next time....

Take Care and Peace





- 4 1of a Kind Glass  
83 Ad Astra Seeds  
IFCover, 3 Attitude Seedbank  
105 BC Bud Depot  
78 Buddha Seeds  
25 Cannasseurs Inc.  
30 **Contest:** Herbal Aire Give Away  
120 **Contest:** TYROOR package  
64 Crosstown Traffic  
40 Dolce Vita Magazine  
33 Finest Medicinal Seeds  
19 Gone To Pot  
BCover Green House Seeds  
91 Greenlife Seeds  
79 GrowHD.TV  
37 Harborside  
10, 72 IvanArt  
88 Kannabia Seed co.  
98 Karma Genetics  
72 KDK Distributors  
83 LA Container  
22 MedcannAccess  
98 Medical Cannabis Journal  
22 MMA  
56-59 MM Seeds Wholesaler  
12 Michelle Rainey Foundation  
65 Mr.Nice Seedbank  
41 Nirvana  
IRCover Paradise Seeds  
64 Planetary Pride  
121 RooR  
5 Royal Queen Seeds  
73 Serious Seeds  
82 Soma Seeds  
19 Stink Stack  
77 TGA Genetics Seeds  
12 THC Farmer  
95 THSeeds  
19 Time 4 hemp  
45 Trimpro  
113 TYExpo2012  
114 TYMM&HEXpo DVD  
6 TY Subscribe  
122 Vape on the Lake  
29 Vaporizers.ca  
83 Vapor Room  
109 WeedWorld  
104 West Coast Masters

### Cartoons/ Illustrations

Ivan Art  
11

Georgiatoots  
18, 31, 90, 108, 117, 119

Joshua Boulet  
15

## HIGHLIGHTS

### CONTESTS

#### ROOR Winners p.120

Win a custom  
**TYRoor package**  
complete with carrying case  
pg.120



Herbal Aire Give  
Away and Winners  
pg.30



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#### Note

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- 7 Marco's Editorial

### News

- 13 **Press Release:**  
Canadian Association of Medical Cannabis Dispensaries
- 14 Arizona Fifteenth State to Pass MM
- 16 Does One Bad Apple Spoil the Whole Bunch?
- 20 Garden State Update

### Hemp Chronicles

- 26 Medical Cannabis and Traumatic Brain Injury

### Health

- 32 The Science Behind Cannabis Safety
- 34 Cannabinoid Receptors in the Body and their Importance
- 36 Marijuana Protective in Strokes
- 38 With Testing, Yes We Cannabis

### Spotlight

TY Interviews the creator of:

- 42 The Digger One Hitter

### Strain Reports

- 46 Cindy's Bubbles, Chernobyl, Sweet Afghani Delicious S1,  
Tank's Grapefruit & Industrial Bubble Hash

### Cultivation

- 60 CBD Crew Launch, a chat with Jorge Cervantes...
- 66 A Perfect Marriage: Serious Seeds & Magus Genetics
- 74 Time Wreck
- 80 Plague of the White Fuzz

### Reviews

#### Book Reviews:

- 84 Marijuana Cooking
- 86 Aunt Sandy's MM cookbook
- 90 Baked
- 92 Heavenly Hash

#### Product Reviews:

- 96 Quantum Tek Digital Diaries
- 99 Wickie Pipe Lighter

### Travel

- 100 Check out the New Paradise Seeds Store

### Retrospect

- 106 Notes on Chapter 44
- 110 The True Origin of Haze

### Events

- 115 Keeping PACE Everywhere
- 118 Buenos Aires' Copa Cannabica Del Plata



**Cannabinoid Receptors  
in the Body...**  
p.34



**CBD Crew Launch**  
A chat with Jorge Cervantes,  
Shantibaba from Mr. Nice & Jaime  
of Resin Seeds  
p.60



**A Perfect Marriage**  
Serious Seeds & Magus Seeds  
p.67



**Check out Paradise  
Seeds New Store**  
p.100



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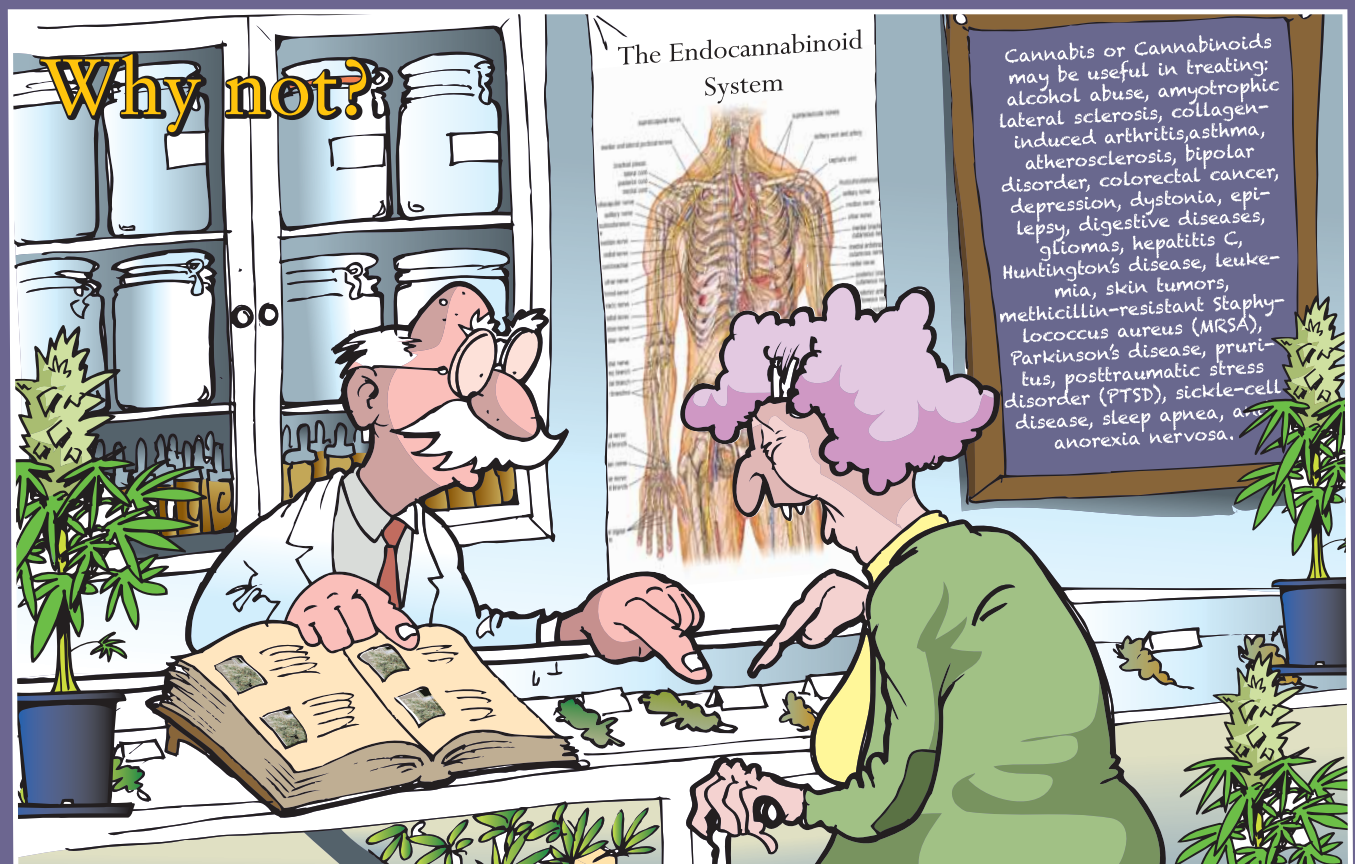
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# TY PRESS RELEASE



September 22 2011 - Ottawa, ON

FOR IMMEDIATE RELEASE

Protect Patients and Their Medical Cannabis Providers to Keep Communities Safe

The Canadian Association of Medical Cannabis Dispensaries (CAMCD) is concerned by Bill C-10 which was tabled Tuesday that will impose mandatory prison sentences for individuals growing as few as 6 cannabis plants.

"This legislation will gravely impact patients and those who provide their medical cannabis, while failing to create safer communities," said Adam Greenblatt, a director of CAMCD. "We are concerned that patients and their providers will be victimized by these laws, and that patients will be denied access to a medical product that has proven health benefits for many chronic conditions such as Multiple Sclerosis, HIV/AIDS, Cancer and Post-Traumatic Stress Disorder."

Courts across the country have repeatedly ruled that the Marihuana Medical Access Program (MMAP) does not sufficiently protect patients and their providers. CAMCD has been engaging in Health Canada's consultation process--announced by the Hon. Minister Leona Aglukkaq in June--with the goal of amending the regulatory framework to include medical cannabis dispensaries. However, changes to the MMAP are not expected to come into force until early 2014, creating a period where medical cannabis patients and their providers could face mandatory imprisonment.

"Under Bill C-10, judges will no longer have the discretion to make compassionate rulings considering the medical context of patients and their providers," said Jeet-Kei Leung, a CAMCD director. "Licensing and regulating medical cannabis dispensaries will ensure safe access for patients, while reducing crime and keeping our communities safe. The introduction of Bill C-10 highlights the urgent need for safe, legal access to this medical product."

The Canadian Association of Medical Cannabis Dispensaries is a not-for-profit corporation established to promote a regulated community-based approach to medical cannabis access, and to support medical cannabis dispensaries in the provision of high quality patient care across Canada.

-30-

Media Contact:  
Adam Greenblatt: 514 830 1331

TY PRESS RELEASE



# 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 that authorizes medical use of marijuana for patients with debilitating medical conditions but 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 department of health, 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 States exposure to prosecution. The health department put the dispensary plans on hold but continued to issue medical cards to patients and care-givers. As of June 15, 2011, the health department reports 5601 patient cards have been approved as well as 147 care-givers. Care-givers can assist 5 patients and grow up to 12 plants per patient. The permission is valid for the 1 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 the patient 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 loop hole 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 care-givers and will share the expenses of providing for 9 or 10 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.

Small is beautiful. We are keeping the grow simple and low cost to provide the highest quality medicine at the lowest possible price. We begin with proven elite cuts in 1 inch rockwool cubes. The strains include Chem dawg 4, Chem dawg 3, Chem dawg D, ecsd, 707 headband, sno dawg, Star dawg, candy dawg aka luci, Las Vegas Purple kush, Casey Jones, Bloody Mary, Matanuska Thunder Fuck, Shiva skunk, G13- Bermese Kush, , Dumpster and Death star.



The rock wool is then transplanted into good ole beer cups under 4 t-5s in a flood and drain for one week







The beer cups are transplanted into 1 gallon containers for a week then 2 gallon under a 1000 m.h.

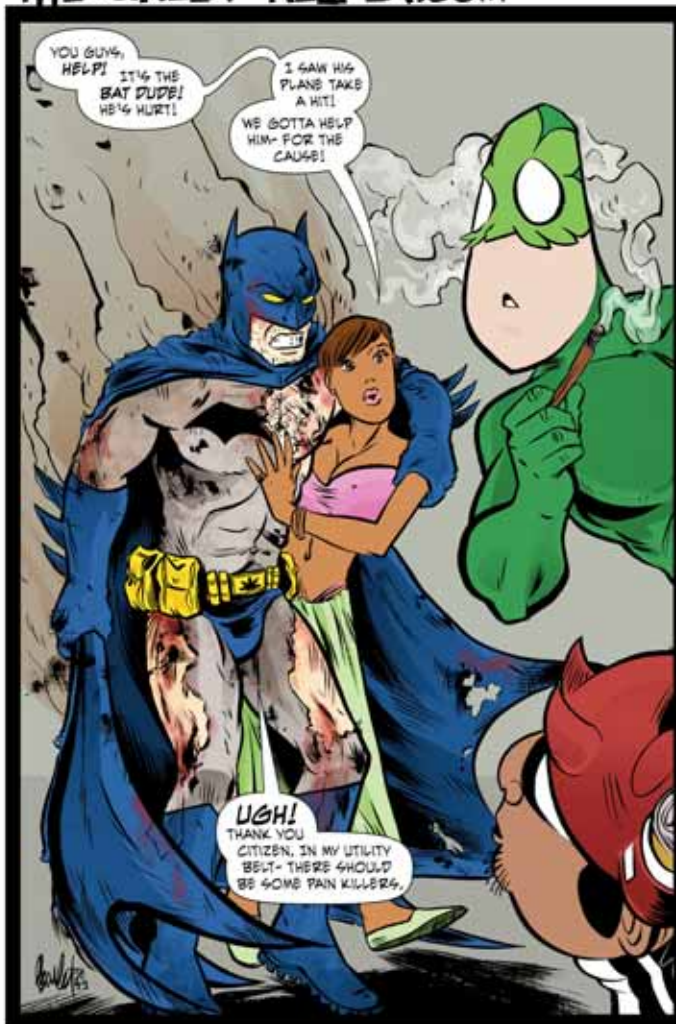


The final flower stage 3 1000 h.p.s building out to 6 lights. The first crop was started in flower in one gallon pots due to pressure from patients to provide medicine asap.



**Arcata Trainwreck** is one strain made available to card holding patients 🍀

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**BY BOULET**





# Does one bad apple spoil the whole bunch?

**By Jennifer Wallace**

Medical Marijuana Patient  
New Brunswick, Canada

**I**t's unacceptable how ignorance tends to guide the majority of society, especially in a country that boasts "Freedom" as a worldwide concept. Today I speak of the Canadian Medical Marijuana Law, and I extend a sincere request that anyone reading this will open their mind to the bigger picture. I do not ask you to change your beliefs, nor do I expect you to fully understand what I am about to say. However, I do request one thing of you, please think about my words. Do not judge or condemn, simply think about my words and consider them for the truth behind them.

I am a Medical Marijuana patient. I produce my own medicine and I am a functioning member of society because of it. I can not speak for all Medical Marijuana patients; however I can speak of what I know, and what you already know as well.

A program on TV this evening told a story of how a western Canadian was found growing more Marijuana than his Medical Marijuana license allowed. The commentary merged through rehearsed perception of how the Medical Marijuana Access Regulations (MMAR)

were not working, therefore government will be meeting again on July 31st, 2011 to review the program. One proposal is that all Medical Marijuana patients will be forced into purchasing their medicine from a designated government appointed growing facility.

Currently Med Me (a Western Canadian supplier) charges \$165 per bag and the patient is required to pay shipping and handling, bringing the cost to over \$200 per bag. This is extremely expensive for someone functions within an already tight budget. Therefore if the government is considering forcing Canadians into purchasing their medicine from such a supplier, they should first ensure that insurance companies are on board to help cover the cost of their medicine.

I'm sure there were numerous people watching that same broadcast agreeing with the commentary, that indeed the program isn't working. I'm also certain that those same people feel that the Medical Marijuana Program should be banned. Yet for just a moment let's put the shoe on the other foot.

What if your father uses OxyContin for his bad back?



Or your sister uses Percocet for her bad knee? Or your grandmother uses Morphine to sooth the pain of her cancer? Think for a moment that all because a crook began to fraud the system by selling these items on the street the government decided to ban the medication that helped your loved one. Would this be fair? Would this decision be justified, considering it was merely one person that performed the crime, and yet every man, woman and child must suffer the wrath? This certainly doesn't seem justified within me and I only hope that it would not you as well.

This is exactly the scenario for Medial Marijuana patients. We are all being labeled with guilty intent and therefore are all being punished by society, the law and our so called Great Nation even though we do not all operate with ill intent.

I agree that if that man broke the law and had more plants in his possession than what his license permitted, then that man should be punished within the boundaries of our legal system. What I do not agree with is the fact that we all must lose privileges because of his ignorant selfish act.

As with any legal operation, there is risk and possibility that someone will attempt to cheat the system. There will always be people prescribed narcotics that choose to sell them on the street rather than legitimately require them for their health. There will always be "Bootleggers" that resell liquor, CD's, cigarettes, etc. for a profit, and yet the government, Health Canada, or private citizens do not request that those items be removed and banned from our culture. Just the same, there will always be individuals that sell marijuana, regardless if it is legal, illegal, or presumably used for medicine. This is the hard core truth, and you and I both know it.

Due to multiple health issues I have used marijuana for nearly a decade. As with many Medical Marijuana patients, this was not the first option that I explored. For many years I trialed different pharmaceutical products that either made me hallucinate, drained my emotions, or to a degree tormented me more than my original ailments. After becoming a bit hopeless that I would never learn to cope with my ailments and remain a productive citizen, my father suggested that I smoke marijuana. Being a chronic user himself, I seen first hand the benefits that he obtained by using it. My father was an extremely ill man; suffering from polycystic kidney disease which led him to a kidney transplant in 1990. Unfortunately rheumatoid arthritis also invaded him leaving a tattered soul that suffered gravely each day.

So on the advice of my father; I began consuming marijuana nearly every day since 2002. I was amazed at how my pain diminished, my focus improved and joy was felt

more often than before. Marijuana allowed me to relax, something that was extremely difficult while in pain. In the morning I did not suffer a "hangover" as one feels while using Amitriptyline. I could finally sleep through the night and actually feel good in the morning. My appetite had also improved and overall I felt better.

In December of 2008 my father passed away. Not only did I lose a great father and wonderful friend, I also lost my supply of marijuana. Yes my father grew his own medicine, not through the Medical Marijuana Program, but through his own belief that one is entitled to medically treat themselves through medicine from the earth. I did not condemn my father for what he believed, nor did I judge him. Instead I was proud of him for not denying himself simple pleasures in life that without marijuana he did not have. Despite his crippled up hands and feet from the rheumatoid arthritis, and his deteriorating back, knees and elbows, my father was able to smile, and even laugh from time to time because of marijuana. This to me meant more than any discriminatory thought, law or judgment that one may have.

For over a year after my father's death, I was forced into buying marijuana on the streets. I was not proud to be seen at destinations known as "drug dealers", nor did I like the expense it imposed on me. There was also the fact that at times what I was purchasing was not what my body required to feel relief. You see, my father grew naturally; he did not use hydroponics or added chemicals to his medicine. This was what I needed, organic medicine. Buying it on the streets led me to purchase hydroponically grown, unbeknown until I began consuming it. By that time it was too late as the effects would hit me instantly. It was as though I was having an allergic reaction, I experienced difficulty breathing and the feeling of panic and paranoia consumed me. My only explanation of such a reaction is that the chemicals people use growing hydroponically affects me in a negative way. For this reason I ceased pursuing marijuana on the streets, for about six months.

Within this six month time frame I lost my appetite, which caused a nearly 50 pound weight loss. My sleep became broken which caused me to increasingly oversleep for work. Severe anxiety invaded me, likely secondary to poor nutrition and sleep deprivation and I had to begin taking Hydrochlorothiazide for high blood pressure. I was at the brink of collapse and for the first time in my life I, as well as my family was afraid for my life due to my deteriorating health.

I thought about growing my own medicine as my father had, however I was not as brave as he, for I feared losing my home and my job. Fortunately I learned of the Medical Marijuana Program and instantly knew that I



**You see, unlike many who can obtain a prescription for Dilaudid, go to the pharmacy and have their prescription within minutes, Medical Marijuana patients must wait a nearly five month waiting period for Health Canada to "Process" their application.**

had discovered the only opportunity that I had to feel good once more. After consulting with a specialist, he felt confident that Medical Marijuana would indeed help me with my ailments. His belief offered me the freedom to grow my own medicine, organically the way it need it. It also confirmed that I never again needed to pursue my medicine illegally on the street.

Since receiving my license for Marijuana, my anxiety has subsided, I have maintained my weight (even gained a few pounds), I am once again sleeping through the night and fortunately I have been able to cease my Hydrochlorothiazide as my blood pressure has resumed normal.

Therefore when I hear that the program "isn't working", I can't help but wonder, it "isn't working for whom?" For ignorant bias individuals that believe marijuana is bad only because their parents instilled the thought within them? Or for the drug lords that lose substantial amounts of profit from people growing their own?

In one sense the program isn't working, and by this I mean that it is unjust that Medical Marijuana patients must suffer through nearly a year waiting period prior to obtaining their own medicine. You see, unlike many who can obtain a prescription for Dilaudid, go to the pharmacy and have their prescription within minutes,

Medical Marijuana patients must wait a nearly five month waiting period for Health Canada to "Process" their application. Even though Health Canada merely issues the authorization based on the doctor's recommendations, they still make you wait. Once you receive your license, you must then wait another four months for your medicine to grow. So why should we suffer, simply because we choose earthly remedies versus pharmaceutical junk that cause more side effects than the original problem?

As stated above, I am not attempting to convince you that marijuana is "good for all", nor am I expecting you to change your opinion of using it yourself. What I am asking you is to look beyond your own beliefs and consider that what works for one person may not work for all. Consider that not all people engaged in a program are attempting to fraud it. Consider: is it fair to force someone to use Advil when only Tylenol works for them? Furthermore, is it fair to take away someone's freedom, which will ultimately force them into illegal acts such as purchasing their medication on the streets? But most of all consider the fact that every freedom that a small majority loses, the vast majority will ultimately suffer the consequences.

And at the end of the day remember that the only question that needs to be asked is "Does one bad apple really spoil the whole bunch?" 🍷

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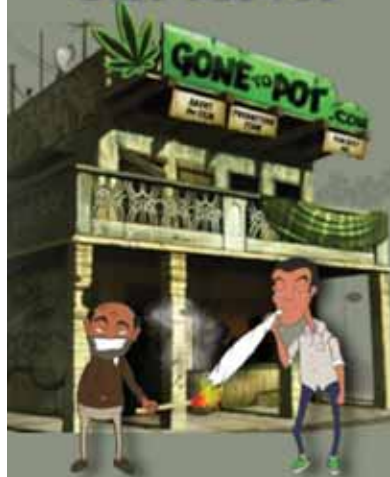
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# Garden State Update:

## In True Jersey Style, Corporate Cannabis Trumps Compassionate Care

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**Stephen Cuspilich, 48**, suffers from Crohn's disease, an inflammatory disorder of the intestines thought to be an autoimmune disease. Diagnosed in 1994, his case is particularly serious, as vomiting, abdominal pain, irritable bowel syndrome and myriad pharmaceutical prescriptions taken over the years have created many more problems such as pain, malnutrition from decreased food intake, bone deterioration and depression.

A recreational user for years, he decided a year ago that medical marijuana was the only way to proceed. He knew that cannabis improved his appetite, relieved stomach spasms and made him feel better. Over time he came to understand that with cannabis he could kick pain killers.

Before increasing his cannabis use for medicinal reasons, Cuspilich's pill regimen was substantial. He was taking MP-6, or Mercaptopurine, an immunosuppressive drug used for cancer and also Crohn's disease. Because the thinking is that Crohn's sufferers endure a short-circuited immune system that attacks the intestines, MP-6 goes after the immune system. Side effects include diarrhea, nausea, loss of appetite, fatigue, stomach pain, and severe allergic reactions. For whatever reason, while taking MP-6, Cuspilich developed joint pain; he was given morphine and oxycodone.

Marijuana, known for anti-spasmodic and anti-inflammatory benefit, helped with his stomach cramps. It slows his digestive tract enough for it to work. He found an additional benefit in that cannabis alleviated the pain, allowing him to get off of his daily dosage of 300 milligrams of morphine and 60 milligrams of oxycodone.

Although the Crohn's is not cured, he no longer needs the heavy narcotics. He takes medicine to stop stomach acid, which was rotting his teeth, and medicine to help with the irritable bowel syndrome. He regularly sees several physicians. Three of them agreed that the cannabis has been incredibly beneficial. He stopped seeing a fourth, a pain management physician who he learned was receiving compensation for prescribing narcotics, who wanted him to continue taking morphine.

"I said to him, 'Here, you can keep your pills. You won't be seeing me in this office anymore, because I'm tired of taking pills, and I'm really tired of taking pills that make me loopy.'"

Six years ago, after being arrested for the third time for cannabis possession, he took the matter into his own hands.

"I finally stood up and hired a lawyer, (Justin Loughry, certified criminal trial attorney, Loughry & Lindsay) and told him to fight it on the grounds of medical," he said.



“He went in and fought it, and won based on the fact that I cannot take anti-inflammatories because they set off my Crohn’s disease. The judge actually apologized. She said that she was so sorry and she wished me luck.”

A lifelong resident of New Jersey, Cuspilich grew up in Burlington County. His children and grandchildren live in the Garden State. Following his court victory, he started writing to and visiting legislators, and testifying in support of medical cannabis. He testified in front of the New Jersey Senate in 2009. Like many, his commitment to the cause of medical marijuana is personal. Unlike so many in government and the medical field, he is not receiving kickbacks and talking points from entrenched special interests hell bent on keeping knowledge medical cannabis hidden. His motives are simple; he does not want people in need of medical care to live in fear of arrest or have to move to marijuana-friendly states to be able to medicate with marijuana.

In the field of medical marijuana, the ranks of advocates are mushrooming alongside an incredible body of research stemming from in-depth worldwide studies. People are receiving an up close and personal education from friends, family members and neighbors receiving ongoing relief from whole plant therapy that’s been proven safe and effective for numerous conditions. Myths such as the gateway drug tear down the credibility of the few continuing to use them. Not only does cannabis not lead anyone to a lifetime of addiction and debauchery, it has been shown in myriad studies to help wean addicts off of narcotics.

Not unlike the disastrous Alcohol Prohibition, the Cannabis Prohibition is a story of misguided government policy, greed, lies, and a complete failure of epic proportions. While polls continually show that an overwhelming majority of the American population has no problem with medical cannabis, and more than half of Americans are fine with, even using, cannabis for relaxation, the Obama Administration used its first two years in office to greatly increase its funding for a failed drug war. In a country strapped for cash, the United States government, which tripled its military budget while fighting two wars over the past decade, is busy redirecting funds as it winds down its wars. Desperate to keep the military engine running full force, it has now sent 4,500 CIA agents into Mexico to ramp up covert operations.

On President Obama’s watch, the federal government has targeted medical marijuana. Drug Enforcement Administration (DEA) arrests and dispensary raids have skyrocketed while the man who marketed himself as a change agent has been in the White House. After vowing to respect states’ rights in regards to state-approved medical cannabis programs, the federal government is threat-

ening anyone in state government trying to enforce approved medical cannabis legislation. Through it all, lawyers and a black market thrive, and those who could benefit from whole plant therapy are given drugs.

Against the backdrop of the Obama Administration caving to special interests, the true change agents, strong advocacy groups, push cash-strapped states in proactive, pro-economy directions.

In New Jersey, after years of negotiation, legislation is soon to be put into practice. Created to be the exact opposite of California and Colorado programs seen as a patchwork of slapped-together regulation catering to small business “potrepreneurs,” Jersey’s big business model features only six licenses granted to Alternative Treatment Centers (ATCs); each handling sales, testing and grow operations in-house. Conditions approved for medical cannabis are relatively few, permitted only after proving that each condition is resistant to conventional therapy, and include glaucoma, cancer, H.I.V./ A.I.D.s, multiple sclerosis, seizure disorder, muscular dystrophy, A.L.S., Crohn’s and terminal illnesses where a doctor certifies that the patient has less than 12 months to live.

ATC products are limited to raw plant material, lozenges and topical creams; edibles are prohibited.

**New Jersey’s is the first state program to prohibit home cultivation. Many see this feature as cruel, forcing those with limited means to pay top dollar for something that patients can grow relatively inexpensively in other states with approved programs. Others see it as a means to regulate commerce while avoiding black market enterprises masked as home grow or caregiver practices.**

Noel Palmer, Phd, a chemist and consultant skilled in chromatographic and spectroscopy methods, is listed as a consultant on the applications for Compassionate Sciences ATC, Inc., the company granted one of the two licenses awarded for southern New Jersey. He ran Montana Botanical Analysis, a research lab in Montana, until that state’s medical cannabis program was almost completely dismantled in 2011 by an anti-cannabis legislature.

“Considering what I saw in Montana, where it was essentially a free-for-all for awhile, I don’t know that I’d disagree with a regulated system like New Jersey’s,” he said.





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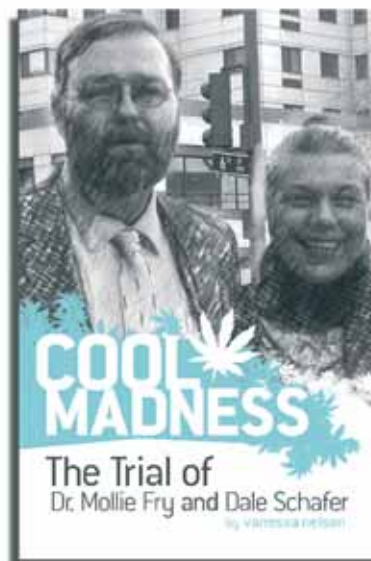
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**COOL MADNESS, The Trial of Dr. Mollie Fry and Dale Schafer** is the riveting true story of a medical marijuana doctor undergoing a federal trial for the first time in history. The main character of Cool Madness is Dr. Marion "Mollie" Fry, a cancer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





One of the act's features that he, and everyone else contacted, objects to is the 10 percent limit for THC potency in ATC strains.

"That's an arbitrary number that makes absolutely no sense," Palmer said. "From a cultivation point of view it makes no sense; from a patient point of view it makes no sense; and from a scientific view it makes absolutely no sense. You don't grow a plant to a particular percent. That's just not the way it works. It's going to create headaches for all of the companies trying to comply with the law. It's also going to create headaches for the state of New Jersey. I have no idea of how they'd monitor something like that or why they'd want to. The logistics of enforcing this arbitrary 10 percent number are going to be complicated."

While the no-home-cultivation feature first appeared in the New Jersey legislation and is now showing up in other state medical cannabis models, the New Jersey model is not one that other states are adopting, according to Noah Mamber, legislative analyst with Marijuana Policy Project, an advocacy group in Washington, D.C. that works with state advocacy efforts in promoting medical cannabis legislation.

"One of the ways that we have made medical marijuana legislation more palatable to these legislators is agreeing to remove the home cultivation provision from the legislation in several states, especially states on the East Coast," he wrote in an e-mail. "These legislators specifically request that amendment, as they are concerned about the difficulty in regulating all marijuana produced in a program with home cultivation. In return for this

concession, these legislators are willing to guarantee that patients will have safe access to their medicine by setting up a complex, nuanced, state-regulated dispensary system that many of the earlier home-cultivation laws did not include."

He listed several reasons that the New Jersey legislation is not patient-friendly, and therefore not one that MPP would recommend to legislators. He noted that New Jersey's list of qualifying conditions is limited, not even including chronic pain, and that the two-ounces of cannabis allowed for a 30-day period might not be enough for many seriously ill patients, many of whom need to cook it into edible form, which consumes considerable product.

"Finally, New Jersey's law, frustratingly does not include any sort of affirmative defense to protect patients while the program is getting up and running."

Despite the efforts of New Jersey Governor Chris Christie, and those of his handpicked administrators in the Department of Health and Senior Services, in putting forward the most restrictive medical marijuana regulations in the country, a strong advocacy movement fights to keep the focus on the patient.

Ken Wolski, RN, is the executive director of the Coalition for Medical Marijuana NJ, Inc. (CMMNJ) - Web-site address is [www.cmmnj.org](http://www.cmmnj.org) - a volunteer effort that's been working since 2003 to enact medical cannabis legislation in the state. Prior to co-founding CMMNJ, Wolski drafted the resolution in favor of medical marijuana and presented it to the New Jersey branch of the



American Nurses Association, which represents more than 100,000 registered nurses in the state. The association came out in support of medical marijuana in 2002 with the resolution urging the governor to move expeditiously to pass a law to protect New Jersey patients. The following year, the American Nurses Association, representing more than three million registered nurses throughout the United States, came out in support.

“RNs have a unique position in the health care field,” he said. “We’re with our patients 24 hours a day, seven days a week, and one of the things that we are always trying to do is to evaluate the effectiveness of current therapy. We make recommendations about whether current therapy should be continued or discontinued or increased or decreased based on our own observations, using our own assessment techniques. We’re also traditionally advocates for patients. We go to bat for patients when they need our help. I think that we are in a unique position to really evaluate the effectiveness of cannabis in patients who use marijuana therapy, and we do, and we come out wholeheartedly in support of it.”

The American College of Physicians, the American Academy of Family Physicians, the American Public Health Association and medical students within the American Medical Association have come out in support of medical cannabis. The American Medical Association has supported the rescheduling of cannabis under the Controlled Substances Act so that wide-scale clinical trials can deliver compassionate care to an incredibly large number of patients.

So why the delay?

“Marijuana represents a big threat to the pharmaceutical industry,” said Wolski. “The pharmaceutical industry is a major lobbyist in America.”

The Controlled Substances Act of 1970 was passed by Congress to control drug abuse and drug trafficking, not the practice of medicine. It has morphed into the forked tongue of federal government; its love song to special interests; and its justification for colossal military and law enforcement budgets.

In May 2011, Wolski met with New Jersey Attorney General Paula Dow.

“I told her that she should be vigorously defending the laws of the state of New Jersey, and not looking to the federal government for guidance on medical marijuana, because the federal government really has no credibility when it comes to medical marijuana,” he said. “Here they continue to insist that marijuana has no accepted medical uses in the United States and is unsafe even under

medical supervision, when 16 states have passed laws recognizing marijuana’s medical usefulness. There are probably at least one million patients now who are engaging in medical marijuana use with the recommendations of their doctors.”

In New Jersey, Governor Christie, known as a law-and-order Republican, first used every trick in the book to stall the New Jersey Compassionate Use Medical Marijuana Act, which was signed into law in January 2010, on former Governor Jon Corzine’s last day in office. After throwing up roadblocks for a year and a half, Christie surprised many in July 2011 when he announced the need to “begin work immediately.” Referring to the threats by U.S. Attorneys on the issue and a June 29th memo from Deputy Attorney General James Cole to prosecutors mentioning “an increase in the scope of commercial cultivation, sale, distribution and use of marijuana for purported medical purposes,” Christie said that “the need to provide compassionate pain relief to these citizens of our state outweighs the risks that we are taking in moving forward with the program.”

Chris Goldstein, a radio personality, writer, and board member of CMMNJ and NJ and Philadelphia NORML chapters, is not thrilled with the legislation. He filed public records requests for all of the rejected and accepted ATC applications, and posted them on [www.scribd.com/njcannabisdocs](http://www.scribd.com/njcannabisdocs). The approved applications reveal businesses to be run by professionals with advanced degrees and big titles from government, marketing, medical and scientific fields. New Jersey’s ATCs will operate under strict compliance requirements, and be much costlier to maintain than the small storefronts, cannabis cafes, and caregiver operations on the West Coast that heralded in the medical marijuana movement.

Goldstein does not see the approved ATMs as following the intent of the law that had been framed to provide compassionate care. He describes patients being treated more as human guinea pigs in a vague experiment, each assigned to one of six centers offering limited product at a high cost. He, and others contacted for this story, wondered why anyone with easy access to better variety at a better price on the black market would go through the hassle of joining the experiment.

“The law is called the Compassionate Use Medical Marijuana Act, not the Scientific Research and Medical Experimentation of Cannabis Act,” he said. “What you’re seeing in New Jersey is the rise of Corporate Cannabis.”

Goldstein describes the management teams behind many of the winning applications as the types of administrators

**With just six ATCs — two in the north, two in the south and two in the center — and few doctors signing up to provide recommendations in the face of strict guidelines, Goldstein finds estimates of a patient population — 8,000 projected to quickly grow to 30,000 — to be entirely suspect.**

and medical professionals that have shaped legislation in New Jersey forever, the same folks that supported the governor in his run for office.

“If you’re wondering what finally forced Christie’s hand, it certainly was not the decriminalization bill,” said Goldstein, referring to a bi-partisan decriminalization bill, Assembly Bill 4252, had been introduced just before Christie announced an urgent need to move forward with the medical marijuana program. “It’s more like all of his friends were asking, “When are we going to be getting the business here?””

With just six ATCs — two in the north, two in the south and two in the center — and few doctors signing up to provide recommendations in the face of strict guidelines, Goldstein finds estimates of a patient population — 8,000 projected to quickly grow to 30,000 — to be entirely suspect.

“The light at the end of the tunnel is that they have no clue of what they’re doing,” he said. “The regulations were left to Governor Chris Christie’s administration, and they did whatever they wanted. They shut the door on advocates and experts, and used a lot of lawyers to craft a draconian set of regulations that put the government in between the patient and the doctor. The winners are the owners of the six ATCs. We’ll see if they can pull it off.”

Goldstein finds hope in the act’s provisions that enable program modification.

“As an advocate who has worked for years to shape this law, I don’t keep working because I think it’s a done deal,” he said, adding, “I’m still very committed to making sure that this is the Compassionate Use Law and not the Corporate Research of Marijuana Law.” 🍀

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# Medical Cannabis and Traumatic Brain Injury: Whole Plant Therapy Restores a Life

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**D**ebbie Wilson was disabled 22 years ago when the 16-year-old driver of a pick-up truck knocked her down and backed over her at a Kentucky Fried Chicken. He was driving the wrong way, against the arrows, as he left the restaurant. The tail end of his truck clipped her jaw, knocking out her teeth and throwing her to the ground, head first.

The injury dramatically altered her life. Prior to becoming disabled, Wilson enjoyed a career in law enforcement as a felony probation and parole officer for the state of Florida, and was also in her second year of law school. She had grown up and trained in Tampa, where her father was a supervisor of federal probation and parole officers and her mother was a U.S. marshal. Her husband, who is now deceased, was a county deputy sheriff. In a split second, the swipe of a pick-up truck dramatically changed her life. She could no longer hold her 3-year-old son. She became reliant on others.

For two decades following the accident, she wore a helmet from the time she woke up until the time she went to sleep. She suffered from migraine headaches and uncontrolled seizures, including several grand mal seizures every week and daily partial cluster seizures lasting for hours. Seven years ago, a loss of balance led to a repeat head injury that did more damage to her brain and exasperated her seizures. She learned to walk, talk and tie her shoes for the third time in her life.


Nothing was under control. Her neurologist admitted to her that she was one of up to 30 percent of seizure patients whose seizures cannot be controlled by conventional medications. Mega-doses of pain killers and seizure meds screwed up her insides. Ten years ago her large intestine was removed, leaving her with constant irritable bowel syndrome (IBS), and necessitating diapers. Dehydration from diarrhea all day every day regularly caused her potassium level to plummet, resulting in several hospitalizations a year to stabilize life-threatening hypokalemia.



Wilson's pharmaceutical regimen was considerable. Pain meds for migraines; high doses of central nervous system depressants for non-stop seizures; eight Lemotil, a Pfizer pharmaceutical intended for short-term use, daily for years for IBS; and antidepressants to deal with a life spent taking pills. The pain medications to control the post traumatic headaches were ineffective, possibly because of the seizure meds she was taking.

"I was opiate resistant, and I think that's because I was taking so many anti-epileptic drugs in such massive proportions," she said. "At one point I was taking 400 milligrams of Phenobarbital a day. My doctor told me that it was enough to put two men comatose."

**With cannabis, her chronic migraines were immediately relieved. Her uncontrolled cluster partial complex seizures, which previously would have continued for hours, could now be stopped quickly and without hospitalization. Even her diabetes improved. When her blood sugar level stabilized, she stopped taking diabetes medication. Prior to cannabis, she'd been told by her doctor that the brain injury caused her brain to stop producing serotonin, which is why she needed antidepressants. When she began feeling better all over, she went off of the antidepressants.**



Wilson has been under the care of doctors specializing in high-risk patients for years, and has been told that she's one of the worst seizure patients they've ever seen. She's been turned down for seizure studies because her condition is so precarious. While trying to stabilize the seizures, doctors occasionally poisoned her with too many seizure meds. Charcoaling with a substance that binds to drugs and prevents them from being absorbed into the bloodstream is one method of dealing with drug overdoses. She estimates that she's been charcoaled 30 times in the past two decades.

She developed type 2 diabetes five years ago, and began taking medication for that. Constant anxiety from spiraling health contributed to a diagnosis of post traumatic stress syndrome.

Throughout it all, Wilson, 57, advocated for others in similar predicaments.

"The most hopeless group of people I've ever met are not in wheelchairs," she said. "They are people with traumatic brain injuries, and that's no lie. We are given no hope. I can't tell you how many doctors wrote me off as just not worth it. This goes to show you that doctors can be wrong."

Fifteen years ago she started a website to write about traumatic brain injury. That site, domiciled in England, has had over 8 million hits. A Google search of TBI+Debbie Wilson leads to her story, poems and prose about living with a brain injury. Through her writing, she's tried to help a wide range of people, from infants

to war veterans, that suffer from serious head injuries. Physicians and lawyers specializing in traumatic brain injury, and even the manufacturer of the wheelchair she uses, feature her poetry on their websites.

One year ago, she went to Chicago for out-patient treatment for her migraines, which were getting worse. Head trauma patients often suffer from chronic headaches, and chronic pain is also known to cause changes in the nervous system that can worsen over time. The physician she visited insisted on admitting her for a 14-day treatment, but his hospital would not take Medicaid. Her insurance did not cover in-patient care. With only Medicare being accepted, a daily out-of-pocket expense of \$500 would have been beyond her reach. She could not afford the treatment that she needed.

On the train ride back home, she decided that she needed to take her life back. Having head aches and seizures non-stop while taking multiple meds was bad enough, but wearing a helmet and diapers all day was pure hell. She thought about it for several days before asking a friend to buy her some marijuana. For a former law enforcement professional who had never smoked marijuana, the decision was not an easy one.

"I'd come from the other side of the law," she said. "The way I had been raised, I would never have considered crossing the line and doing something illegal. I had never experimented recreationally."

She smoked.

"First of all, it helped my headaches, and then after a few weeks I started noticing that I wasn't having diarrhea any more," she said. "When it helped the seizures, that was just the icing on the cake."

With cannabis, her chronic migraines were immediately relieved. Her uncontrolled cluster partial complex seizures, which previously would have continued for hours, could now be stopped quickly and without hospitalization. Even her diabetes improved. When her



blood sugar level stabilized, she stopped taking diabetes medication. Prior to cannabis, she'd been told by her doctor that the brain injury caused her brain to stop producing serotonin, which is why she needed antidepressants. When she began feeling better all over, she went off of the antidepressants.

Out of the blue, memories from long ago returned. She was able to tell her 25-year-old son things about his infancy and his deceased father that her accident had erased.

"My son's father died when he was very young, and I never shared with him the stories that most parents get to tell," she said. "Since I've been smoking, he'll tell you that I have come up with new information that is exactly accurate. I know for a fact that I'm now accessing file drawers in my memory bank that were shut for more than 20 years."

While considerable research exists about the role of cannabis and short-term memory, cannabinoids are not generally credited with enabling the retrieval of long-stored, forgotten memories. Wilson is unsure of whether her new-found memory is a result of the cannabinoids at work or better brain function without central nervous system depressants.

In private, her doctors noted her dramatic turnaround. One gave her a written notice stating that without the grand mal seizures she could be trusted to hold her grandchildren for the first time. "That alone is a blessing that I never, ever saw coming," she said.

Because cannabis is rated as a Schedule 1 drug that the federal government insists has no known medical benefit, and because the state of Illinois has not approved a medical program, the medical profession is hogtied, unable to follow its ethical mandate.

"In my state, I didn't have the support of my primary care physician or my neurologist last year when I did this," said Wilson. "When my neurologist first realized what I'd done, she was upset. She was afraid for me and told me that I'd need to leave the state. And although my primary care doctor did document that I'd detoxed off of the meds, he would not write down that I was using medical marijuana."

A few months ago, Wilson sat down with her neurologist who wanted to understand the remarkable recovery.

The neurologist, whose name cannot be used for the usual reasons of harassment from the DEA, looked at all of the information from Wilson's trials and tests. The improvement was undeniable. She asked Wilson how



often she was smoking marijuana to receive such dramatic benefit. Wilson told her that she smokes every four hours. She did record everything in Wilson's medical records.

"My story has not ended yet," she said. "I've been able to retire my seizure alert dog, my helmet, my diapers and over a dozen central nervous system depressants, pain relievers and antidepressants. So many areas of my body have been helped that it's not even like I'm the same person."

**As an Illinois resident, Wilson learns about cannabis on her own. With no state program, she calls for help around the United States. Hopeful for the first time in decades, she's contacting cannabis professionals. Project CBD, an education initiative, put her in touch with compassionate caregivers throughout California. Patients Out of Time is also working to get her story out, and even to find a computer for her. Although she is reading everything she can get her hands on, cannabis publications raise her awareness in ways she had not planned. ▷**

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- \* 2 Mesh Screens installed + 4 Additional Mesh Screens

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- \* 20 pack screens
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- \* external battery charger



Vapir NO<sub>2</sub>

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## Two more herbalAire Vaporizers given away!

Our latest winners are Jason and Michael.

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.

### Jason-Saskatchewan, Canada

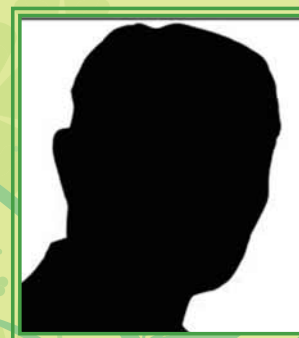
Jason is a TY member and will now be able to medicate safely and efficiently.

### Micheal J – British Columbia, Canada

Michael is a medical cannabis user and advocate .



Jason



Mark

**Hello TY Members. I have got some great news!**

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Giving away 2 Herbal Aire Vaporizer  
to some needy medical patient!**

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- 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

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"I get so tired of stoner talk," she said with a laugh. "To tell you the truth, I've had to learn a whole new lingo to understand what I've been reading in the past year."

She wants to learn more about CBD-rich cannabis strains, and has been told that if she becomes a resident of Michigan she can enroll in a dispensary program to evaluate the effectiveness of the medicine that she's using.

"Her story is amazing," said Doug Ordway, Green Bee Collective in Ann Arbor, Michigan. "Debbie is in touch with her condition, and so you will get a lot of clarity from her. There are so many people who are not aware of what medical cannabis can do for them. When the stories get out and other people who have conditions hear, others will be attracted."

Ordway worries that recreational users are spoiling it for those who need cannabis for medical reasons, which is causing Michigan's Attorney General and other government officials to turn against that state's medical marijuana program.

"The larger market has always been the recreational user," he said. "What's lost in all of this is that we're not really about getting people high. We're here to get people well."

While Wilson has considered moving to a cannabis-friendly state such as California where her sisters live, she's barely making ends meet on disability. She does not have the resources to move. She does not want to leave her son and grandchildren either. Like many others,

she's written to and met with Illinois legislators.

Medical cannabis patients in Illinois will continue to feed the thriving black market for the time being. Despite polling that shows overwhelming support for medical cannabis, the Illinois legislature defeated HB30, which would have created the Compassionate Use of Medical Cannabis Pilot Program Act, in May 2011. The vote was close and many legislators admitted that they just caved and voted against it when it became apparent that the bill was going to fail by three votes anyway.

According to the Marijuana Policy Project (MPP), a national organization lobbying for reform, because sentiment is in favor of a cannabis program, a similar bill will be reintroduced. MPP had commissioned polls in several areas of the state that turned up a complete disconnect between the legislators that voted against and their respective constituents. One of the polls, in a western suburb of Chicago with a Republican base, polled 75 percent in favor of medical cannabis. Other districts returned similar results of between 70 to 80 percent in favor.

"The moderate Republican legislators there think that their constituents are opposed to this, but, really, when you look at the numbers gathered, that is certainly not the case," said Dan Riffle, MPP legislative analyst. "Yes, we will continue to target Illinois. It's an effort that's been under way and building support for several years. We have no plans to abandon the effort now that we're so close to finally putting in place a program that can help the hundreds of patients we've heard from throughout Illinois." 🍀

## Cartoon





# The Science behind Cannabis Safety

**David B. Allen M.D.**

By legal Democratic Vote; Cannabis Is Medicine.



**D**rug safety is on the minds of most all Americans. Virtually every day we see ads that tell of possible side effects of some medication. Multiple side effects from pharmaceutical medications are so common that disclaimer warnings are the most prominent portion of the ads. Attorneys are constantly telling horror stories of “Bad Drugs”. Daily we see advertisements for law suits over some complication or adverse side effect of an FDA approved medication. Patients are looking for alternatives to taking medications with multiple other unintended negative effects to their health.

Adverse side-effects of medications can target specific organs like kidneys or liver, others can affect your blood components and cause coagulation (Blood Clotting) problems, Heart Attacks, Strokes and Death. The list is endless, and not all problems are immediately apparent after use of the medications. Some effects may occur years later. Physicians refer to the adverse effects, and any organ failure caused by medicines as Morbidity. Mortality is of course when the patient dies of an immediate or delayed complication of drug

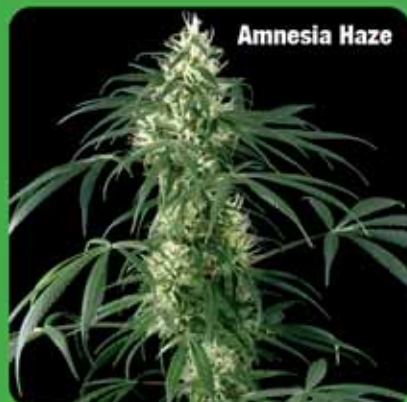
consumption. So Drug complications are either Morbidity or Mortality. (M&M)

There were many scientifically baseless accusation leveled at Cannabis “Marijuana” which were proven incorrect but their myth still is considered truth by some. Since there is a virtual ban on scientific research on Cannabis in the United States, most all studies have been done outside the States. There are virtually no repeatable studies that show cannabis to be harmful except for some mild bronchitis that seldom occurs and is reversible with cessation of smoking. (Cannabis is not a gate-way drug and does not cause schizophrenia or Brain Damage, Does not cause men’s breast to grow, Is not Addictive, Etc.) The question of Morbidity of Cannabis is still being debated by some. There is no question about mortality associated with Cannabis consumption, as no death has ever been directly attributed to Cannabis. This fact is so remarkable as to be almost unbelievable but true. Even aspirin, one of the safest over the counter medication kills 1200 people a year in the United States. It is impossible for anyone to accidentally or even inten-

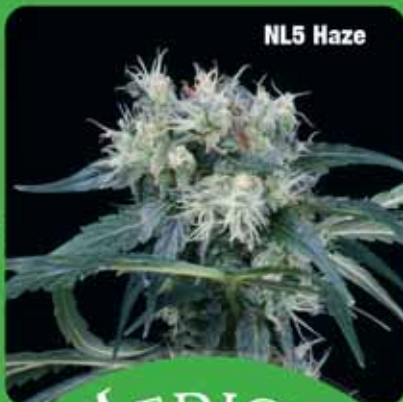
tionally kill themselves with Cannabis.

When humans overdose from drugs, the most common immediate cause of death is asphyxiation (low blood oxygen) and heart attack. Many drugs do this by depressing centers in the brain stem which control respiratory and Heart rate. When opiate receptors in the Brain Stem are overstimulated it causes depression of Breathing and lowering of Heart rate to such an extent life cannot be supported. The lowered respiratory rate lowers oxygen in the blood and prolonged low oxygen causes heart attacks and death.

Fortunately there are no cannabinoid receptors in the Brain Stem and so no matter how much Cannabis you consume you can’t suppress your brain stem function. This simple fact is what is responsible for cannabis safety. Since Cannabis has no adverse effects to other organ function like kidney or liver, it is safe on long term (Chronic) exposure. Chronic diseases need to be treated with medicines that are safe when used on a chronic basis! I will discuss the types of cannabinoid receptors and their importance in my next article. 🇺🇸



**Amnesia Haze**



**NL5 Haze**



**White Rhino**



**Skunk NL**

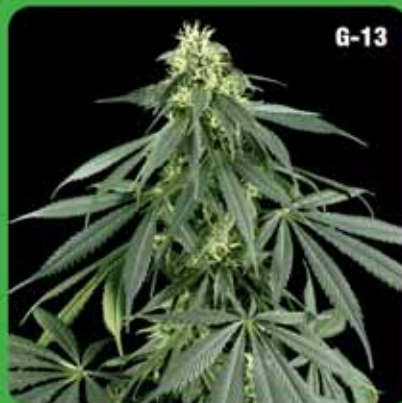


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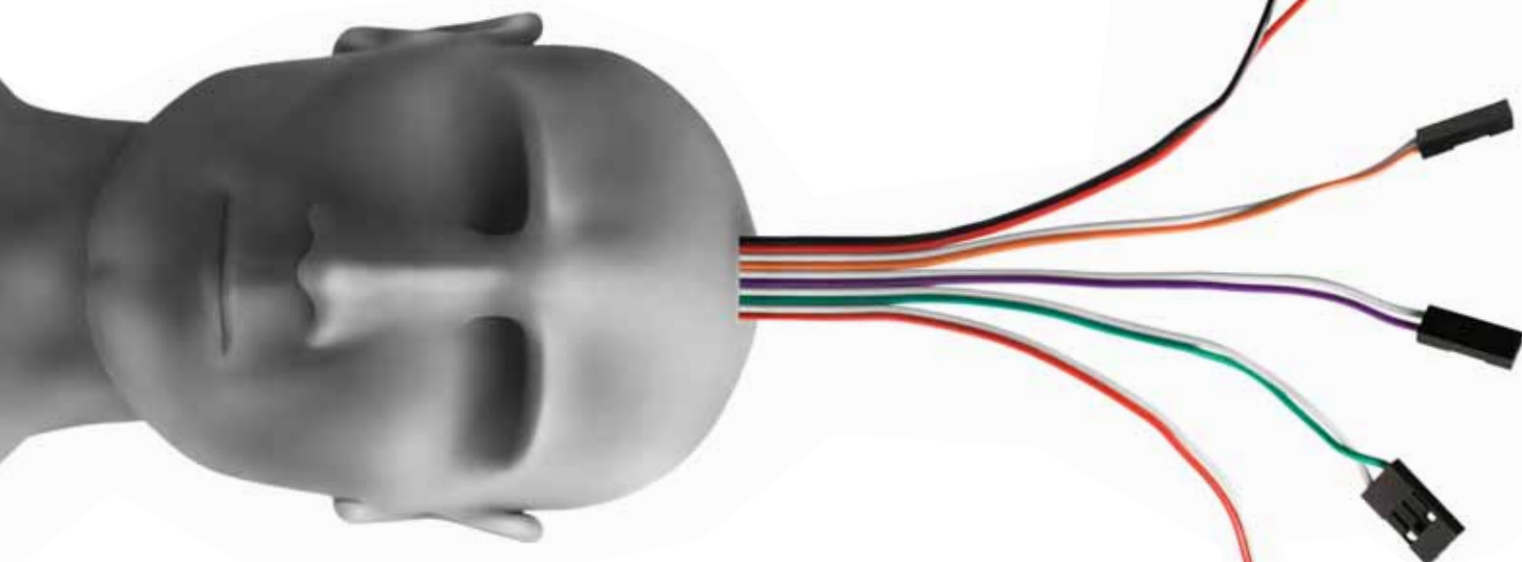
# FINESTMEDICINALSEEDS



## Disclaimer

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





In 1964 Raphael Macheoulam, an Israeli professor of Medicinal Chemistry and Natural Products at the Hebrew University of Jerusalem in Israel, isolated the key component THC (tetrahydrocannabinol) from an extract of a Cannabis Sativa plant. THC is the compound in Cannabis (Marijuana) that causes the euphoria and other medicinal effects. He also isolated cannabidiol, cannabigerol and other classes of compounds all slightly different, yet closely related to the mother compound THC. Many of these related compounds do not cause euphoria (don't get you high) but have other physiologic (medicinal) effects.

Since THC produced by a plant had such a great physiologic effect, this led to a search of a naturally occurring compound, produced by the body, which would cause a similar effect. This compound which was produced by the body (endogenous) was a natural pain reliever and was soon isolated and called Anandamide (arachidonoyl ethanolamide). Several other endogenous cannabinoids have since been identified. (Additional endocannabinoids include virodhamine (O-arachidonoyl ethanolamine), noladin ether, 2-AG (2-arachidonoyl glyceryl ether) and NADA (N-arachidonoyl dopamine). It is only important that you understand there is a control of virtually all body functions by a regulatory system called the endocannabinoid system. This is a completely new science field.

Reason would assume that if the body made a chemical to relieve pain and cause other physiologic effect, then there must be a Cell Membrane Receptor in human tissue that responds to stimulation by this chemical. There are many different type of receptors in the body each with a unique job to do. (Estrogen, Testosterone, Insuline, Opiate and many other types of receptors) These recep-

tors are much like a lock mechanism and only certain keys will fit. So Opiate receptors only bind with opiates (plant derived) or endorphins/enkephalines (endogenous/naturally occurring and made by the body) and Cannabinoid receptors only bind with Cannabinoids (THC), or endocannabinoids. (Anandamide). So the search was on for a Cannabinoid Receptor in human tissue that would reversibly bind and unbind to Phyto- Cannabinoids (plant derived) or Endo-cannabinoids (naturally made by your own body, also referred to as Endo-genous). Indeed cannabinoid receptors were isolated and cloned in humans and surprisingly also found in all tetrapod vertebrates (amphibians, Reptiles, Birds and Mammals.) Two types of Cannabinoid receptors were isolated. These were named CB1 and CB2. There is now evidence that 2 or even 3 distinctively different types of Cannabinoid receptors may exist and have unknown physiologic control of the body. CB1 receptors are found in Nerve tissue and lung, liver, intestine and kidney. CB2 receptors are found in Lymphatic tissue, spleen and liver and are responsible for Immunologic and hematopoietic functions. (Blood component formation)

Cannabinoid receptor-related processes are many and involve; cognition, memory, anxiety, motor behavior, sensory, autonomic and neuroendocrine responses, Glucose metabolism and insulin resistance, immune responses and inflammatory effects, Hematopoietic (blood component formation), control of emesis (vomiting), and nausea, increase hunger, promote feeding and control of appetite.

It is of interest that lack of cannabinoid receptors in the colon is directly associated with increased incidence of colon cancer. Further research of how the endocannabi-

# Cannabinoid Receptors in the body and their Importance

**David B. Allen M.D.**

By legal Democratic Vote; Cannabis Is Medicine.

noid system has effect on cancer is in its infancy, but there is no question that Cannabinoids do have inhibitory effect on cancers.

So you can see that Anandamide which stimulates cannabinoid receptors, directly effects many major physiologic functions in the body, and that THC is a plant equivalent of this naturally occurring or endogenous chemical.

Now comes the interesting part which is not widely acknowledged. Pharmaceutical companies, being what they are, came to the “brilliant” conclusion that if Cannabis made you hungry then stimulation of cannabinoid receptors must have something to do with hunger/satiety (satiety = fullness) So their devious minds followed with the “simple” thought that if they could develop a compound that would block cannabinoid receptors, then they could block hunger, and thus make a super diet pill.

The pills worked in a novel way, by blocking cannabinoid receptors and thus blocking pleasure centers in the brain that provide the feel-good response from smoking or eating. Previously the drug companies developed an opiate receptor blocker called Narcan. When a patient came into the emergency room with an opiate overdose, Narcan could be given intravenously to the patient and all effects of the opiate would be blocked. So all respiratory depression effects of the opiates would be blocked as well as the “high”. From this experience of receptor blocking, physicians now could bring people down off of their “high”. The thought process was that if “High” was a bad thing, then blocking the pleasure centers might be a good thing. So the companies pitched the new cannabinoid receptor blocker drug for possible use in obesity and drug addic-

tion. Now it seems the receptor blocker drugs may block pleasure too well, and cause a variety of unintended effects. (raising the risk of depression, suicide and other very negative effects.) <http://www.salzarex.com/rimonabant.html>

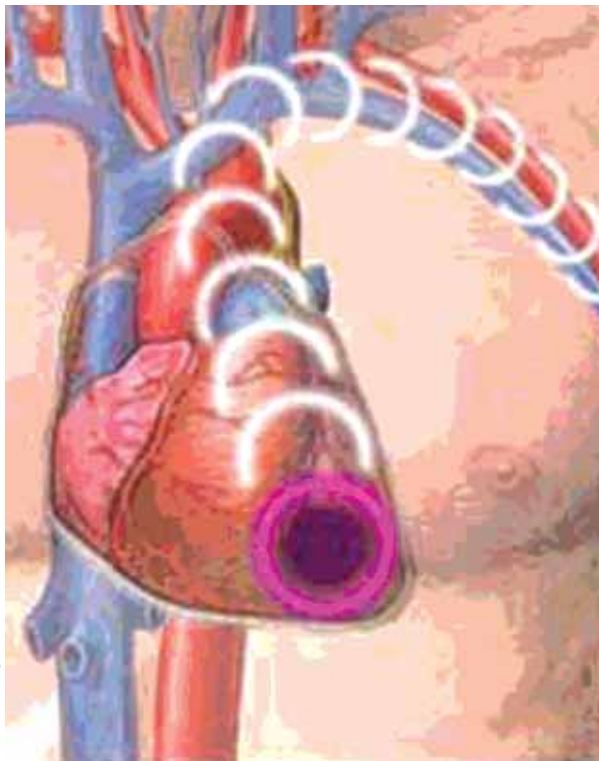
The research developed a drug they called Acomplia, also known by its trade name (Rimonabant.) This was a compound that blocked cannabinoid receptors and was marketed in Europe as a diet drug. Whenever a drug blocks a receptor, it blocks the function of that receptor and is called an antagonist. Rimonabant, a Cannabinoid receptor blocker, interferes with CB1 receptors and had the opposite effect of THC. So THC makes you happy, hungry and sleepy, then this new drug would do the exact opposite. There were reports of Suicide, major Depression, Agitation/Aggressiveness, Anxiety, Insomnia, and Seizures with the use of this drug. Rimonabant, was removed from the market in Europe and the FDA denied its use in the U.S.

The FDA correctly recognized that blocking cannabinoid receptors (CB1) was harmful to patients, so one might conclude that stimulating those receptors might have a beneficial result?

Cannabinoid receptors cause major physiologic response and control nearly every function of the body. Blocking these receptors now seems to be a block-head idea and points to the importance of the endocannabinoid system. This is a new science, a control system of the body that God made.

In my next article I will discuss the possible anti-tumor effects of Cannabis and how it may keep coronary stents open longer. 🍀





heart-watch-blog.com

# Marijuana Protective in Strokes

**David B. Allen M.D.**

By legal Democratic Vote; Cannabis Is Medicine.

**C**annabis or Marijuana has at least 60 compounds which are termed Cannabinoids and have medicinal effect. Two of those compounds, (Cannabidiol and THC) have both been proven to protect brain tissue from ischemic (low blood flow) type strokes. This was proven by the U.S. Government scientist working for the Department of Health and Human Services. U.S. Patent #6,630,507 was Filed on 2/2/01 and Granted on 10/7/03 by the Dept. of Health and Human Services. (Washington DC)

This acceptance of this patent by the patent office shows proof that this is a valid claim by the authors. (The US Government). If you carefully read the study is clearly shows that infarct size (size of the stroke or dead brain tissue) is reduced by 50% in lab animals. This is a Miracle, and has great potential in helping in other disease states like heart attack. These studies were conducted in lab rats, which had induced strokes by occluding the brains, Middle Cerebral artery. Animals treated with Cannabidiol had substantial improvement in the neurological status after a stroke. A decrease in size of a stroke by 50% might mean the difference between being able to care for yourself, afterwards or not. The reduction in brain tissue death could mean the difference between able to talk, or walk, or wipe yourself or NOT. The magnitude of this is incredible.

The Safety of Cannabidiol is impressive and humans can tolerate extremely high doses with no ill effects. This cannabinoid does not give the euphoria or high

that is found in some cannabinoids. These facts and the evidence it works so well in lab animals makes Cannabidiol a unique class of medications that have great potential to help mankind. So why is this not available for clinical trials?

**Why is scientific research on Cannabis virtually banned by the DEA and NIDA? (National Institute of Drug Abuse) Why would you limit scientific research on a medicine that is safe, doesn't get you high and has evidence of decreasing stroke size by 50%?**

The only answer is Ulterior Motive and Hidden Agenda.

You can't hide the science. It is being discovered all over the world. We here in America are the worlds dummies. What if Silicon had been illegal? Do we really want to make knowledge Illegal? Emotion not Science has caused this insane drug war. If all the money spent on the drug war was spent on health care and social infrastructure programs we would be a nation all would look up to. Instead we are a nation of felons. We have 5% of the world's population yet we incarcerate 25% of all the prisoners locked up worldwide. The Drug War is a welfare support for the Criminal Justice System. No good is produced just cruelty and sorrow. No rehabilitation, no humanity. **Since 1937 over 16 MILLION YEARS of prison sentences have already been served by Cannabis Criminals. Were any of these criminals rehabilitated? Think of the lost Families, the lost Tax base. We need to stop hurting ourselves. 🇺🇸**

# Excellence



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# With Testing, Yes We Cannabis

Mary Lou Smart © 2011  
www.medicalcannabisart.com

As the science unfolds, patients seek Tetrahydrocannabinol (THC), Tetrahydrocannabivarin (THVC), Cannabichromene (CBC), Cannabidiol (CBD), Cannabigerol (CBG) and Cannabinol (CBN) - cannabinoids shown in research to yield medicinal benefits – in combinations targeted to specific needs.

Lori Kent, volunteer / co-owner of Mari Meds in Belfair, Washington, is honing in on these compounds with the help of Cannatest's alphaCAT. The CAT, Cannabinoid Analytical Tool, is an inexpensive testing kit designed in the Netherlands to test strains for the presence and potency of cannabinoids.

In recent months, she's found cannabinoid combinations that better serve patients needs. Frosty Lady features high THC, CBD, CBG and CBN. The combination spells super head high with the ability to reduce seizures, swelling and pain. For marijuana without the munchies, Quantum-X is high THC and THCV, which is thought to be an appetite suppressor. With thousands of strains on the market and the appetite for medical cannabis soaring, the desire to pinpoint therapeutic combinations is great.

"We're working to standardize the business by dialing into the science of cannabis," she said.

Klaas Hesselink, Cannatest founder, U.S. distributor and technician, discovered thin-layer testing while trying to fine-tune edible dosing. Shown on the website [www.canna-test.com](http://www.canna-test.com), the method is the collaborative effort of alphaCAT BV, California-based Bowtib Laboratories and Hesselink. The Cannatest Pro lab is a mobile laboratory catering to dispensaries, seed companies and other businesses that want to meet the demand for a range of cannabinoids other than just THC. A smaller version, the alphaCAT testing kit, is a mini-chemistry lab that costs \$250, and can test up to four strains on one test plate in 45 minutes. Each test comes with 10 test plates, an easy-to-read manual, and additional explanation on a youtube demonstration. The quick-and-easy

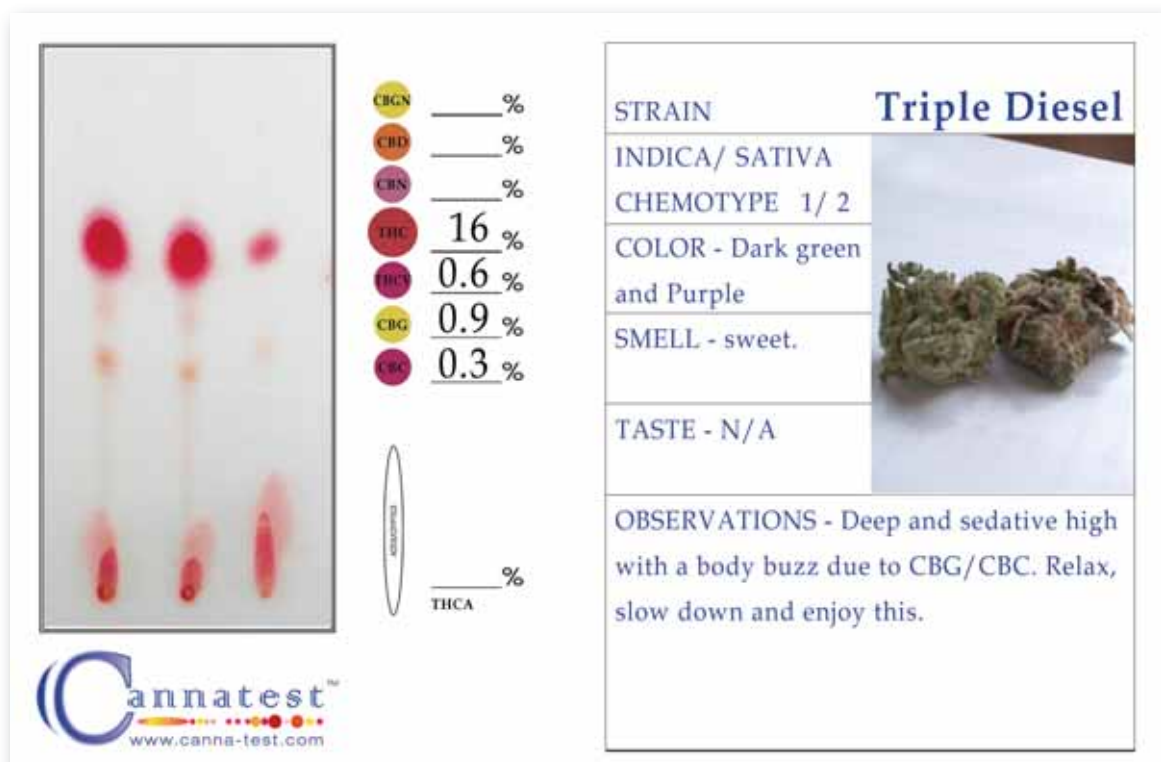
method can equate to tests as low as \$6.50 per strain.

Thin-layer chromatography (TLC) is an extraction protocol that has been around for years whereby a developer fluid is added to a sample as small as .1 gram and compounds are distinguished with brightly-colored spots on a glass plate. Profiles reveal the number of compounds and their relative concentrations. The cannabinoid-specific method designed to separate and identify up to seven cannabinoids on impregnated TLC-plates was created by Ronald Glas in the Netherlands, and scientifically validated by the University of Leiden. Glas studied molecular biology, microbiology, biochemistry and organic chemistry at Wageningen University, and established Maripharm BV, a phytochemistry medicinal cannabis laboratory for 1,500 Netherlands pharmacists, in Rotterdam. Along the way he came to understand the need for a cost-effective testing option.

The CAT's simple, rapid and inexpensive method identifies the fingerprints of all cannabis strains and derivatives such as tinctures, oils, hash and edibles. In addition to determining the chemotype profile, the alphaCAT points to potency, strength and age of samples. Like any home-test kit, one of its greatest draws is that the end-user does not need a scientific background.

Over the past four years, cannabis laboratories opening around the U.S. have had an incredible impact on the rapidly emerging medical cannabis industry. No longer in search of a bag of weed, educated consumers want to know what they're buying; newbies want an education. Entrusted with ensuring safe and effective medicine for licensed patients, dispensaries and wellness centers are coming to rely on cannabis testing, a science in its infancy.

In the absence of federal regulation or guidance, self-regulated, lab-based research is setting up the protocols, defining the standards. Reputable laboratories feature expensive gas chromatography or high-performance liquid chromatography equipment, and employ highly-



With digital and printed templates, Cannatest offers independent testers an attractive and simple means to publish results online.

experienced technicians with multiple degrees who test samples for dispensaries, growers and the occasional individual. Technicians report regularly calibrating equipment and comparing testing methods with peers.

Zack Jarou manages Cannalytics in Lansing, Michigan. He holds undergraduate and graduate degrees from Michigan State, and continues on as a medical student. With easily \$100,000 invested in equipment, Cannalytics is the only lab in Michigan conducting high-performance liquid chromatography, a process that does not require heat, which can interfere with whole-plant analysis and testing of already-cooked edibles. He became adept at using the equipment during several years in bio-fuel research.

Cannalytics strives for transparency. The information the lab uses to make calculations for each individual sample, including standards used to make comparisons, is shown on Cannalytics' website, [www.medicalcannabistest.com](http://www.medicalcannabistest.com). The company charges \$60 to test a sample and offers quantity discounts. Across the industry, costs vary widely. A basic test at Steep Hill Cannabis Analysis Laboratory in Oakland, California, for instance, costs more than \$100.

Not all laboratory work is cost prohibitive to individuals. Full Spectrum Laboratories in Denver, Colorado offers a basic test for \$35 and bulk tests for less. Over the summer, Full Spectrum expanded its commitment to compassionate care, for a limited time, two free tests to every patient in the state.

"The idea behind that is after all of the calls I get from people looking for high-CBD strains or hearing about this ailment or that ailment, we wanted to help," said Buckie Minor, marketing director. "I can tell them where they can purchase, but for high-CBD clones, no Colorado center that I know of is selling them. Hopefully patients will be able to locate some of these plants themselves and trade them amongst themselves to get the medicine that is needed out there."

No fan of the home-test kit, Minor, who was not familiar with Cannatest's alphaCat, referred to thin-layer chromatography as "kindergarten stuff."

For a small business or home analysis, however, highly-exacting lab work might not be necessary.

"People want to know what's in their medicine, but for what I'm doing I do not need forensics," said Mari Meds' Kent. "Cannatest's testing kit shows me the combination of cannabinoids and their potency and that's what we need."

Cannalytics' Jarou feels that in the wide-ranging medical cannabis realm, test kits have their place.

"The thin-layer chromatography tests are more qualitative," he said. "They make comparisons between two samples or let you identify that the compounds are indeed there. Gas chromatography and high-performance liquid chromatography are more quantitative. When you want to put a definitive number on something, ➤



# Dolce Vita

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those are the methods that you want to use.”

Kent is a patient. She suffers from systemic mastocytosis, a rare condition affecting internal and external areas of the body, an overproliferation of mast cells that release chemicals in a process known as degranulation, which leads to symptoms similar to allergic reactions. Prior to cannabis, she was taking a boatload of medications, including Neurotin, an anticonvulsant, 1600 mg four times a day; Darvocet, a pain reliever; Soma, a muscle relaxant; and Hydroxyine pamoate, a multi-tasking med marketed for tension, nervousness and allergy itching. She was also taking Effexor, an antidepressant, to cope with the roller coaster of emotions that comes with taking a boatload of medications.


Bob, her fiancé and co-owner of Mari Meds, has multiple sclerosis (MS). Prior to cannabis, he was taking eight different opiates and antidepressants including Trazodone.

“When we met each other we were both on a lot of different medicine and we decided to change it, and do something different,” said Kent.

With medical cannabis, Bob is off all of the opiates and antidepressants, and is taking only Copaxone, an MS drug. Kent is taking only Allegra, an over-the-counter allergy medication.

“We started treating ourselves with cannabis and got so much better,” she said.

Individuals have unique reactions to cannabis and require custom solutions.

**“None of this is cookie cutter,” said Kent. “With Western medicine, we’ve been treated to cookie cutter medicine. No matter what you have, you’re shown the top six meds, patted on the head and sent on your way. With cannabis, we’re working to standardize the dosages so that the individuals can customize treatments according to their conditions. With testing, we can tell you what is in your medicine. It’s not a Cheech and Chong party anymore.”** 

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# TY SPOTLIGHT

Treating Yourself Interviews the creator of

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



In this issue we will get a chance to talk with one of my good friends in the industry. I met him in Amsterdam, it was my first time seeing his product **THE DIGGER ONE HITTER** ([www.thediggeronehitter.com](http://www.thediggeronehitter.com)) and we have been friends ever since. Now he has added a new product to his line up and it has been SMASHING the competition. The new smoking related products are giving rise to the industry. There are a few real clever people out there coming up with new ideas and new designs every day, with Jonny B on the cutting edge. **THE DIGGER ONE HITTER** took the regular one-hitter to a new level, but now with the **SMASHTRAY** ([www.smashtrays.com](http://www.smashtrays.com)), the average ash tray has been lifted to new highs. All these new innovations are bringing the products of the past back in a big way. We were lucky to get a chance to talk with Jonny B so you can hear first hand about his awesome designs and the erupting smoking product industry.

**Thanks for taking the time to do this interview and be featured in Treating Yourself**

Jonny B: You Bet Jeremy, I love TY and tell Marco I'll see him in Amsterdam!!!!

**Tell me how u got started in the smoking products industry & how you came up with your first product "THE DIGGER ONE HITTER" ?**

Jonny B: It was really by accident. I have been a LONG TIME FAN of the Dugout and One Hitter Bats, and one day back in July of 2009 I was on vacation in Maine when I dropped my ceramic one hitter. I was pissed because I wasn't anywhere near a smoke shop that I knew of, so I had to think like Macguyver. When I dropped my ceramic one hitter, it put a perfect chip in the end of the bat that gave me the idea to put several more of these "SHARK TEETH" on the end of the one hitter to create a "Grinder Tip", which made the performance of the "Old School Flathead Bats" (which suck because they compact the material down into the dugout and its very



hard to get out) work WAAAAAYYYYY Better. So when I got home I bought a bunch of "Old School Flathead Bats" and started grinding Sharp Serrated Teeth into them that angled inward. All my buddies loved it and wanted one because it really did work much better than any of the current bats. So then I started looking for manufacturers and started the whole process of development and tooling, and marketing at trade shows (which I love) all over the world. That's the story behind **THE DIGGER ONE HITTER**. It was literally sitting 3 inches from my nose for YEARS, LOL....

**Did you have any interesting problems developing the product?**

Jonny B: TONS!!!!!! My VERY first order of 50,000 units came in poorly packaged and all 50,000 Diggers were scratched. I couldn't deliver them to my customers in that condition. Normally I would have been screwed in this situation, but my manufacturing plant was INCREDIBLE



about solving the problem and paid for all the units to be replaced. They told me that if they didn't like my new Patent Pending Design so much, and weren't my exclusive manufacturer, that I would have had to EAT IT. I finally had to have my plant individually package each Digger so they wouldn't rub against each other in transit, and the problem was solved. That was a great start!

I also had an interesting experience on my way back home from the official launch of THE DIGGER at The 2009 High Times Cannabis Cup in Amsterdam. Homeland Security and Customs didn't seem to agree with me that my 1600 Diggers were intended for tobacco use only. They held me for hours, tore me and all my stuff up, missed my connecting flight, it was a nightmare that ended with an article on the internet titled "Cannabis Cup Competitor Apparently Had Too Much Fun in Amsterdam". I could go on and on with some CRAZY stories.....

**How has the product come along, and are there any new directions you plan to go in the future**

Jonny B: The Digger is gettin Bigger!! We have been picked up by most of the major distributors in North America, and we are starting to push it in Europe along with our newest product THE SMASHTRAY. This month THE DIGGER was in SKUNK Magazines TOP 50 MUST HAVE PRODUCTS article, and we have been steadily getting bigger orders over the past 18 months since we launched it. Our website is really starting to pick up as the word gets out and more stores carry it. We are coming out with a new type of Digger in the near future geared towards the medical community, but its still in the patenting process so it's on the DL for now.

**Now tell me about the SMASHTRAY**

Jonny B: THE SMASHTRAY KICKS GLASS SO "TAP THIS" Y'ALL!!!!!! It's a fireproof, non-toxic rubber / silicone material that we had BREWED up to mold into ashtrays, SO YOU DON'T BREAK YOUR GLASS PIECES WHEN TAPPING OUT ANYMORE. We have several shapes, colors and sizes, and are doing a lot of customized ones for all kinds of different people. We just whipped up some for The Kottonmouth Kings, HEMP BEACH TV, Nug Magazine, Swisher Streets, and a custom football shaped one for 420 FOOTBALL. These things are AWESOME!!!! And they also fit your beer can (or soda) to become a non-slip coaster, great for boats, cars, and RV's. We have TONS of different designs and molds in the works.

**How has the product been received by the industry?**

Jonny B: AMAZINGLY GREAT RESPONSE... People love this thing and we can't make them fast enough. We have been picked up by the big distributors with this product recently and its JAMMING!!! Our new SKULL mold is EVIL, and we just started making Glow In The Dark SMASHTRAYS too.

**Any plans for future SMASHTRAY designs or new ideas?**

Johnny B: Too many to list. We can pretty much make anything you can imagine. We have some really talented etchers, sculptors, and mold makers who come up with some pretty cool stuff in our "Creative Meetings" (I never miss these meetings, WAAAAAYYYY too much fun). When the fog clears and the ashes are swept up, we are amazed at how many new ideas we realized we came up with at the meeting. I think we have come up with a new ➤



# SMASHTRAY

## TAP THIS



COPORATE MEETING TECHNIQUE for companies to draw the creativity out of their employees...LOL

### Is there anything in general you are working on or have plans for in the future?

Jonny B: I'm doing a lot more with HEMP BEACH TV ([www.hempbeach.tv](http://www.hempbeach.tv) <<http://www.hempbeach.tv>>) lately, which is a blast and the show is really growing. We just filmed a GREAT episode from CHAMPS, and I did a segment on on my first ever DEADLIEST CATCH TUNA TRIP. I had to eat the live beating heart from my first Tuna (So Nasty!). I've also been starting to work with some other inventors of products that I think have some great potential. I've been coming across (or stumbling into) a lot of people on my insane travels with great ideas for products, but don't know what to do next, so I come in and help. I help them with Sourcing and Manufacturing, as well as Financing and Sales and Marketing. Its really hard to pick which products and inventors to work with because of all the time that goes into coming out with a new product, but if I have a good "Gut/Lung Feeling" that "it's a good product for smokers" then I'll do it. Time is really the most limiting factor in our lives, and I HATE to waste it, I'm only here once!

Thanks again to Jonny B for taking the time to talk with us and good luck in the future. I am sure these products are going to get even bigger. Especially the "SMASH-TRAY" that seems like something that will literally be in

shopping malls all over the USA and the world, I LOVE mine. The time to shine in the smoking product industry is right now, and loads of people are trying their hand at a new idea or a new way to revolutionize the old. It is a great way to break in to what could be a very lucrative future. Good luck to everyone trying to jump in, and may you find your genius idea.

Make sure you all catch up with us again next time, if you ever use a one-hitter you will have to check out "THE DIGGER ONE HITTER ([www.thediggeronehitter.com](http://www.thediggeronehitter.com))" and everyone should check out the "SMASHTRAY ([www.smashtrays.com](http://www.smashtrays.com))" for their home or office. Maybe you have been thinking about some way to be a little more stealth, or you need an ash tray that you can really use for smacking that last bit out of a used pipe and not worry about breaking your glass. Next issue we will talk about more cannabis related news. If you enjoy these articles, follow me @Professor420 on Twitter for more personal stories & behind the scenes details & pictures from my articles, including things that don't make it in the magazine, and get them as they happen live. Also don't forget to check out [www.FutureofFighting.com](http://www.FutureofFighting.com) <<http://www.FutureofFighting.com>> to bet on fights and get the latest news about UFC and other Mixed Martial Arts. Go to [www.RLDDVD.com](http://www.RLDDVD.com) for the very best DVD about Amsterdam's Red Light District. Take it easy, have fun, don't believe the hype! Find success and make it work for you. Good luck. ✚



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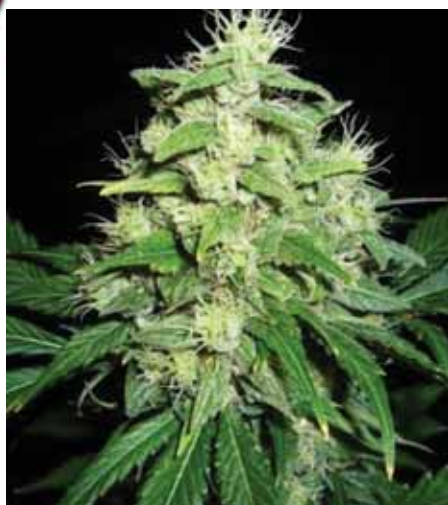
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PATENTS: CAN: 2,470,370 USA: 7,158,643 AUS: 2004269786  
PATENT PENDING: EUR: 04761713.9  
CE STANDARD.





Cindy's Bubbles



Cindy's Bubbles



Cindy's Bubbles

**Strain:** Cindy's Bubbles  
**Breeder:** Crazy Diamond Seeds  
**Grower:** 420since1974  
**Judge:** Skunk-mad & Miss Knapper  
**Date:** August 13, 2011

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

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

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

Clear 5% Cloudy 60% Amber 30% Dark -

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

Brown 5, Green 7, Blue 2, White 7, Rust 3

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

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

Berry 4, Floral 6, Pepper 5, Blueberry 6, Fruit 3, Bubblegum 2

**7. Aroma:** 8 Aroma from 1-10 repulsive-delightful.

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

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

**Comment** - On first inspection the bud look totally covered in trichomes as if the buds had been dipped in sugar giving a lovely look to the finished product. The bud has been cured very well but really shines under the microscope with very short stems & nice fat clear & amber trichomes . Excellent bag appeal 9/10.



**1. Utensils:** Herbal-aire vaporizer, Headquarter papers

**2. Taste descriptors:** Use numbers 1-9 that apply to the taste where 1 indicates a subtle presence and 9 indicates a very pronounced presence  
Berry 4, Floral 2, Pepper 5, Blueberry 7, Fruit 3, Bubblegum 3, Hash 4, Citrus 4, Vanilla 2, Spice 2

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

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

**5. Smoke ability:** 3 smoke ability of the sample from 1-10 harsh-smooth.

**6. Smoke expansion:** 3 smoke expansion in the lungs from 1-10 stable-explodes.

**Smoke Test Comments:** - We tried Cindy,s bubbles in the herbalaire vaporizer (via the bag system) & also in joint,s .We found that when vaped the smoke was quite harsh so WE found it better in joint,s the harshness through the vaporizer could have been down to me Vaping at to high a temp?. The taste was excellent giving a nice spicy blueberry taste on the inhale with a lingering taste of vanilla on the exhale. The smoke was very stable in your lungs & produces more of a head high than a body buzz.

### FOLLOW UP QUESTIONS

**1. Dosage:** - 3.5 bags or 1-2 joints to reach desired effects.

**2. Effect onset:** 8 Rate of how quickly the effect hit from 1-10 immediate-major creeper.

**3. Sativa influence:** 70% Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.

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

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

**6. Duration of effect:** - 15 -2 hrs

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

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

**Morning/wake up 2 Day/work 5 Evening/relax 8 Night/sleep 3**

**9. Overall satisfaction:** 7 Rate your overall satisfaction from 1-10 poor-Holy Grail.

**10. Ability and conditions:** 5 Rate your overall ability to judge from 1-10 low-high.

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

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

P Ability to rest or sit still

P Anxiety relief  
P Appetite  
P Smell perception  
P Speech perception  
P Attention/Creativity  
P Relaxation  
P Thought process

- Visual perception

### Extended Medical Survey:

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

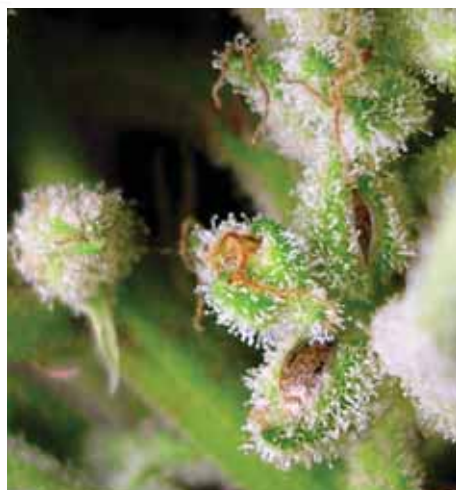
**FINAL COMMENTS:** - Well what a great little strain we have here, this strain is not the strongest strain we have tested but we were very impressed with the medicinal properties & more importantly how it helped numerous ailments. This strain is definitely a creeper strain, it is very good to get you motivated & to get your creative side active. I suffer from very bad panic attacks which this strains seemed to help greatly which for me is a great find. Miss knapper also found it great for mild/moderate pain control. I hope this strain brings you some of the relief we have found. Thank you 420since1974 & crazy diamond seeds for this great little gem.

Smoke report dedicated to my Grandad who sadly passed away on 18/08/2011 (skunk-mad).





Chernobyl



Chernobyl



Chernobyl

**Strain:** Chernobyl  
**Breeder:** TGA Genetics  
**Grower:** Tcurtiss  
**Judge:** Tcurtiss  
**Date:**

- 1. Visual Appeal:** - Visual appeal of the buds from 1-10 unappealing-excellent.
- 2. Visible Trichomes:** - Visible trichome content from 1-10 none-totally covered.
- 3. Colors that are present in the trichome heads under magnification:**  
Clear - Cloudy - Amber - Dark -
- 4. Colors present in the buds** and/or on a scale 1-9 light-dark:
- 5. Bud density:** 9 Bud density from 1-10 airy-dense.
- 6. Aroma descriptors:** 9 scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.  
cherry pheno, berries. This sample has been curing for 2 weeks, grown in roots soil the place into a 7 gallon container with Subcool's super soil which really adds the overall product of the plants fragrance, potency & smoothness almost extra smooth almost like a Cherry smoothie
- 7. Aroma:** 9 Aroma from 1-10 repulsive-delightful.
- 8. Seed content:** 0 Seed content from 0-10 none-fully seeded.
- 9. Weeks cured:** - If know the number of weeks your sample has been cured.

**Comment** -Dense buds when you open it up a nice berry fragrance coming off the flowers when you open the jar & she is triple covered in tri-chrome resin which always is one of my favorite's traits about her - her hash making ability.  
A breeze to grow, very resistant to mold compared to some of the other TGA strains I have grown - Vortex & The Flav. I was curious of the cherry flavor and after conversing with Subcool he informed me that just some space dude sneaking in. I really enjoy the flavor of this strain it reminds me of a cherry slurpee from 7-11 minus the brain freeze instead more of a euphoric state of mine after 2 hits and there is no ceiling with this strain.  
You want to go to another level in Chernobyl outer space? Just load up another bowl and hold on



**1. Utensils:** -

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

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

**4. State of dryness:** 6 1-10 wet-dry where 5 is ideal.

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

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

**Smoke Test Comments:** - This pretty little lady took me back to a time when life was simpler, and a glass of tea was the only thing i needed for rest a cup sleepy time tea drizzled with honey. to sum up the smoke is mint punch in the mouth with a strong melon influenced after taste :)

**FOLLOW UP QUESTIONS**

**1. Dosage:** - 3.5 bags to reach desired effects.

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

**3. Sativa influence:** 6 Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.

**4. Indica influence:** 7 indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.

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

**6. Duration of effect:** 1-2 hrs

**7. Tolerance build up:** 2 Rate of how quickly tolerance builds from 0-10 none-rapid.

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

Morning/wake up - Day/work - Evening/relax - Night/sleep -

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

**10. Ability and conditions:** 6 Rate your overall ability to judge from 1-10 low-high.

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

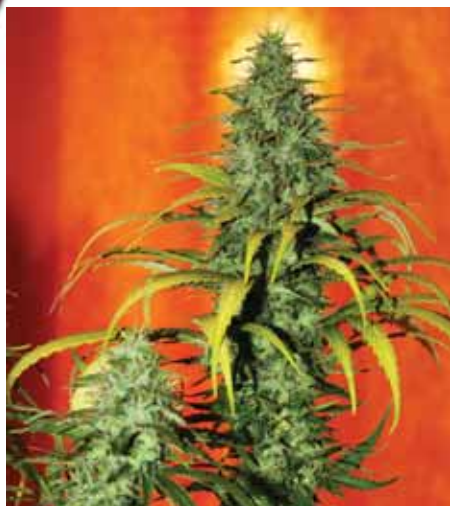
**12. Effect:** What effect did the strain have write P if the you got a POSITIVE effect and N if you had a NEGATIVE effect  
strong relaxing high , good for pain, euphoric

**Extended Medical Survey:**

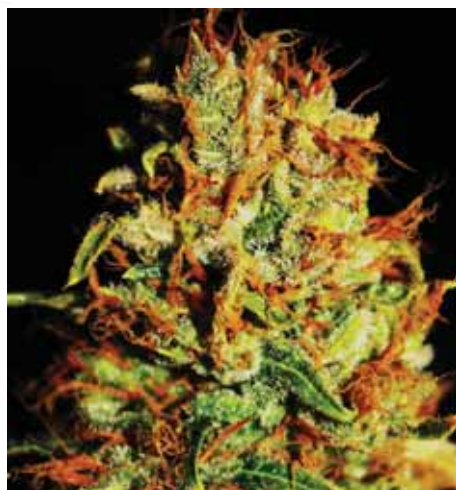
**FINAL COMMENTS:** -Definitely one of my favorite strains my stable, I've used her for tincture in the past which has worked great for my arthritis, I will be keeping a cutting of this for some time. And this is deftly one of the best hash making strains around in my eyes







Sweet Afghani  
Delicious Sl



Sweet Afghani  
Delicious Sl



Sweet Afghani  
Delicious Sl

**Strain:** Sweet Afghani Delicious Sl  
**Breeder:** Sweet Seeds  
**Grower:** Tommy  
**Judge:** Tommy G  
**Date:** May 8, 2011

**EVALUATION (0/20)**

**Ease of cultivation:** 19  
**Yield:** 18  
**Appearance:** 18  
**Visible trichomes:** 18  
**Aroma of the dried flowers:** 19  
**Taste of the smoke/vapor:** 19  
**Texture of the smoke/vapor:** 16  
**Tolerance:** 19  
**Effect:** 19  
**Buzz duration:** 17  
**Final result:** 182 (182/200)

**Comment** -: Plant characteristics: Being a 90% indica variety, Sweet Afgani Delicious Sl respects to its origins and, as well as the majority of the phenotypes of its ancestral Black Domina, presents itself as a plant with a short structure, robust, and with a nice number of branches. As it is an Sl, it is stable and homogeneous, at least for the characteristics described by the seed bank. This is a short flowering variety, and some plants only need 50 days into flowering, but the majority will thank the standard 60/65 days. It's definitely the fastest variety I ever grew. The plant is very beautiful, a treat to the eyes of the grower. Features a nice response to the LST, but it also develops quite well if we avoid interfering, as it doesn't stretch much even when in the hands of the inexperienced grower. Very nice pruning response. It doesn't need much food or water, which makes it an interesting option to use outdoors, especially in guerillas, as it can be left alone, unattended, for a bit longer than with most of the other plants. The calyx to leaf ratio is another pro, which, besides the convenience we already know it supposes, is also of a great help when manicuring, as it becomes easier and faster to do.

**1. Utensils:** Volcano vaporizer

**2. Taste descriptors:** Use numbers 1-9 that apply to the taste where 1 indicates a subtle presence and 9 indicates a very pronounced presence  
Musk 4, Anise 6, Church 5, Citric 3, Fuel 1, Sweet 6, Floral 2, Strawberry 2, Fruit 5, Candy 8, Hashish 4, Incense 2, Wood 6, Orange 2

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

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

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

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

**Aroma and taste descriptions:** Its aroma is, in a word, sweet. If we rub our fingers on its leaves when yet alive, it smells like a sweet poison, which brings to memory the intense sweetness of cough syrup. It's a medicinal aroma. The presence of a fruity aroma is incontestable, but not always obvious. What is definitely obvious is a good smell of sweet wood, or as some like to say, it smells like incense with a touch of church (which is rather unusual in mostly indica strains). Behind the sweetness and those strong aromas, I can also identify a very subtle aroma that I venture to compare to carrot aroma. This isn't an easy aroma to notice, and I only managed to relate it with carrots a few months after using this variety on a daily basis. The taste follows the same line, especially when we use a vaporizer to taste, as the taste of the vapor is like a replica of the aroma released when we break off the flowers, setting the terpenes free. It features a soft note of red fruits after the first month of curing.

### FOLLOW UP QUESTIONS

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

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

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

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

**5. Potency:** 9 Rate the potency of the sample from 0-10 none-devastating.

**6. Duration of effect:** - 7

**7. Tolerance build up:** -9 Rate of how quickly tolerance builds from 0-10 none-rapid.

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

Morning/wake up - Day/work - Evening/relax - Night/sleep -

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

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

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

**12. Effect:**

The effect is what I find more appealing about this strain. It's a joyful feeling, relaxed and physical. It arrives in a few minutes and usually lasts for 60 to 90 minutes. For being easily controllable, it benefits the grade of relaxation offered to the user. It is an effect suitable for sleep, rest, or to go for a relaxed walk. On the other hand, its effect is less adequate to drive cars, perform high-responsibility tasks, or observations that suppose several complex thought processes at a time. If properly used it may be considered therapeutic. One has to get used to it, but that's easy because it doesn't trigger even a bit of anxiety. In my opinion, it is a five-star effect, which I have been recommending for the past two years to everyone who follows my grow diaries and seeks for the genuine effects of a good indica.







Tank's Grapefruit



Tank's Grapefruit



Tank's Grapefruit

**Strain:** Tank's Grapefruit  
(purple pheno type)  
**Breeder:** unknown  
**Grower:** 420grower  
**Judge:** Skunk-mad  
**Date:** January 1, 2011

**1. Visual Appeal:** 9.5 Visual appeal of the buds from 1-10 unappealing-excellent.

**2. Visible Trichomes:** 9.5 Visible trichome content from 1-10 none-totally covered.

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

Clear 20% Cloudy 70% Amber 10% Dark -

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

Brown 5, Green 5, White 8, Rust 6, Orange 7, Purple 1

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

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

Grapefruit 10, Hash 7, Skunk 7, Citrus 8, Spice 7

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

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

**9. Weeks cured:** 2-3 If know the number of weeks your sample has been cured.

**Comment** -When I first saw this bud, it looked like it had been coated with sugar. The crystal content is amazing on this strain and the bag appeal is out of this world. The buds are very, very dense and compact, and have been cured to perfection. When looked at under the scope, the trichomes have very short, fat stems with huge, bulbous heads glistening back at you. The overall crystal content is amazing. Excellent-looking medication.



**1. Utensils:** Glass pipe, Headquarter papers

**2. Taste descriptors:** Use numbers 1-9 that apply to the taste where 1 indicates a subtle presence and 9 indicates a very pronounced presence  
Fruit 5, Grapefruit 9, Hash 8, Skunk 5, Spice 7

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

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

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

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

**Smoke Test Comments:** - The smoke from Tank's Grapefruit is very smooth on the throat, and when you exhale, that's when you get the taste of grapefruit. This strain was tested by quite a few different people with multiple ailments, and we could not get over how smooth a smoke this pheno of Tank's Grapefruit was. The smoke created is very thick, and you can feel it hit your lungs but not explode. A very good smoke if you have dodgy lungs, as this strain does not irritate your throat like some other strains do. Overall, we are very impressed with this strain.

### FOLLOW UP QUESTIONS

**1. Dosage:** 2-3 joints to reach desired effects.

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

**3. Sativa influence:** 8 Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.

**4. Indica influence:** 8 indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.

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

**6. Duration of effect:** 1.5 hrs

**7. Tolerance build up:** 4 Rate of how quickly tolerance builds from 0-10 none-rapid.

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

Morning/wake up 7 Day/work 9 Evening/relax 9 Night/sleep 4

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

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

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

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

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

### Extended Medical Survey:

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

**FINAL COMMENTS:** Tank's Grapefruit (purple pheno) is not the strongest strain out there, but strength is not always what we need in the medical cannabis world. We did find that Tank's Grapefruit worked very well for people that suffer from panic attacks, and it is an excellent strain to be smoked during the day to keep mild pain at bay and to help get your creative juices flowing. All that tried Tank's Grapefruit loved it and we all came to the conclusion that Tank has created an excellent strain for the medical community. Thank you, Tank, I hope you approve. We do.





Industrial Bubble Hash  
150 micron bag



Industrial Bubble Hash  
70 micron bag



Industrial Bubble Hash  
20 micron bag

**Strain:** Industrial Bubble Hash  
**Breeder:** Dinafem  
**Grower:** Skunk-mad  
**Judge:** Skunk-mad and family  
**Date:** June 22, 2011

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

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

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

Clear - Cloudy 25% Amber 65% Dark -10%

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

White 4, Black 4

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

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

Floral 2, Hash 9, Spice 5

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

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

**9. Weeks cured:** 8 If know the number of weeks your sample has been cured.

**Comment** -This is the best bubble hash I have had the pleasure to make and smoke. All four grades looked excellent, with no impurities and an amazing smell that reminded me of hash we used to smoke in the early '90s from Morocco.



**1. Utensils:** TY Roor, Jamaican rum blunts

**2. Taste descriptors:** Use numbers 1-9 that apply to the taste where 1 indicates a subtle presence and 9 indicates a very pronounced presence  
Floral 2, Hash 9, Spice 7

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

**4. State of dryness:** 6 1-10 wet-dry where 5 is ideal.

**5. Smoke ability:** 9 smoke ability of the sample from 1-10 harsh-smooth.

**6. Smoke expansion:** 8 smoke expansion in the lungs from 1-10 stable-explodes.

**Smoke Test Comments:** - When it was made, I ended up with four different grades of bubble hash: 150u, 120u, 70u, & 20u. We found the best hash was from the 70u bag. This grade was the full-melt bubble hash. The smoke was very, very thick and explodes in your lungs like an atom bomb, leaving a lovely hash taste on the exhale. When it was burned, you could see the hash bubbling up like a small volcano and surprisingly, it was very kind on the throat.

### FOLLOW UP QUESTIONS

**1. Dosage:** - 2 bowls to reach desired effects.

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

**3. Sativa influence:** 50% Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.

**4. Indica influence:** 50% Indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.

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

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

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

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

Morning/wake up 2 Day/work 3 Evening/relax 8 Night/sleep 9

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

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

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

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

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

### Extended Medical Survey:

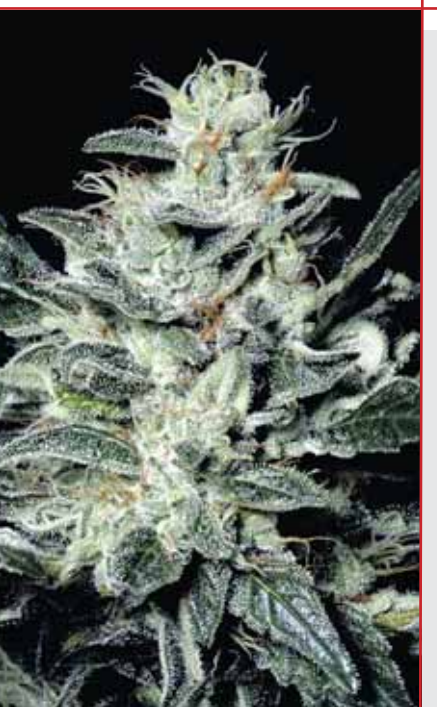
- ADD/ADHD	P Depression	- Muscular movement disorders
- Allergic rhinitis	- Diarrhea	- Nausea
- Amphetamine Dependence	- Epilepsy	P Panic Attack
- Anorexia	- Glaucoma	- Peripheral nerve pain
- Arthritis/Musculoskeletal pain	- Hepatitis	- Post traumatic Stress Disorder
- Asthma/Cough	- High blood pressure/Racingpulse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

**FINAL COMMENTS:** This bubble run not only gave me some great bubble hash that worked well for multiple ailments, but I found a great way to use up that unwanted trim you may just throw away. These bags were one of the best investments I have made and you can have smokable hash within an hour of starting. The trim used in this had some huge trichomes that turned into some great hash, which worked extremely well for insomnia and also can get you giggling. A very strong form, but highly effective. If you want to get stuff done, don't smoke this. If you want to chill out and forget about the world, then try some bubble hash. It works for me.





Peacemaker- FMS Seeds



Sensi Star - Paradise Seeds



LA Confidential - DNA seedbank



## STRAIN CATALOGUE



### BARNEYS FARM

REGULAR PACKS OF 10

8 Ball Kush	\$44.00
Acapulco Gold	\$51.00
Amnesia Lemon	\$56.00
Blue Cheese	\$51.00
Crimea Blue	\$41.00
Dr Grinspoon	\$59.00
G 13 Haze	\$59.00
Honey B	\$48.00
Laughing Buddha	\$57.00
L.S.D.	\$56.00
Morning Glory	\$57.00
Night Shade	\$56.00
Phatt Fruity	\$42.00
Pineapple Chunk	\$51.00
Red Cherry Berry	\$42.00
Red Diesel	\$59.00
Red Dragon	\$56.00
Sweet Tooth	\$57.00
Tangerine Dream	\$59.00
Top Dawg	\$54.00
Utopia	\$44.00
Vanilla Kush	\$63.00
Violator Kush	\$57.00

REGULAR SEEDS PACKS OF 10

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

FEMINIZED AUTO FLOWER SEEDS PACKS OF 5

Little Cheese	\$39.00
Pineapple Express	\$41.00



### BC BUD DEPOT

REGULAR PACKS OF 12

BC God Bud	\$105.00
The Purps	\$105.00
BC Mango	\$90.00
BC Blueberry	\$90.00
BC Sweet Tooth	\$90.00
BC Sweet God	\$90.00
The Black	\$90.00
Texada Timewarp	\$90.00
BC Pine Warp	\$90.00
Purple Buddha	\$75.00
Burmese	\$75.00
Jack Herer Feminized	\$150.00

### 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



### EVA SEEDS

FEMINIZED INDICA PACKS OF 5

African Free	\$56.00
High Level	\$56.00
Jamaican Dream	\$88.00
Missing	\$80.00
Monster	\$56.00
Nexus	\$56.00
PAPA'S Candy	\$80.00
Pink Plant	\$96.00
T N T Kush	\$88.00
VENENO	\$98.00



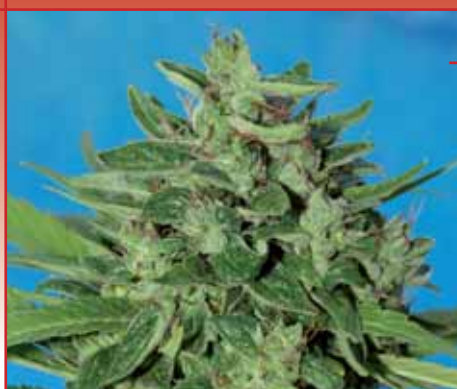
### FINEST MEDICINAL SEEDS

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



Avalon - Next Generation

Super Lemon Haze - Greenhouse Seeds



Super Silver Haze - Mr. Nice

## Catering to the needs of licensed growers across Canada.

Wholesale enquiries welcome [sales@mmsw.ca](mailto:sales@mmsw.ca) or call: (403) 265 6674



### GREEN HOUSE SEED CO.

FEMINIZED PACKS OF 5

Big Bang	\$30.00
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
Chemdog	\$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 K	\$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
N.H.S NLx Haze/ Skunk	\$102.00
Ortega	\$102.00
Shark Shock	\$86.00
Shit	\$53.00
Skunk Haze	\$120.00
Spice	\$86.00
Super silver Haze	\$173.00
Walkabout	\$35.00
pink Floyd	\$102.00
U2	\$102.00
The Stones	\$102.00
The Cure	\$102.00
The Doors	\$102.00



### NEXT GENERATION

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](http://www.stallonedavide.com)





MK Ultrawreck - THSeeds



Querkle - TGA



## STRAIN CATALOGUE

## 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

## 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
Crazy 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

## 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



Cannatonic- Resin Seeds



Lavender - Soma Seeds

Family Medical Center

Age  
Date

Rx





## Medical Marijuana Seed Wholesaler Distributors

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**The Lemonade Stand**  
268 Tranquille Road  
Kamloops, B.C.  
V2B 3G3  
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872 East Hastings St.  
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**West Coast Hemp**  
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V9Y 4E4  
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**High Times**  
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Laval, Quebec  
H7G 2W1  
T: (450)975-2666

1387 St-Catherine West  
Montreal, Quebec  
H3G 1R1  
T: (514)849-4446

**Psychonaut**  
154 Prince Arthur E.  
Montreal, Quebec  
H2X 1B7  
T: (514) 844-8998

### Saskatchewan

**Vintage Vinyl**  
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Regina, Saskatchewan  
S4P 0 K2  
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**Head to Head Novelties**  
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# CBD-crew Launch

**a chat with Jorge Cervantes, Shantibaba from Mr. Nice & Jaime of Resin Seeds**

**W**e went on two locations to ask a few of those involved in the release of the **CBD-crew**, first part was with Jorge Cervantes and the second part was with Shanti and Jaime...

**Above left**  
Jorge Cervantes

**Below**  
Howard Marks (Mr. Nice), Jaime of Resin Seeds and Scott Blakey (Shantibaba)

**Above right**  
CBD-rich strains:  
- Z6 (project Z)  
- CBD Critical Mass (CBD-crew)



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seedbank and research

**RESIN SEEDS**



#### **How did the CBD-crew idea evolve?**

**Jorge:** Shanti, Jaime and I were in the car heading back to Jaime's house. We were tossing around a few ideas from the past few days and CBD-rich strains and "bam!" we felt the effects of the Cannatonic, we felt no pain! At that point WE KNEW WE ARE the CBD-Crew! – Two breeders, a scientist and me.

#### **What were the CBD-crew basic premises?**

**Jorge:** Develop CBD-rich strains, study CBD as a medicine and promote CBD-rich strains for medicinal cannabis patients.

#### **How did the project begin and with who?**

**Jorge:** A good friend of mine, Shanti and Jaime put us all together regularly to discuss the issues and lab testing and slowly the affiliations with several other breeders, lab workers, and professionals gained a momentum and excitement we have not seen since before.

#### **When did you feel it was achievable and did it work how you thought it was going to work...like a breeding program of a normal seed?**

**Jorge:** Actually the activity behind CBD-rich cannabis and the CBD-Crew is unlike any other I have seen. We have two professional, well-known breeders collaborating for the good of medical marijuana patients. Normally marijuana seed breeders look after themselves. Now, we are legal and have laboratories with like-minded scientists helping us. We are all working in concert to advance CBD-rich strains like Cannatonic very quickly.

#### **Does it feel the same to work alone or with a crew of like minded companies? Do you see the CBD-crew as a growing concern for like minded companies and individuals?**

**Jorge:** It is much more stimulating to work with smart, accomplished peers. We are on the same page and function much better as a group.

Collaboration among businesses that complement one another is always smart. A strong working relationship with like-minded individuals gives a natural advantage to research and dissemination of information and products.

#### **Will we expect to see more strains CBDed so to speak in the future?**

**Jorge:** In this industry based on piracy, we will see more CBD strains than ever before. But, just like Jaime and Shanti point out, good seeds require time, scientific know-how and hard work. A handful of seed companies will do what it takes. Now CBD-rich strains are becoming known in California and other medical states in the USA. It will take time before they become popular in Europe and the world. I will certainly cover most of those development on my new website [www.jorgecervantes.tv](http://www.jorgecervantes.tv)

#### **Together with the growing number of US states that have medical marijuana laws and new countries having programs that allow patients to access cannabis as a medicine (i.e. Canada and Israel) I feel that the interest of the pharmaceutical industry for cannabinoids has been on a positive trend during the past year. What is your opinion?**

**Jorge:** You hit it on the nose! Cannabinoids are very interesting molecules, few medicines offer such a wide range of positive effects and very low toxicity. The pharmacological industry is moved by profits and a naturally occurring plant molecule cannot be patented. Consider the costs to register a new medication, in the USA it is about \$800'000'000 (yes, 800 million dollars!). It is easy to understand why until a few years ago nobody was interested in investing in this market. The leading pharmaceutical company dealing with cannabinoids is GW pharmaceuticals, based in the UK. Their sub-lingual spray, Sativex, has a 1:1 ratio between THC:CBD. Of course their product is fully standardized, one of the important requirements in the pharmaceutical world. But standardization is very difficult if not impossible to achieve in a herbal product. We know that there are many variables that



# Many scientific and clinical studies indicate that CBD could be effective in easing symptoms of a wide range of difficult-to-control conditions, including: rheumatoid arthritis, diabetes, alcoholism, PTSD, epilepsy, antibiotic-resistant infections and neurological disorders.

can influence the production of cannabinoids, like light intensity, temperatures, fertilization, etc. The only way to play the game is to grow your plants and then extract the cannabinoids. Once extracted in a laboratory, you can produce a truly standardized product. On the other hand patients seem to prefer the natural solution to the standardized products, most often because they are able to self-titrate (find the right dosage) when they inhale from a vaporizer or smoke directly. By inhaling, patience also experience a faster onset of the positive effects of cannabinoids.

Last but not least is the money! The July 2010 issue of the IACM (International Association for Cannabinoid Medicines) periodical listed the current price for 1mg of THC in Sativex is €0,62 (the 10ml vial sells at approx. €150,00 in EU pharmacies), Marinol (syn- thetic THC) in the USA fetches €1,80 per 1 mg. Weed sold in a coffee-shop in Amsterdam, for example high quality Super Silver Haze with a 19% THC content, costs approx. €9,00/gram. At this price, the cost of 1mg of THC drops to €0,05 (12 times less than Sativex, 36 times less than Marinol!).



**Hello Jaime and Shanti, so glad to have you on Weed World for this chat on CBD-crew. We spoke already with Jorge Cervantes and since you both announced this new project of yours during the last Spannabis fair in Barcelona, could you tell us more about it?**

**Jaime:** As you remember the first time we tested the 1:1 ratio of THC: CBD in Cannatonic (a strain I created for Resin Seeds) was also during a Spannabis fair, the 2009 edition, when we gave a sample to be analyzed by CANNA laboratories. From that moment on I have been working with Shantibaba on CBD since we were both genuinely interested in bringing this powerful molecule to patients.

**Shanti:** That's right mate, during the past decade science has demonstrated that CBD is a potent antioxidant with

strong anti-inflammatory qualities. Jaime and I both believe that patients should be given a chance to cultivate and employ CBD-rich cannabis to self-medicate. We wish to offer a well tested natural alternative in a seed form.

**Most cannabis is bred for the "high" THC content. What else about CBD-rich strains makes them such desirable strains for patients?**

**Jaime:** Cannabidiol —CBD— is a compound in Cannabis that offers various beneficial properties. Taken alone, CBD is not psychoactive; when mixed with THC it tends to smooth and modulate the euphoric effects of THC, often this is something patients tend to dislike in high THC strains. After decades only high-THC Cannabis, CBD-rich strains are now being grown by and for medical patients. CBD has demonstrated neuro-protective effects in some pathological conditions, and its anti-cancer potential is currently being explored at several academic research centers worldwide (try to search "CBD cancer Guzman" on google for more insights).

**Shanti:** The reduced psychoactivity of CBD-rich cannabis makes it an appealing treatment option for patients seeking anti-pain, anti-anxiety, anti-inflammatory and/or anti-spasm effects without some of the typical effects of THC, like euphoria. Many scientific and clinical studies indicate that CBD could be effective in easing symptoms of a wide range of difficult-to-control conditions, including: rheumatoid arthritis, diabetes, alcoholism, PTSD, epilepsy, antibiotic-resistant infections and neurological disorders. I suggest you visit the website of [projectcbd.org](http://projectcbd.org), a California based non-profit educational service, for further information.

**And the CBD-crew, how did it come about? It is not every day you see two seed companies collaborating so closely?**

**Shanti:** You mean instead of stealing and feminizing your competitor's genetics?

Jokes a part, if you want to develop new genetics based on their chemotype (which cannabinoids will be produced in the resin of the flowers) there is plenty of hard work based on trial and error to go through. First of all you need to be able to test the cannabinoid content of the genetics you are producing, in order to select the right ones to move ahead with your project. We collaborate



**CBD-rich strain: Z7 (project Z)**



with a certified laboratory for a series of analytical tests during the course of the plants lives. Before I started breeding CBD-rich strains, I was selecting plants based on their aromatic profile, flowering period, yield etc. In this case you need to wait for the lab to send you the result of your samples before you can start to evaluate how to move ahead! We are taking away the guesswork of a breeder and replacing it with precise science.

**Jaime:** I fully agree with Shanti, plenty of time-consuming work here! Furthermore with Cannatonic we discovered that only 50% of the plants grown were CBD rich. This means that out of a packet of 10 seeds you would only find 5 plants that were really CBD-rich. Our goal was to

overcome this problem and offer seeds that are 100% CBD-rich, which for patients would mean that they do not need to test samples to select a mother for producing their own medicine.

#### **When will the CBD-crew debut its new product line?**

**Jaime:** By end of August 2011 we will select medical cannabis growers around the world to test the new experimental crosses we made using legendary genetics of Mr.





Nice Seed Bank and Resin Seeds as starting points. We are fortunate to work with growers that can have access to a lab to test their plants during the growing season.

**Shanti:** Each test grower will receive 10 seeds of a new CBD-rich cross - our goal is for many growers in different climates to grow out 10 seeds and analyze a sample of each plant so ultimately we can verify that we reached our goal of offering 100% CBD-rich seeds to patients. If we succeed, then we'll start selling those new varieties, which could happen somewhere during November 2011. Check out [www.cbdcrew.org](http://www.cbdcrew.org) for more info and updates.

**I have not seen the cannabis market/community showing much awareness of CBD itself or the fact that not all plants growing from a seed packet of CBD-rich seeds actually contain CBD. Do you really think there is a future for those hit and miss CBD seed strains?**

**Jaime:** Good point. I also saw new seed companies that

mention CBD-potent strains in their catalogue but offer no test results to back up their claims. At the end people should really grow at least 10 seeds of a CBD-rich strain and test all of those seeds for their cannabinoids content - there is no other way to prove it! I saw many patients in North America that tried Cannatonic. These patients really felt an improvement in the quality of their lives. These are the patients we want to help without any cheap marketing tricks!

**Shanti:** Correct Jaime! I also noticed that during the last Medical Cannabis Cup in San Francisco there was new prize for CBD-rich strains. I feel the revolution is coming and slowly patients will start to try the effects of CBD for themselves: there is nothing more convincing than a patient that can testify the effects of this molecule and suggest it to other patients! Let's not forget that CBD was always present in hashish, like charas and Moroccan, where the resin from many different plants is mixed together.

**We are just aiming to have that THC:CBD ratio combination in one bud! 🍀**



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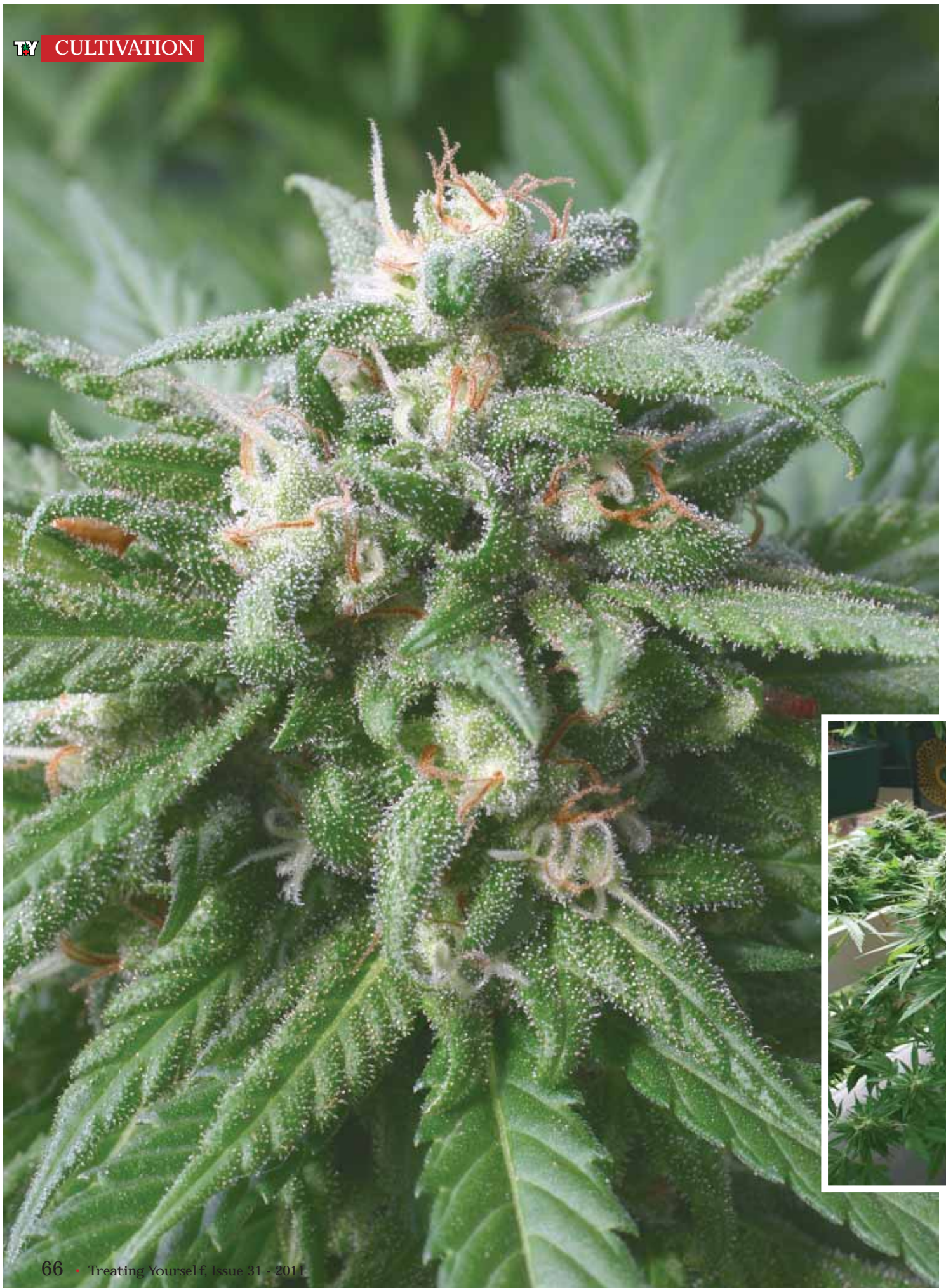
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# A perfect marriage: Serious Seeds and Magus Genetics have united!

**Text and Photos: Lux Cool**

Hot news from the seed business - The Dutch seed bank Magus Genetics has gone under the roof of Serious Seeds, four of the former Magus strains have been taken over by Serious. Simon from Serious Seeds says about this spectacular coup: „We regard this as a perfect marriage of two small, but outstanding Dutch high-quality seed banks with fine selections of unique and highly individual cannabis seed strains. Magus Genetics' six superb strains do wonderfully fit into our menu. Indeed, our two companies do share the same philosophy which is to produce and offer only a handful of selected high-grade strains that are very homogeneous and extraordinary in terms of potency and aroma, yielding something really special and charismatic. So for Serious Seeds and Magus Genetics, less is more when it comes to seed strain breeding. Throughout our whole existence, our companies have strictly stuck to the rule that we'd only release a new seed strain to the market if we are 100% convinced of its overall quality – in contrast to most of our competitors who use to permanently pump

new “strains” into the market that are merely simple crosses of their own or other seed banks' strains in fact. Making quick money unfortunately seems to be the determining breeding motivation for many seed banks today. Almost all of them also do instantly follow any new genetic hype on the market, hastily throwing respective “strains” onto the market. But every time Serious Seeds and Magus Genetics bring or brought out a new strain once in a while, the customers do know it's something precious that is going to persist for years, even decades.“

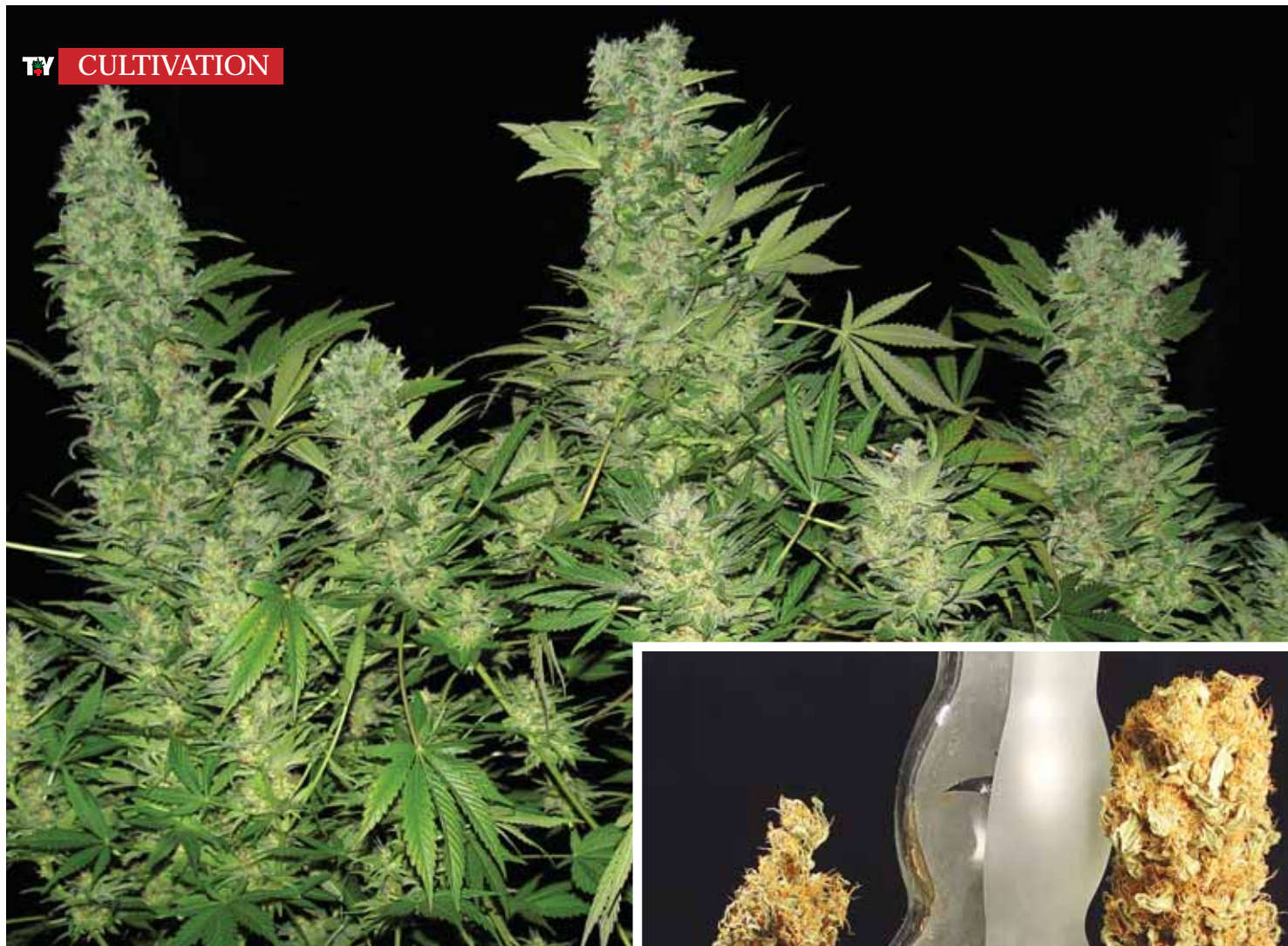
But how did it come that Gerrit, the owner and breeder of Magus Genetics, sold his company? Already for a longer while, he did have difficult private problems, amongst other things, a severe case of illness within his family, giving him a very tough time. When that all became too much for him, he decided to take a timeout from the seed business. But in doing so he had to make sure his precious Magus strains would persist in the future – while somebody else would have to take care of this then. Gerrit contacted his longtime friend Simon who didn't have to think twice, assuring Gerrit of preserving his extraordinary strains, what made Gerrit feel very happy and relieved. However, for two of the six Magus strains it was too late unfortunately, the mother plants of both Exile and Biddy's Sister had gone lost at Magus Genetics so that these strains won't be available any longer from Serious Seeds, while the Magus classics Warlock, Biddy Early, Double Dutch and Motavation will supplement and enrich the portfolio of Serious Seeds. These strains can already be ordered from Serious Seeds. There also is a remainder of 2000 Exile seeds that will be offered for sale on the Serious website, as well as a small remainder of Biddy's Sister seeds that shall be given away as freebies on the English market (status quo of beginning of July).

Warlock, Biddy Early, Double Dutch and Motavation are true cannabis strain classics with a loyal worldwide following that have been proving their excellence in practice for many years. A German circle of growers for example, to which amongst others Mr. Power-Planter and Ellis D. are belonging, right from the beginning had observed the range of strains offered by Magus Genetics and checked their quality in several cultivation tests. Mr. Power-Planter: „Warlock alone – the strain with which



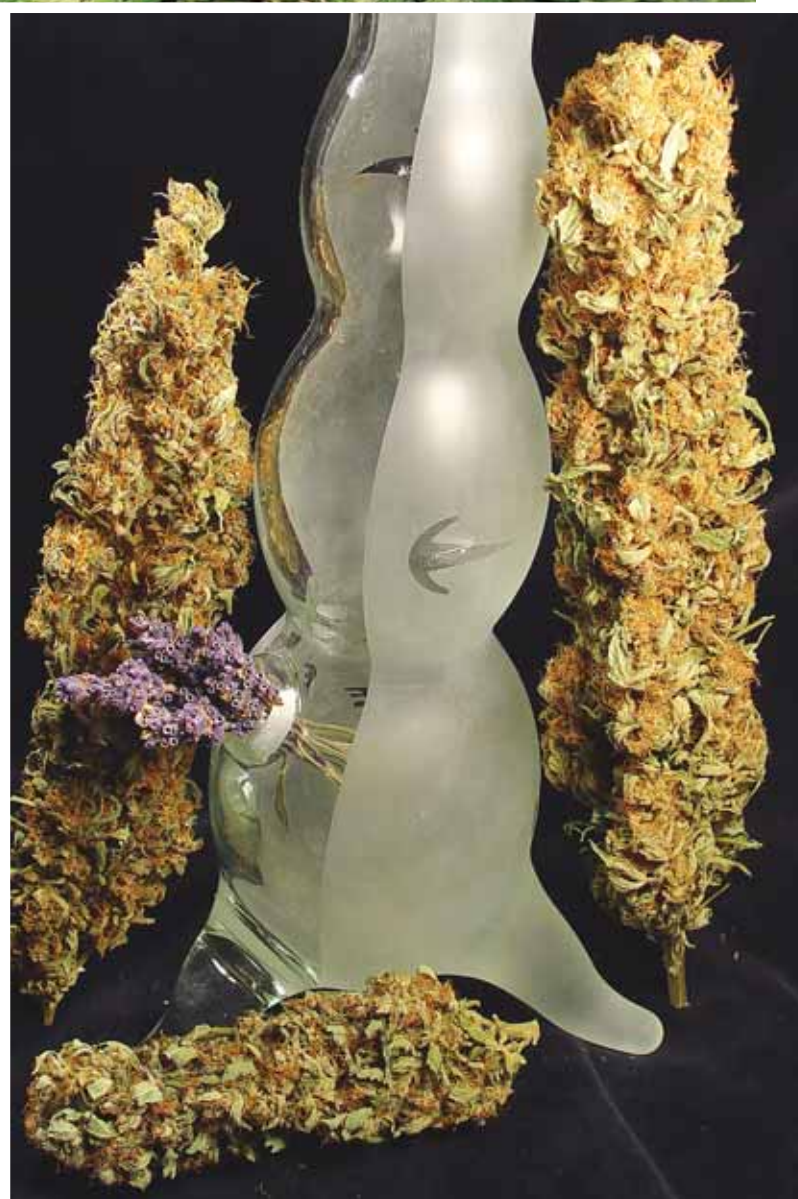
**Left: Biddy-early ripe**  
**Above: Biddy-early dry**



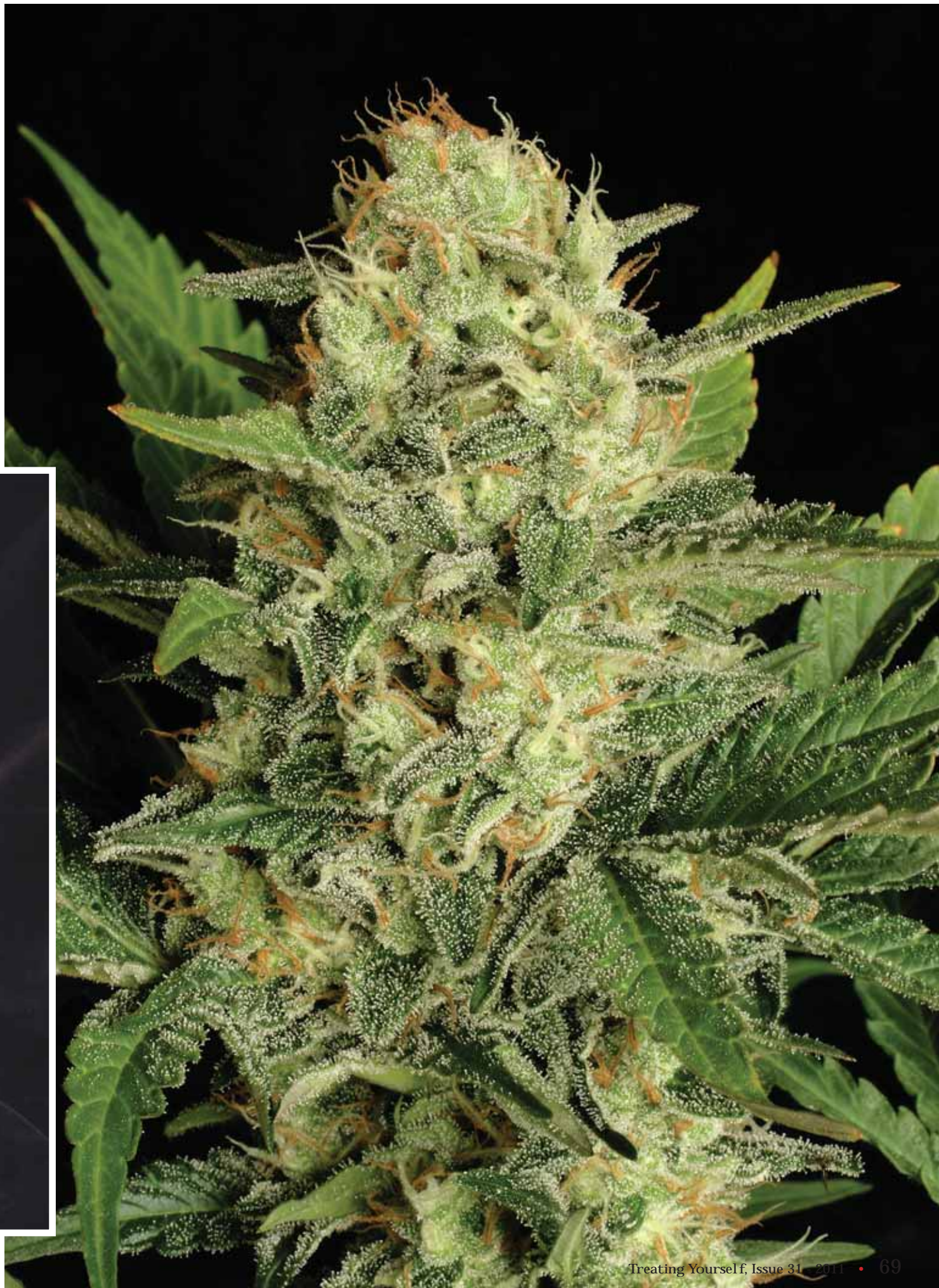


**Above: Double Dutch ripe**  
**Right: Double Dutch dry**  
**Far right: Motivation ripe**

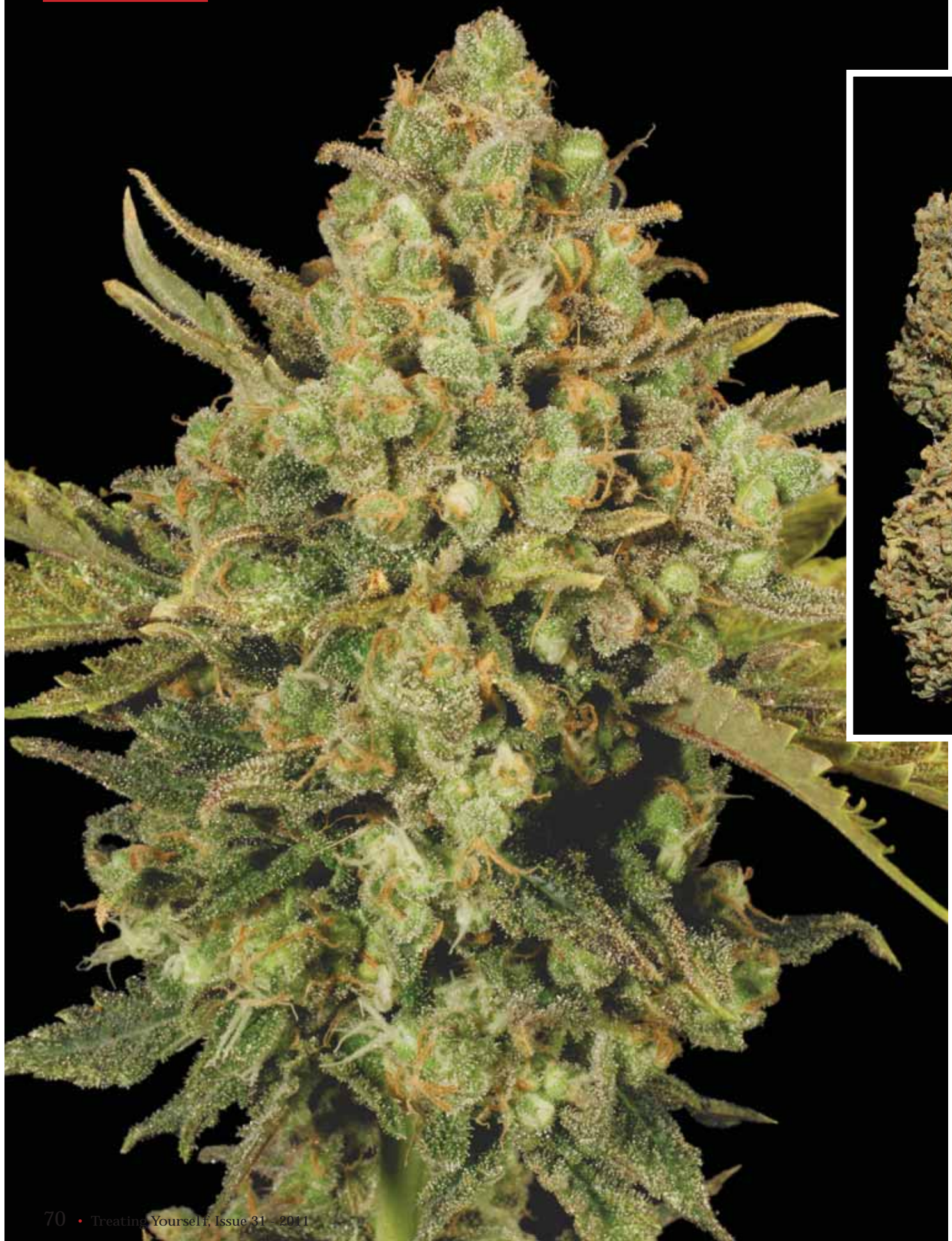
it all began at Magus Genetics back then – is a legendary variety straight out of Gerrit's genetic treasure chest for which Simon's competitors will envy him.“ She ranks amongst the most potent strains worldwide available – Gerrit once reported that some DEA guys in America had measured the THC content of confiscated Warlock plants at unbelievable 29%, this is not a representative figure though, while Warlock regularly has a THC content of at least 20%. In addition, she gives off one of the strongest odours there are in both her living and dried form, incredibly stinky, if one opens a box with Warlock buds inside, the whole room instantly gets filled with a pungent Warlock aroma cloud. Mr. Power-Planter put Warlock (mostly indica) to the cultivation test in both its regular and feminised form, and in both cases the results were extraordinary, just as described above. And also the rich harvest of big bulbous buds made him very happy. Mr. Power-Planter tested the Motavation strain, too. The high of this mostly indica strain turned out to be extremely strong and narcotic, like a „thick wad of cotton wool“ (Mr. Power-Planter) wrapping itself around the brain cells. Motavation also has strong medical effects – when she was still under development,



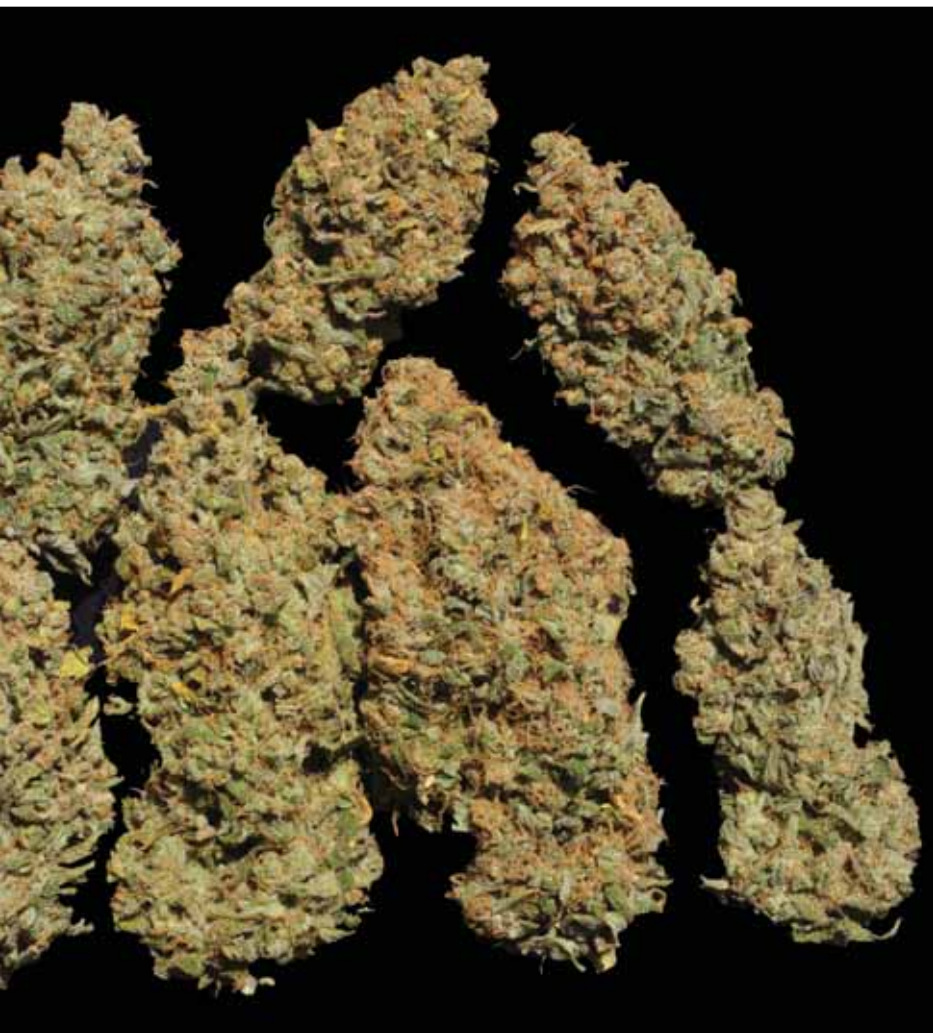












**Left: Warlock ripe**  
**Above: Warlock dry**

Gerrit gave a few test seeds to an Austrian grower who had asked for something indica with medical potential. Some months later he replied that he was very happy with the results, that he had named it “Medizin Power” and that it had become pretty popular among his circle of friends, medical marijuana patients. So Gerrit himself used to call the strain “Medizin Power” at that stage of development. Double Dutch (also mostly indica), a cross of Serious Seeds' Chronic and Magus Genetics' Warlock strain, is the yield miracle from Gerrit's genetic inheritance, heavily laden with thick tight buds, Double Dutch produces huge massive flower chunks that sometimes need to be staked to due their big weight. Gerrit formerly reported about plants he had cultivated that delivered yields of up to 140 grams, and Ellis D. managed to achieve similar dimensions in his own grow room. The other special thing about Double Dutch is her captivatingly sweet aroma that reminds of honey-sweet wildflowers, thanks to the Chronic parent that managed to leave its trademark aroma stamp on this strain. But of course Double Dutch also achieved high scores for superb potency and resin content. It also was

Ellis D. who quickly became an ardent lover of Bidly Early (mostly sativa) which, to his mind, belongs to the best outdoors strains worldwide available. Over night, she became the shooting star of the High Times Cannabis Cup 2003. Totally unknown to the seed market before, Bidly Early scored a great coup at first go: It was the only outdoor-grown weed in the sativa category, and as such it took second place, leaving many high-bred indoor strains behind! Bidly Early's extreme citrus aroma and astoundingly strong potency hit the judges by surprise and did the same with Ellis D. in the following autumn of 2004 who had cultivated a small late-start Bidly Early plant on his balcony that yielded 115 grams of premium outdoor buds.

All these four former Magus strains are now sold under the label of Serious Seeds, and there also is a newly designed uniform packaging for both the classic Serious and former Magus strains, with a small booklet, plant photo and an individual product number. The Magus Genetics logo will not be used any longer, but in the respective strain descriptions there is a hint that the strains were developed by Magus Genetics. Instead of previously ten, there are now eleven seeds contained in one package of former Magus strains so that their price has decreased a little bit under the roof of Serious Seeds.

Being asked whether it may be conceivable that Gerrit at a certain point will return as a player in the seed business, Simon replied: „Nothing is impossible, however, from my point of view, it's rather unlikely. But in case that Gerrit should like to act as a cannabis breeder again with full power, he would probably join the Serious team.“ Gerrit has allowed Serious Seeds by the way to use his genetics for new breeding experiments so that the global grower community can look forward to new exciting strains from Serious Seeds that will breathe the spirit of Magus Genetics! Simon dampens expectations though: „So far tis is nothing else than dreams of the future.“ With Double Dutch, however, there already is a strain that did result from a cooperation between Magus Genetics and Serious Seeds, from today's perspective having sort of anticipated the marriage of these two companies. 🍀



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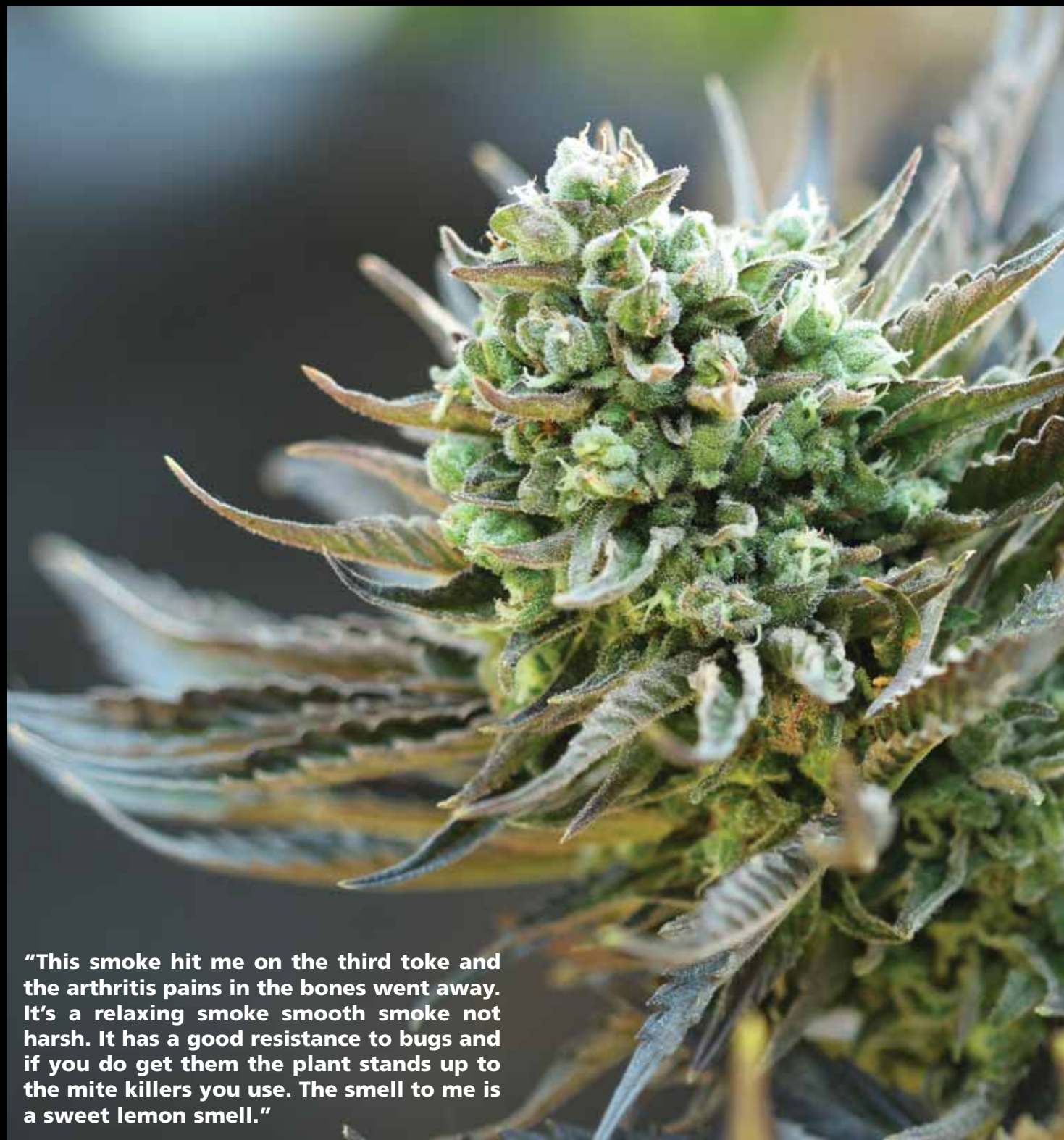
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11 regular seeds or  
6 feminized seeds in a tube



# Time Wreck



**"This smoke hit me on the third tokes and the arthritis pains in the bones went away. It's a relaxing smoke smooth smoke not harsh. It has a good resistance to bugs and if you do get them the plant stands up to the mite killers you use. The smell to me is a sweet lemon smell."**

by Subcool  
Photos by T Curtiss



One of the hardest things about breeding is finding a really good male that passes on the traits desired and is capable of improving a on our already exceptional genetic lines. This is why you see Space Dude used in so many of our projects. Once a male is proven it's almost impossible as a breeder not to want to see the results using him to pollinate all the proven moms. One of the projects we spent a great deal of time on was the selection of a male Vortex plant so that we could complete the work on Apollo-13 BX. This strain went on to satisfy all of our goals and has become one of our most popular strains being sold out more than it is in stock. The Vortex male passes on the following traits, increased potency, production of larger Trichome heads, and a pleasing rotten fruit taste with an intoxicating baby sick smell.

With the success of Chernobyl and Crazy Train, two hybrids created using our Blood Wreck, I wanted to see what would happen if we crossed my favorite strain Vortex with genetics held in Blood Wreck a strain I am not partial to but love its medicinal effect. Early in 2011 we created Time Wreck combining the two parent's traits and the seeds went into testing. The results have been very exciting and we have decided to continue with the project releasing the strain as a free promo on Attitude seed bank sometimes in November.

TGA pot snobs everywhere have started harvesting Time Wreck and are turning in rave reviews which is the focus of this story. Gonzo a very skilled grower ran this new cross next to another of our Wreck hybrids Chernobyl and was surprised to hear that his patients preferred the Chernobyl because the Time Wreck was too potent! As I was hoping it seems that the Vortex has improved the taste of the Blood Wreck strain at least in my opinion. The fruity pungent semi rotting fruit smell has combined wonderfully with the lemon and sandalwood of the mother plant to create something truly unique and different than I have ever tasted before. The samples I received were cured well and had a devastating effect on my mental clarity. The day they arrived I was trying to add up some columns of numbers and I finally had to give up as simple math was over my head while inside the Time Wreck.

There is a funny back story to the name we choose as well; Time Wreck was actually just a temporary tag. Dioxide the creator of this new hybrid as well as the award winning Chernobyl told me he would come up with another name before the strain was released. As time went on I kept telling him to decide and he would tell me he just hadn't come up with



one he liked yet. The testers started sharing cuttings within the medical community and at Hempstalk in Oregon someone came up to us that had been passed a cutting so I don't think we can make a change now.

So what about her medicinal effect? Let's look at some comments directly from some of the testers.

Toke Crazy had this to say "This smoke hit me on the third toke and the arthritis pains in the bones went away. It's a relaxing smoke smooth smoke not harsh. It has a good resistance to bugs and if you do get them the plant stands up to the mite killers you use. The smell to me is a sweet lemon smell. A few tokes and the pain go's away, a few more and you are total relaxed and finish the joint and off to bed you go. Great for all pain and sleep. To me it's a great smoke, a few tokes and no pains and to sleep finish a bowl or joint. Will be making oil from the trim. Easy to grow and maintain without big problems great smoke. Will grow it again. I do believe a long cure would really bring out the full 100% this plant has to give. Good Job Sub and Thanks for letting me test it.

Tcurtiss our main tester and California TGA rep had this to say "Very very heavy producer for me & great against mold & bugs"

Time Wreck can stretch a bit during the first 3 weeks of flowering so it's considered a tall strain finishing in a little over 8 weeks. The top buds swell to a good size producing moderate to heavy yields.

Everyone that has sampled the dried flowers comments on how potent the smoke is using words like not for average smokers. I would have expected results like these because both of the parent strains test very high for THC. We will continue collecting test data and do lots more testing in the form of bong hits ourselves. I hope in the near future lots of people get to try out this new creation.

Time Wreck will be released to the public later in just in time for 2012 growing season.

I hope you enjoyed this early look into one of our new projects. 🍀







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# Buddha Seeds

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## 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 tale, 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 change.

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€







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# Plague of the White Fuzz

By Soma

soma@somaseeds.nl

As an avid breeder, grower, and one of the most enthusiastic smokers on this Planet, I must say that powdery mildew is one of my worst enemies.

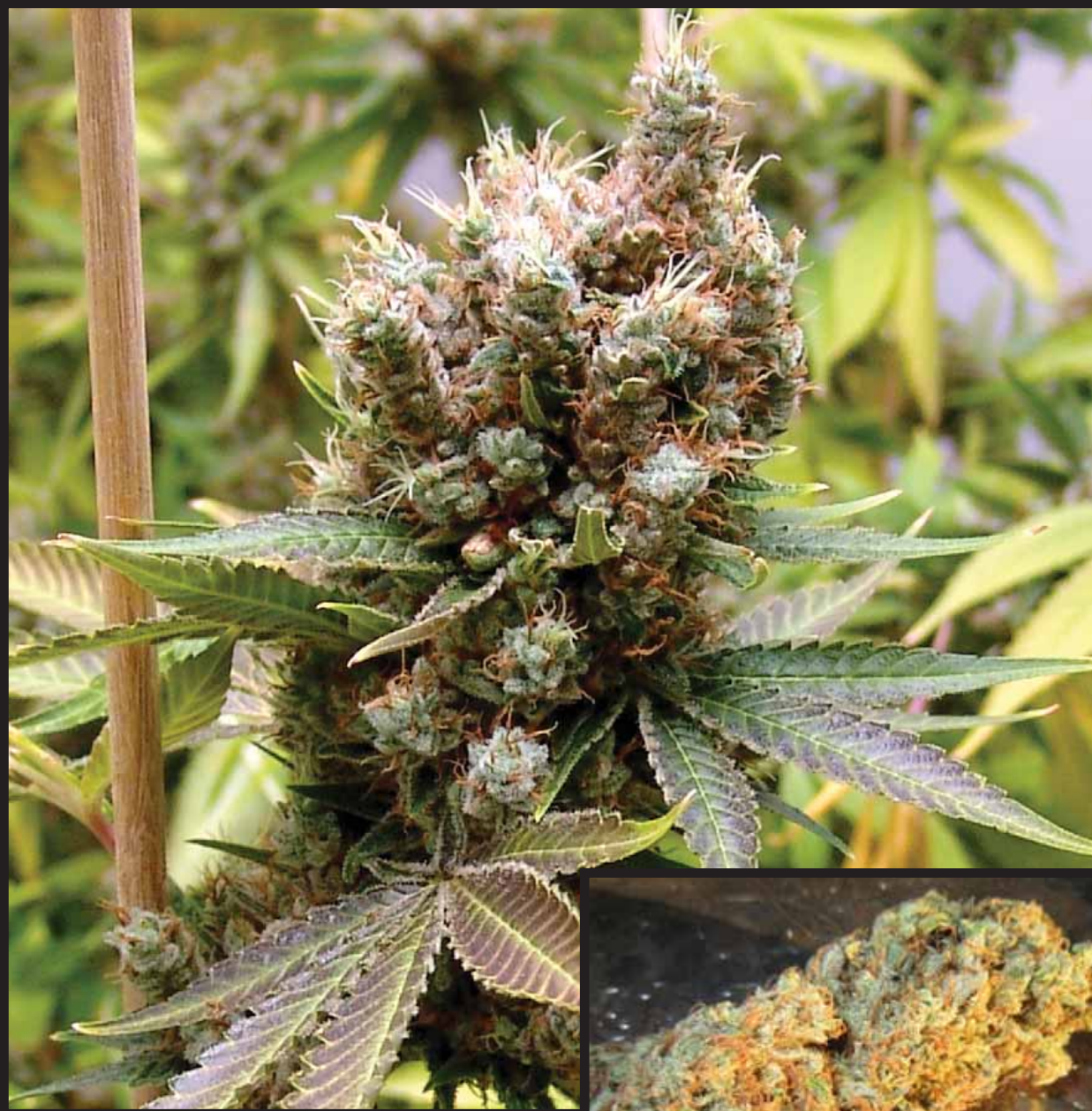
I have finally vanquished the dreaded powdery mildew fungus. There are many methods, sulphur, milk and colloidal silver to name a few. They all help but not as good as something that I grew up with as a kid. Good old hydrogen peroxide. Mixing it and water in a good garden sprayer is my weapon of choice these days.

What I did was get 30% hydrogen peroxide. I diluted it 3 parts water to 1 part peroxide. What I had then is about a 7-½ % solution, which I then sprayed on my plants underneath the leaves and on top including all of the stems and stalks. Immediately I could see the powdery mildew bubbling away and dissolving. This stuff is so strong that to see it disappearing right before my eyes was so pleasing.

When you are mixing this stuff up and applying it, I recommend wearing protective gloves and avoiding getting it on your skin, in your eyes or on your clothes, in fact wear old work clothes when you do it. I use a 5-liter pump-up sprayer to spray the plants down. I have noticed when the peroxide drops down on the soil it fizzes and makes a mist, but I have noticed no ill effects from this. What I have noticed is, no more harmful insects. They split without any poisonous chemicals. The harmful insects like spider mites do not like it at all. The best time to do this is just as the plant starts to flower, it can be done later on as well but it needs some recovery time as the parts of the plant that had the mildew die-off leaving healthy new growth free from the dreaded white fuzz.

Being the smoker that I am, loving cannabis with all my heart and soul, I help many coffee shops quality control their wares. They call me up, make an appointment and





Above **Soma-licious**  
Right **Dry nugget of Soma-licious**



I come and taste test they're best and like a famous wine taster, tell them my opinion, which they value highly.

When I spot the remnants of a crop that had powdery mildew it is very disheartening as it basically ruins the taste and much of the high.

Another good way to use the peroxide is to clean up an infested grow-room before planting a new crop. Make the same 7½ % solution and spray down the ceiling, walls and floors of the tent and let it dry overnight with the exhaust fans on. You will then have an insect free grow space.

I have seen many growers spend much time and money trying to cure this mildew; this working remedy is cheap and easy to use.

With the terrible weather we had here in Amsterdam this summer, almost every outdoor grower I know had a problem with powdery mildew. I spread this remedy around to everyone I know. Try it out and get back to me with your findings so we can all learn more.  
Love and Light 🍀





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# Healing Foods:

## Cannabis Cooking Comes of Age

Mary Lou Smart © 2011

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Perhaps nowhere is the fuzzy line between medicinal benefit and recreational usage so apparent as in whole-plant cooking. No matter if you're looking for relief, pleasure or an entertaining read, cannabis cookbooks offer something for everyone.

Those seeking medical benefit from cannabis learn early on that cooked products play an important role. A patient wanting to sleep through the night often chooses an edible for at least four to six hours of relief. Smoking is well loved for bringing immediate results; however, its effects don't last as long as other delivery methods. If the aim is discretion, avoid cannabis smoke, which is a dead giveaway. Cookies and candies, on the other hand, can be carried around and ingested without raising attention.

Titration is the medical term for gradually finding optimum dosage. In cannabis circles, where needs vary and every strain is unique, titration might or might not be for medical reasons. Many searching for the optimum buzz simply want to kick back and relax.

Prior to the rebirth of medical cannabis, cooking literature was a hodgepodge. In the preface to his 1973 book, *The Art and Science of Cooking with Cannabis*, author Adam Gottlieb revealed that his inspiration was the lack of thought going into typical cannabis recipes that called for ½ cup of grass to be tossed into each and every concoction without regard to the science of cooking or the importance of taste. He complained that the recipes of his contemporaries were a foolish waste of precious cannabis, most of it destined to end up in the "city sewer system" after only partial digestion alongside too many other ingredients. Meals he considered foolish included marijuana spaghetti and hashish stroganoff. Still on the market and helpful to beginners,



the slim paperback offers a wide assortment of tidbits such as the importance of protecting the THC; recipes, such as Indian bhang and ghee, touching on the global scope of cannabis; soothing teas for the hash-parched throat; and a look at digestion and the metabolism of cooked cannabis. Alas, the no-frills, barebones basic contains no pretty pictures.

During the 2011 Treating Yourself EXPO, foot traffic was strong at Green Candy Press's booth. Known for grow books, and in particular *The Cannabis Grow Bible*, the publisher is putting more emphasis on cookbooks these days.

"Patients want to know how to cook and do other things besides smoke it," said Heather Parry, editor. "No matter what the medical condition is, everyone wants to learn about the different extraction methods, and cooking is useful."

**“No matter what the medical condition is, everyone wants to learn about the different extraction methods, and cooking is useful.”**



## Marijuana Cooking: Good Medicine Made Easy

by Bliss Cameron and Veronica Greene, is the publisher's most popular title.

First released in 2005 and reprinted several times already, it offers step-by-step instruction with photos showing five scenarios for preparing cannabis for cooking and several recipes for cookies, breads and even tinctures. The recipes, such as Whole Wheat Honey Banana Bread and Marijuana Leaf Sugar Cookies, provide a solid foundation to get started.

Cameron was actively involved in canvassing in Sonoma County prior to the passage of Proposition 215, the 1996 ballot initiative that legalized the medical use of marijuana in California. A patient and one of the founders of the Sonoma Alliance for Medical Marijuana, she learned long ago that cookies are a logical way to standardize dosage. For years she made them for others as part education / part advocacy.

“I literally made and gave away hundreds of cookies in five years,” she said. “Every holiday I’d bag them up and

I’d take them out to give to people that I knew needed medicine.”

Cameron has always preferred eating her medicine to smoking it. For several years, she welcomed people into her home to medicate with cookies.

“My house became like a speakeasy,” she said. “People who didn’t want anyone to know what they were doing would come over to get samples. It turned people around who had no appetite. Cookies are an easy thing to eat. Almost everyone has a favorite cookie.”

While perfecting her technique, she experienced an unexpected benefit and came to learn more about the endocannabinoid system. While rolling the dough into a ball, flattening and shaping it, and as the oil from the cannabutter melded into her hands, she noticed that arthritic pain on and around the point of contact would disappear.

Adept at making cannabis oil and cannabutter for her own dietary needs, co-author Greene was also a natural for creating a how-to medicinal cannabis cookbook. The book includes tips for ingredient substitution for those with special diets. Complete with suggestions about visiting a doctor and dispensary, this is a practical choice for newbies to cannabis and cannabis cooking.

*Marijuana Cooking* sold well from day one.

“It just took off because it was what people needed,” said Cameron, who states that her main motivation was in creating a reference material that could be used by patients. She is drawn to the idea that cookies and breads can be cut or measured into portions, a practical solution for people needing regular dosages. A purist, she did not feel the need for elaborate cannabis meals that might venture too much into the realm of recreational usage. “At the time we conceived it, *Marijuana Cooking* was to be a medical book to help people understand how to dose, what cannabis can do and how to go to a doctor,” she said. “I think that’s why it’s been so popular; it was right at the time when all of this was getting started.”

In the realm of cannabis cookbooks, recent offerings are polished, high-gloss and filled with appealing photography to showcase mouth-watering delectables.



## Aunt Sandy's Medical Marijuana Cookbook,

### Comfort Food for Body & Mind

is a comprehensive cookbook that any cannabis foodie is sure to appreciate. Released last fall, the attractive paperback has exceeded all expectations at Quick American Publishing, according to **author Sandy Moriarty**.

Since 1974, Moriarty has cooked with cannabis and shared her food with patients in need. Aunt Sandy's edibles are sold at Blue Sky Coffeeshop in Oakland, California and in other locations around the San Francisco area. She's cooked since she was a teenager, for family and for work, has had a career in food service, and still caters. One of her daughters is a chef and another works in a bakery; both assisted with the creation of this book, which she considers a labor of love. Also a medical marijuana advocate, she felt safer practicing her craft following the passage of Proposition 215.

Through experimentation with marijuana, she learned that food helped her brother with chronic pain. Over time, she learned how to improve the taste of the food by lowering and even eliminating the overpowering cannabis flavor. An energetic soul, she laughs while talking. Her enthusiasm in teaching the art of medical cannabis cooking is infectious.

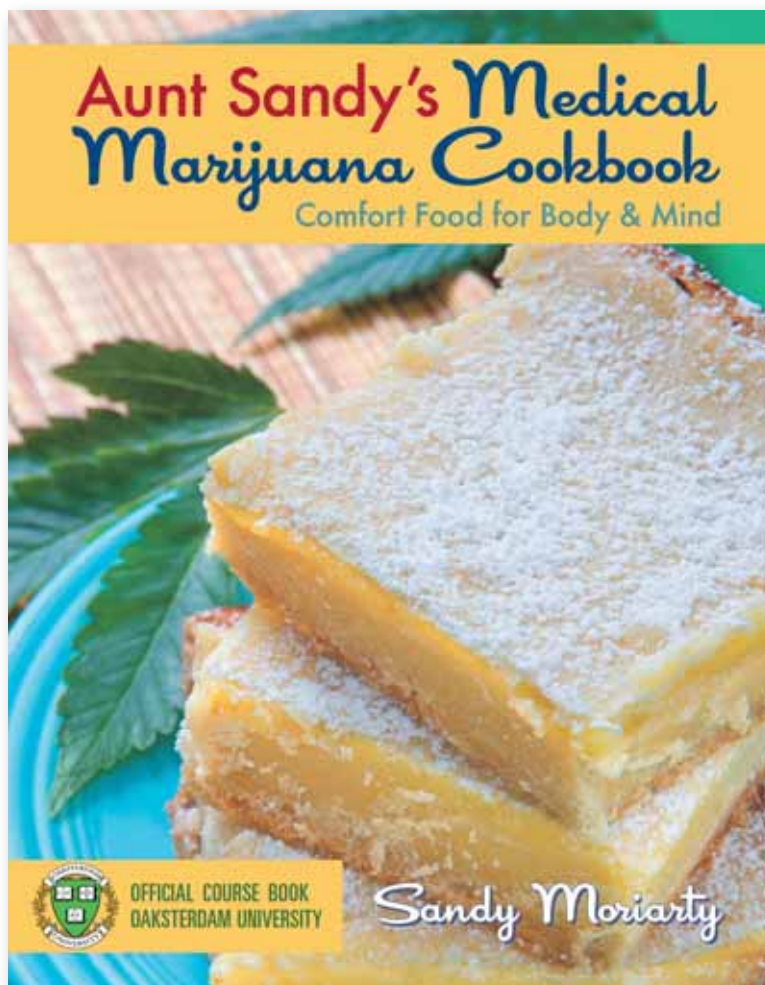
"All of a sudden I realized that, wow, I'd struck gold," she said. "It was up to me to get out there and share my process, and my material, with the world."

In an easygoing, engaging style, the seasoned cannabis chef shares her secrets, including her recipe for Aunt Sandy's 10x Cannabutter, the building block for complete meals including appetizers, entrees, sides, sauces, soups, snacks and desserts. Her incredibly detailed book delves into cannabis measurement and portion potency. Moriarty does not believe in using crockpots to make cannabutter.

"Everything that comes out of the crockpot is going to be inferior because the crockpot always leaves condensation," she explained.

Paying particular attention to the temperature (too high will destroy cannabinoids), and using what she calls a pot roast theory, she boils it until all of the moisture has been boiled out. When nothing but butter sludge clings to the cannabis, the mixture is strained.

"You're left with a beautiful, bullion type of concentrate, and it's totally different than something that's made in a crockpot," she said. "The resulting butter is incredible."





By cooking it for a long period of time, you cook through the ganja state so that it does not taste like cannabis at all. It tastes nutty, buttery and wonderful, so that any recipe that you put it into is going to be delicious.”

Like any good cook, Moriarity does not believe in wasting product. She’s found that the blender is a fantastic way to incorpo-

rate the butter into sauces, marinades and salad dressings. While still in experimentation mode, she used a blender to pulverize the trim, which is often discarded as being not as desirable as buds, into a fine green flour-like powder. She knew that if her cannabis flour was heat-activated, it would be similar to lighting a joint. She tried using it for brownies. While tasty, they were hard as rocks.

“At that point, I used it to make some of the greatest fried chicken ever,” she said. “I tell people, it’s wonderful. Put it in your prairie chicken or whatever you’re going to make. After all, you’re adding rosemary and basil; might as well toss in a little cannabis too. It’s wonderful.”

When Moriarty teaches cannabis cooking at Oaksterdam University, America’s first cannabis college, the conversation always comes around to medicating with cooked product. One way to control a medicine dosage is with the green flour, which, she advises, is not as strong as the cannabutter.

**“You can actually have a piece of fried chicken for lunch and go to work,” she said. “We discuss mild forms of medicating versus very, very potent forms that will knock you out for three days.”**

Her students get the inside scoop on the Dizzy Bird. While experimenting, she learned that a turkey basted with 10x cannabutter will yield the full range of benefit, from mild to powerful. While the turkey meat has been lightly infused, the gravy and stuffing, dripping in butter, pack a powerful punch.

“My favorite is the Dizzy Bird, just because of the reaction I get from everybody,” she said. “I want to teach students that they need to know how to titrate their edibles. Just eat a little bit so that they can enjoy it and not over-medicate. With the Dizzy Bird they can control doses. If they want to go strong for three days, they can. For a milder form, go with a turkey sandwich.”

Because edibles make many people tired, many eat them at night when they also crave sweets. Her mixed nuts recipe is for those who might like a late-night snack but are also trying to cut out the sweets.

Cannabis tincture is powerful medicine. One drop under the tongue is often recommended for a good night’s sleep. *Aunt Sandy’s Medical Marijuana Cookbook*, the official course book of Oaksterdam University, includes a recipe for 10x tincture.





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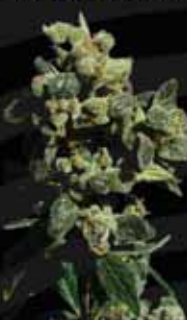
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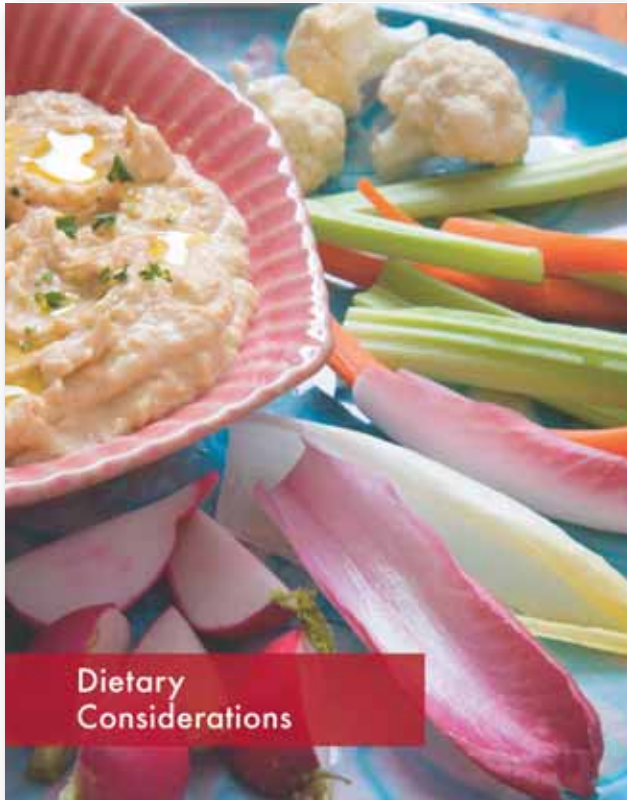


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Dietary Considerations

## Chapter 5

Many people have special dietary needs. This book is filled with home-cooked favorites that may not adhere to your particular diet. Don't worry. In most recipes you can substitute ingredients to make them conform. The good news is that marijuana is a vegetarian, gluten free, low calorie, low-sodium plant on its own. It is the ingredients in the recipes that you will need to alter to meet your needs. The following are some specialized diets and ideas on how to best use Aunt Sandy's Medical Marijuana Cookbook under those conditions.

For a little fun with the tincture, she suggests to her classes that they make something similar to a rum cake with a store-bought pound cake. Her method involves cutting off the bottom of the cake, setting it in the tincture, and slicing it after the potent liquid has completely soaked through.

Lemon bars

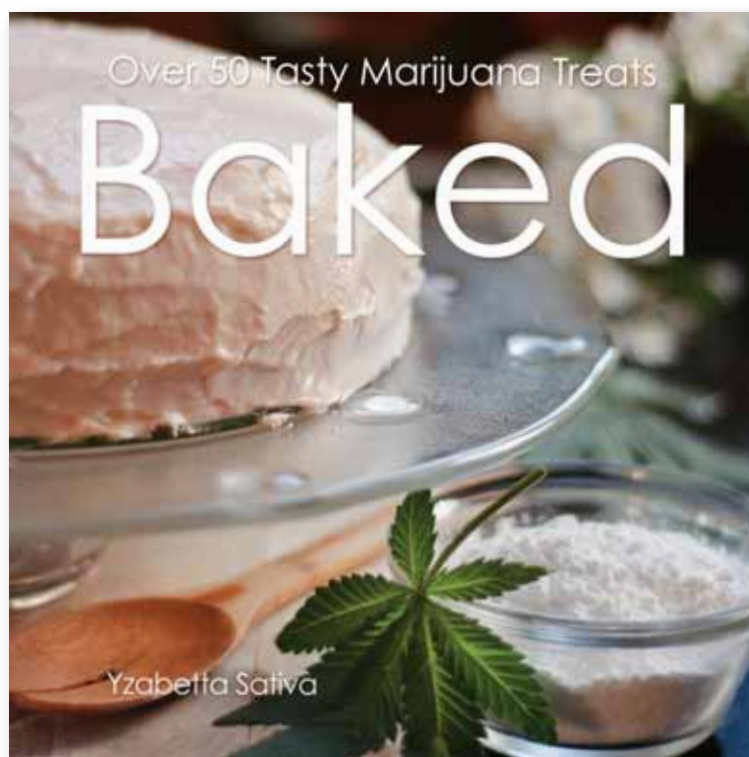


Bisque



**“With a little whipped cream and strawberries or peaches, it’s really great,” she said. “All of a sudden your toes start to tingle. It’s really amazing and wonderful.”**





Just released, **Baked** is a dessert cookbook published by Green Candy Press. Artfully presented in classic cookbook style, it is filled with attractive photography and recipes for cookies, candies, bars, squares and cakes. The book has recipes for gluten-free, sugar-free and vegan diets.

**Author Yzabetta Sativa** finds edibles to be a godsend. After a 25-year career at the front and the back of the house in the demanding restaurant world, her aching body needed medication. It was a condition other than pain, however, that led her to cooking. With a life-threatening case of asthma, her cigarette habit was killing her.

Unfortunately, her nicotine craving was highest just after medicating with a joint.

"I'd smoked for 30 years," she said. "I could pass up any cigarette except the one after I smoked a joint."

A friend suggested edibles, and she never looked back.

"I thought, okay, if I'm going to finally quit smoking, I might as well write a cookbook," she reasoned, adding, "and while I'm at it, I'll come up with recipes that work with the marijuana-flavor profile."

Having read and collected other marijuana cookbooks, she wanted to get beyond the usual fare resembling green adobe bricks that tasted like cardboard. Desiring to create a truly medicinal cookbook, she included medicating and diet advice.

The book really is a delight, with treats such as Fresh Fragrant Fancies with a suggested accompaniment of a steaming cup of mint tea, Asian-inspired Coco Nutty Lime Cookies, and easy-to-prepare Sweet Shortbread. The reason for the title, *Baked*, is two-fold; this is a book filled with baked dessert recipes, and each includes a dosing suggestion. A batch of Fruity Loopy Shortbread, for example, is promoted as having a taste of Christmas that will charm your inner fruitcake.

**Without doubt, these sweet treats are sure to get you baked! 🍷**

## Cartoon







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## Heavenly Hash: The Art, Science and Industry of Cooking with Cannabis Extracts

by Samuel Wells

Samuel Wells is an Assistant Professor of English in Denver, CO. Email him at: samwellsdenver@gmail.com.

### An Edible Enigma

As scientific and cultural understanding of the health benefits of cannabis therapies continues to grow, more patients are turning to infused edibles as a healthy and smoke-free form of ingestion. Eating marijuana food is a tricky proposition at best, however: difficult dose titration, extended time until onset and poor potency are all common complaints with patients whether they purchase their cannabis edibles at a local dispensary or craft them at home. How can hungry, relief-seeking medical marijuana consumers know the products they buy or bake will provide them with maximum benefit?

One answer to this problem that is quickly gaining popularity is to cook with hashish: extracted, concentrated cannabinoids. Creating edible cannabis food with hash is an easy, cost-effective way to craft high-potency medicine. Which methods of extraction are best for cooking, baking and eating? How can dispensary-going patients know the edible products they purchase are safe, healthy and effective?

### Healing with Whole Plant Hash

The simplest and safest method for cannabinoid extraction is the cold-water technique, which creates what is commonly referred to as “bubble hash”. Plant matter is dried and frozen before being agitated in a bath of ice water and filtered through a series of mesh bags in order to collect the precious trichomes and plant resins.

Bubble hash kits are readily available for home use and the end product is particularly effective as the active ingredient in edible marijuana medicine.

Simply Pure, a Colorado company that specializes in creating organic cannabis edibles, uses a combination of marijuana-infused coconut oil and whole-plant bubble hash in order to insure potency and consistency. Their products, which range from chocolate coconut almond cups and sesame brittle bars to apple butter, mango salsa and green chile, provide patients with the comfort that comes with lab-tested food handmade by experts.

“We grow all our own organic medicine and use the entire plant to make our bubble hash,” proclaims Simply Pure Chef Lauren Gennett. “We don’t just use trim or sugar leaf. That way we get the entire spectrum of cannabinoids and their healing properties.” Growing all their own cannabis also allows Simply Pure to closely regulate the purity and strength of their edibles, which are batch-tested by Full Spectrum Labs; potency and individual cannabinoid content is listed on the label of every product.



“Another benefit of using fully activated (decarboxylated) hash for edibles is that you don’t need to include so much fat or oil in the meal,” Chef Lauren claims. “Patients concerned about calorie counts or fat content should absolutely consider using hash instead of or in conjunction with coconut oil or butter. Because the THC has been fully activated, adding those lipids becomes less important and more of the cannabinoids are available for absorption by the bloodstream.”

Cooking with extracts also has many culinary benefits as well. “Using hash allows us to maximize the medicinal value of the plant while minimizing harsh flavors,” Lauren says. “Because we grow it ourselves organically and use whole bud, we know as much as possible about the raw material and can deliver a final product of the highest quality.”

Simply Pure is dedicated to helping medical marijuana patients create their own healthy, edible medicine at home. Along with a line of products that includes a pre-infused organic coconut oil, the company is releasing a cookbook stocked with recipes from their award-winning chefs for patients eager to experiment with hash-based cannabis cookery. There are many recipes for those who grow their own herb and extract it into bubble hash or who purchase it from their local dispensary as an ingredient in meals. Included at the end of this article is a preview recipe for a delicious Bubble Hash Rasta Pasta with Cilantro Pesto, straight from the kitchen of Simply Pure Chef Lauren Gennett!

## The Problem with Solvents

Some of the most common methods for creating hashish for edible medicine involve the use of industrial solvents like ethyl alcohol, butane and even propane. While the popularity of these techniques is due primarily to their high rate of efficiency, many of these solvents are not only environmental pollutants but health and safety risks and should only be used by professionals with licensing and experience in the handling of hazardous materials. Butane extraction is illegal in both California and the Netherlands; many states with new medical marijuana laws are currently considering similar restrictions.

Solvent quality is also a major concern when one considers the final edible product: only the cleanest, purest forms should be used. Novice extractors who use canned butane meant for refillable lighters are risking the possibility of exposure to harmful substances such as heavy metals: their effect on edible and orally-consumed products is unknown and best avoided by the do-it-yourself patient. It has also been theorized that some solvents may actually chemically alter cannabinoids in ways not yet fully understood: this might help explain why solvent extractions can yield final cannabinoid profiles very unlike those of the raw material from which they originated.



## A Supercritical Solution

The ultimate answer to the problem of solvent-bashed hash is to use a safe extraction media that poses no harm to self or environment. OrganaLabs, headquartered in



Denver, has chosen to use a cutting-edge method known as supercritical CO<sub>2</sub> extraction to produce clean, potent hash oil with no dangers of adulteration by pollutants or poisons.

The process is commonly applied to de-caffeinate coffee and teas but with proper adjustments can safely remove the entire cannabinoid profile from raw marijuana. “Supercritical” means that carbon dioxide is subjected to very specific temperatures and pressures until it exhibits characteristics of both a fluid and a gas: heating CO<sub>2</sub> until it is above 87° Fahrenheit and pressurizing it between six and ten thousand psi before it interacts with the raw material produces a rich, molasses-like hash oil with a THC content of over 80% and a small number of plant waxes which are easily removed. OrganaLabs either combines this hash oil with a small amount of glycerin as a stable “mixer” or processes the

oil directly into their CannaTabs, small dissolvable lozenges meant to be administered sub-lingually (under the tongue) in doses of 10 mg.

Owners Mathew Ellis and Ralph Morgan care deeply about delivering a high-quality, safe and pure product to medical marijuana patients. “This process allows us almost total control over effectiveness and bio-availability. I know why our products do what they do,” Mathew proclaims. Their CO<sub>2</sub> CannaTabs are individually dosed at 10 mg but the unique formula allows for immediate relief upon application and the cannabinoids are absorbed directly into the bloodstream from the mucus membrane beneath the tongue. This fast-acting and powerful medicine can also be taken in its “raw” liquid form by combining with food and drink or simply rubbing the hash oil onto the gums and tongue.



Although OrganaLabs’ single orally-consumable product is the CannaTab, (“We are not bakers”, they say) Ralph and Mathew work with edible infusers across the state and are always excited to discuss cannabinoid interactions with other foods, supplements and natural herbal remedies like kava and ginkgo biloba. Ralph, a former health care professional and owner of the upscale Evergreen Apothecary in south Denver, envisions a new form of health clinic where medical doctors, natural healers, nutritionists and herbalists would consult together to maximize a patient’s well-being. This form of cooperative medicine would not only help deliver the best possible care to each patient but would also spread knowledge of medical cannabis across the spectrum of treatment options and add to our knowledge of how this miraculous plant aids health and well-being.



The supercritical CO<sub>2</sub> method is the cleanest and safest form of cannabinoid extraction currently used for the creation of medical marijuana oils. Future potential for the technology includes the ability to extract individual cannabinoids from raw material in order to deliver focused doses of CBD, CBN and THCV tailored to each patient’s needs and requirements, a concept that eliminates the guess work from titration and will allow near-total control of the effects and benefits of medical marijuana. By embracing this eco-and health-friendly technology, companies like OrganaLabs are breaking new ground in the effective delivery of edible hashish oils and forging new paradigms of healthcare for patients everywhere. Interested patients can learn more about the company at [www.organalabs.com](http://www.organalabs.com).



# Bubble Hash Rasta Pasta

with Cilantro Pesto



## Ingredients

### Pasta:

- 1 lb. pasta of your choice, penne, bowtie or rigatoni
- 1 TB olive oil
- 1 yellow bell pepper, sliced
- 1 red bell pepper, sliced
- 1 zucchini, sliced
- 1/2 red onion, sliced
- 1 cup black beans, cooked and drained
- 1 avocado, sliced

### Pesto:

- 1 cup cilantro
- 1/2 cup pine nuts
- 1 clove garlic
- 1 tsp sea salt
- 3 TB olive oil
- 1/4 gram hash, ground finely

## Instructions

- Boil water and cook the pasta according to package directions. Drain and set aside for later.
- Heat a skillet and add the olive oil (use canna-oil if you want some extra kick!) and onions. Allow them to cook for a couple of minutes. Add bell peppers, allow them to cook a couple minutes, add zucchini and also allow it to cook. Simmer all of the vegetables with the lid off for a total of 15 minutes. Mix in the drained and rinsed black beans. Salt to taste.
- To make pesto, heat the oil in a skillet and add your ground bubble hash. Simmer until the hash is well incorporated. Combine all the ingredients except the hash infused oil in the food processor. Pulse them together. Drizzle in hash oil and pulse to combine well.
- Toss the pesto with the pasta, and top with vegetable sauté and tofu. Garnish with sliced avocado. This recipe can serve up to four people. Happy eating!

## Cooking with Hash at Home

One of the most important techniques for cooking hash at home is to insure it has been properly activated through heat before being added to any food. Choose or create bubble hash that is as dry as possible: wet material usually means the THC has not been fully decarboxylated and the hash will clump together, making dose titration extremely difficult.

Once you have chosen your hash strain (indica, sativa or hybrid selections will all achieve different results when the final product is consumed), turn it into a fine powder using a grinder, mortar and pestle or fine cheese grater. Place the powder on an aluminum foil-lined baking sheet and bake the ground bubble hash for at least 30 minutes at 225°. This should fully transform the THCA into its more medically effective sister, delta-9 THC and make sure you are maximizing the strength of your cannabis edibles. The final product should be a dry, crumbly brown powder that is very potent and easy to add to any dish or food you might wish!

Dose titration of home-cooked edibles can be a bit tricky, especially when using hashish. A single gram of well-extracted bubble hash can yield a minimum of eight strong servings: as with all edible cannabis consumption, caution is recommended until you understand your own unique reaction to orally consumed hashish.

Simply Pure's Chef Lauren Gennett loves to share her knowledge with patients so that they may craft potent, delicious medical edibles at home. This recipe for Bubble Hash Rasta Pasta with Cilantro Pesto can be found in the Simply Pure Celebration

Cook Book, available soon at  
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# Quantum Tek Digital Diaries

By Reverend Jef Tek

**Disclaimer:** This is not an advertisement or endorsement for Quantum brand digital ballasts and I have not been paid, coerced or rewarded in any form by the company. I simply came across them at my local grow store and decided to step-up to digital ballasts, here's my story...

To say I am old school is like saying Nicole "Snooki" Polizzi is short. I believe in tried and true methods and until recently I have had great success using old school, coil and core, heavy-ass ballasts to run my 1000 watt grow lights. One reason to love the old bastards is they are very inexpensive for the hobby or first time growers. And if you were going to start a 100 light grow-show, \$40 a piece is much easier to afford than the \$300 a piece that digital ballasts will cost. I'm getting ahead of myself.

All ballasts take line voltage and transform it into a higher voltage to run the high intensity discharge bulbs that are the standard for growing marijuana indoors. The whiter Metal Halides are mostly used for vegetative growth and hardening young plants before being switched to the orangey colored High Pressure Sodium bulbs that are preferred for flowering marijuana. Standard ballasts use miles of copper or aluminum wire wrapped around steel plates and this transforms the voltage in a very messy way with much heat and amperage being wasted. Digital ballasts use silicon chip circuits to precisely regulate the power being delivered to the bulb; this decreases wasted heat and increases efficiency. They are much-much lighter too.

Hey, I'm all for being efficient and hey, my old clunker ballasts were getting pretty dusty, sitting under a table in my garage. They like to take turns humming sometimes, too, so I had to run a radio to cover the errant hum, coming from, my ballast stadium... That is annoying to say the least, a security breach for sure, letting strangers know you are growing "something"? That's not good! I went and spent the dough to upgrade my degrading, dusty, dilapidated dudes!



Cool looking, state of the art, electronics encased in orange anodized aluminum, nice, neat and nifty-new! The Quantum Ballasts I purchased were very impressive even before I hooked them up. 6 years ago, when I set up my house for growing medicinal marijuana, I decided to have the ballasts located in my garage for a few reasons: One, the heat produced isn't in the bud room. Two, the heat is a bonus in a garage that is cold 8 to 10 months a year. Three, the hum isn't in the bud room and it is easier to cover the noise in a garage. And Four, when a ballast inevitably fries out, it'll be much-much easier to change anytime of the day or night out in the garage rather than mucking-up the grow or bud room.

Having all my ballasts remotely located with simple plugs and outlets let me switch out my 8, 1000 watt ballasts in less than 1/2 hour. Two very handy features of these and most digital ballasts is they sense MH or HPS bulbs and automatically adjust and they can be dimmed down to 50% (500 watts) or 75% (750 watts) or 100% (1000 watts) meaning you could run lower wattages for smaller plants and as they grow switch up the watts accordingly or lowering to 75% for those hot-hot summers where your air conditioning is maxxed-out to give



your plants a little breathing room. My Guy told me not to switch down two full steps all at once while bulbs are at full 100% because this may blow the fuse within the ballast. So, don't go switching them a bunch, be warned.

After 15 years of growing I can definitely see a difference in brightness and color in my bud room. My 1000 Watt HPS bulbs are all housed in a white, Bell LR-1000, tig-welded aluminum hood. With the old ballasts the room looked more yellow-orange and with the new digital ballasts the room looks more white-orange. The plants are sucking-up their water and nutrients at a record breaking rate, suggesting they are working harder, using more nutrients to build more buds. My aching back suggests harvest weights have been up as well, but I have been medicating more so it all works out in the end.

Each digital ballast has a small axial fan that creates a nice 'white' noise that drowns out most background noises and I can't really hear them outside the garage. Even on the hottest day of the year my garage was noticeably cooler than before and after running 12 hours each ballast was cool enough to rest your hand on without burning it. You could never put your hand on a coil and core ballast in the same situation. I can't tell if my power consumption has changed because rates are always going up but there is a great piece-of-mind I get knowing everything is safe and secure while still providing maximum lumens to my plants, I couldn't be prouder.

Yes, they are expensive compared to standard ballasts but each one weighs less than 10 pounds and this makes handling them much easier as well. The cords are heavy





REVIEW

# TY Product Review

duty and the only thing that ever goes wrong with one is it may pop a tiny inline fuse when overloaded. It hasn't happened to me but if you are handy you can just change the fuse yourself and save yourself servicing fees or down time. My garage has never looked more high Tek! The orange ballasts match my orange mountain bike perfectly. One lucky guy I know even has a Quantum limited edition iPod stereo system that looks like a mini ballast with tiny speakers on each side, I want one QUANTUM, are you listening? I really want one of those. Hint Hint, nudge nudge.

Check out some cool technology for yourself, the future is so bright I got to wear shades...

Peace & Buds! 🍀



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# Wickie Pipe Lighter

By Skunk-mad

If you like taking your medication through a pipe, then I have found a great product for you; it's called the Wickie Pipe Lighter! We love medicating through a pipe, but often times it can become complicated when you have to carry a pipe, a separate lighter, a stash jar and so on... If you are just going out for the day, or just don't feel like carrying a whole lot just to medicate, so why not just grab a Wickie Pipe Lighter? Problem solved! The good people at WickiePipe® have thought of everything. The Wickie Pipe Lighter all-in-one is a pocket size, portable, self-contained pipe lighter. Also Wickie Pipe Lighter contains a hidden compartment to keep your medication safe. Here is a little from the company about this cool product.



Wickie Pipe Lighter offers a flip up acrylic mouth piece that opens up to a 90 degree angle, and the bowl found at the opposite end. The metal-flap bowl cover properly secures the bowl when finished smoking, and prevents unwanted spills, so you can pre load your Wickie Pipe Lighter without anything falling out. The secret compartment can be found underneath the acrylic mouth piece, attached to the body for storing extra medication. Clean and maintain your Wickie Pipe Lighter with ease. Simply, remove the screw that attaches the pipe portion to the lighter, twist the mouthpiece off the bowl and drop it in your favorite cleaner. Simply refill the Wickie Pipe Lighter with regular butane gas, adjust the flame to desired level and enjoy your day!

We were very impressed with the craftsmanship and portability of this product, further on; it comes in a lovely presentation case.

The Wickie Pipe Lighter is a great product that makes taking your pipe on a trip a lot easier.

If you like this product, then why not check out other products @ [www.wickiepipe.com](http://www.wickiepipe.com).







Checking out the new



Store

By Harry Resin



**P**aradise Seeds has in my eyes always been one of those legendary seed companies, great strains and great people will do that. They burst onto the scene in 1999 with their first Cannabis Cup for **Sensi Star**, this is one of the most awarded strains around. It is also one of the strongest Indica's on the planet. I've been lucky enough to try quite a few different varieties in my day I can really attest to its incredible stone. I've also had the pleasure of growing it several times and each time the glistening trichomes amaze me. It is also a fantastic medical strain with attributes like extreme pain relief and bronchial dilation, which is perfect for Asthma patients.

I was therefore very pleased to get the assignment of covering Paradise Seeds new flagship store in Amsterdam, called the Amsterdam Seed Center ([www.amsterdamseedcenter.com](http://www.amsterdamseedcenter.com)) Luc, the owner of Paradise Seeds wants his store to be a haven for growers coming to Amsterdam looking for only the finest genetics. Luc plans on selling seeds from other breeders as well, provided that they meet his strict quality control criteria. Currently they stock seeds from Serious Seeds and Dutch Passion. The shop is located on a small street directly behind the dam square its a great central location, right in the middle of the city (Gravenstraat 12). The shop has a huge window looking out onto the street with some awards and posters showing off some of their amazing strains. As you walk in the space seems quite open and well laid out. It's very bright and has a calming atmosphere, it doesn't feel like a typical cluttered Amsterdam seed shop filled with posters and walls overloaded with information. Instead there is a row of Paradise Seeds logo T-shirts on one wall in all the colours of the rainbow. On the other side of the shop are three glass display cases that show off all of the awards that Paradise has won, including the two glass cups from TY's own Medical cup. The seed packages are also on display with a range of Hemp bags from Sativa. They will also be introducing a line of organic hemp soaps which should be in the shop in a month or so.

What has always struck me about Luc when I met him years ago was the calmness of his aura. When I activated my Merkaba, which is a mystical field of energy around me, life really changed for me. From that moment four years ago my perspective was forever altered. When I met Luc this was something that drew us together as he immediately recognised the Flower of Life pendant I wear because of his own experiences with the Merkaba. I only mention this because spirituality is important to me, it shows a certain truth to one's character. It is impossible to not take a spiritual event like that with you into everything you do in life, including breeding and growing. This is one reason I was always so intrigued by Paradise Seeds as its philosophy was also coming from a place of spiritual awareness that was familiar to me.

Luc started off growing his own herb in a squat around the corner from his store's current location. When we chatted he reflected on his early days. At the time he was a big smoker and prices even back then were just too high in the coffeshops so he decided to start growing his own. He grew on







the roof of his squat which overlooked a police station, aah the good old days. It was this that gave him his start and he began working with different strains to find the ones he thought worked best. This propelled him further and his experiments continued into the late 90's culminating in the cup win in 1999. Paradise seeds has gone on to win pretty much every cup in the vast world of cannabis cup competitions. They have also won two cups at the Treating Yourself Medical cup including awards for the **Delahaze**, this year and for the Sensi Star last year.

In the early years of his company Luc had the chance to work with some large breeding facilities and grew out big selections of his strains as well as new genetics which would form the basis of future strains like the DelaHaze. This was the heyday of European growing. During this time Luc also created a sister line of feminized versions of his most popular strains. This was done using his strict breeding philosophy of using large selections to create both strain stability and feminization stability. This is why he can proudly state that with his feminized seeds you will get the buds seen in pictures of the strains and they will be hermaphrodite free, allowing you a stress and worry free grow.

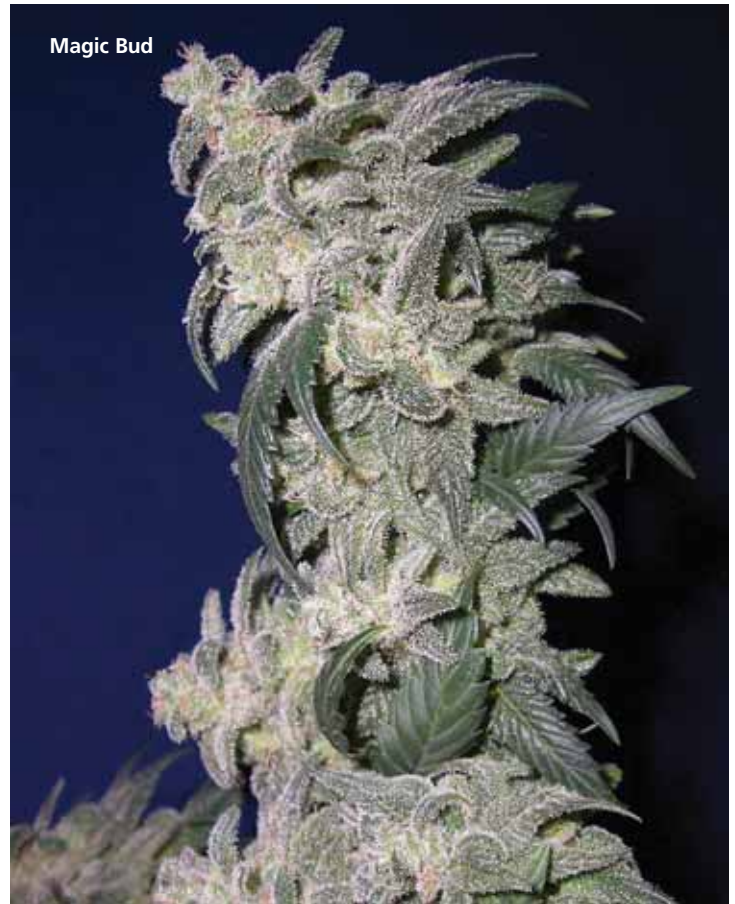
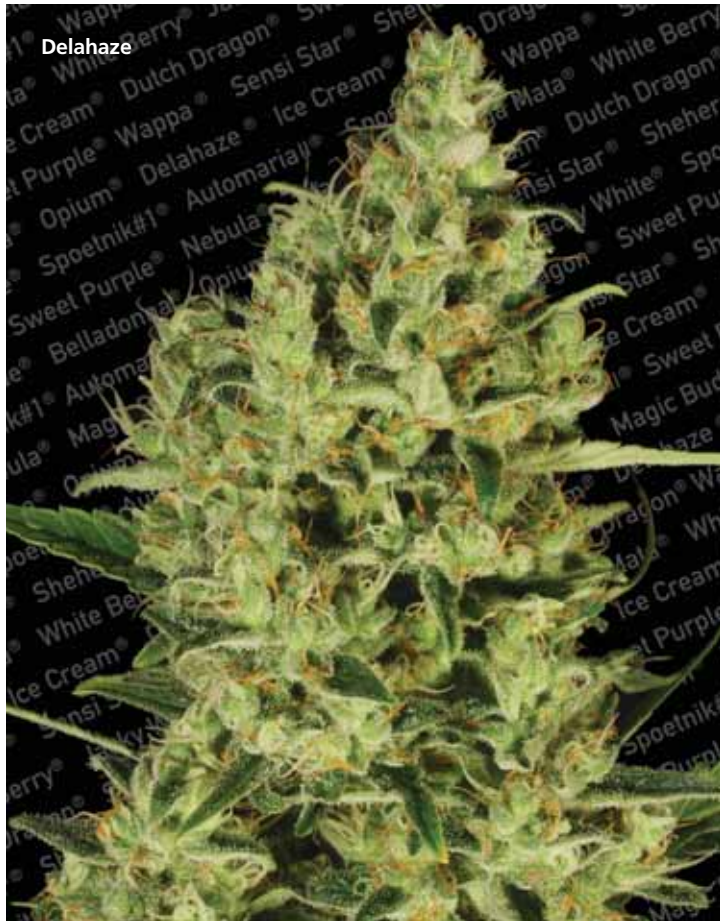
For Luc it was important to ensure quality control as he always had difficulty getting good seeds back in the early nineties when he first started growing, he vowed to never leave growers in the same position again. When discussing the feminization process with him he said a few interesting things. To begin with he would grow out his progeny from his first self-cross and select only the moms that proved the most uniform and the most vigorous females. This would ensure that these traits were passed genetically down the line to future children, as these would be the mothers he would use to make his female seeds from. By having the space to make these selections Luc was very confident in his breeding process, and after seeing some photos I was pretty convinced as well. He's also one of the few breeders out there that has personally conducted tests on all of his strains with incredibly large selection groups, in most cases well over 100 to 150 seeds would be thrown of each strain. Especially if you consider they have 21 strains in their stable, that is quite some space needed.

Now that growing has become more difficult in both Holland and the rest of Europe Luc has found a way to work with lots of smaller spaces rather than to put all of his eggs in one basket. This way by using micro production techniques he can still ensure his level of quality control.

Over the last few years Luc has introduced several new strains such as: the Delahaze which is a Sativa/Indica hybrid but has some amazing flavours, combining a rich fruity mango taste with the earthy piney taste of the haze. **The Acid**, which is a mostly Sativa and has flavours that are very similar to the sour grapefruit taste associated with



Checking out the Paradise Seeds Store, Amsterdam





some Diesel's. They also have a Kush strain called the AllKush which is a really stocky and bushy Indica. If you're looking for an old school Kush vibration this is the one for you.

They have also continued production on their classics like Sensi Star and **MagicBud**, i knew someone who swore by this strain, one of his absolute favourites as far as flavour and yield go. From the photos I've seen the MagicBud is one of the biggest yielders around.

Paradise also has three auto-flower strains ranging from a big yielder, known as Pandora, to a very white variety called the Automaria H to a purple one, named Vertigo. The auto-flower varieties all come from his vast research, rather than strictly using the standard technique of combining ruderalis with other strains he found that certain Indicas in his stable that had a base of Afghan in them could auto-flower. When combined he was able to create three fully auto-flower varieties. Including Vertigo which has some amazing medical properties like pain relief and appetite stabilisation.

Creating medical strains is also something that Luc holds

dear to his heart. He told me about the satisfaction he gets when he goes to the various expos around the world and gets to hear people's individual stories about how his strains have helped them out with their ailments and eased their pain. He finds it very rewarding work. This is one reason he said it is so important for him to go to the trade shows as it gives him one on one contact with his customers from all over the world. "For me these people are beyond customers i like to think of of them as the paradise extended family. They take my work and grow it all over the world and in some cases it changes people's lives as they find their pain going away or their appetite increasing. Its an amazing thing a little seed can do."

I highly recommend you check out their shop when you're here in Amsterdam and when you next visit the web check out [www.amsterdamseedcenter.com](http://www.amsterdamseedcenter.com) and [www.paradise-seeds.com](http://www.paradise-seeds.com) for some more information about the individual strains and for some great bud shots. Keep an eye out as they're always working on new strains and updating their catalogue. And most importantly enjoy the grow with Paradise Seed genetics i'm sure you will.

Love and light! 🍀

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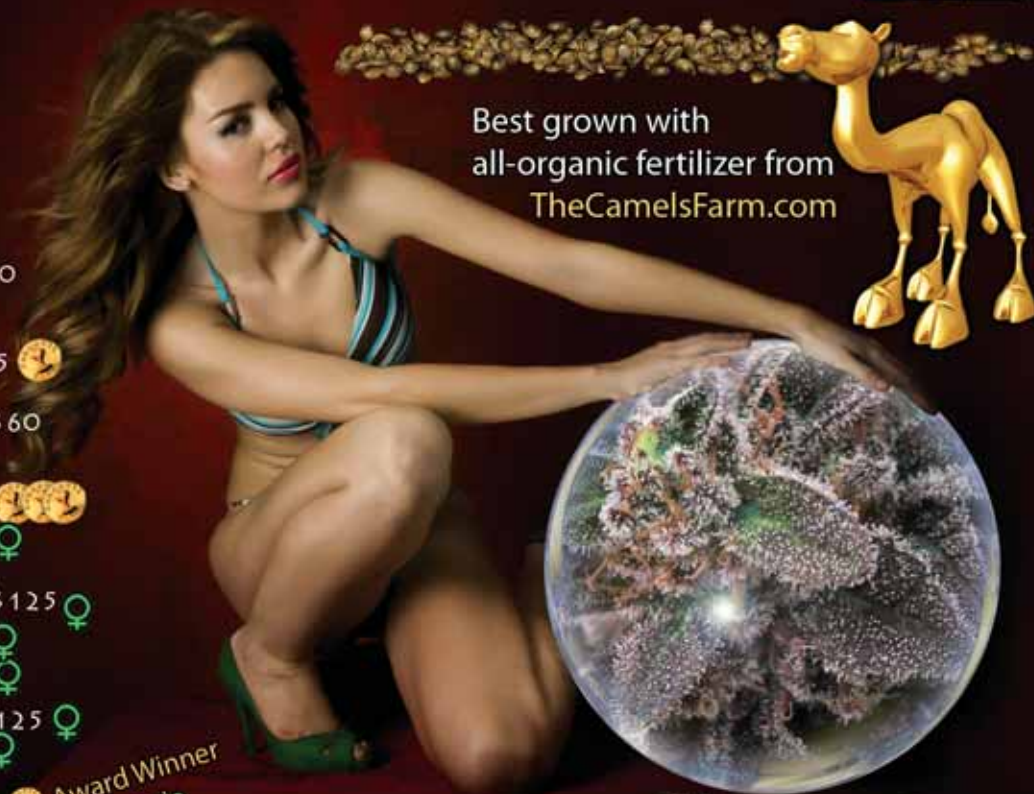
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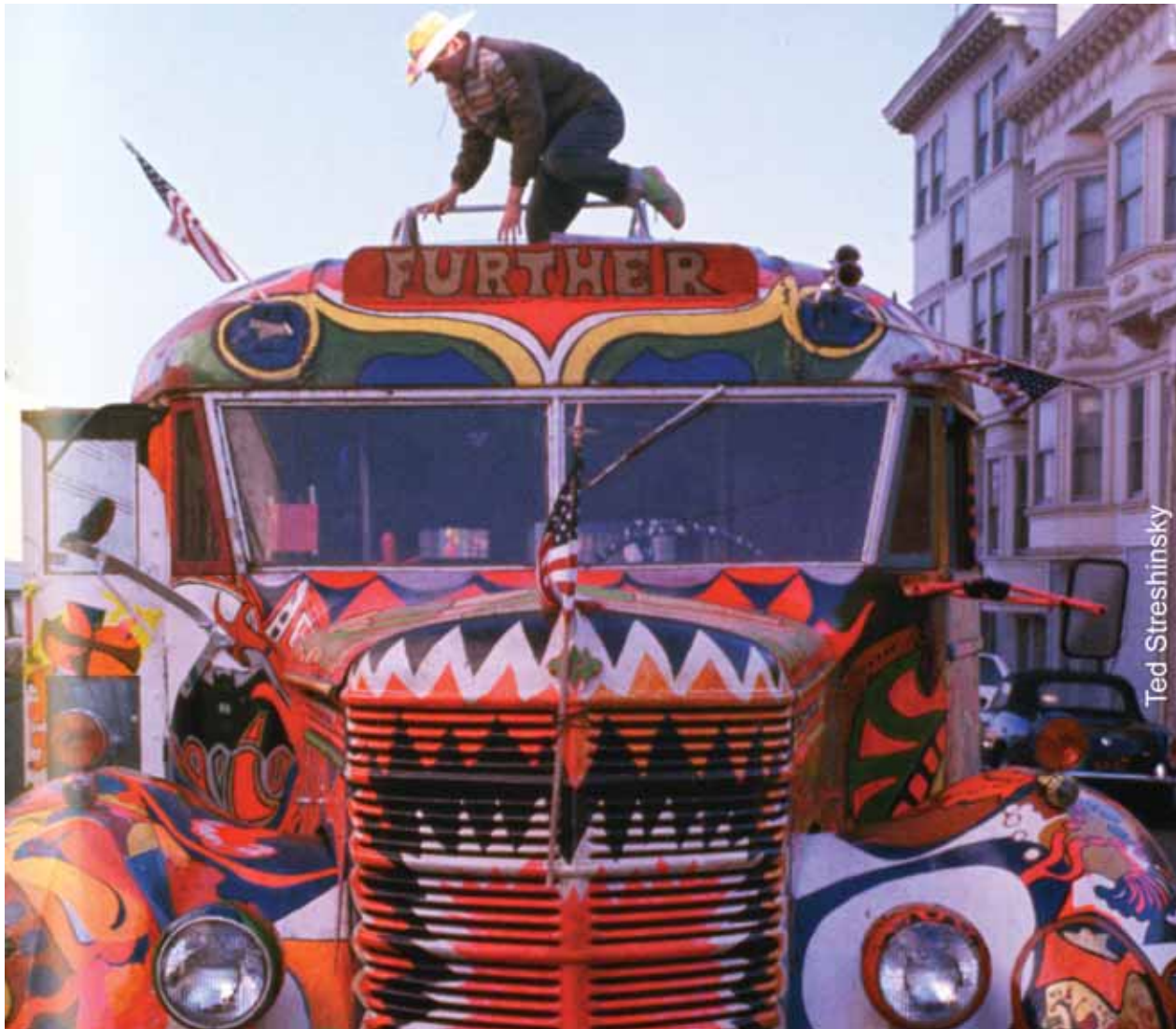


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The dynamic author Ken Kesey on the Rough of the infamous bus further.

# Notes on Chapter 44

By: Jerry Beisler

When I agreed to a hardcover, 2nd edition of my slice of counter - culture history, *The Bandit of Kabul*, the publisher required I write notes that expanded on key figures or events with further historical hindsight.

Chapter 44 begins with my invitation from Stathakis, an FM radio interviewer known for his offbeat humor when questioning all spectrums of the political gestalt on the Oregon airwaves, to attend Ken Kesey's poetry HooHah at Mac Court on the University of Oregon Campus.

The night before the event, Stathakis took me to Kesey's inner-Eugene "office slash safe house."

Kesey had a ringbound, 99 cent, notebook with a list of names of poets writtten boldly. My name was second from the bottom. Timothy Leary and Norman Mailer were crossed off. Kesey was fielding phone calls one after another. He squeezed in after brief introductions, "Stathakis showed me your stuff... how are you with OLD PROS?... tryin' that one?"

## The Old Pros

Asphalt road and concrete cross  
 Red brick road house  
 Auxiliary power generated music  
 Tex-Mex country swing  
 In the parking lot  
 Grudges settled on the spot  
 Red neck hippies sneak home grown pot  
 Inside:  
 Five bartenders pouring with one hand  
 Breaking empties with the other  
 Women studying, testing, choosing men  
 Silly serious, teasing games--where and when?

Singing second high harmony  
 High behind traps and snares  
 Sitting close to her new lover  
 Cowgirl hat cocked  
 Blowing kisses quite charmingly  
 Bleached blonde pigtails swinging  
 Laughing  
 whistling Dixie thru the sis-boom  
 Of a knife fight in the restroom  
 Wide-eyed watching bouncers yelling  
 Wading, racing to cross the bar room

Louder:  
 Guitar, bass steel raise a mighty wail  
 Sweating, working no strangers to blood  
 or heavy hanging summer heat  
 Ducking empty Lone Star beer cans  
 the drummer never missed a beat

"Now I've Honky-Tonked that place," Kesey chortled after suggesting *The Old Pros*. I've been to that road-house."

The phone rang again and Kesey held a very frustrated and animated conversation. "Have it your way" he said and hung up aggressively. He grabbed the notebook and pen. "Ken Rexroth says he won't come if Fuentes is coming to read because Fuentes always gets drunk." Kesey crossed another name from the list. Kesey pointed to Leary's and Mailer's crossed out names and said, "Leary gets out of jail and writes a magazine article in which he says Bob Dylan is 'coddled'. Mailer cancels coming here in a press release. For writing 'coddled' he will not appear with the odious Leary. Hell Leary's parole officer won't let him come anyway! For both of them the Whole Idea, was get even more publicity."

Stathakis moaned with great sadness at the cancelation of Norman Mailer having booked him for an interview on

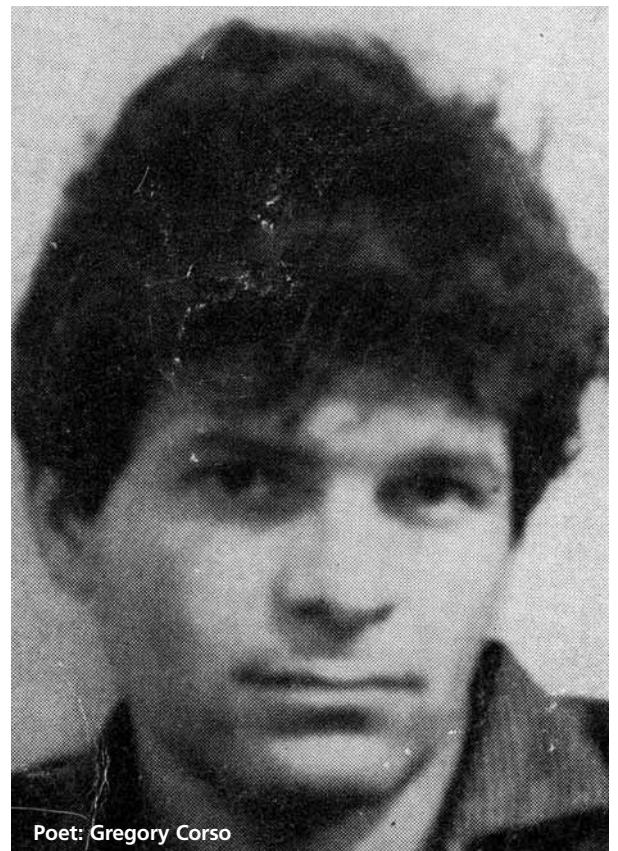
his radio show. The phone rang again. Before Kesey answered he waved us good bye and said "M.G. gets the Parking Concession but your kids can grab whatever they can... from something else."

The next day at the event I hastily mumbled at some point into a microphone that shrieked with feedback 15 seconds into my reading. It made my ears ring and head hurt.

In chapter 44 I briefly describe Alan Ginsberg's fine, poetic performance, accompanied by Peter Orlovsky. Ginsberg and Olavsky both dressed in all white, Indian style, Dhotis and sandals. They worked Tibetan bells and harmonium into a Sutra, tone-poem that was mesmerizing.

I further reported Gregory Corso in an "edgy and agitated state." Wearing an all black cargo pants and T-shirt plus combat boots, and a bicyclist's finger-less gloves. Corso read, as he described it, "something new" and then something from his collection of poems titled "Gasoline," and walked off stage. None-the-less, Corso received a nice round of applause. I also mentioned that previous to the start of the reading it was a pleasure to mingle with Ginsberg and Corso but Kesey was on acid.

I had met Gregory Corso previously in 1965-66 ish in New York City while staying in a eight-flight walk up at 222 Thompson Street. Corso lived at 10th and C not far.



Poet: Gregory Corso



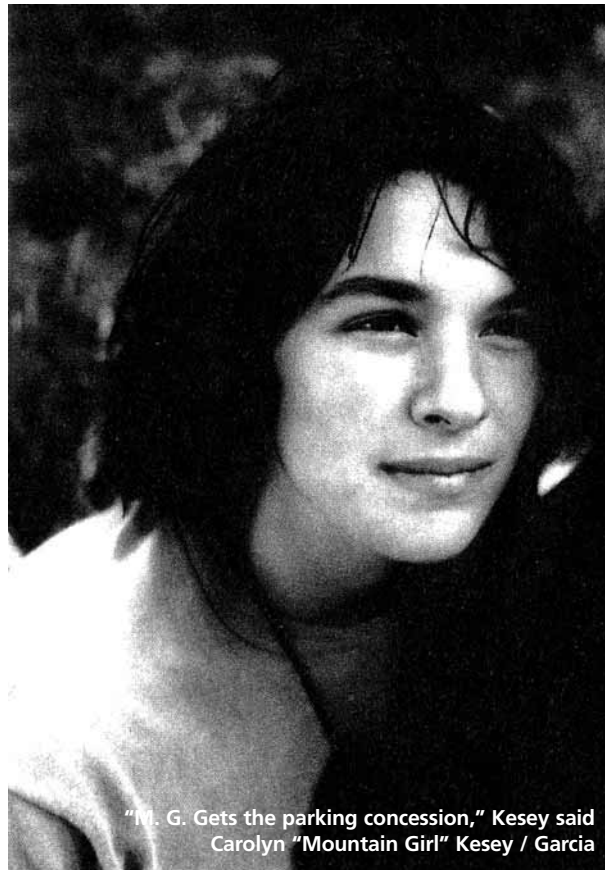
222 Thompson was Bill Wassman's place. The closet-size apartment had a classic tenement tub-in-kitchen: you stood in it and showered... you leaned in it and did the dishes and you covered the tub up for an instant dining room table!

Wassman introduced me to Corso because he knew I, like he, really liked *Coney Island of the Mind*, the poetry book by Ferlinghetti. Wassman said, "Corso is a tough guy, no wimp."

Corso's place was, at best, a half step better up the tenement ladder in size, but never-the-less had the tenement tub. Long Live Man was his most recent collection of poetry. When Corso gave me a copy it was exciting I magically thumbed to "Second night in NYC, after three years" and instantly read it.

## Second Night in N.Y.C After 3 Years

*I was happy I was bubbly drunk  
The street was dark  
I waved to a young policeman  
He smiled  
I went up to him and like a flood of gold  
Told him all about my prison youth  
About how noble and great the convicts were  
And about how I just returned from Europe  
Which wasn't half as enlightening as prison  
And he listened attentively I told no lie  
Everything was truth and humor  
He laughed  
He laughed  
And it made me so happy I said:  
Absolve it all, kiss me!"  
"No no no no!" he said  
and hurried away*



"M. G. Gets the parking concession," Kesey said  
Carolyn "Mountain Girl" Kesey / Garcia

I liked it and he could tell by my vibe. "I'm the last wave of the Beatniks," Corso said as he watched me eagerly and earnestly begin to read more of his work.

The Poetry Hoo-Hah ended with a performance by Big Brother and the Holding Company that drained the crowd of energy. Stathakis got an interview with the band's noted guitarist, Sam Andrew. Kesey radiated a warm, content, happiness as he thanked the participants and audience. 🍀





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# The True Origin of

By Big Herb

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It all began in 1969, In Santa Cruz, California. At the time, there was Thai Oaxacan and punto rojo or Colombian red point - some of the best landrace imports in the area, and some of the best smoke around. It was also at this time a local sufer boy named G, was enjoying his youth as many others during that era of freedom. Not particularly the cannabis lover, G. did not have the passion that most of us have for the sacred plant. Despite this, G saw an opportunity to make a quick buck while having a free smoke and some fun. In 1969, the riverside SoCal surfer backcrossed his punto rojo bagseed in what might be the luckiest" accident. This accident would go on to become most famous cannabis strain of all time. The pollen chuck created a very large amount of seed which was used for the duration of its existence.

During the next year the seeds produced the four varieties. I was given a description by Sams of "fruity", "sour", "rootbeer", "cola", "chocolate" and "hashy". Later, a more accurate description of each variety was given. The first being Magenta, which those in the inner-circle knew as the "Rootbeer pheno", and the rest of the world knew as "purple haze". Then, there was the "Gold" which was known to carry musky sandlewood and pine traits. In actuality it smelt like catpiss late in flower, and before a cure. "Blue" and "silver" were of the Spicy Sweet peppery type, and silver was considered strongest- all of them had a deep rich lingering after-taste. The four varieties of original haze (magenta, gold, silver, and blue) were never stable, and each year had slight variations. The leaf pattern was always the same, and the colors were not cold induced. The calyxes only showed



color as the leaf were always bright green. An indicator of true haze lineage is the appearance of a red sap when you cut a true haze plant. This indicator particularly showed itself in the purple pheno. The best plants were always volunteers from the previous year's seed droppings.

The effect is what stood in memories of those lucky enough to experience this gem. Compared to be "acid-like", it had a euphoric feeling which was very clear.

This feeling was accompanied by extreme happiness and periods of laughter, while having no ceiling effect. What made the plant so special was the long period in which she stood in ground. The special plant stood in the ground for around nine months which cannot even compare to the eight to ten week indoor varieties of today. The long duration of the growth gave the plant the time to develop its complex flavors, aromas, and most of all, its effects. The harvest time is what's known as harvest moon and takes place around December-many months of paranoia. In those days, the knowledge wasn't as abundant or available as it is with today's technological advances. The ripening of the trichomes wasn't an indicator of when to harvest. Rather, pure instinct and a watchful eye coupled with patience were used for harvest. The plants weren't selectively cut down after a nerve racking, and painstaking nine months. It was at this point in time that the entire crop was chopped down.

There is in existence, a famous yet quite rare "Original Haze Poster- The Cosmic Boogie -1976". The poster explains in detail the soil recipe used, and both the germination and harvest times. This gorgeous master piece

is credited to R.L. who was a partner of G, and one of the main growers for few years. Along with R.L., his girlfriend, and a graphic street artist, the poster was collaborative effort. A group effort, it was R.L.'s idea, and his lovely girlfriend's creative writing, along with the help from friends and the artist's skillful work. The poster was sold at a local supply store, and was kept hidden under the counter. In order to obtain the item, you had to be in the know. Can you dig it.

G, the creator and main grower had a partner named R.L. for a few seasons. R.L. lived nearby and had his own greenhouse. G and R.L. grew upward of 150 pounds of haze each year. The pair never went by the name the haze brothers. The haze seed was highly protected and the grows were under tight control. Few were lucky enough to be part of the growing efforts. There were actually several players involved, but again they were all closely guarded. Many wanted in on the Haze grows, but access was strictly off limits. R.C. was one of them. Better known as Robert C. Clarke, R.C. was from the Cruz and was attending college at the time, practicing his craft- experimenting like a mad scientist, and working his way toward a bachelors and masters degree. R.C. followed his passion, and has made many contributions to our community since then with his books and articles. Another young man who lived in the Cruz, now known as Sam the Skunkman, went on to become a prolific figure in the cannabis movement and industry. The man's contributions are immeasurable and his passion has shaped the cannabis evolution today. The effects of his contributions can especially be seen in what is considered today to be the cannabis Mecca Holland. When SAMS and R.C. came to Holland in 1984, the standard changed for high quality bud in Holland- a traditionally hash smoking country. Along with many of California's praised genetics, he introduced Europe to haze.

During the seventies, three brothers from new jersey, two of whom were attending college in the Cruz, started to bring large amounts of the haze back east during a series of trips. The three brothers lets call Joey Bobby and Petey. All three brothers were great writers and cannabis connoisseurs who were the ones to coin the name "haze brothers". While No one else called them by the name, the Santa Cruz team had created more creative names for the brothers. The eldest brother, J whom I spoke with recently has been quite busy and furthermore successful is doing quite well. Throughout the years, J followed his passion went on to become a great writer and still lives in the Cruz. Back then, J was cut out of the circle for breaking the cardinal rule which was the kiss of death. The brothers were strictly consumers that brokered large amounts of haze back east. They knew nothing about growing it, but they were very familiar with smoking it. During the late 1970's, most of the haze on the east coast, particularly the tri-state area, came from the brothers.

The haze seed was Never sold, and remained highly protected for good reason. With the wide spread distribution of the haze, at its height of operation hundreds of pounds were produced. It is no wonder that others tried to create their own legend or tale of discovery, and so we see haze traits in various hybrids. So, the idea of haze seed landing in hands of many far and wide is highly probable as there was occasionally a seed found. There is no question that over the course of years, beans got spread. Others outside the circle smoked the haze and likely grew out of the seeds that were found here and there. So, there is the blue dream haze hybrid from Cali along with NYC hazes and many others which are not spoken of or shared. The haze survives in many hybrids all along the both coast, then you have the Dutch offerings which we have Sam to thank for.

The year 1976 was a very eventful year- The years crops were enormous. The year brought Extraordinary Haze flowers- many so huge that the branches broke because of the weight. This was the year the historic haze poster was released, and it was also at time that G and R.L. had a fallout that ended their partnership. For a short time after, R.L. did his own grow locally, then went to Mexico. Rumor has it that he went to grow large scale for a syndicate. G hasn't spoke to R.L. since the split, and it is thought he might be deceased.

The haze survives today in several known hybrids- once again thanks to Sams. The taste and the aromas can be recognized by some of the old timers who were privileged enough to have experienced the haze from Santa Cruz. As for the effects, that is another story. Now, Sam the skunk man has without doubt brought original haze stock to Holland, but in exactly what form, pure or hybrid, is unknown. G said that he did not give SAMS haze stock, But acknowledges he did live on the block and did some trimming. Therefore there is the possibility he collected seed working with, or smoking the varieties. Personally I believe that the latter was more probable.

## Santa Cruz Crew, by Jim Phillips







pyramidback.com

Sam had relations with R.L., and he had much of the same seed stock that G worked with. Remember, R.L. did his own thing for a while, and it's very likely Sams got plenty of seeds from him. This is quite clear by many post of Sams that reference his haze genetics from 1976.

Thanks to Sam the skunk man's preservation, the haze has survived in several forms from a number of different companies. The reported haze stock which was once, and probably still is pure can be found from the flying Dutchmen, Seedsman and Tom hill. The most prestigious hybrids come from MNS- Mr. Nice seedbank from haze stock obtained by Nevil Schoenmaker in 1985, from Sams. Then there is Cultivator's choice selections of haze hybrids made from SAMS- some of which are still available. In 1981, just as the accident came about, it all ended. After about a 10 year run, the haze failed to produce. The buds were too thin and wispy for commercial production. It started as an accident, a pollen chuck, and since G was not a breeder, he never stabilized or backcrossed the plant. As a result of this the plant soon died out. The search was on for something new. Sams returned to the cruz and sold G a large amount of Skunk seed which was easier to grow, and which happily filled the void.

Always Remember that the Original haze started with the sufer boy G then expanded with R.L. G and R.L. never referred to themselves as the Haze Brothers- that title goes to the three brothers from New Jersey who are responsible for introducing much of the east coast to the magic from Santa Cruz. The title original haze thought of by G, is derived from Jimi Hendrix purple haze song. Sams is responsible for spreading haze stock by bringing it to Holland. It is because of his preservation, determination, and dedication and love of this sacred plant that the younger generations, such as myself, still have the opportunity to have a taste of the most magical strain of all time.

For the haze heads, I'd like to say that G is doing well, while his memories are fading. (The time has come for

the true origins of the original haze to be told, and for G's story to forever burn. In our mind, hearts, and haze blooded bud we bud for eternity. ) Haze seeds are still held by G as I'm sure some others. While there hasn't been any success with germination, as of recent, several attempts and methods have been applied and anything is possible. Keep in mind the same way the accident started it can happen again. So let's get cracking.

Much love, respect, and thanks to everyone mentioned above. Credit goes to DJ of Santa Cruz who has been patient and kind enough to share his experiences as well as G's with me. This is compiled from my many hours of haze homework, extremely deep passion to know every detail and my relentless pursuit of the truth. This is the story I was told this is the true origins of haze.

## Autobiography

My passion for haze started as a young teen, growing up in New York City. At the time, the neighborhood I grew up in had many varieties of the most popular cannabis strains on the market. During 1998-2002 the best selections of haze frequented the area I lived in. There have been many slang terms threw the years to label specific haze selections such Uptowns, Puday, Church, Silvers and sometime after I was going uptown Piff or Piffington as some of the locals called it. Frankies was the most sought after haze variety to come out of New York City. The name Frankies derived from frankincense which is a trait that is unmistakable highly desired and cannot be forgotten by anyone who has just one toke. Derived from slang used by the older guys who kept the strain in circulation. It is thought of by anyone who was lucky enough to have the experience, simply as the best.



This lead my quest in search to find the source of Frankies, Washington heights known to the New Yorkers as the home of the haze. I have taken many trips on the A train and C train to the heights hot spots. I've sampled countless varieties of haze that range from good to amazing, Express Thai, Mexican and Colombian traits. The staples of taste and aromas of NYC haze are spice, incense, catpiss and what we call basement or leather. But nothing can compare to Frankies, growing up it was common and easy to find, these days it has become elusive. This legendary strain that us native New Yorkers know as haze is no legend. This is what we grew up smoking, just like the city there is nothing sweet about it this is what we know as haze.

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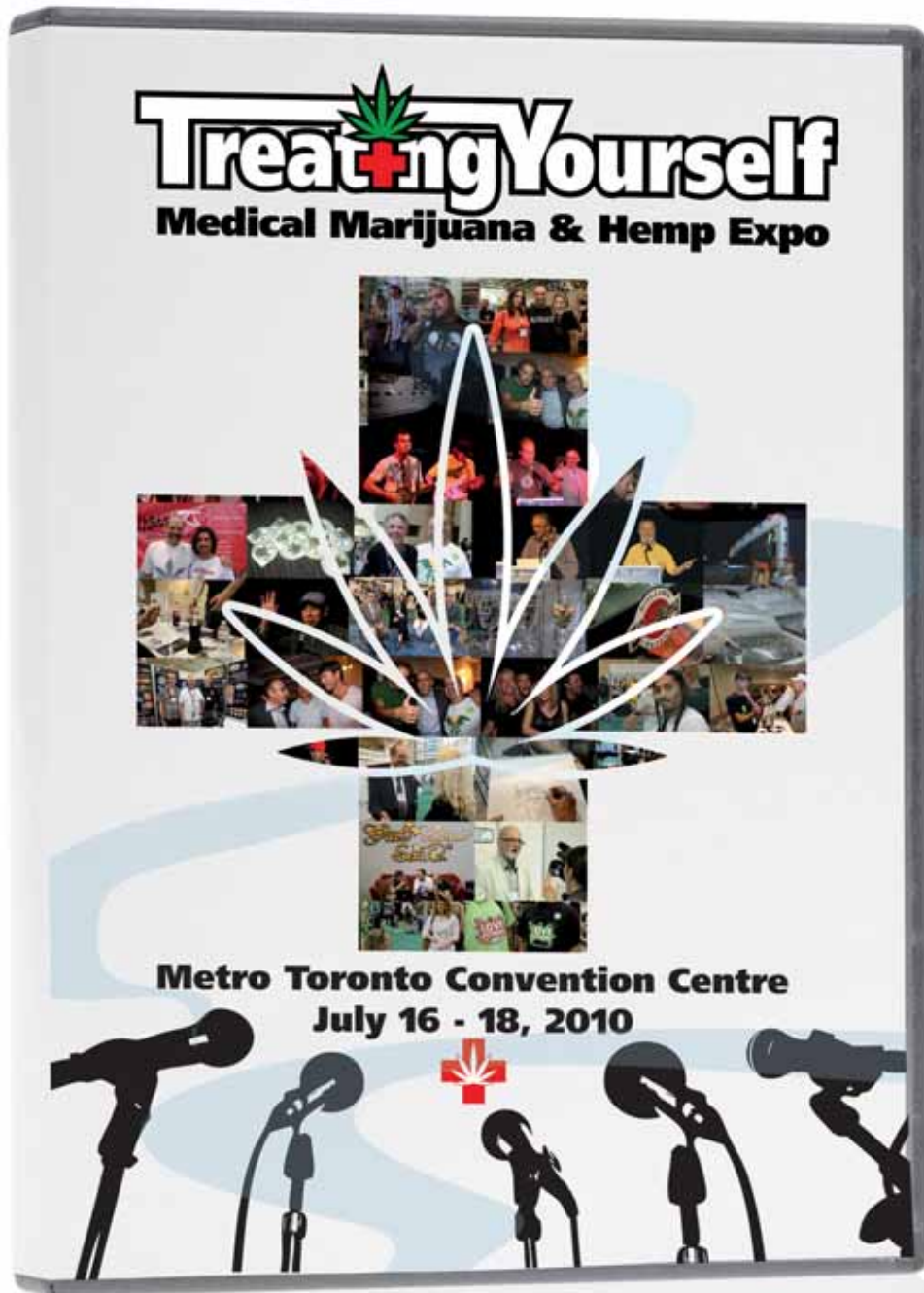




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# Keeping PACE Everywhere

Al Graham

P.A.C.E.

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



As time goes along some things never change. Here at P.A.C.E. things don't change much because we are focused on one thing and that's educating the people about cannabis. It doesn't matter where it is, whether it's on the street or in a hall far away from home. One thing stays constant here at P.A.C.E and that's cannabis education medically or recreational is being spread around. There is a lot of education that has been missing and we at P.A.C.E. are trying to change that.

## Movies

During our last movie rounds we decided to change things up a bit. The first thing we did was put the science movie What if Cannabis Cured Cancer together with a history one by the name of Magic Weed: The Truth about Cannabis Sativa. This would allow us to show the two themes back to back and to further help educate the people at our movies. The second thing we did was to purchase some advertising space in our local paper. While we have been advertising for months in the coming events page this would be our first ad that would be placed in the body of the paper.

While the hot summer months have slowed things down some, people are still showing up to our cannabis educational movies. While we don't see many young people we do see quite a few older people that want to learn more about the therapeutic value of cannabis.

We have even seen people that we know that are against cannabis only to come back to catch another movie. Are we making a difference? I would think we are because if we weren't these former potential prohibitionists would not return. When you see a researcher that has researched cannabis for decades and much more than any sixty day course an officer participates in, it sure has a profound effect on how people feel about cannabis.

It's these people that need to learn more and P.A.C.E. is doing that at our cannabis educational movies. Our presentations happen once per month at the Grindhouse Cafe in Campbellford and at The Studio in Belleville ON as we move forward on educating the public. If you're in the area stop in and catch a movie, you may find that cannabis learning never ends.





#### Peterborough Cannabis Day

P.A.C.E. members recently attended the Peterborough Cannabis Day event. This event happens once per year and it just happens to fall on Canada Day. I'm not sure when Cannabis Days all got started but its catching on as several locations have now started their own Cannabis Day event. This was the third year that organizers Blaizin Wrinklz and his partner MariJaneGanjaGirl have held their version of the event. For the first time P.A.C.E. had a booth at this year's rally which allowed us to reach out to the regular public as we help to educate the uneducated. There were many prizes to be won and lots of education to be learned by those who attended.

Clockwise

**Blaizin during the raffle draw**

**Even the young understand its not right to arrest sick people**

**Even the sidewalk knows the truth**

**Jennie does some face painting on Brayden**





## MAD Pride

During the month of July the Toronto PRIDE committee holds several events throughout the city. During the week of July 13-16 MAD Pride organizers set up a learning center at the College Street United Church located at the corner of Church and Bathurst in Toronto. MAD which stands for Mental health Awareness Discussion allows people a chance to hear from others on their situations and how they go about improving things. There were meetings, speakers, professional workers and social barbecues throughout the four days. On day two MedCannAccess and P.A.C.E. did a presentation on Cannabis and Mental Health to those in attendance. Theresa and I were their representing our groups and explaining to everyone what we know about cannabis. In the end, the day was a success and we look forward to the next time that we get to do this again. 🍀

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# MAD PRIDE 2011

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One in five people are affected by mental health challenges, but we are all affected. Our aim is to educate, raise awareness, diminish isolation, diffuse the power of stigma, and enjoy our many colours. Please come and join us.

**Wed. July 13<sup>th</sup> - Sat. July 16<sup>th</sup>**

**SCHEDULE** Most programming takes place at College Street United Church (see map below) ...other locations marked by \*

Wednesday July 13	Thursday July 14	Friday July 15
12:00 Lunch by Houselink	12:00 Lunch by Raging Spoon Catering	12:00 Lunch by Houselink
12:30 Mad History plus Q&A	12:30 PANEL DISCUSSION: Medical Marijuana and Mental Health with MedCannAccess & PACE	12:30 survivor Peter Free
2:00 Laughing Like Crazy	1:15 healer Kendra Kusturin	1:15 director Ruth Ruth Stackhouse
2:45 BREAK	1:30 TTYL: (Talk To Youth Lately) prod'n: "Minds Matter" at the CAMH Mall - (tickets available)	2:15 BREAK
3:00 Dr. Bonnie Burstow	2:30 Friendly Spike Theatre prod'n: "The Walls Are Alive With The Sounds Of Mad People" meet at the NE corner of CAMH property	2:15 poet Roman Rakus
4:00 survivor Mel Starkman	4:30-6pm * <b>The Mad Hustler's Tea Party</b>	3:00 Know Your Rights Jeopardy-PCLS
4:15-5:30 What do mad people have to be proud of?		4:30-5:30 PANEL DISCUSSION: "Where We Came From and Where To Now?" with Dr. Geoffrey Reaume, David Reville, Lucy Costa & Mike Creek
		6pm * Community BBQ
		check website for details: <a href="http://madpridenetwork.com">madpridenetwork.com</a>

**Saturday July 16**

12\* assemble Queen and Shaw

12:30 Speakers including Cheri DiNovo

1-7 **BED PUSH** to PARC for food & music rest stop & snacks courtesy PCLS & PCHC

6pm

College Street United Church, 502 Bathurst Street is fully accessible

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**RAGING SPOON Catering** - run by consumer/survivors, serving only the finest.

**THE EMPOWERMENT COUNCIL** - A voice for clients and ex-clients of CAMH

**THE PUBLIC BUTTER** - An artistic Vintage Boutique in the heart of Parkdale

**Parkdale Community Legal Services** & **Parkdale Community Health Centre**

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FOR FURTHER INFO: 416-539-0690 ext.258



## Cartoon







## This last Sunday on August 7th, Buenos Aires hosted the biggest cannabis cup in South America.

By Mike Bifari

I arrived to a cold winter in Buenos Aires for the growers biggest event here in the south. We had crews coming from Brazil, Chile and Uruguay which made this event international. Unfortunately it is not totally legal so it was not open to the general public. We knew that this year it was going to be difficult to filter the numerous amount of people that wanted to participate in this real cannabis party with the most experienced growers of the region, and most of all, the most delicious strains. All of this, we have to say, is perhaps in the heart of a vigorously growing cannabis movement.

We also had 4 international connections, one of them was with the great Mila (creator of Bubbleator) telling us part of her history with the hashish production. Then we had a video chat with Jorge Cervantes, this was about the great monster plants. Very interesting data was given by this real grow magician.

The cup was held in a friendly atmosphere and people had lots of fun within a big vapor lounge with all types of commercial devices for vaporizing. There were also many commercial booths representing different grow-shops including paraphernalia, expos, etc.. There were roughly 3 hashish making devices and also a hashish contest.

Then it was time for the Live video conference with the famous ganja guru and a real master of knowledge mister Ed Rosenthal. Ed answered a few questions and gave a few other advices. It was incredible to have such a



cannabis heroie like Ed sharing his words in the cup. Last we also had greetings from Mikki Norris and Chris Conrad from California, old argentinies friends of the international cannabis family.

After a great lunch we got a nice location to watch "dancing mood" an awesome reggae band, which transformed the last part of the event in a "single dancing soul." Then it was time for the final cup results and the greetings for the winners. This years cup was a fabulous one and will remain in our memories.

Hopefully next year we can achieve a more legal atmosphere so that we can open the doors and welcome our friends from the rest of the world.

The winner was Mr Mota with a Cindirella 99.

## COPA CANNABICA DEL PLATA 2011



Cartoon





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Winners name will be announced in Treating Yourself issue # 34  
Winner will be contacted by phone / mail / email  
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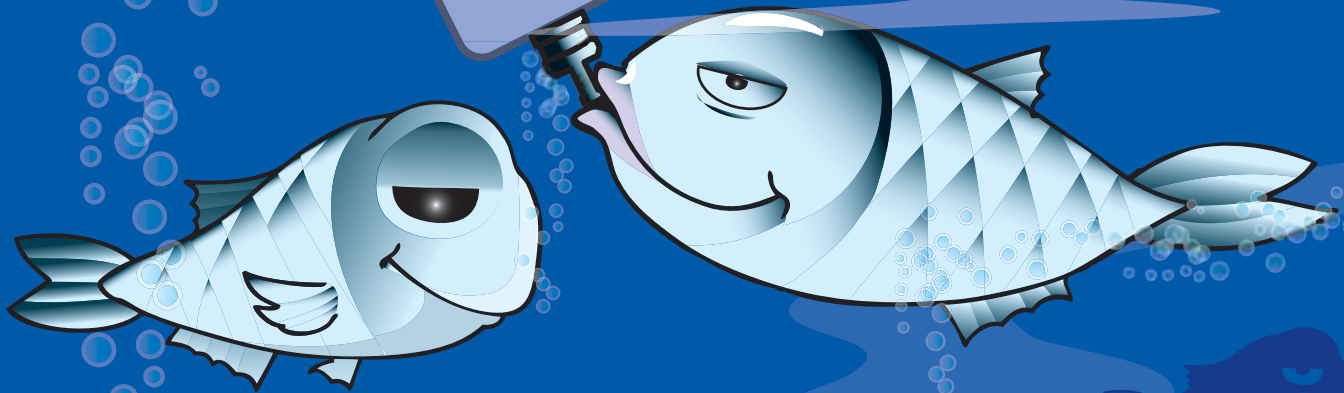
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\* Winner 1st prize Highlife Cannabis Cup 1999 (Bio category) \* Winner 1st prize High Times Cannabis Cup 1999 (Indica category) \* Winner 2nd prize High Times Cannabis Cup 2000 (Indica category) \* Plant of the Year 2003, High Times magazine \* Winner 1st prize Highlife Cannabis Cup 2004 (Bio category) \* Winner 2nd prize Highlife Feria Barcelona 2004 \* Winner 3rd prize International Cannagraphics 2005 \* Winner 3rd prize Copa La Bella Flor Spain 2005 \* Winner 3rd prize High Times Cannabis Cup 2005 \* Winner 2nd prize Champions Cup Spain 2005 \* 2nd prize Seed Cup 2008 Italy (Indica category) \* Winner 3rd prize Highlife cup 2009 (hydro) \* Plant of the Year 2009 / 2010 Spain

### MEDICINAL USE

CANNABIS HAS ALWAYS BEEN USED AS A MEDICINE. IT HAS BEEN ONE OF THE MOST VALUABLE DRUGS FOR HUMANS SINCE ANCIENT TIMES AND NOWADAYS IT IS REDISCOVERED AND RECOGNIZED AS SUCH BY DOCTORS AND PROVEN BY SCIENTISTS.

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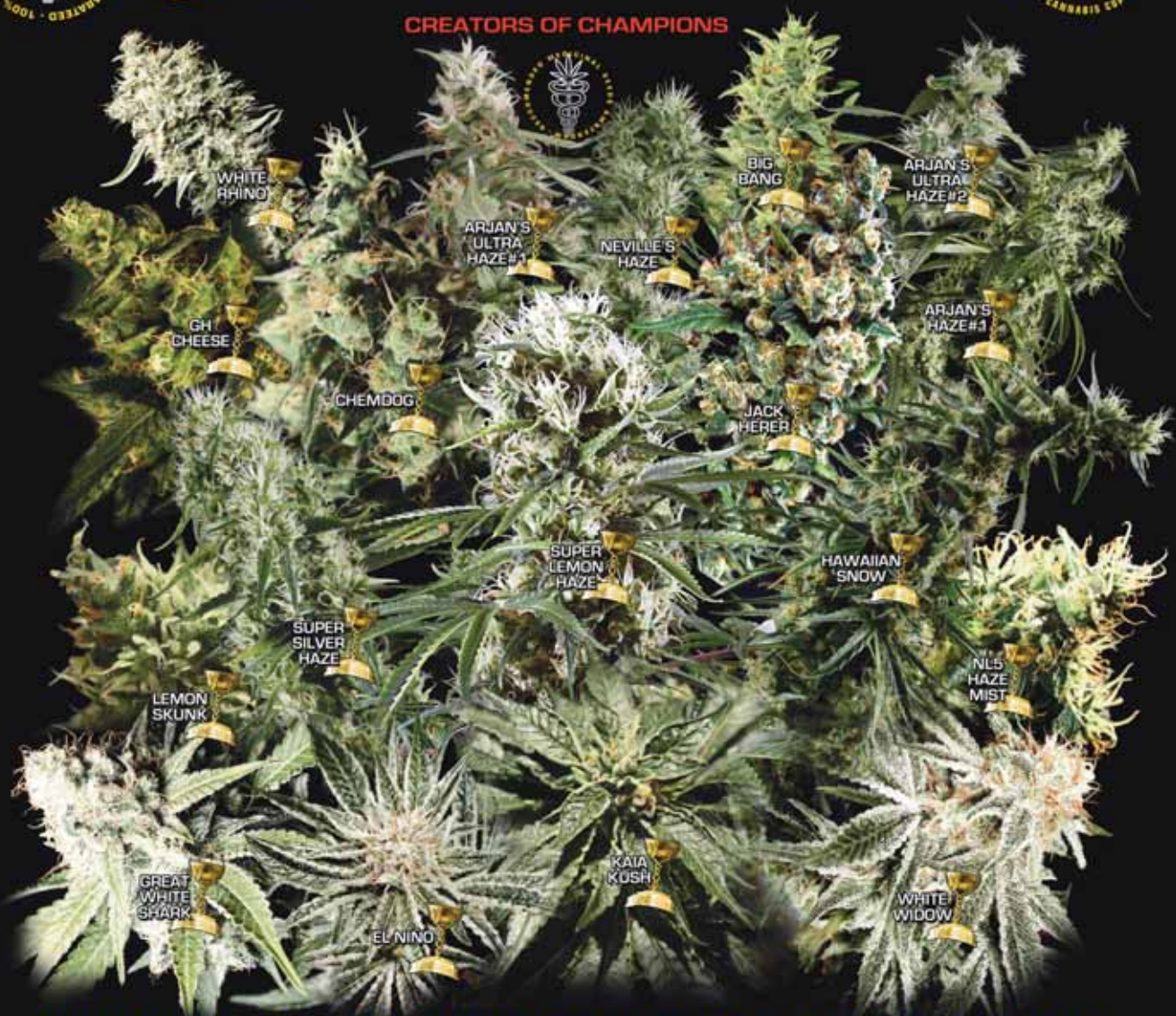




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