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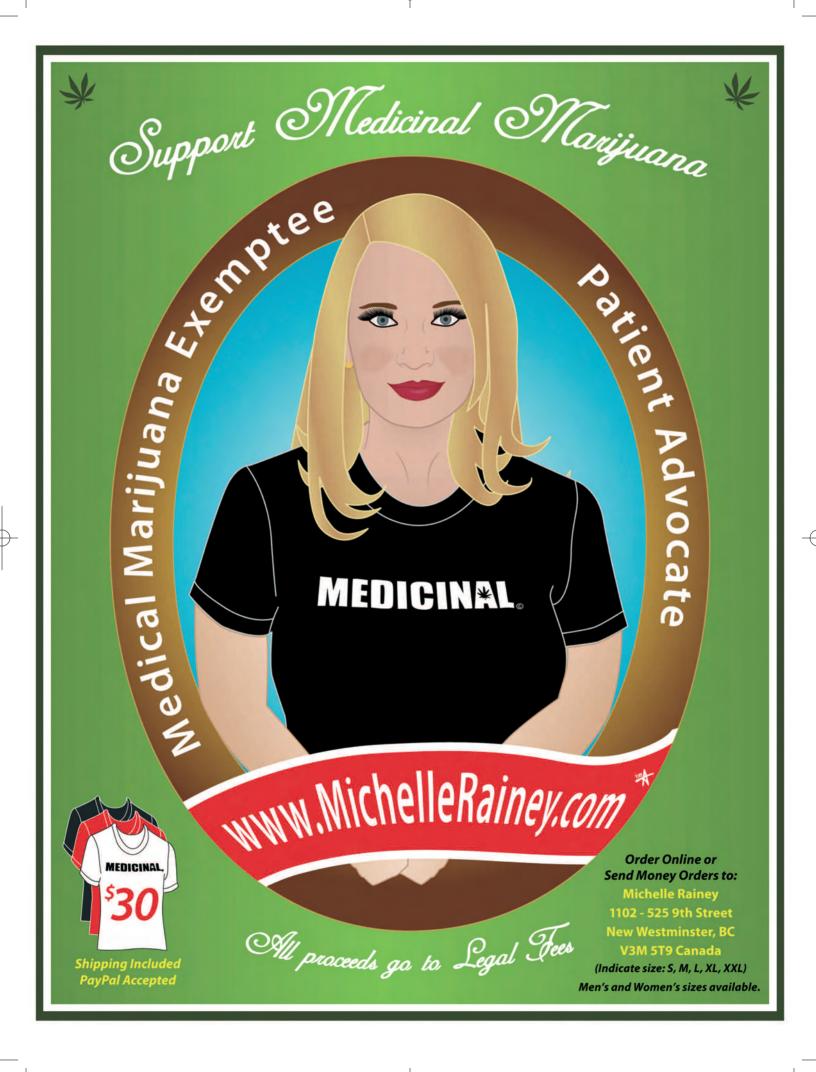














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Well its spring 2008 and time for outdoor growers to get ready for this year's outdoor grow. Most growers that I know use clones so that they don't have any male plants in their outdoor gardens. Then there are those who choose to just plant seeds and pull out the male plants as they show. Well in reality both types of growers rely on quality genetics. I noticed that Health Canada is stating that licensed medical marijuana growers are NOT allowed to import seeds. These growers are to purchase their seeds directly from Health Canada, which I find totally unacceptable as they are only offering 2 strains to the medical marijuana grower. There are well over 1,200 different strains available today and that number keeps on increasing! Why not allow licensed growers to purchase their seeds from vendors who offer quality genetics whether they are located in Canada or not? There is no way that the genetics being offered for sale by Health Canada can help all the ailments that the patients suffer from! Patients are human beings and our bodies are different so there is no way that we can use just 2 strains to help us cope with our ailments. Does the pharmaceutical companies offer just 2 types of medicine? HELL NO! So why limit patients to the 2 strains that they are selling? I believe that this rule needs to be addressed and that licensed growers be allowed to purchase seeds from whomever they feel comfortable doing so. There are plenty of stores in Canada that sells seeds and I applaud them for doing so. The fact that the following businesses Emery Seeds, Heaven Stairway and others who have been charged for selling seeds is ludicrous! Why should Health Canada have exclusivity when all they are offering is 2 strains? Isn't it time that Health Canada abide by the court ruling in both the Parker and Hitzig cases? Is the government above the law? Why should we put more stress on the courts? I say it's time for the Medical Marijuana Access Regulations be scrapped and just make marijuana legal once and for all. According to the Frazer Institute in British Columbia we are losing out on potential tax revenue of over THREE BILLION DOLLARS. The money generated can be used to help our ailing medical and education system. We are short of doctors and our teachers need to have fewer students in their class so that they can help students who need the extra assistance. It's time that we the taxpayers and voters make the elected politicians accountable for their actions. Elected politicians would think twice if they were held accountable for their actions! I'm pleased that with the support of medical marijuana patients on websites such as BREEDBAY, CSC, ICMAG, Mr. Nice, TY and others we have put together a section in this issue of Treating Yourself #11 dedicated to smoke reports of various strains that are helping medical marijuana patients cope with their ailments.

Take Care and Peace Marco Renda Federal Exemptee, Publisher & Editor in Chief





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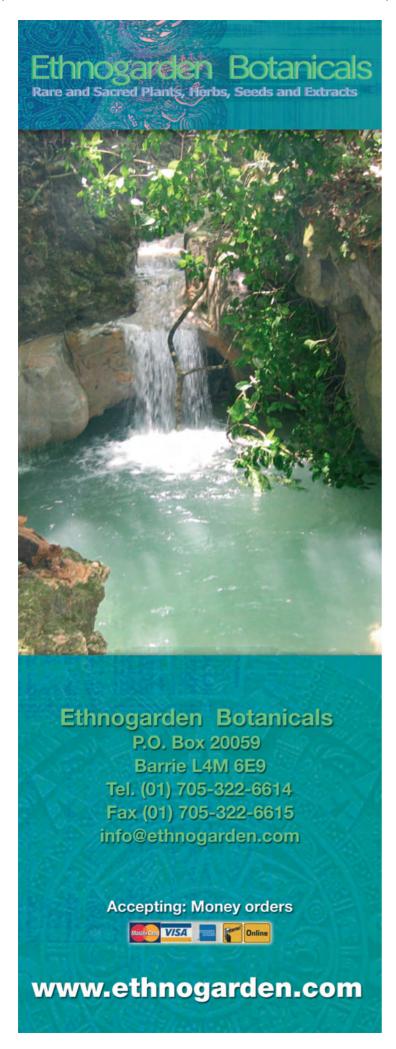
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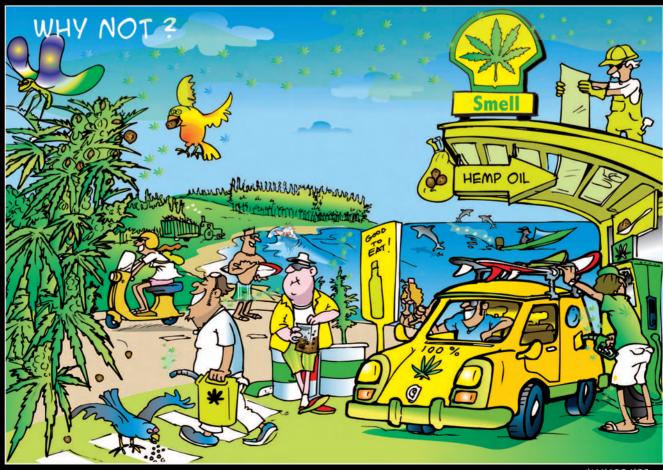
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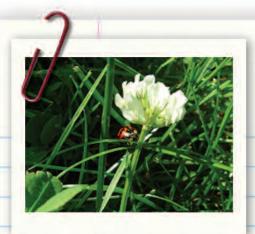




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## A Non-Using Teenager's Point of View

Often when people find out that there is a legal MMJ patient living in the same household as myself, they ask if I have tried marijuana myself. Of course, I always answer no as I have no such desires, yet as human nature goes;

they occasionally don't believe me as I am a teen. This fault in human nature drives me up the wall. Society does this to teenagers with more than just not believing them about drug usage, but this one tends to affect me most.

Not all teens smoke pot. Simple statement, but it seems to be a difficult one to grasp. Due to our tendency to generalize a group by analyzing a few people from it, many teenagers have unfairly been forced into the same generalized statement. That statement might be about us being "pot heads" or that we are "unruly", it does not matter.

Anyways, back onto topic. Not all teens smoke pot. With some of the people I know, I understand why that statement can be hard to grasp. Nevertheless, the effort should still be made to try to see the break in the crowd for that one kid who doesn't follow what society sets as the "norm" for that group.

I'm quite happy to be part of that bizarre offshoot of society's ideal of teenagers. I'm not saying that smoking marijuana is necessarily a bad thing, but after living around it for so long, I feel that I can stand strong in my decision that it isn't for me. Others might feel that my decisions aren't right for them, but that's okay. That's the great part of being human. We all have our comfort zones and things that make us unique. Being the non-using teenager is just a part of mine.

--Krysania, age 17. If you wish to contact me, you can reach me at Krysania@treatingyourself.com

Leonard Peltier, is an imprisoned Native American considered by Amnesty International to be a political prisoner who should be immediately released.

For more information about Leonard Peltier please contact the Leonard Peltier Defense

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## Greetings My Relatives:

I say relatives for we are all related in some way. Each year I make statements commemorating the Oglala incident or the anniversary of my imprisonment. Sometimes sitting here in my cell, looking through my glasses, they no longer take the blur away like they once did. I think about the lifetimes I've spent behind these walls. Sometimes for a prisoner, it's like you've died to your friends and family. The only difference is that you can talk to them on occasion and sometimes see them. I have spent my life trying to make a difference in the world, for the better. Sometimes someone notices in some way and says thank you for something I was involved with. However my greatest joy comes from someone saying that something I said or was involved with inspired them to be better than they were or seek for themselves to make the world a better place. I remember in my youth that I had a hard time expressing deep feelings but after years of losing friends and relatives who were very close to me, I have come to cherish the opportunity to speak to you even though it be by letter or some other way.

This is the second statement I've written today. My first was quite political in nature but after thinking about it I realized most of you get to read the same papers, watch the same news channels that I do. When you're 30 you can hardly imagine dying. When you're 63 you know it's entirely possible and could come anytime. Having said that I want to say a few things from my heart to your heart.

Seek the creator in all the things you do. Cherish your time with one another. Develop your personal self discipline, which is the key to all success. Develop a sense of happiness within you that none can take away. Develop who you are and remain true to your higher self and your integrity will be an inspiration to others. Show your strengths when necessary, even if it is in being gentle or humble. Speak of others in private the same way you would in their presence. Do your best to find the good in all people and stand and speak up against wrong doing. Respect the earth where you stand. Many parts of Mother Earth are also held captive behind concrete and steel. Do your best to recognize inspiration from the Creator and avoid listening to your own, especially when you are tempted in contradiction of your higher values. Never be too proud to say you were wrong or too fearful to stand up for what you know is right. Don't expect to not get hurt by life, just because you've done your best to do what's right. Especially – don't lose your sense of humor, even when the laughter is at your own expense.

Life is a learning place. Existence is forever. Challenges are only challenges because life has given you an opportunity to grow in an area of your fear or weakness. Perhaps I've talked too much, eh? I want to thank all of you for remembering me. Most of all I want to thank all of you who have chosen to make a difference for the betterment of this world.

I know we don't all have the same capabilities or resources and I know from experience and history that there will always be those who would commit injustice against others. I know this is the way of things in the past and it will continue in the future. But I also know that if it has touched our hearts to do so, we must each, in our own way, in our own time, be part of the cure against the sicknesses of greed, wealth mongering and nature destruction that faces all mankind. We can't individually stop it or even collectively, however, we can sure slow it up and, pray to the Creator that his intervention will prevail.

Seriously, know that I love you and that you will be in my prayers. Thirty two years ago on February 6th, or March 6th, I would hardly have been able to express these feelings. I thank you for your patience, your time, your support, and your loyalty and for allowing me to share this existence with you. As someone once said, we are all climbing the same mountain, just from different sides.

In the Spirit of Crazy Horse, Mitakuye oyasin!

## **Leonard Peltier**

Greetings my Relations,

As I sit here in my cell, thinking about you, and gathering my thoughts, I can't help but appreciate you remembering me.

I was told just the other day that people in Oklahoma protested Oklahoma's 100 year celebration of its statehood. They protested or demonstrated and also celebrated their 100 years of survival of an adversed government that has violated all treaties and has gained control of most of their land. I support those Indian people. It also brings to mind those who-like Columbus came and did the same, take our lands, and also what has happened to all people all over the world-the Jews, the Palestians, as well as other indigenous countries and peoples. Yet I have to say that America shares most of the responsibility to do the right thing.

What happened to the teachings or commandments of:

Thou shall not lie

Thou shall not kill

Thou shall not steal

I can't remember all the commandments but what I do know is:

They have lied

They have killed

They have stolen

They have mistreated our Mother-our Mother Earth, our rivers, our land, the air we breathe and the water we drink.

I consider global warming the wrong that has been done to our people. Even the Mexican people state in their own way, "We did not cross the border, the border crossed us". The Mexican people are Indian people. I have no doubt the Indian people of South America, North America, Central American will join in unison to make all the America's better.

A circle of Life is what dictates that the earth shall renew itself every spring. We have said this for generations. Go back and read our Elders sayings as we have been trying to tell Europeans that came here- to honor our traditional ways and to honor our Mother Earth and keep the Circle of Life.

## Chief Seattle said:

"Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect."

Chief Seattle, 1855

This is just one of the many quotations from our ancestors.

Now today we have global warming. We take no pride or solace in saying, "We told you so." But we do hope that the people of Europe and all around the world will start looking at the Native way of life. Our Elders teach us that when we take from this earth, we must give back.

There is no greater resource on the face of this earth than our children. America is leading in the wrongful influence of our youth. Wrong medicine is being offered to our youth, commonly called alcohol and drugs. It is up to each one of us, to get involved and make a difference in a positive way. It is time to give back to our children. I encourage each of you to take it upon yourself to stand up and find someway to help our youth. The youth of the world are in jeopardy; let us not rob future generations of their future.

The greatest symbol of the Creator is the circle. I encourage each of you to make the circle complete- the sacred cycle of the family, the cycle of the seasons, your personal cycle of life make them as strong as possible spiritually, mentally and physically. Stay strong and never never give up.

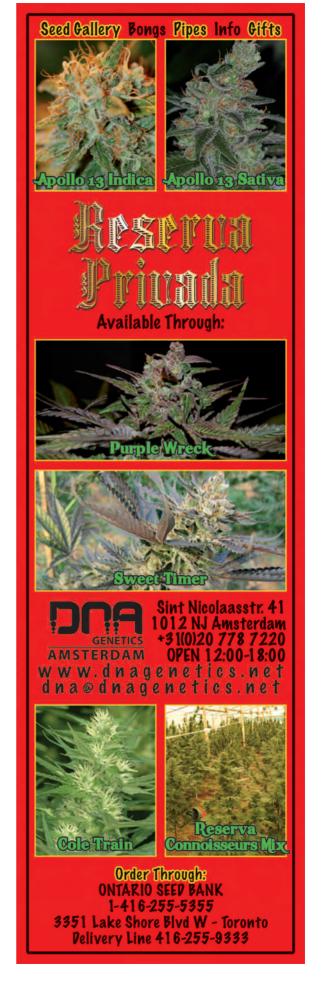
I can not say it enough or express my appreciation to each of you and how much I appreciate those of you who came here today to remember me and to listen to what this prisoner has to say.

Again I simply say, Thank you In the Spirit of Crazy Horse,

Leonard Peltier #89637-132

USP Lewisburg PA PO BOX 1000 Lewisburg ,PA 17837





## Operation — Hemp for HIV, health, and sustainability for Africa

## ANTI-POVERTY TOURISM INITIATIVE FOR BUILDING INFRASTRUCTURE OF HEMP AT HOUSE OF HOPE IN UGANDA

Rationale: This is a logical evolution, extension of ecotourism, though more intensely involved. Kenya may have been one of the first eco tourism initiatives in the 70's when people were convinced not kill animals like giraffes because Europeans would pay to come and see them in their environment. Many people are good willed and want the opportunity to do something more than just send money or items to Africa. They know Africa's problems are significant and complex, but people want more satisfaction in making a difference. They want to be part of the transformation to long term sustainability and hemp holds the key to this possibility. Many people want to see Africa, feel its air and earth and connect with its people because deep down is an inkling that Africa is the Mother of all of us.

As a part of the House of Hope's long term goal for sustainability, the anti-poverty tourism initiative will fulfill the following objectives:

- Bring resources for upgrading supplies, food and medicine and a focus on hemp.
- Bring farming equipment, art, music, and school supplies.
- Bring medical, nutrition and vitamin supplements.
- Bring skills for short term, and the possibility of doing an internship longer term.

This will provide an opportunity for students and other professionals seeking experience to work in Africa on HIV/AIDS, anti-poverty, and health initiatives with women and orphans, to determine if it is a good fit for the individual and for the House of Hope. Internships could be for up to one year for those providing skills in health care, education, social justice issues, (HIV/AIDS) women's programming, child care, trauma counseling, research, labour and expertise in the hemp fields, solar technology, farming, irrigation, and construction.

• It's true there are many needs and the reason for focusing on hemp is because it is easy to grow with



water (House of Hope has major river on the property that needs irrigating on 100 acres). Hemp is likely the most nutritious seed in the plant kingdom with its 3 essentially fatty acids and complete perfect protein. Food, fibre and oil products can be made from this amazing plant. It grows like a weed with little or no pesticides required.

- For those who have always dreamed of Africa and its animals, and who are affected by the struggles for social justice and want to see an end to poverty, than this venture is a great opportunity to do something deeply meaningful on a two-week or month trip.
- For those who want to envision with the orphans their strength, leadership and hope for the future of Africa.
- For those who want to help bring an end to poverty.
- It would be the goal that such a trip would create long lasting bonds and that when anti-poverty tourists return to their regular lives and responsibilities, they shall feel compelled to continue to be involved in raising funds for farm equipment, irrigation, and developing a hemp industry for its nutrition and sustainability. Or, perhaps they would be interested in raising funds to send playground equipment, nutritional and naturopathic supplements, computers, musical instruments, books and clothing. Medical supplies also need to be sent on a regular basis.
- This trip will be packaged to include airfare, a day's driving trip from the airport, and orphan meals for two weeks. Yes, you will eat, break beans and rice, and very little or no bread, with the orphans, and you will very likely lose weight. Anti-poverty tourists will be expected to bring their sleeping bags and tents, and bring supplies, including nutritional supplements. They will be expected to work in the fields, work with the women and children, in the kitchen, in the laundry, with sick little ones.
- There would also be 3 day trips organized for hiking along the river, and into the beautiful mists to meet the guerillas Diana Fossey fell in love with, or a day trip to see lions lounging on a range. Winston Churchill

called Uganda the 'Pearl' of Africa. It has the highest mountain ranges next to Kilimanjaro. It is lush and bountiful of animals and friendly people.

- There is golf.
- Anti-poverty tourists will share resources and skills, and the orphans will share their survival and heroism, and this sharing will bring benefits to both. There is much healing to be done from poverty, HIV/AIDS, and war trauma. There is also joy to be shared.
- In addition, anti-poverty tourists are expected to get their medical check-ups, shots, and bring nutritious supplements and other items. All come with full hands and full luggage of necessary items.
- Charitable status is provided for receipts needed.
- To begin with, groups will only be 4 to 6 people and will depart from Toronto. The first window for an opportunity to go would be from January 15th 2007 to March 1st, 2007 and the next window of opportunity would be April to July 2007 whereby those who are interested in staying on could arrange with Edward a summer placement, work in exchange for being there.

The hemp initiatives will begin by focusing on simple hemp foods, such as hempzels made like a soft pretzel. The flour, oil and seeds need to become a part of the daily staple of food for the orphans and all others. It's good as a butter, as a cereal/gruel, or putting seeds on bread, beans and rice, etc. The potential for hemp milk must be considered initially, but it requires a machine. Once irrigation is achieved and much larger scale hemp growth can occur, initiatives for HIV and women's programming will include making hemp soaps and taking hempzels or other hemp food products to the market place.

The fibre part of the plant could be used to make fuel. Although equipment will be required, initially, some rudimentary experimentation can be done with making fibre fuel and hopefully soaps if vegetable glycerine can be obtained, but ideally, the goal would be to eventually make a hemp glycerine. There can also be experimentation with the soil to see what type of ceramic or cosmetic products could be made, such as a hemp mud. The goal would be to get some simple hemp food, soap and cosmetic products to the market place and after some successes, make the case for utilization of the fibre on a much bigger scale.

Edward currently has an acre where he farms maize and millet and the first planting of hemp can go in there, but there are 100 potential acres along the river that needs irrigation and preparation for planting. There are also many more acres aligning the property that is government, other farmers renting out land, and it is believed that once hemp proves itself, it will be grown all over, enabling a much greater economic opportunity.

## ANTI-POVERTY TOURISM CHANGE THE WORLD ON YOUR NEXT HOLIDAY—BY MAKING HEMP SUSTAINABILITY A REALITY IN AFRICA

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## Entertainment news with a twist!



The "Toking Gun" of celebrity websites covers drug news with a focus on marijuana issues of importance to dedicated pot-smokers. If you want to know what's going on, read about it first at CelebStoner.com











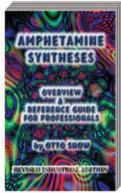




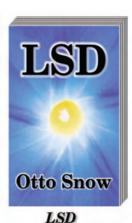
















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## **ASSUMPTIONS**

- Cannabis is used as medicine for HIV/AIDS, Multiple Sclerosis, Depression, PMS, Cancer, Arthritis, Alzheimer's and other illnesses.
- People With AIDS (PWA'S) and other medical Cannabis users overwhelmingly depend on the Black Market for Cannabis (over 85%).
- Stigma and criminalization keep Cannabis at a high cost as Black Market values are for profit.
- Stigma and criminalization have prevented research even though many medical users attribute Cannabis to being highly beneficial, enhancing quality of life, in surviving with their illnesses.

## Could Cannabis be the penicillin of this century?

Dr. Lester Grinspoon, Harvard Psychiatry, coined this term in the early 90's. When it is restored to its rightful place in the pharmacy, it will likely be the least toxic item there.

- Stigma and criminalization prohibit the process of moving forward on decriminalization of Cannabis in Canada, even though most Canadians are in agreement that it should be decriminalized. This benefits the Black Market.
- The Federal Government's Medical Marijuana Program has been an abysmal failure in providing medical Cannabis access; by not educating the public and police, fears and stigma have been increased, instead of reduced. There have been reports of police harassment and very few medical users have sought exemptions. Cannabis users have negative assessments of the Federal Medical Marijuana, as it is grown in a mine shaft, could have toxic material and is not organic.
- •Cannabis is still too costly for most people who use it as medicine and people do not want to be seen engaging in illicit behaviour.
- •PWA'S and other medical Cannabis users who are mar-

# What Could a Medical Cannabis Community Look Like?

ginalized economically would be interested in jobs in a non-profit medical Cannabis industry—as the current Black Market model only benefits a few.

•All seeking medical Cannabis want a legitimized system whereby access is guaranteed and jobs are created w ith green, sustainable values. Organic farmers and other rural communities, such as Aboriginal communities could also benefit economically.

## **OUESTIONS**

If Cannabis exemption clinics were held to educate and increase numbers of exemptions to grow Cannabis, and groups (HIV/AIDS, Harm Reduction, MS, Cancer were then to apply for licenses through Health Canada, would it be better to apply via an existing non-profit, or create a new non-profit model?

Research is needed to determine effectiveness of vaporizers for those who no longer wish to smoke cannabis and others who might consider using it as a medicine if it was accessible in a vaporized form. Vaporizing is harm reduction.

How can we breakthrough the stigma? (media campaigns, political campaigns) Its paralysis on people is far greater reaching than realized—it prevents social justice from happening and perpetuates criminal and sometimes violent activity.

What are the visible and real barriers to guaranteed access to medical Cannabis (criminalization/ too close relations with the US) and what are the invisible barriers (the truth about criminalization, (racism and greed) fear of change). Hemp/cannabis gobbles up émissions better than most plants—it is being used to clean up Chernobyl—in South Africa the Constitution is being challenged to use confiscated cannabis stalks to make cannabrick homes, which are fire proof and water proof. How can we make it the environmental solution it deserves to be?

What inherent components do existing non-profits, ASO'S, have that put them in good stead for distribution of medical Cannabis? (counseling/research/trusted by the communities they have been serving) What, if any, are the disadvantages?

What types of jobs could be created, full and part time, some to replace ODSP, some with ODSP in mind? How creative can we be here, using alternative payment methods and flexibility with people's health challenges?

## POTENTIAL PILOT AND RESEARCH PROJECTS

To set up 'Cannabis exemption clinics' in ASO's, Health Centre's, other non-profits to increase numbers of exemptions for licenses to grow on behalf of a large group of people. In addition to assisting in filling out government applications, surveys/focus groups will be done to determine what barriers and needs people have seeking medical Cannabis access and what their income and employment profiles look like. We can also determine people's knowledge of Cannabis—(what strains they use for what symptoms).

The outcome of the surveys could recommend integration of a Community Based Cannabis program into existing non-profits, ASO's, or to create a new model. It could also recommend setting up a provincial/national committee to manage the Federal Medical Marijuana Program (the Auditor General has also been critical of this program).

Variables on applying for a license to grow on behalf of a large group need research and focus groups. Organic farmers, rural medical Cannabis users, rural Aboriginal communities could also be surveyed for economic growing initiatives.

The outcome of these surveys could require lobbying and political campaigns.

If access to Cannabis is guaranteed, what is the impact on health?

How does job creation, diminishing stigma impact on health?

How does Cannabis affect anti-retrovirals and other treatments?

Vaporizers should be promoted as a harm reduction to smoking Cannabis? How does ingestion this way impact on symptoms?

Cannabis/hemp—its politics and the environment if it is grown massively, could it help meet environmental targets such as Kyoto?

How does medical Cannabis access reduce harm from drug and alcohol use?

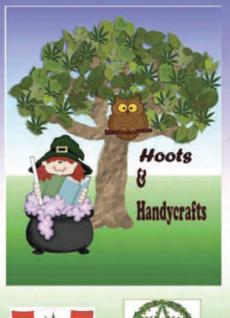
To survey Canadians for their views on creating a Community Based Cannabis Industry from a poverty reduction and green, sustainable framework.

Related Project

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Ideally such a campaign would involve testimonials from a range of medical Cannabis users, like a 75 year old woman who gets a chemo-grape-fruit strain from her grandson because two puffs will bring down her nausea from chemotherapy better than anything she has tried. Representatives from different communities will be part of a picture that reflects reality.



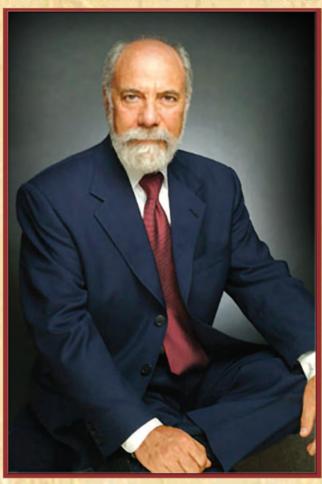
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## The Prohibitionist Counterattack in Canada has been years in the making



By Richard Cowan,
Publisher MarijuanaNews.com

When I started MarijuanaNews.com ten years ago, I put the subheading on my Canadian index page, "Uh-Oh, Canada! Canada presents DEAland prohibitionists with an impossible problem. They are too white to invade and too close to ignore." (At that time) I was joking, but as I followed events in Canada, it became increasingly clear that the US did not need to invade Canada. It was already occupied by a force that was all too willing to sacrifice their nation's freedom and sovereignty to the US. No joke!

The Canadian prohibitionists constitute a "fifth column" who has worked for years to subordinate Canada to the drug war. (Appropriately, the term "fifth column" originated with the fascists in the Spanish Civil War in the mid 1930s.) I understand that this is an allegation that may seem outrageous, but the proof is there for anyone to see:

**1.** On August 16, 1999, The Globe and Mail newspaper reported that the US was considering putting Canada on its annual "drug blacklist." The story was an absurd exercise in prohibitionist propaganda, because Canada has never been a major source of any illegal drug for the US. Despite all of the talk about BC Bud, Canada provides only about 2% of the US marijuana supply. The RCMP's own website made that quite clear. Nonetheless, the Globe and Mail article said, "Meanwhile, a veteran RCMP drug agent said vesterday that Canada deserves to join the likes of Colombia, Panama and Mexico on the U.S. 'Majors' list of countries considered too soft on the war on illicit drugs." "It's embarrassing and unfortunate that we have to get this wake-up call from the U.S. that we have a serious problem but yes, we definitely deserve to be on the list," Constable Scott Rintoul, a 19-year veteran of the RCMP, said in an interview from Vancouver.

**2.** In March of 2001, when the BC Marijuana Party (BCMP) launched its provincial election campaign, the Canadian Press ran a story about its first conference in Vancouver. The Canadian Press editors somehow decided that they needed to ask the opinion of the Royal Canadian Mounted Police, with the following results:

"The (BCMP) party's platform deals with everything from transportation to education, but its main goal is the legalization of marijuana and that is a dangerous message, police say." They're being irresponsible" said Const. Colleen Yee, of the RCMP Drug Awareness unit in B.C. "The party's message makes it more difficult to educate youth about the dangers of drugs. Marijuana is more toxic and carcinogenic than cigarettes, but while cigarettes are less and less accepted by society, pot advocates want to legitimize smoking marijuana." These advocates are increasingly organized and wellfunded and their message may be getting out. In other words, the RCMP was directly interfering in the electoral process, spouting the prohibitionist party line.

3. In 2001, the Canadian Police

Association published a bizarrely incompetent, "The CPA's Top Ten Myths" About Illicit Drugs and Enforcement: Their #1 Myth: "Marijuana is less dangerous than Alcohol or Tobacco." In other words, the Canadian Police Association wants substance abuse education to provide them with more power to arrest more Canadians.

**4.** In 2002, The Washington Post quoted the Canadian Police Association's head, David Griffin, as saying that Canada had "*surpassed Mexico*" as a supplier of marijuana to the United States. (Seizures at the Mexican border are about 50 times greater than the seizures at the Canadian border.) Why would a Canadian policeman lie about his own country to its powerful neighbor? Where is all this going?

On April 3, 2006, the Canadian Professional Police Association Annual Legislative Conference was opened by the Prime Minister of Canada. Their legislative agenda included not only "minimum periods of incarceration", (for growing marijuana) but also, "Substantial financial penalties."



In February of 2008, the Harper government is going to ignore the will of the majority of the Canadian people, and the total failure of similar US policies, to try to impose the police agenda on his citizens.

The prohibitionist counterattack in Canada has been years in the making. It has never been a secret. I have documented it entirely from public sources. Even as the RCMP has been rocked by scandal after scandal, the police have been getting more and more power.

Canadians need to understand that this is not about marijuana. It is about the freedom of the Canadian people and the sovereignty of the Canadian nation. If you lose your freedom, don't blame America. You let it happen and more than one American has been trying to tell you this for years.

## Who would be John Lennon Today Are all the Heros Gone?

by Subcool

Many people know John Lennon as the fourth Beatle, and maybe some even know he was labeled a Peacenik by the US government. I find it a bit upsetting that the word Peacenik is actually recognized by my word processor. I guess this little story about John starts with him having more input that even I knew. Lennon was the voice of a generation of people who were against the killing and dying in the war in Vietnam. He had some powerful friends like Jerry Rueben, Bobby Seale, Abbie Hoffman, and even Dick Cavet. He united a culture that was not ashamed to enjoy life, love their fellow man and resist the ridiculous administration that was in power during the 60's. Nixon used the full power of the FBI to harass an try and deport Lennon and Yoko, mainly using an old drug charge that related to the British cops finding 2 joints in a flat belonging to



Ringo Star. Lennon took full responsibility for the joints and was fined a few hundred pounds. The charge would later be used to file deportation charges against John. Lennon was later killed by Mark David Chapman and his FBI case was then closed. I firmly believe Lennon and others speaking out so loudly against the war in Vietnam was a major reason we finally pulled out, not withstanding the fall of Saigon.

It's now 40 years later and we are again involved in a war that is costing countless US young men's lives. The war churns on and the body bags pile up. But yet this time, we have no spokesmen to unite all the good people that simply think the war is being fought by a complete imbecile with no disregard to the body count he's piling up, or the fact that the Islamic

countries really hate us now. So who will become the righteous person that takes on this job? Before you apply, let me remind you that many of the great people in the past who spoke out against the establishment found body bags of their own. I worry there will be no one. It is a different time and everyone is busy with their own problems or worrying about Aliens from the sky or other countries. No, I am afraid this time we are on our own with no great hero to take a stand. But maybe I am wrong. Maybe this person already exists; he just can't be heard because no one takes the time to listen. I know if he doesn't, emerge the shit storm is brewing and we're going to loose a lot more kids before their little bigger dick contest is over in Iraq.



## The Economics, History and Politics of Hemp

By David Malmo-Levine

## **Part One**

## The Economics of Hemp Fuels

"In the most favourable growing conditions, we obtained yields of up to 15,000 kg of stem dry matter per hectare (6,070 kg per acre). Under simular conditions, other crops such as maize, sugar beet or potato produced similar dry matter yields. All results indicate that as far its yield is concerned, fibre hemp is in no way exceptional." "Hemp facts and hemp fiction" Hayo M.G. van der Werf, Journal of the International Hemp Association, (1)

"The added cost of the extra drying needed for crops such as sugar cane, corn and napier grasses make these high moisture plants an inefficient source for growing methanol. The (Hawaii Natural Energy) Institute's 1990 report concluded that thermochemical (pyrolytic) production of methanol from biomass is the most economical alternative for transportation fuel. They also confirmed Stanford Research Institute's conclusion from the late seventies that woody or low moisture herbaceous plants are the most efficient biomass resource for thermochemical conversion into liquid fuels such as methanol. It is the cellulose in low moisture herbaceous and woody plants that provides the hydrocarbons necessary for fuel production. ... Hemp is both a low moisture herbaceous and a woody plant."

"Energy Farming", Lynn Osburn, (2)

## The campaign against biofuels

I, like many other hemp activists, am interested in the potential for hemp as a fuel source. It is one of the key reasons I have devoted my life to the re-legalization of this impressive plant. The thought of replacing easy-to-

monopolize, constantly-fought-over, climate-changing, polluting petroleum with a clean, ecologically sound, cheap, renewable resource able to be grown anywhere by anyone has – with the exception of a few "cannabiphobics", skeptics, narcs and oil barons - personal (and I suspect near universal) appeal. Thus I was dismayed to stumble across a series of recent articles on CIA watchdog Mike Ruppert's websites that attack biofuels in general as "uneconomical". These articles claim that it takes more energy to create biofuels than one receives from the created fuel. (3) I then discovered that this is a common argument found in other books and articles. (4) To shake my hemp-fuel confidence further, I came across an article from the International Hemp Association saying that hemp as a fuel source is "in no way exceptional".(5)

Other arguments against biofuels are that a) there isn't enough land to both grow fuel and food with (6), and b) that ethanol isn't as efficient as gasoline, so even if ethanol is cheaper per gallon it would be more expensive per mile.

## The experts

I decided to investigate these arguments against biofuels and hemp fuels by bouncing them off people doing research in this area. I spoke with Adrian Francis Clarke of Fibre (Europe) Laboratory LTD, Don Wirtshafter of the Ohio Hempery, Tim Castleman of fuelandfiber.com, and Shaun Crew of Hemp Oil Canada. It is important to understand that hemp provides two types of fuel; hemp biodiesel – made from the oil of the hemp seed, and hemp ethanol/methanol – made from the fermented stalk. To clarify further, ethanol is made from such things as grains,

sugars, starches, waste paper & forest products, and methanol is made from woody matter. Through processes such as gasification, acid hydrolysis and enzymes, hemp can be used to make both ethanol and methanol. I asked questions about the current prices of hemp biodeisel and hemp ethanol/methanol, and what these prices would be post cannabis relegalization. To be economically viable, these fuels would have to be cheaper than gasoline, currently priced at up to 120 cents per liter (Can.) (7) or up to 3 dollars per gallon (US) (8)

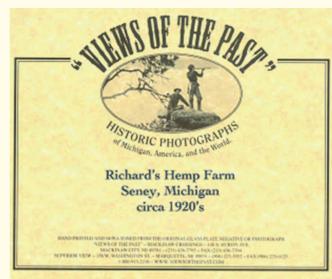
Of course, petroleum prices could get much more expensive in the near future, a topic which will be covered in the third part of this article under "peak oil". Don Wirtshafter responded that the size of the industrial hemp industry determined how much hemp "waste" would be created, which would then dictate the price of hemp fuel. He wrote: "Hemp oil is too valuable to burn up as fuel. It will be the waste products that become the fuels of the future. ... Because we sell the protein for a good price, the price of hemp oil drops. When I was selling the seed cake to make Hempen Ale, making the oil was almost free. Again, it is the waste stream from your primary processes that will go into power generation."

When I asked Don about the actual price of hemp biodiesel, he replied: "Twenty cents per gallon more than the cost of hemp oil. At this point, hemp seed oil is \$15 per gallon. As we gain volume, our costs and therefore the price is dropping. Until hemp is a huge industry, it can't compete with the other huge industries. If the hemp protein powder continues to sell well, then the oil will continue to get cheaper and cheaper."

On the topic of hemp ethanol/methanol, Don opined: "The big change will come with green processing as is being developed by Adrian Clarke in Australia. This machine will change all the equations for fiber as did the cotton gin 150 years ago. The waste from that process will be the energy source." When I asked Adrian Clarke about the price of hemp ethanol/methanol, he replied: "I cannot supply even a guess for the cost except to say that it must be simple and low cost for so many farmers to have done it. Ask a legal distiller what it would cost."

Distillers of things-other-than-hemp provided a variety of possible prices: According to one source, Brazilian ethanol recently sold "for 45% less per liter than gasoline". (9) According to another source, "...the cost of producing ethanol from cellulose is estimated to be between \$1.15 and \$1.43 per gallon in 1998 dollars". (10) Back in 1981, a Canadian "fuel alcohol distiller" activist estimated his actual cost to be "22.9 cents a gallon" (11) — which would be about 49.37 cents per gallon in today's dollars! (12)

Shaun Crew is a hemp seed oil expert. I asked him the hemp biodiesel question and he answered: "the price of hemp seed oil is higher than the price of corn oil at pres-





ent. This may change in the years to come as acres significantly increase or yields significantly increase. Right now, hemp biodiesel could not be easily made for under \$2.50 per litre."

In Tim Castleman's article "Hemp Biomass For Energy", he wrote his observations about biodiesel too, explaining that "Some varieties are reported to yield as much as 38% oil, and a record 2,000 lbs. per acre was recorded in 1999. At this rate, 760 lbs.of oil per acre would result in about 100 gallons of oil, with production costs totaling about \$5.20 per gallon.(13)

I asked Tim if there were any other factors that could further reduce the price per gallon. He replied: "Hempseed oil is worth \$30 per gallon as food. ... hemp (biodiesel) doesn't make the lineup for fuel."

Hemp methanol, on the other hand, does make the fuel lineup. According to Tim, hemp ethanol could be produced for 1.37 per gallon plus the cost of the feedstock, with technological improvements and tax credits reduc-



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ing the price another dollar or so per gallon! (14)

And the cost of the feedstock would become much more available as more hemp was grown for more products, providing more and more free (or nearly-free) feedstock as a "waste product". Could you imagine paying under 50 cents per gallon (US) or 15 cents per liter (CAN) for your hemp ethanol?!!

## **Fuel efficiency**

Some might argue that ethanol isn't as fuel efficient as gas – thus the dollar-per-mile ratio of hemp ethanol would make it more expensive than gas to run. Ethanol contains approx. 34% less energy per gallon than gasoline, and therefore will result in a 34% reduction in miles per gallon. (15)

This problem may be overcome through designing a more efficient vehicle – recently, French High School students achieved the best fuel efficiency at the European Shell Eco-marathon, using an ethanol-powered car with an energy consumption equivalent to traveling 2,885 kilometers on a single liter of gasoline (6,788 mpg). (16) Other technologies are being developed to make ethanol similar to gasoline in fuel efficiency. (17)

## Availability of waste-hemp and over-regulation

Is there enough hemp around right now to provide enough waste/feedstock to replace fossil fuels? No. Will this always be the case? That depends on how successful the medical and recreational cannabis activists are in removing irrational laws around this plant.

Currently, the Canadian hemp economy is under "tight controls". (18) A minimum of 10 acres must be grown. (19) The hemp must test below 0.3% in THC. (20) The strain must be "approved". (21) Hundreds of potentially profitable industrial strains are denied to farmers. (22) The US won't approve importing Canadian hemp products if they contain even trace amounts of THC (23) Hemp seed must be rendered non-viable and tested for viability. (24) Those with criminal records for cannabis farming are not allowed to grow hemp. (25) Breeders licenses - permitting access to the most economically rewarding element of industrial hemp farming - are difficult to obtain. One needs a science degree and 10 years experience working under an accredited breeder. (26) When I asked Arthur Hanks of the Canadian Hemp Trade Alliance why this was so, he responded that "Certified seed is supposed to deliver known quantity. For a lot of buyers this is very important. Using common seed might be a false savings."

"Can you provide me with an example of a false savings?" I asked.

"Well, there was that problem with USO 14 ..." Arthur responded. "... breeders were not crossing it back with it's parents."

"But that's a fuck-up by accredited breeders." I replied, "So certified seed doesn't necessarily mean fuck-up free seed."

"Good point." Responded Arthur. "It's also true that cheap common seed will help make biomass hemp fuel more economically viable."

"Do you think that the seed growers association may be acting like an elitist club that – like doctors and lawyers – is concerned more with controlling an industry than helping clients?"

"There may be some of that in there ..."

At that point, I felt I hit upon the way the hemp industry was most unjustly over-regulated – through artificially high seed prices. Farmers cannot supply themselves with seed – they have to obtain it every year through government approved breeders. Seed is the farmer's biggest cost, varying between \$6,250.00 to \$16,875.00 for the average hemp farm (250 acres). For the largest hemp farms (3000 acres), seed costs can run into the hundreds of thousands of dollars! Canadian hemp farmers spent somewhere between \$1,250, 000 to \$3,375,000.00 on seeds in 2006 (27) – an unnecessary cost ... more than a down-payment on a large hemp fuel manufacturing plant. The estimated cost of such a plant rages from \$60 million for a plant that can produce 75 million liters per year (28), to \$335 million, producing 1.7 billion liters per year. (29)

Banks don't invest money in hemp processing and manufacturing (30) – perhaps partly due to the red tape making hemp so artificially expensive, perhaps partly due to most of their current customers being hemp-substitute industries. The red tape can only be justified if cannabis is considered dangerous - the moment medicinal and social hemp are re-legalized and treated like other herbs, the industrial hemp red tape will disappear. No doubt this will result in an increase in hemp seed breeders – all those considered "criminal" due to their history with breeding the drug strains will get a crack at breeding the hemp strains. Seed quality will then increase, the price will drop, and more money will stay in the pockets of farmers breeding their own seeds. Hemp products will become cheaper and more available. Farmers and cannabis cafe owners will both have capital to invest. At that point, the industrial hemp industry will be free to grow large and compete with non-renewable materials on an even playing field. According to the 1938 Popular Mechanics article, hemp hurds "can be used to produce more than 25,000 products, ranging from dynamite to Cellophane". That's just the hurds. When you factor in the fiber, the oil and the resin, the number of products hemp can produce is closer to 50,000. Almost everything that isn't glass or metal - including paper, pressed particle board, fabrics, plastics and concrete - can be made from hemp. (31)

With a massive manufacturing base to reflect its massive utility, there will be plenty of hemp waste to make fuel from, driving the price down considerably.

## The evil Dr. Pimental

If the above-mentioned sources say hemp ethanol and non-hemp ethanol are so affordable, then why do so many sources claim otherwise? Apparently, the source for this other view comes from a single report from Dr. David Pimentel of Cornell University. He claims that bioethanol has a "negative net energy value". It turns out that this is a well-publicized myth. In fact, Pimental's findings are flawed and disproved by other studies. (32)

## The best fuel crop?

As for the argument that hemp isn't an exceptional source of cellulose, it's important to keep in mind that 1) hemp doesn't need as much fertilizer or water as corn, switchgrass or other energy crops (33), 2) hemp doesn't require the expensive drying required of corn and sugar cane (34), 3) hemp can be grown where other energy crops can't (35), hemp is more resistant to "adverse fall weather" than other crops (36) and 5) hemp has long been known to be the lowest-moisture highest-cellulose cropthe stalks being "over 75% cellulose" according to a 1929 paper from Schafer and Simmonds (37), with more conservative estimates indicating 53-74% of the bark being cellulose. (38)

According to the Stanford Research Institute and the Hawaii Natural Energy Institute, it is woody, low-moisture herbaceous plants which make the best biomass for liquid fuels. (39) If one goes beyond simple cellulose-level comparisons and examine the cost-per-gallon with these extra cultivation and processing and transportation costs taken into account, hemp seems to be the best candidate for a fuel crop. Of course, all crops should be grown in rotation – too much of one thing is bad for the soil – but hemp seems the best crop to add to the rotation if we want to replace fossil fuels with something else in the tank.

## Not enough land?

According to the 3rd edition of "Environmental Chemistry" by Professor Stanley E. Manahan, "Meeting US demands for oil and gas would require that about 6% of the land area of the coterminous 48 states be cultivated intensively for energy production." (40) According to one source, the US has 60 million idle acres of farmland (41) - about 3% of US land area – and another 130 million or so acres devoted to raising meat (42). According to

another source, more than 302 million

hectares of land are devoted to producing feed for the U.S. livestock population -- about 272 million hectares in pasture and about 30 million hectares for cultivated feed grains. (43) Either way, it seems there's more than enough land to grow fuel with, if we each eat five or ten fewer steaks every year.

As well, urban agriculture is another option to free land up for fuel crops – for example, 6% of Cuba's food supply is grown in the city of Havana. (44) Not only would urban agriculture increase the area available for food, it would conserve energy previously used to transport food.

Recycling food oil can also help address our energy needs. US restaurants produce about 300 million US gallons of vegetable oil waste a year, much of which ends up in landfills. That oil could be reused as biofuel.(45)

Beyond vegetarianism, energy conservation, urban agriculture and recycling, alternative fuel sources such as wind, wave and solar - combined with various types of battery-powered vehicles - could reduce the amount of land required to meet energy needs still further.

## **Sidebar**

Make your own biofuels. The process isn't quite rocket science, but involves many steps and many choices. For diesel-powered car drivers, one must decide if one is a) using the oil just as it is -- usually called SVO fuel (straight vegetable oil); b) mixing it with kerosene (paraffin) or petroleum diesel fuel, or with biodiesel, or blend it with a solvent, or with gasoline; or c) converting it to biodiesel. For regular gas-power car drivers, there are gasification and distillation processes that could turn any plant matter into fuel. Large car companies are already producing ethanol-friendly vehicles. Some sources describe the adjustments to the engine required to convert a gas-powered car into an ethanol-powered one as "minor", others as "extremely complicated". As more and more people make such adjustments, they should become easier and less costly. These methods are too detailed to explain here, but there are many good resources on the internet where you can learn to make your own biofuels.

## Here are just a few:

## **Biodiesel**

http://journeytoforever.org/biodiesel\_make.html#start http://www.veggieavenger.com/SVO-Jetta.php http://www.biodieselcommunity.org/ http://www.tristatebiodiesel.com/

## **Ethanol:**

http://running\_on\_alcohol.tripod.com/ http://www.e85safety.com/ http://journeytoforever.org/biofuel\_library/ethanol\_motherearth/me1.html

## The real reason for alcohol prohibition



As an interesting aside, I learned from Adrian Clarke that alcohol prohibition may have ended at the request of the oil companies, as the illegal stills set up to provide bootleg booze were being turned into sources of fuel. Apparently, there was even

hemp ethanol production! In an email to me, Clarke wrote; "I asked an historian who was working as a senior adviser to our Victorian State Government what he thought about the proposition that Prohibition was enacted to protect the Oil Companies and at their request, from the self-sufficiency hemp gave to farmers and other drivers. The historian had worked in American Universities and said he would consult his network. Three weeks later he called me to confirm absolutely that Prohibition was to stop people making their own car fuel. He said that records showed that up to 90% of all the illegal alcohol made up to that time, was for the fueling of cars. ... This historian did not go public."

I attempted to verify this information, and found out that Henry Ford originally designed his "Model A" car to run on either alcohol or gasoline, whichever was available to the driver – and that John D. Rockefeller, owner of Standard Oil (now Exxon-Mobil, Chevron, American BP and a dozen other oil companies), put 4 million dollars into alcohol prohibition.(46)

After alcohol prohibition began, Ford proposed that the dead capacity of shutting down distilleries might be used to produce denatured alcohol - "a cleaner, nicer, better fuel for automobiles than gasoline". (47) Veteran hemp activist Chris Conrad writes that Ford's dream of a nation of plant-powered vehicles was "thwarted first by alcohol prohibition, then by hemp prohibition". (48)

The plan to shut down alcohol fuel through alcohol prohibition may have backfired. The number of illegal alcohol stills increased during alcohol prohibition.(49) Thus, in a celebrated 1932 letter, subsequently printed on the front page of The New York Times, John D. Rockefeller, Jr., a lifelong teetotaler, argued against the continuation of alcohol prohibition due to the "increase in disrespect for the law". This letter became the singular event that pushed the nation to repeal alcohol prohibition.(50)

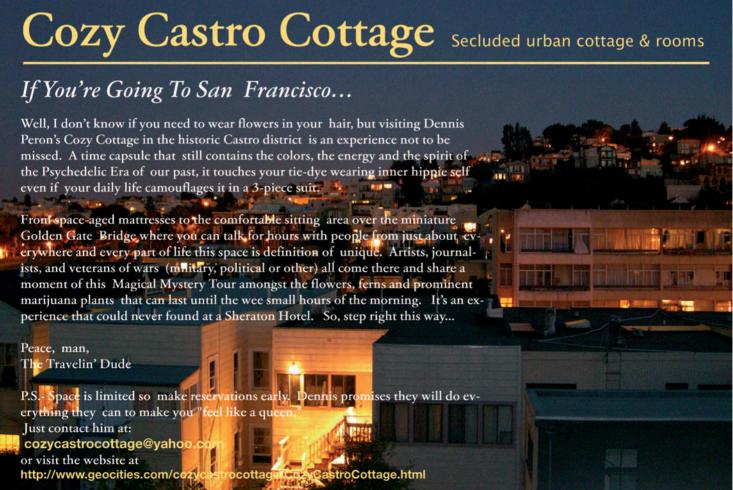
This concern of John D. Jr. may be considered suspect, for as any good Rockefeller historian will point out, the Rockefellers themselves had been known to disrespect the law from time to time.(51) Perhaps John D was really concerned that people would become less dependent on his oil if they had their own stills, and he adopted the

"disrespect for the law" concern to hide the self-interested motive behind his change of opinion.

And then I stumbled on this bit of information: "Fifty years ago it was a corporate alliance between DuPont (which controlled GM) and Standard Oil (now Exxon) which suppressed Henry Ford's alcohol gasoline engine and committed the continent to using lead as an additive." (52) DuPont and Standard Oil ... hmmmm... where have I heard those names before? ... oh yes! It was these companies that had the most to do with making hemp illegal! I began to wonder to myself if both alcohol prohibition and hemp prohibition were created by the same corporations for the same reasons – as attempts at fuel monopolies. A close examination of the history of hemp fuels, hemp prohibition, DuPont and Standard Oil might reveal the answer.







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Henry Ford and his Resin Stiffened, Hemp Fiber Car that ran on ethanol produced from hemp.



Henry Ford's hemp car

## **Part Two**

## The History of Hemp Fuels

"Why use the forests which were centuries in the making and the mines which required ages to lay down, if we can get the equivalent of forest and mineral products in the annual growth of the fields?" -Henry Ford(53)

"The claim is that the threat hemp posed to natural resource companies back in the thirties accounts for its original ban." - Hugh Downs, ABC news (54) The first cars were biofuel cars!



**Rudolph Diesel** 

Nikolaus August Otto, the German inventor of the combustion engine, conceived his invention to run on ethanol. Rudolf Diesel, the German inventor of the Diesel engine, conceived his invention to run on peanut oil. (55) In a 1912 speech, Rudolf Diesel said "the use of vegetable oils for engine fuels may seem insignificant today, but such oils may become, in the course of time, as important as petrole-

um and the coal-tar products of the present time." (56) Henry Ford designed the Ford Model T, a car produced between 1903 and 1926, to run on either gasoline or ethanol. (57) Ford was reported to have said; "There is fuel in every bit of vegetable matter that can be fermented. There's enough alcohol in one year's yield of an acre of potatoes to drive the machinery necessary to cultivate the fields for a hundred years." (58)

In the 1930s the Ford Motor Company invested heavily in biomass fuels. Ford operated a successful biomass conversion plant, that included hemp, at their Iron Mountain facility in Michigan. Ford engineers extracted methanol, charcoal fuel, tar, pitch, ethyl-acetate and creosote out of hemp. All fundamental ingredients for modern industry – ingredients now supplied by oil-related industries. (59)

Not satisfied with just using biofuels, Ford actually made a car with a veggie-plastic body made from hemp, flax and ramie. It was so tough, he could attack it with an ax and not leave a dent! (60) It was "Ten times" stronger than steel yet one-third the weight (which would improve mileage). (61) Footage of this car being attacked with a sledgehammer in mid-winter survives on the internet! (62)

In 1941, Popular Mechanics ran a story about Ford's hemp cars. They wrote;

Although no hint has been given as to when plastic cars may go into production, the experimental model is pictured as a step toward materialization of Henry Ford's belief that some day he would "grow automobiles from the soil." (63)

So what happened to Ford's dream of cars grown from the soil? Well, with US alcohol prohibition repeal in 1933, most stills were abandoned or seized by the "dry squads". Oil was super-cheap and everywhere, so oil engines grew more popular and alcohol engines less so. And with US hemp prohibition in 1937, the best raw material for making veggie plastic feedstock was removed

from the economy. It was (Rockefeller's) Standard Oil, (Mellon's) Gulf Oil and DuPont who had the most to do with hemp prohibition ... and the most to gain from it.



## Hemp prohibition and big oil

Prior to 1931, Harry Anslinger was Assistant U.S. Commissioner for Prohibition. In 1931, Anslinger, was handpicked to head the new Federal Bureau of Narcotics (FBN) by his uncle-in-law, Andrew Mellon, Secretary of the Treasury under President Herbert Hoover, designer of the FBN, and head of Gulf Oil. Andrew Mellon was also the owner and largest stockholder of the sixth largest bank (in 1937) in the United States, the Mellon Bank in Pittsburgh, one of only two bankers for DuPont from 1928 to the present. DuPont owned General Motors. (64)

In 1937, the marijuana tax act put hemp farmers out of business. It was a prohibition pretending to be a tax, similar to the machine-gun tax act created two weeks earlier. Anslinger testified at the poorly attended committee hearing, calling for a total ban on "marihuana". He stated under oath that "Opium has all the good of Dr. Jeckyll and all the evil of Mr. Hyde. This drug [cannabis] is entirely the monster Hyde, the harmful effects of which cannot be measured". This statement contradicted what he wrote in a confidential memorandum to the Assistant Secretary of the Treasury, that "the drug trade still has a small medical need for marihuana, but has agreed to eliminate it entirely." (65)

Bureaucrats planned the hearings to avoid the discussion of the full House and presented the measure in the guise of a tax revenue bill brought to the six member House Ways and Means Committee, chaired by Du Pont ally Robert Doughton of North Carolina. This bypassed the House without further hearings and passed it over to the Senate Finance Committee, controlled by another DuPont ally, Prentiss Brown of Michigan, where it was rubber stamped into law. (66) Another prominent member of one Congressional subcommittee who voted in favor of this bill was Joseph Guffey of Pennsylvania, an oil tycoon and former business partner of Andrew Mellon in the Spindletop oil fields in Texas. (67)

An important clue to who was behind this prohibition-pretending-to-be-a-tax can be found in the DuPont 1937 Annual Report: "The revenue raising power of government may be converted into an instrument for forcing acceptance of sudden new ideas of industrial and social reorganization". (68) With hemp rope gone, DuPont's new invention Nylon would be one of the synthetic "sudden new ideas" accepted by North American citizens.

## Why didn't the herbalists speak up?

The Flexner Report is a book-length study of medical education in the United States and Canada, written by the professional educator Abraham Flexner and published in 1910 under the aegis of the Carnegie Foundation. In fact, the report was partially conceived by Charles Eliot (of the Rockefeller Foundation and the Rockefeller General Education Board and the Rockefeller Institute) and Simon Flexner (of the Rockefeller Institute) – who suggested his brother as author. (69) One of the recommendations of the report was that those who gave money to medical schools stop sponsoring the herbal schools, because they didn't have the proper "laboratories and texts". (70)

Three years after publishing his report, Abraham Flexner went to work for the Rockefeller Institute, implementing the recommendations in his report for over two decades. (71) This influential report contributed greatly to the decline of alternative medicine, including herbology. (72) By 1932, Arthur Dean Bevan, the head of the American Medical Association's committees on medical education, stated he was "grateful" to Flexner for enabling "to put out of business" the eclectic medical schools in existence in 1910. (73)

By 1937, when the "Marijuana Tax Act" was being debated, there were no herbalism schools – no "alternative medicine" schools of any kind - left to provide a champion to speak on behalf of medical cannabis. And the "left-wing" President was no help, either. According to one researcher, FDR (who signed the Marijuana Tax Act into law) was on the Rockefeller payroll from his first days in politics. (74) Rockefeller had successfully eliminated or bought any potential opponent to the hemp-substitute industries attempts at outlawing their natural com-

petitor. Rockefeller's attack on herbalism made Mellon's attack on cannabis possible.

## Mellon, DuPont and Rockefeller's other scams

The long history of Mellon, DuPont and Rockefeller intrigues indicate a working relationship going back to the 1920's. During his first four years as Secretary of the Treasury, Mellon gave himself a tax refund of \$404,000, an amount second

only to one of \$457,000 for John D. Rockefeller, Jr., and both of these men were tied to the "Teapot Dome" politicians-taking-bribes-from-oilmen scandal. (75) There is also evidence to suggest that both Rockefeller and Mellon were given advance notice to remove their savings from the stock market right before the crash of 1929. (76)

In the 1934, DuPont and Rockefeller contributed to the newly formed anti-FDR American Liberty League. (77) In that same year a bunch of wealthy men including Rockefeller, Mellon and DuPont were exposed by Smedley Darlington Butler – the most decorated Marine in US history at the time – as plotters in an attempted coup against FDR. Butler claimed these industrialists approached him and offered to make him the ruler of the USA. (78) Portions of Butler's story were corroborated, and the Senate committee did take the threat seriously and did verify that a fascist coup was indeed well past the planning stage, but the Senate committee expired before it could get around to punishing anyone. (79)

The "Business Plot" as it came to be known, wasn't the only time DuPont and Standard Oil flirted with fascism. In 1936, these corporations were noticed by the US Federal government for aiding the Nazi war machine. The US Ambassador in Germany, William Dodd, wrote FDR in from Berlin on Oct. 19, 1936, that "The DuPonts have three allies in Germany that are aiding in the armament business.... Standard Oil Company (New York Sub Company) sent \$2,000,000 here in December 1933 ..." (80)

Mellon's Alcoa, DuPont and Standard Oil had all entered into cartel agreements with IG Farben, the Bayer-controlled super-chemical cartel and the Nazi's biggest financial backers. (81) DuPont owned Farben stock, (82) and Farben was a leading investor in Ford. (83)

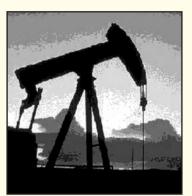
These corporations even teamed up to put other competitors aside from hemp out of business. Between 1936 and 1950, National City Lines, a holding company sponsored and funded by (DuPont's) GM, Firestone, and (Rockefeller's) Standard Oil of California, bought out more than 100 electric surface-traction systems in 45 cities (including New York, San Francisco, Philadelphia, St. Louis, Salt Lake City, Tulsa, Baltimore, and Los Angeles) to be dismantled and replaced with GM buses. In 1949 GM and its partners were in fact convicted in U.S. district court in Chicago of criminal conspiracy in this matter and fined

\$5,000. (84)

If history proved that these corporations conspired to sponsor fascists, bribe politicians and eliminate streetcars in order to sell more cars and oil, is it so much of a stretch to believe they also conspired to eliminate hemp - another natural competitor? And is it that hard to believe that these same corporations continue to do so?

## Part Three The Politics of Hemp Fuels

"The forces keeping pot illegal are among the strongest in the world. They include the oil and petrochemical industries, liquor and tobacco companies, and the pharmaceutical industry. ... the truth is legalizing hemp would restructure our national economy and put more money in



the hands of American farmers, while devastating the petrochemical industry - the major source of world pollution. They have billions of dollars and all the thugs and narco cops on their side, but the truth is on our side. One day the truth will prevail." -Steve Hagar, High Times publisher, Interview in High Times magazine, July 1990, (85)

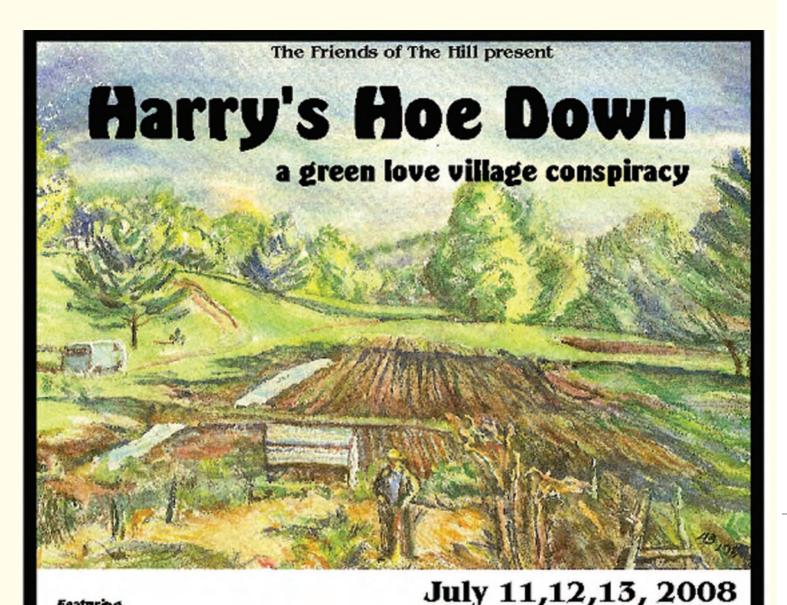
"But the reason the pro-marijuana lobby want marijuana legal has little to do with getting high, and a great deal to do with fighting oil giants like Saddam Hussein, Exxon and Iran. The pro-marijuana groups claim that hemp is such a versatile raw material, that its products not only compete with petroleum, but with coal, natural gas, nuclear energy,



pharmaceutical, timber and textile companies. It is estimated that methane and methanol production alone from hemp grown as biomass could replace 90% of the world's energy needs. If they are right, this is not good news for oil interests and could account for the continuation of marijuana prohibition." Hugh Downs ABC News, NY, 11/90: (86)

"Why did they take it away? Because hemp is petroleum. It's big business again." Willie Nelson, 1991 (87)

"Remember, there is a 'THEY' and 'THEY' ARE out to



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get you. 'THEY' are the petrochemical pharmaceutical military-industrial trans-national fascist corporate elite son-of-a-bitches. ... the war against marijuana ... the war against this natural plant is their attempt to keep the farmers, the people ... and folks like you and me out of power ...." Gatewood Galbraith, "High Society" interview with David Malmo-Levine, Pot TV, 26 Oct. 2001 (88)

## The anti-hemp team up to it's same old tricks

The Partnership for a Drug-Free America (PDFA) sponsors ads against cannabis use in any form, a great help to those who want the hemp-industry's red tape to persist in Canada, and hemp prohibition to persist in the USA. The PDFA have many donors in the pharmaceutical industry, as well as all of the old anti-hemp team: Chevron and ExxonMobil (both previously Standard Oil),



E.I.duPont de Nemours & Company, General Motors and even Ford (now turned to the dark side) all usually donate up to \$30,000 per year. Rockefeller's Chase Manhattan and Citibank sometimes provide up to \$15,000 per year. (89)

Election campaign contributions also ensure that hemp remains prohibited or over-regulated. The oil and gas industry donated \$4,529,926 to the Bush presidential campaigns. The Automotive industry donated another \$3,740,926. (90)

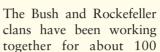
From 1992-2002, energy-giant Enron contributed a total \$3,021,108 to the Republican National Committee, the National Republican Congressional Committee, the National Republican Senatorial Committee, Bush-Quayle '92 and George W. Bush 2000. (91)

Not that the Bush administration wasn't already comfortable with the oil industry. Bush's father – George Sr. - was once a Texas oilman. Dick Cheney, Bush's VP, once ran Halliburton – the massive oil well construction and services corporation. Bush's Secretary of State, Condoleezza Rice, worked at (Rockefeller's) Chevron – they even named a tanker after her!

CIA – Corruption In America In a land not very far away from here George W. Bush was drinkin beer His daddy was head of the CIA Now listen up close to what I say The CIA worked for Standard Oil and other companies to whom they're loyal.

In a whole 'nother land by the name of Iran The people got wise and took a stand to the oil companies, ay ain't shit funny?

This is our oil, our land, our money CIA got mad and sent false info to Iraq to help start the Iran/Iraq wo' The Coup, "Pick A Bigger Weapon", 2006





years, when in 1908 Samuel P. Bush (great-grandfather to the current president) took over the presidency of Buckeye Steel Casting company from Frank Rockefeller (brother of John D. Sr.). (92) Both families have provided members of Skull and Bones – the Yale fraternity that helped to start the CIA. (93)

On Mike Ruppert's website, a strong case is made that the CIA's main job is to divert black-market drug money to Wall St. (94) I myself have a variation on that theory. I believe the CIA's main job is to keep the oil companies in power by controlling drug profits and oil access. If they have to start wars (or in hemp's case, keep wars going) in order to do this ... it's all part of the job. One last interesting fact about the CIA. James Woolsey, ex-head of the CIA, now sits on the board of the North American Industrial Hemp Council. (95)



#### Most wars are oil wars

"We must set the pace and assume responsibility of the major stockholder in this corporation known as the world." - Leo Welsh, Chairman of the Board of Standard Oil of New Jersey (Exxon), 1946 (96)

Long ago, the U.S. State Department declared the Middle East oil was "A stupendous source of strategic power ... one of the greatest prizes in world history." (97) Oil played a part in many major wars over the last 100 years. The following are just a few of many examples.

The first group of fighting men England deployed in the First World War was the Dorset regiment. In 1914, as the

war began, this regiment was sent to Basra,Iraq, where they were joined by 51 other British divisions - to keep Germany from obtaining oil. (98) Germany had just one month of oil reserves left when it surrendered in 1918. (99)

By the mid 1920's, Germany's IG Farben (a cartel which included Bayer) had perfected a way to transform coal into "synthetic oil". (100) Germany had no oil, but lots of coal. At the start of World War Two, fourteen synthetic fuel plants were in full operation, and six more were under construction. (101) For the Reich minister of armaments and war production Alan Speer, the May 12th, 1944 bombing of Germany's synthetic oil industry was the "turning point" in the war. (102)

In the 1953 Iran Coup D'etat (codenamed "Operation Ajax" and lead by the CIA) the UK and USA made sure the independent nationalist government of Iran was destroyed forever, so as not to threaten their access to Iranian oil. (103)

Vietnam has over a billion barrels of proven oil reserves, and crude oil is their largest export. (104) Some have argued that it was the oil that the USA was after during the Vietnam war. (105)

The first thing Dick Cheney did after coming to office in 2001 was to launch an "energy task force" to examine Iraqi oil maps and prospective corporate "Suitors for Iraqi Oilfields". (106) Some have argued that the 9/11 attacks were a self-inflicted wound to justify military involvements in the oil-rich Middle East. (107)



A closer examination of the destruction of WTC 7 (the third building to fall on 9/11, a building not hit by an airplane, the third steel-framed skyscraper to fall from fire in history after WTC 1 and 2) reveals one of many reasons to doubt the official story.(108) On 9/11, Cheney was

coordinating six "war games" for the Air Force – some of which involved hijack situations. Some have argued that it was these games that distracted the Air Force away from their job of escorting wayward airplanes. (109)

As a result of 9/11, we have the war in Afghanistan. Some critics are now calling this country "Pipelineistan", as there seems to be much energy directed towards building a pipeline from the oil-rich Caspian Sea to US-friendly Pakistan. (110)

There were attempts by the Bush administration to link

9/11 to Iraq – indeed, Rumsfeld was drawing up plans to strike Iraq within hours of the attacks (111) - but all attempts to find such a connection proved unsuccessful.(112) The administration invented other reasons to invade. There are now 14 permanent military bases on Iraqi soil, all located near the oil fields. (113)

Given the above evidence, it seems that the rulers of the world would stop at nothing to control the world's energy resources. Keeping the war on cannabis users going to keep control of energy seems like par for the course, given all the other oil-wars these "petrocrats" have perpetrated. It seems that these oil wars have gone on for a hundred years, with no end in sight. But there are two factors that are now coming into play that will very likely turn public opinion away from fossil fuels and towards alternatives such as hemp fuel. These two factors are 1) peak oil, and 2) climate change.

#### **Peak Oil**

"There was always the possibility, according to Kettering's friend Charles Stewart Mott, "that if a time ever came when the sources of [fossil] heat and energy were ever used up ... that there would always be available the capturing of... energy from the sun... through agricultural products ..." Henry Ford, Charles Kettering and the "Fuel of the Future"

Copyright Bill Kovarik, Ph.D., 1998 (114)

Peak oil is the theory that once humans have reached maximum oil production, the price will get very high very fast, with possible catastrophic effects. Some observers suggest that the decline will prompt an economic and social meltdown on a scale last experienced in the Great Depression — or perhaps even the Black Death. (115)

Just imagine what would happen to you if your energy and fuel costs were to be three or four or five times that of what you are paying today. Now imagine the effect of that on a national or international scale. Already the price of synthetic oil has risen to its highest in over 50 years ... perhaps its highest ever. (116) At least one reputable source argues that peak oil came and went in December of 2005. (117)

There is every reason to believe Dick Cheney understood peak oil as far back as 1999, when he said "...by 2010 we will need on the order of an additional fifty million barrels a day. So where is the oil going to come from? ... the Middle East with two thirds of the world's oil and the lowest cost, is still where the prize ultimately lies ..." (118) Perhaps peak oil is how our elites justify their oil wars to themselves. For them, it's the only solution to rapidly running out of the types of energy reserves that are subject to monopoly and control.

From a hemp activists perspective, it is important to note that something can be done to prevent hardships coming from fossil fuel dependency and peak oil – but only if we act now, while energy is still relatively cheap. Our society could work together to create ethanol factories and windmills and solar panels and urban gardens, while cutting back on energy waste and meat-eating. If, however, we wait until the crisis hits, we may be too late to make the transition. The National Biodiesel Board (NBB) announced on October 31st, 2006 that the U.S. production of biodiesel could reach 250 million gallons in 2006, triple the amount produced in 2005. (119) U.S. production of ethanol has surpassed the 4.5 billion gallon mark as of July 1, 2006. (120) While these facts are encouraging, we still have a long way to go to reduce the 20 million barrels of oil per day the US market consumes. (121)

#### **Climate change**

"Each crop produces as much oxygen as it will later produce of CO2 if every bit of it is burned as fuel, creating a balanced cycle. Furthermore, hemp deposits 10 percent of its mass in the soil as roots and up to 30 percent as



leaves which drop during the growing season. This means that some 20 to 40 percent more oxygen can be produced each season than will later be consumed as fuel – a net gain in clean air. Call it a "reverse greenhouse effect"." - Chris Conrad, "Hemp – Lifeline to the Future", (122)

The other emergency surrounding the fuel debate is climate change. There is much evidence to suggest that the use of fossil fuels is creating a "greenhouse effect" in our atmosphere that has led to the melting of the icecaps and glaciers, an increase in the number and intensity of storms, floods and droughts, and a warming and rising of the oceans. Some people – including Germany's environment minister and Britain's deputy prime minister – consider the damage done by hurricane Katrina in 1995 to be caused by this human-made climate change.(123)

The consensus that fossil fuels cause climate change is quite strong. Those who study peer-reviewed reports know this to be true. For example, one study pointed out that out of 928 peer reviewed articles dealing with climate change, none doubted global warming was the cause. (124) Exxon Mobil (the largest chunk of the Rockefeller empire) has been pouring millions of dollars into creating the illusion that there is still doubt as to the cause of climate change. (125) I recommend that everyone who still has doubts about the human factor in climate change check out the film "An Inconvenient Truth" - or pick up the book version.

It's quite convincing.

As hemp activists, we need to inform ourselves about climate change, particularly about one of the solutions to

prevent catastrophe: carbon sequestration. Plants remove carbon from the atmosphere by incorporating it into biomass through photosynthesis. The Kyoto Protocol on climate change calls for an increase in carbon sequestration. (126)

Hemp is an ideal crop for carbon sequestration, as it both provides the cheapest bio fuel and reduces the greenhouse effect as it grows. But, like peak oil, the clock is ticking, as there is only so much time to start "sequestering" before

the damage from climate change overwhelms the relief efforts. The time to change over to hemp fuel is now.

The solution is obvious: end cannabis prohibition, remove the red tape and switch subsidies

Even with record windfall profits, the oil industry is still subsidized to the tune of roughly \$6 billion per year in the US. (127)

That's not including the additional taxpayer tab for the oil wars and climate change – hundreds of billions of dollars for each of those. Just think of how many ethanol fuel plants 6 billion dollars could build. We cannabis activists must join forces with the environmentalists and the anti-war crowd and demand that the energy subsidies are switched from oil to ethanol and other renewables. And we must encourage these other activists to vocally, financially and electorally support our efforts to re-legalize cannabis, remove all that red tape killing our hemp industries, and facilitate bank loans for projects such as hemp fuel plants, to give humanity a decent chance to replace these unsustainable fuel systems.

In conclusion ... some people laugh when I tell them I'm a cannabis activist for environmental and anti-oil war reasons. But it's absolutely true. So all you environmentalists and anti-war activists that have so far been silent about hemp better start to get noisy real soon, because ending the totalitarian war on cannabis and the cannabis community is probably the key to solving those other world-threatening problems. And for all you cannabis-lovers who are only focused on the medicinal or economic benefits of cannabis re-legalization, it's time to add "saving the environment" to your list ... because when you think about it, smog, oil wars and climate change are some of the biggest buzzkills imaginable.

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### **Herbal Hope for those Facing the Cytokine Storm**

By Ally (aka pflover)
"Preserve Neuroplasticity!"

#### Introduction

Since it was first observed to infect humans in 1997, the highly pathogenic avian influenza virus of type A of subtype H5N1 (a.k.a., HPAI A(H5N1)) became of growing concern to the international community. At this time, the virus infected 18 individuals in Hong Kong, of whom 6 died (1). As of the 4th of December, 2007, there have been 337 worldwide confirmed cases of H5N1 in humans. Of these, 207 cases have resulted in the death of the patient. This is a 61.4% mortality rate. Forty-nine or 66.2% of those infected so far in 2007 have died but this is slightly down from 2006 during which 79 or 68.7% of those infected died (2). The worst year yet. It is worth noting that this official tally, nicknamed "The Bird Flu Clock", was updated twice with new additions during the 2 weeks that it took to write this article.

To help put all this in perspective, consider the "Spanish Flu" of 1918 and 1919. This flu, also know as A(H1N1), was highly pathogenic and is also suspected to have originated from an avian source. This was the worst flu pandemic in recorded history so far, infecting 20-40% of the worldwide population and resulting in an estimated 20-50 million deaths (3). The mortality rate for this pandemic was between 2-20% with the world average at approximately 5%. Although the death toll form the HIV/AIDS virus over the last 30 years has been tremendous, the H1N1 virus only took 30 weeks to kill the same number of people (4). Currently, H5N1 does not transfer easily from human-to-human. However, if H5N1 were to become easily transmissible human-to-human and were to maintain its current highly pathogenic nature, pandemic on a level not seen since the Black Plague could occur.

There are three main categories of influenza virus, types A, B, and C. In humans, type C viruses cause only mild to moderate illness whereas type B is specific to humans (5). The mor-

Cases : Deaths = Percentage of deaths					
Country	2003	2004	2005		
Azerbaijan Cambodia			4:4=100%		
PR China Djibouti Egypt	1:1=100%		8:5=63%		
Indonesia Iraq Laos			20:13=65%		
Nigeria Thailand Turkey		17:12=71%	5:2=40%		
Vietnam	3:3=100%	29:20=69%	61:19=31%		
Total	4:4 =100%	46:32=70%	98:43=44%		

tality rate for these types of virus is at or below 0.1% with deaths usually occurring in the especially young or especially elderly (4), Type A, which is mostly found in birds and pigs, on the other hand is quite different. When a Type A influenza virus becomes able to easily produce human-to-human infection pandemic occurs. In fact, all know pandemic strains of influenza thus identified have been from the type A class and in every case that pandemic has occurred it had spread worldwide in a year or less. Deaths resulting from type A influenza infections occur most frequently in individuals between the ages of 20 and 50 with healthy immune systems (4).

Now H5N1 comes in two main flavors the low pathogenic avian influenza of type A of subtype H5N1 or LPAI A(H5N1) and highly pathogenic avian influenza of type A of subtype H5N1 or HPA1 A(H5N1). First

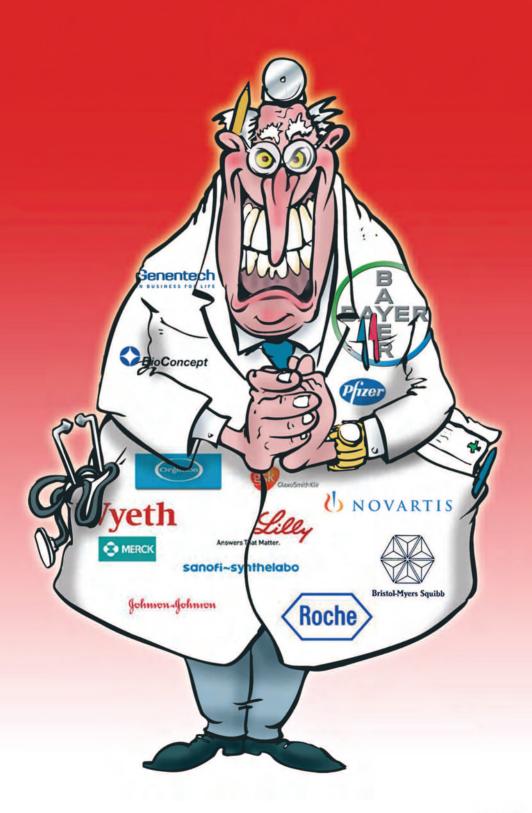
(CSR)	Cases : Deaths = Percentage of deaths					
nse	Country	2006	2007	Total 03-07		
Source: World Health OrganizationCommunicable Disease Surveillance & Response(CSR)	Azerbaijan	8:5=63%		8:5=63%		
Disease Sur	Cambodia	2:2=100%	1:1=100%	7:7=100%		
municable	PR China	13:8=62%	5:3=60%	27:17=63%		
izationCom	Djibouti	1:0=0%		1:0=0%		
alth Organ	Egypt	18:10=56%	20:5=25%	38:15=39%		
: World He	Indonesia	55:45=82%	38:33=87%	113:91=81%		
Source	Iraq	3:2=67%		3:2=67%		
	Laos		2:2=100%	2:2=100%		
	Nigeria		1:1=100%	1:1=100%		
	Thailand	3:3=100%		25:17=68%		
	Turkey	12:4=33%		12:4=33%		
	Vietnam		7:4=57%	100:46=46%		
	Total	115:79=69%	68:45=64%	337:207=61%		

detected in 1975, LPAI A(H5N1) is also called North American Bird Flu because it is common to wild avian populations on this continent. Currently there is little risk associated with LPAI A(H5N1) because it has never been observed to infect humans (6). HPAI A(H5N1) was first observed in Scotland in 1959 where it killed two flocks of chickens (6). Later it was discovered that ducks are a wild carrier of this highly pathogenic strain of the virus and were themselves immune to the effects but they could transmit it to domestic poultry and other animals. When outbreak occurs the effects are so violent, involving hemorrhaging of the lungs and multiple-organ dysfunction syndrome (MODS) that it has earned the nickname "Chicken Ebola" (7). According to the World Health Organization (WHO), the current situation began in 1996 when this highly virulent strain of H5N1 was found in a goose in the Guangdong Province, China. Hong Kong the following year saw major outbreaks in live animal markets and poultry farms which precipitated the first ever known infection of humans by the H5N1 virus discussed above (1). Since then it appears the virus is evolving toward human pandemic faster than early estimates expected (6).

So if this devastating virus evolves into pandemic what then? Are we prepared? Do the joint forces of the nations of the world have the ability to effectively minimize the impact on their general populations with the methods currently suggested by the WHO? To put it another way are the resources actually available? The answer is a resounding "No!" For most cases, the WHO's treatment guidelines suggest only one nonsymptomalogically focused therapy for those infected with H5N1. This therapy consists of administering oseltamivir, sold under the brand-name Tamiflu. On a case by case basis they indicate that double doses for longer than normal durations may be required (8). Since 1997, governments like the United States and Canada have begun to stockpile oseltamivir but as of yet no government has accumulated enough to effectively treat its entire population with the normal recommended dose, much less extended double dosing. Furthermore, there is some question that oseltamivir provides significant benefit to H5N1 patients. At the very least, a oseltamivir resistant mutation as been identified both experimentally and observed in the field. So even if our perspective governments had managed to procure enough to treat us all the treatment might only increase the chances of survival from 40% to maybe 60% at best. These still are not good chances should H5N1 pandemic occur.

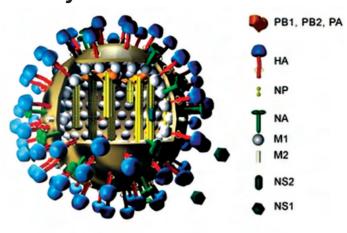
So where does this leave the average Jill should she hear the frightful words on the news "multiple cases of human-to-human transmission of Bird Flu confirmed"? magazineTY11master 18.2.2008 18:41 Page 46

# BEVVARE of the LEGAL PUSHER!



To understand what our options are in protecting ourselves against this disease we need to understand why it is so especially deadly to healthy young adults.

#### The Cytokine Storm:



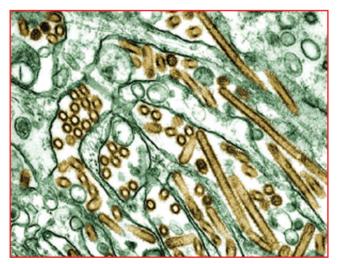
#### **Pathogenic Progression of H5N1**

On the macrobiotic level, H5N1 is so very lethal to young healthy adults because once infected the patient typically quickly develops sepsis related acute respiratory distress syndrome (ARDS) followed by profuse hemorrhaging throughout the lungs and finally MODS due to low blood oxygen levels. Death often appears to result from the multiple-organ failure and not actually lung failure as might be expected (9).

There are several microbiotic functions at work here but two appear to be particularly important. First, when a typical influenza B or C virus infects the human body it infects a lung epithelial cell and begins to use the cell's machinery to reproduce itself. When the cell is full it bursts releasing vast quantities of the virus into the body. At this point the body becomes aware of the infection when macrophages and other immune cells become infected and raise the alarm. They do this by releasing pro-inflammatory and anti-inflammatory chemical messengers known as cytokines. In normal cases of the flu these cytokines activate the immune system but soon after this the infected macrophages burst and die halting their ability to contribute to the progression of the cytokine cascade. However, when H5N1 infects a macrophage it appears not to kill the macrophage as quickly allowing it to produce significantly more virus. Furthermore, these cells remain responsive to further cytokine activation by the cytokines already released causing them to release yet more cytokines. This further stimulates other cytokinereleasing immune cells such as the T-cells, T\_ Helper cells and natural killer cells (NK-cells). The resulting imbalance in pro to anti-inflammatory cytokines flooding the body and intense increases in NK-cells leads an immune system gone wild to begin attacking the body itself. A state of toxic shock sets in with associated ARDS (6, 10, 11, 12).

ARDS is a malignant inflammation of the lungs. This reaction, inflammation which has escaped the body's ability to keep it under control, leads to vasodilation in the lungs leading to the capillaries in the lungs becoming more permeable. Initially, this helps maintain the patients oxygenation. However, another result is that white blood cells, proteins, and excess fluid also are allowed to enter the lungs (mucus). Eventually this leads to pulmonary edema, or accumulation of excess fluid in the lungs. Next the edema activates the clotting cascade and millions of microscopic clots begin to form throughout the lung. Microemboli begin to appear profusely throughout the lung exacerbating the edema. Hypoxemia, or in adequate oxygenation of the blood, begins to develop and in response the lung induces vasoconstriction, only worsening the hypoxemia (13). Eventually the lack of oxygen results in multiple-organ failure and MODS means death (9, 12). In extreme cases this course of events may only take a day or two from onset of ARDS.

During all this, the H5N1 virus is happily telling the body to further stimulation the cytokine cascade and truly whip it into a storm. This is achieved by intensely activating the p38 mitogen-activated protein kinase (p38 MAPK) pathway and thus stimulating the release of Tumor Necrosis Factor-Alpha (TNF) one of the primary cytokines responsible for initiating and propagating the cytokine storm in H5N1 infections. TNF stimulates the release of other primary cytokines of interest which are elevated by the H5N1-induced cytokine storm including interleukin-1beta (IL-1beta), IL-2, IL-4, IL-6, IL-8, IL-10, and interferon-gamma-inducible protein-10 (IP-10) (10, 12, 14, 15, 16). However, only high TNF levels have been found to be predictive of



Colorized transmission electron micrograph of Avian influenza A 5N1 virus infected cells Photo by: Cynthia Goldsmith



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fatal outcomes in ARDS cases (17).

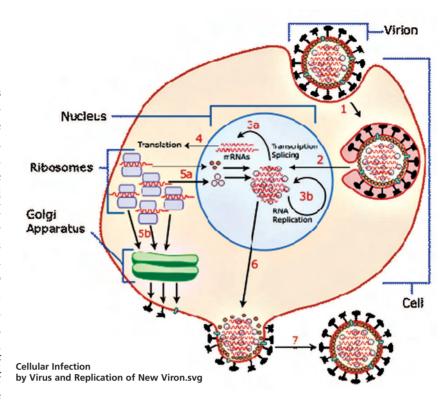
#### Tamiflu/Oseltamivir

The WHO and those following its advice have only one primary pharmacological weapon for general use in the often fatal fight for life when human influenza infections occur. This weapon is the neuraminidase inhibitor oseltamivir which is sold under the brand name Tamiflu. The H and the N in H5N1 stand for antigenic viral proteins hemagglutinin and neuraminidase respectively. Viral hemagglutinin allows the virus to attach to and then infect a cell (18). Once the virus has entered the cell and uses the cell to replicate its RNA, the RNA will try to leave the cell and create new virions. In the process of forming, the new virions take part of the cell membrane with them. The

enzymatic viral protein, neuraminidase, allows the progeny virions to leave the infected cell and spread the infection by breaking bonds in the matrix of the cell membrane. This provides a membrane for the virions thus completing the last step in the propagation of a complete new virion ready to infect a new cell (19). When neuraminidase inhibitors like oseltamivir bind to this enzyme they block its ability to compromise the cell membrane matrix and thus reduce the ability of the virus to burst from infected cells and spread infection (20).

Although oseltamivir has been deemed the first line of defense against H5N1 so far by conventional medicine there are some serious concerns with the use of this drug, especially for H5N1. Even though over 50 million people have been given this drug, in the past 6 years there have been at least 128 reports of "abnormal behavior" after taking oseltamivir including hallucinations, delirium, and extreme suicidal behavior. At least 8 people have died and at least 15 cases have resulted in injury or death after individuals who had taken oseltamivir jumped or fell from buildings, the most dramatic case being that of a 17 year old who died after jumping in front of a truck (20). This is a rather small portion of the population that has taken the drug but it is concerning enough to cause the FDA and others to require a warning be added to the packaging, however most medical professionals would agree that the benefits outweigh the risks for most individuals.

Even if the benefits outweigh the risks most of the time, there is still the issue of supply. Available world supply and production levels of oseltamivir are not yet ade-



quate to supple the world population should pandemic occur. Vast quantities would be required should pandemic happen. The 1918 pandemic reached all corners of the globe within 2 years, even Antarctica and remote south pacific islands (4). Once infection begins easy human-to-human transmission it would be too late for the production of more oseltamivir to do much good. Even countries like Canada and the United States do not have enough of a stockpile to supply their entire populations (20). So currently, should pandemic occur choices would have to be made about who received the sole approved first-line defense. Some would get it and some would not. To make this complication worse the WHO suggests that double dosing of oseltamivir for extended periods may be required in the treatment of H5N1 (8). This of course effectively cuts the supply in half or more.

We now come to the most disturbing complication concerning the use of oseltamivir in the treatment of H5N1. Both laboratory experiments and findings in the field with patients infected with H5N1 have demonstrated the existence of an oseltamivir-resistant mutation of the virus and in at least one case this oseltamivir-resistant mutation was found in a victim of suspected human-to-human transmission (21, 22). The mutation only consists of the substitution of tyrosine for histidine at position 274 in the viral RNA coding for the neuraminidase enzyme (21). Some estimates have found that this single substitution in the gene sequence of the virus results in an increase of 100 times in oseltamivir-resistance (22). There is speculation that this mutation is the byproduct of large scale use of oseltamivir in the

poultry industry in china creating increased selection pressure for such a mutation.

It should be stressed at this time that both the use of oseltamivir for H5N1 and the guidelines for this use are just best guesses by the WHO and are not based on either laboratory or clinical testing. Furthermore the actual safety or efficacy of oseltamivir in the treatment H5N1 have not been demonstrated, especially in humans.

Now we come to the oseltamivir punch-line. Even if this drug is reasonably safe and effective at the extended double doses currently suggested by the WHO, the insufficient world supply virtually guarantees that under dosing and shortened treatment regimes will occur producing further selection pressure for the oseltamivir-resistant mutation. So where does this leave oseltamivir, our first-line treatment of choice for H5N1 should pandemic occur? We are left with a drug that has not been proven safe or effective for treatment of the virus in question, of which we have insufficient supply, and the use of which would likely result in the emergence of a drug-resistant mutation of the virus we hope to treat. The meaning of this to the average individual should be clear. If pandemic begins don't wait for the government and health professionals to help you. Chances are they won't be able to do so. At the first sign of pandemic you should be doing anything you can to improve the chances of survival of both yourself and your loved ones. The rest of this article will be dedicated to the discussion of the theoretical basis behind the use of several commonly available herbs, minerals and supplements which may be beneficial in the fight for survival against an H5N1 infection.

## Herbal Inhibition of Neuraminidase: Resveratrol and Skullcap

For those looking to follow the advice of the WHO or



Flowering Skullcap

just wishing to get any help they can there are two main herbal means of inhibiting neuraminidase. Both the Baikal (Scutellaria baicalensis) and the common variety (S. lateriflora) of skullcap contain hydroxy-flavones which inhibit neuraminidase. Common skullcap contains baicalin and baicalein and Baikal skullcap contains both these and wogonin. Baicalein and wogonin appear to be more potent inhibitors than baicalin (23). Wogonin has also been shown to inhibit the spread of both influenza A and B in cell cultures treated with wogonin 18 hours prior to introduction of the virus to the culture (24).

Another source of natural neuraminidase inhibition



Japanese knotweed

comes from resveratrol which can be obtained in numerous plants as well as in synthetic supplement form. Peanuts contain moderate levels, the skins and seeds of muscadine grapes contain high levels and the Japanese knotweed the highest known levels of resveratrol. Although resveratrol affects several levels of the inflammatory process (25) two other effects are more relevant to H5N1. Resveratrol appears to have both the ability to inhibit neuraminidase and to inhibit the cellular processes responsible for translocation of the viral RNA between the cytoplasm and the nucleus of the cell and back again. As a result, viral reproduction is inhibited. Furthermore, administration of resveratrol improves survival of mice infected with influenza (26).

Daily to twice daily supplementation with skullcap and/or synthetic resveratrol or Japanese knotweed may provide prophylaxis against H5N1 infection as well as inhibit propagation of the virus once infection has occurred.

## Calming the Cytokine Storm

The cytokines released after H5N1 infection stimulates the immune system involve both pro and anti-inflammatory mediating factors. H5N1 primarily stimulates the production of pro-inflammatory cytokines such as TNF, IL-1beta, IL-2, IL-4, IL-6, IL-8, and IP-10 (10, 12, 14, 15, 16). However, H5N1 also raises the levels of anti-inflammatory cytokine IL-10 (14). Stimulation of TNF in particular through the p28 MAPK pathway appears to be responsible for the stimulation of much of the rest of the cytokine storm. Indeed in March 2007, Kristy Szretter and her colleagues published findings that in mice lacking the primary receptor for TNF the virus still replicated and the mice still became similarly ill after being infected with the H5N1 virus. However, when post-infection mortality rates for these mice were compared to those of their wild-type counterparts the rates for the TNF-receptor deficient mice were significantly lower. The mice lacking receptors for other major cytokines stimulated by H5N1 were not so lucky. This indicates that management of their levels may be less critical in treating the virus. This suggests that inhibition of TNF release and/or binding may act to reduce the lethality of H5N1 in humans especially since TNF induced ARDS culminating in MODS is believed to be the primary cause of death in H5N1 infection (17).

All type A influenzas stimulate nuclear factor-kappaB (NF-kappaB) to some degree and there by stimulate TNF release however the level of TNF stimulation is usually only modest (14). H5N1 is set apart from other strains of influenza by strongly stimulating TNF through the p38 MAPK pathway (27). This suggests that not only the inhibition of TNF but also that of p38 MAPK may increase survival rates in H5N1 infected patients.

In the discussion of treating H5N1 many people have latched onto the concept that TNF inhibition maybe helpful and go no further. Enter Dr. Robert Melamede of Colorado Springs, CO. "Dr. Bob", as he likes to be called, suggests that inhibition of pro-inflammatory cytokines alone, particularly TNF, may not be the best approach and warns that when considering the immune system balance between pro and anti-inflammatory mediating factors must be maintained. As with H5N1 and the associated TNF-induced ARDS too much inflammation can damage the body and even become fatal. However at the same time, a modest degree of anti-inflammatory response is anti-viral and letting the virus run unchecked is also likely to prove fatal. Dr Bob suggests that this balance can be represented by the addition of pro-inflammatory cytokines TNF and interferon (IFN) levels over the level of anti-inflammatory cytokine IL-10, or (TNF + IFN)/IL-10 (28). He goes on to say that any condition, infection, or drug which significantly changes the level of any of these cytokines such that the inflammatory system becomes significantly unbalanced may have life threatening results.

Dr. Bob has suggested that the non-psychoactive water-soluble carboxylic acid forms of the constituents of unheated cannabis, particularly Delta(9)-tetrahydro-canabinoid acid (THCa), could be valuable tools in a well balanced fight against the cytokine storm. However, he emphatically warns against using inhaled cannabinoids, smoked or vaporized, as both cannabis smoke and cannabinoid vapors can be irritating to the lungs and thus produce localized exacerbation of the life-threatening inflammation (28). Most readers will be aware that one generally accepted side effect of cannabis use is immuno-suppression. However what they may not be aware of is cannabinoid induced immuno-suppression involves most of the same cytokines stimulated in the cytokine storm.

Dr. Bob presents several studies which support his sug-



Raw Cannabis

gestion that cannabinoid therapy may prove useful in treating the H5N1-induced cytokine storm. Verhoeckx et al., 2006, demonstrate that THC and THCa have differential immuno-modulating effects and that these differences likely result from acting on divergent metabolic pathways. Both unheated extract of cannabis and THCa were able to dose-dependently inhibit TNF levels produced by macrophages in culture and this inhibition persisted over extended treatments. In contrast, prolonged treatment with either heated cannabis extract or THC induced a rise in TNF levels. Germain et ak., 2002, found that the synthetic cannabinoid agonist WIN 55,212-2 induced a reduction in TNF synthesis which was blocked by CB2 antagonism but not that of CB1. Germain hypothesized that at least part of the TNF supression induced by WIN was the result of a cannabinoid receptor (CBR) independent mechanism because such high levels of the antagonist were required to achieve significant effects. This supports Verhoeckx's conclusion of the existence of more than one pathway for cannabinoid-induced immuno-suppression.

In investigaton of the CB2 coupled pathway in cannabinoid-induced immuno-suppression, Ehrhart et al., 2005, found that selective CB2 agonist, JWH-015, was able to suppress both TNF and several IFN-gamma induced processes. Mormina et al., 2006, used WIN to significantly suppress TNF-induced IL-8 release, TNFinduced degradation of inhibitory kappa B, and TNFinduced NF-Kappa B activation. However, Mormina and colleagues failed to determine if these effects were either due to direct blockade of TNF action or through inhibition of TNF synthesis and/or release. The latter is more likely because CB2 activation is known to inhibit stimulation of TNF. Using a virus-induced mouse model of chronic-progressive multiple sclerosis (an advanced form of MS not effected by conventional MS treatments), Croxford and Miller, 2003, demonstrated WIN's ability to ameliorate symptomatic progression of the disease in virus treated mice previously presenting MS symptoms. They were further able to show that this amelioration was the result of WIN inhibiting the expression of RNA coding for TNF, IL-1beta, and IL-6, as well as the down regulation if IFN-gamma production. Berdyshev et al., 1997, examined the effect of different concentrations of both THC and anandamide on the production of the major cytokines and the expression of two different TNF receptors. Anandamide inhibited the production of IL-6 and IL-8 at biologically relevant concentrations (3-30nM) where as this effect was not observed at concentrations 100 times this (0.3-3microM). Instead, these higher concentrations of anandamide resulted in decreased production of TNF, IFN-gamma, IL-4, and one of the two TNF receptors tested. A more complex biphasic response to THC was observed. Peak inhibition of TNF, IL-6 and IL-8 production levels was induced at a concentration biologically relevant to typical routes of human self administration (3nM). At a concentration a 1000 times greater (3microM) the production of these cytokines was stimulated as was that of IFN-gamma. This stronger concentration of THC also reduced the levels of IL-4 and IL-10 as well as the expression of the same TNF receptor inhibited by anandamide at this concentration.

Now there is some evidence that cannabinoids can activate p38 MAPK to some degree in cells from other parts of the body. For example, stimulation of COX-2 expression by activation of the p38 MAPK pathway in eye cells which help regulate intraocular pressure appears to be at least partially responsible for the ability of cannabinoids to prevent and improve the symptoms of glaucoma (35). Endocannabinoids also appear to activate p38 MAPK through a cannabinoid receptor independent pathway in some types of cancer including at least one type of lung cancer (36, 37) but in some

leukemia cells a CB2-dependent cannabidiol-induced suppression of p38 MAPK activation has been observed (38). This last finding indicates the effect on p38 MAPK may depend on which cannabinoid is binding to the CB2 receptor and may suggest that leaf which contains low THC/ high CBD levels may be a better source than high THC bud for obtaining cannabinoids for the treatment of H5N1. Now considering that H5N1's ability to strongly activate p38 MAPK is believed to contribute to how lethal it is cannabis alone is clearly no the right answer. However in light of the ability of the cannabinoids to beneficially mediate TNF and several other cytokines in the cytokine storm they may yet prove useful when part of a larger herbal cocktail.

#### **Turmeric and Curcumin**

The next addition to our cocktail is turmeric and/or its major phytochemical curcumin which is responsible for the intensTurmeric\_Powder)e yellow color of this herb. Curcumin has been found to possess anti-bacterial, anti-viral, and anti-inflammatory properties.



Turmeric powder

Most evidence indicates that curcumin would be a valuable tool in the treatment of H5N1. Curcumin is a potent inhibitor of TNF in alveolar macrophage cells (39, 40). The third phase of ARDS, clotting, may also be inhibited by the anticoagulant effects of curcumin (41). Another study has found evidence that curcumin may help induce apoptosis, or programmed cell death, in neutrophil cells in cases of ARDS (42). The development of organ failure in ARDS is associated with delayed apoptosis of these cells indicating that the apoptotic effect of curcumin on neutrophils may suppress the eventual development of MODS (43). However, this pro-apoptotic effect appears to be the result of p38 MAPK activation. Despite this concern there are several studies reporting potent inhibition of TNF through the p38 MAPK pathway by curcumin as well as through the NF-kappaB pathway (44, 45, 46, 47, 48, 49). Through this TNF suppression, curcumin also inhibits the TNF-induced release of several other cytokines (44, 45, 48). Clearly turmeric and its primary phytochemical curcumin may be of great benefit to the treatment of influenza and particularly H5N1. There is however one draw back to curcumin, at least when orally administered alone. It is not absorbed very well by the GI tract. This brings us to our next two ingredients in the cocktail.

#### **Black Pepper and Piperine**



Have you ever wondered what makes black pepper hot and if it differs from the hot of other peppers? Chili peppers and black pepper are not at all related and come from very different parts of the world. Chili peppers are hot because of capsaicin which is 10 times as hot by weight as the piperine producing the sensation of heat in black pepper. One of the medical uses of piperine is that it can improve bioavailability of many other compounds by improving permeability of the GI tract as well as inhibiting enzymatic drug-metabolism in this part of the body (50, 51). In particular, coadministration of piperine and curcumin can increase the absorption of the curcumin by 2000% in humans (52). But wait, it gets better. In 2004, Pardeep and Kuttan reported that piperine markedly inhibited the expression of IL-1beta, IL-6 and TNF-alpha by inhibiting the expression of their genes via supression of NFkappaB and other transcription factors. This suggests that piperine itself may provide some benefit in the treatment of H5N1.

#### **Ginger**



There is less evidence supporting Ginger as an aide in the absorption of other drugs. There has been a tradition in Asian medicine of using ginger in this way as exemplified by the inclusion of ginger in Trikatu. Trikatu contains black pepper, long pepper and ginger and is often used to promote adsorption of other drugs (51, 54). One study has found that ginger increases absorption of at least one drug (sulfa guanidine) by 150% (55). Furthermore, ginger belongs to the group of naturally occurring compounds know as bitters. In general bitters are believed to stimulate digestive function and modify enzymatic metabolism in the liver and thereby may affect the bioavailability of some drugs (56).

Ginger is related to turmeric and like curcumin is also capable of inhibiting p38 MAPK activation (57, 58). Inhibition of NF-kappaB via p38 MAPK inhibition was also observed (57, 58). Ginger has been found to stimulate expression of antioxidant enzymes which may be beneficial in the treatment of influenza induced inflammation (59). This is similar to our next addition to the cocktail, Garlic.

#### Garlic



There are several components of garlic which may prove beneficial in the treatment of H5N1. Three of these compounds are partially responsible for its smell. Allyl sulfides found in garlic such as diallyl sulfide (DAS), diallyl disulfide (DADS) and allyl methyl sulfide (AMS) all produce a reduction in TNF levels, though AMS only mildly. Reduction in IL-1beta was also seen with DAS. Both DAS and DADS reduced IL-6 and IL-10 levels were as AMS increased IL-10 (60). Another chemical found in garlic, allicin, inhibits the secretion of IL-1beta, IL-8, and IP-10 as well as RNA expression of IL-1beta and IL-8 (61). Allicin can also inhibit NF-kappaB activation, nucleic binding of NF-kappaB, and TNF production (62). Whole garlic is able to inhibit TNF expression and maintain endogenous antioxidant levels in rats treated with adriamycin which usually stimulates TNF and suppresses endogenous antioxidents (63). Garlic as well as several purified phytochemicals found in garlic have been shown to be at least virastatic if not viracidal to at least 6 different types of virus (64). The ability of garlic to kill strains of influenza A has not been tested.



Saint Johns wart flowers

St. John's

#### Wart

So the pandemic has begun and you are stuck wondering what to do about the feelings of depression and impending doom. For people who are not suffering from manic or bipolar disorders there is the possibility of hypericin. One of the primary phytochemicals responsible for the anti-depressant effect of St. John's Wart, hypericin has been found to have intense antiviral activity against HIV and envelop viruses, but not non-envelop viruses (65). Some evidence, however, suggests that hypericin may actually be the holy grail of bird flu treatments, at least for birds. Several field studies during outbreaks of H5N1 in chinese poultry farms as well as a study on infected chicken embryos independently conducted by 3 different labs have show extremely strong promise for the use of hypericin in treating H5N1. Field tests indicated that at farms receiving hypericin treatments, virus related deaths were non-existent within 3 days of treatment yet continued at nearby farms which had not been treated (66). Laboratory tests at the Ha'erbing Veterinary Institute of the Chinese Academy of Agricultural Sciences, the Animal Influenza Laboratory of the Ministry of Agriculture, and the National Bird Flu Reference Laboratory in China have confirmed this finding. The results of these tests indicated hypericin dose-dependently "exterminated" the H5N1 virus and inhibited its ability to bind to cells (67).

#### **Mineral Supplementation**

There are two main minerals of interest. The first is zinc. Zinc deficiencies are likely to increase the cytokine storm in H5N1 patients (68), where as solutions of zinc

can inhibit TNF and IL-1beta and IL-8 in macrophages and other immune cells (69, 70). Zinc deficiency may also increase the chance of influenza-related encephalopathy, or infection of the brain (71). Thankfully as of yet, encephalopathy and encephalitis (inflammation of the brain) have not been associated with H5N1 in humans. This is in contrast to the 1918 "Spanish Flu" pandemic. This HPAI A(H1N1) subtype is suspected to be responsible for a high frequency of a severe neurologically debilitating encephalitis which began to appear in a small percent of survivors of the 1918 pandemic several years later (72). In further support that such viruses can infect the central nervous system, Kristensson, 2005, reported that it was possible to achieve brainstem infection in mice and ferrets with a form of avian type A influenza following intranasal introduction of the virus. So the possibility remains that at least a small portion of the population may be susceptible to encephalopathy from H5N1. Zinc also is a mild neuraminidase inhibitor and may help boost effects of oseltamivir, resveratrol, and skullcap phytochemical therapy (74).

Selenium is the second mineral which may aide in ones ability to survive an H5N1 infection. Selenium therapy repeatedly has been found to inhibit p38 MAPK activation (75, 76, 77). One way this inhibition may be taking place is through blocking or down regulating the TNF receptors which contribute to NF-kappaB and p38 MAPK activation. Pretreatment with selenium appears to block several inflammatory responses to TNF but has not been found to block the production of TNF (78, 79) or to down regulate the receptors to which TNF binds (80). This suggests that TNF receptor antagonism is responsible for the inhibitory effect of selenium on TNF-induced processes. Both the ability of selenium to inhibit p38 MAPK activation as well as likely acting as a TNF receptor antagonist indicate that pretreatment with this mineral may improve prognosis in case of H5N1 infection. Some caution should be taken when considering selenium supplementation because adult doses greater than 0.4 mg Se/day over the long-term become toxic (81). Therefore in case of pandemic, it is possible that selenium pretreatment might be best avoided until infection has been reported in your area and appears personally imminent.



Zinc

## **Things to Avoid:**

#### Aspirin, Echinacea, Capsaicin, Chocolate, Magnesium and Calcium

There are several things which might be best avoided in case of H5N1 especially once you are actually fighting off infection. Although one study of a 3-week long, high cocoa diet (10%) indicated potentially beneficial immune system responses, including suppressed peritoneal macrophage secretion of TNF and T helper 2 cell related cytokines (82), two other studies have found that in high concentrations several of the bioflavonoids found in chocolate substantially increased synthesis of IL-1beta, IL-6, IL-10, and Things to Avoid: Aspirin, Echinacea, Capsaicin, Chocolate, Magnesium and Calcium (continued)



Echinacea

TNF in an animal model of ARDS and cell cultures (83, 84). The latter two findings may indicate that chocolate is contraindicated in H5N1 cases. However, it can't be ruled out that the beneficial effects of the chronic high cocoa intake observed in the first study may be due to a development of tolerance to the acute effects of cocoa on cytokine levels. This would suggest that a pretreatment over several weeks with a steady intake of significant levels of cocoa solids may provide prophylaxis against the cytokine storm. That said, acute use of cocoa during H5N1 infection would likely prove to be a bad idea. This will matter most to those use to using chocolate as a vehicle for cannabis intended for oral administration. Possible alternatives are discussed later.

**Echinacea** has a reputation of being beneficial in the treatment of at least the common cold, and possibly other respiratory infections, by temporarily boosting the immune system. As a result should pandemic hit many might be tempted to reach for the echinacea tea. This would be a mistake. After a transient but potent inhibition of TNF production by short term exposure to echinacea, prolonged exposure stimulates high increases in TNF production, facilitates p38 MAPK signaling and NF-kappaB activation (85). In other studies, echinacea has also been found to stimulate production of TNF, IL-1beta, IL-6, IL-10, and IFN-gamma (86, 87, 88). Taken together, these findings strongly suggest that echinacea could potently exacerbate the cytokine storm and should be avoided during H5N1 pandemic.

Another mistake that might be made is that since black pepper is potentially beneficial then chili peppers and the capsaicin they contain would also be beneficial. However, the piperine in black pepper, and capsaicin have somewhat divergent pharmacological effects. Although they both appear to inhibit NF-kappaB activation, capsaicin also can strongly stimulate p38 MAPK activity making it particularly ill-suited to H5N1 treatment (89, 90).

Although magnesium deficiencies have been shown to stimulate TNF production which is reversed by administration of magnesium (91, 92), one study has found that both magnesium and calcium can reverse the anti-neuraminidase effect produced by zinc (74). It is not clear whether this effect is due to direct neuraminidase stimulation or simply an ability of these minerals to interfere with zinc-induced neuraminidase inhibition. It is therefore suggested that should pandemic start that an attempt be made to address low calcium and magnesium levels through low dose supplement but that if and when infection begins to discontinue use.

Finally avoid aspirin and other salicylates. As with all flu there is the risk of Reye's Syndrome when these chemicals are administered to treat flu-induced fever, especially in patients below the age of 18 (8).



Cocoa

#### **Recipes and Treatment Regimes**

Most of the potential ingredients in our purposed treatment for H5N1 may work best when treatment begins prophylactically and continues throughout the infection. Calcium and magnesium may be best used only prophylactically to address possible deficiencies and then discontinued in case of infection. Whereas selenium may be best taken only in low doses once or twice a week or even avoided as a prophylactic until infection appears imminent, yet daily administration of selenium during the course of infection may prove beneficial. Therefore, these three minerals should be taken individually. The rest of the ingredients may either be taken individually 1-2 times a day or mix into a combined product suitable for filling gel caps to be taken 2-3 times daily or even used as a flavoring blend. In some cases, such as turmeric, the use of whole herbs in daily food supplemented by extract preparations may be advisable. When using the mix as a flavoring blend exposure to high temperatures should be avoided unless the mix is added immediately before the dish or drink is to be consumed. This is to prevent breakdown of the more thermally instable constituents, especially in the garlic and the cannabis. I can only speculate as to what percentage of the total mix should be comprised by each ingredient. You may find that for some unforeseen reason you may want to adjust the level of one or more ingredients.

#### A hypothetical daily intake of each ingredient might be as follows:

- 1g/100lbs body weight twice daily resveratrol (supplier suggested dose)
- 1-2g whole dried Skullcap (root might be preferable to leaf)
- 1-3g fresh (or at least unheated) ground whole cannabis
- 1-1.5g curcumin or (30g+ turmeric)
- 35-40mg piperine or (1g black pepper)
- 1-2g ground ginger and or copious amounts of fresh ginger
- 1g+ any garlic, the more the better(fresh or freeze-dried will provide the most benefit)
- 6-12q whole ground St. John's Wart (or 200-1000mg 0.3% hypericin standardized extract)
- 12-15mg zinc daily (when healthy)
- 13-23mg zinc gluconate or zinc acetate lozenges every 2 hours for 1-2 weeks (when sick)
- 55-75mg Selenium (double this if infected).
- 1-2g calcium until infected then discontinue use
- 350-420mg magnesium until infected then discontinue use

If whole plant matter is used, this averages out to a whopping total of **7-8g of the mix to take 2-3 times a day** not counting either whole turmeric or the minerals. One option for reducing this to use standardized hypericin extracts instead of St. John's Wort. Another is to make infusions (tea) from the skullcap, St. John's Wort and/or ginger. Chasing the minerals and any other supplements with grape-fruit juice could significantly improve the bioavailability of many of the target phytochemicals.

#### Bowl of chicken soup

Finally I would like to suggest that chicken soup may be well suited as a vehicle for most of the herbs in question, with the exception of the skullcap and St. John's Wart of course. This choice might only be suitable in urban areas of heavily modernized countries, but may not be the best choice for rural areas where exposure to live chickens may be a part of making chicken soup.

That said, adding garlic, cannabis, ginger, turmeric, and black pepper to chicken

soup just before serving could be beneficial, soothing/comforting and mighty taste all rolled into one. To top it all off, at least one study has found generally beneficial immuno-modulating properties in

chicken soup, though to the best of my knowledge this has yet to be replicated (93).

I feel I should make a special note here to remember to only use fresh or at least unheated cannabis orally once infection starts. This flies in the face of convention for most people familiar with the oral use of cannabis and so deserves special mention. Low temperature infusions into water may actually prove more beneficial than consuming even fresh whole cannabis because it would remove virtually all traces of decarboxilated psychoactive THC which could potentially impair the effectiveness of the treatment. Furthermore, the "spent" plant matter could then be spread out and thoroughly dried for later use as any non-water soluble decarboxilated cannabinoids should remain in the plant matter after infusion into water. For those wishing to attempt this, remember not to add anything else to the infusion process until the cannabis plant matter has been removed to prevent contamination.



#### **Conclusion**

The complexities of the immune system are quite intricate. The vast degree of variation in immunological reaction to different strains of influenza highlights this fact, as do the intricate immuno-modulating effects produced by different drugs and herbs. What is a beneficial immune response for one illness may exacerbate another. Furthermore the importance of any given response may ultimately depend on the presence or absence of some other factor. For example in most cases, when high densities of cannabinoid receptors are present in a tumor cannabinoids are powerful chemotherapeutic agents. On the other hand, tumors lacking these receptors generally are stimulated by cannabinoid-induced suppression of tumor necrosis factor-alpha (TNF) and other beneficial immune system responses otherwise activated by the presence of the tumor.

Most strains of influenza, including common type A strains, produce only mild activation of the cytokine cascade through the NF-kappaB pathway. In contrast to this, HPAI A(H5N1) produces a cytokine storm through potent hyper-activation of the p38 MAPK pathway. This in turn ramps up the production of TNF inducing a feed back loop between TNF, p38 MAPK, NF-kappaB and several other cytokine processes in the lungs. This triggers acute respiratory distress syndrome (ARDS) and a set of 4 main steps of vasodilation, capillary permeability, clotting with micro-emboli, and finally vasoconstriction. All this results in hypoxemia, or poor bloodoxygen replacement, which ultimately leads to MODS and death in 60-70% of infected cases currently.

So far the course of treatment recommended by the World Health Organization for this devastating virus mostly consists of counteracting macrobiotic symptoms. This is not necessarily a bad thing as their recommendations for oxygen therapy and ventilation are highly beneficial to the potential survival of the patient and should be followed when possible in case of either acute infection or pandemic (8). However, other than targeting neuraminidase and thus the spread of the virus from already infected cells with oseltamivir, the WHO's recommendations do not include much attempt to target either the virus directly or its effects on the immune system on the microbiotic level, at the source. Furthermore, there are serious concerns about the use of osltamivir in treating H5N1 patients, especially in case of pandemic. The WHO's recommendations are possibly the best advice for treatment of this virus as long as infection fails to be easily transmissible between humans. It is unlikely that H5N1 will lack this ability indefinitely. Its rate of mutation towards this end has progressed faster than anticipated.

When and if the situation does change, it is unlikely the WHO recommended treatment will be available to the overwhelming number of cases. Past influenza type A virus epidemics have all become truly global within two years of the initial outbreak. This is even true for the 1918 pandemic which occurred before the modern age of frequent international and intercontinental commercial air travel. Should

H5N1 pandemic occur, at its peak medical resources would be completely overwhelmed and for the majority treatment to the standards recommended by the WHO would simply not be possible. It there stands to reason that in the case of such a pandemic, any possible tool in the fight for personal survival should be considered, especially those of a prophylactic nature. Should pandemic begin, you can either sit back and wait for this shinigami to visit you or you can take pro-active steps to boost your ability to fight off this virus on its own level.

Please read the disclaimer concerning the intent and limitations of the information provided here in. Do not rely solely on the information in this article.

#### **Cautionary note:**

This information is provided for informational and educational purposes only. Although potentially beneficial in counteracting the extreme effects of H5N1 "Bird Flu" infection, the treatments discussed here are all based on limited experimental results, animal models, case reports, clinical observations of H5N1 and theory. Furthermore, many of the potentially therapeutic ingredients discussed above may adversely impact other preexisting health conditions or even trigger new ones if used incorrectly. For these reasons please consult your doctor or other trained medical professional before beginning a regular regime of these or any other such biologically active substance, especially for use in long-term immunological modulation and/or prophylaxis. The author, Treating YourselfTM and chief editor there of are not responsible for the misuse of the information provided in this article.

#### Defenence

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

## Each and every issue I will be giving away 2 Herbal Aire vaporisors to some needy medical patient!

#### The rules are very simple:

- 1) You must be a member in good standing with TY or your loca 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 neccesary to support your request
- 7) If chosen you may have your photo and a short reason why you were selected printed

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

Kelly KDK Distributors email: kellyk@valleyofgreen.com mail: Free Vaporisor 22 Anaheim Bay N.E. Calgary , Alberta Canada T1Y 7E2

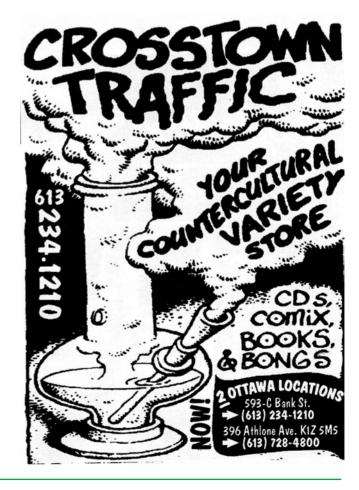


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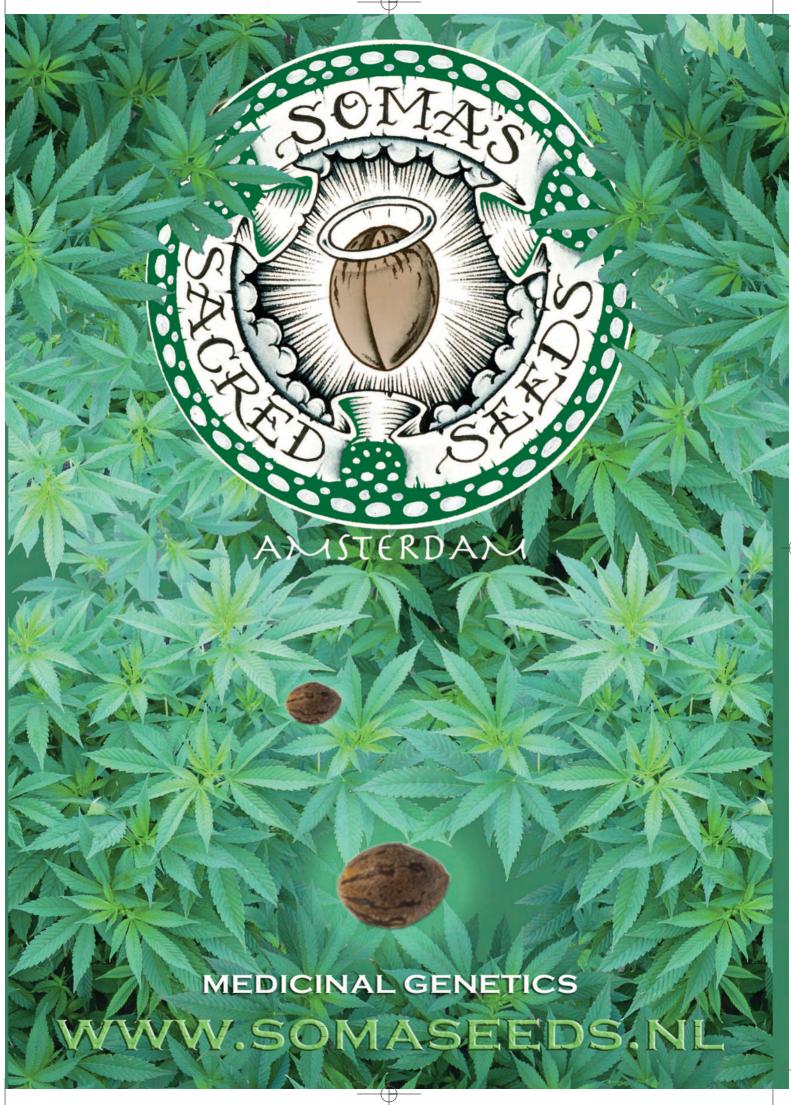
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## **Good Medicine/Bad Medicine**

The issue of Contaminated Pot.

by D.A. M.D.

Cardiothoracic and vascular surgeon

#### Intro

This article is about the possible health risk associated with consuming a substance that is widely used by the public and not regulated by the government. Although Marijuana is listed as a controlled substance it is completely uncontrolled by the government. This may, in some instances, result in more harm to the public than the substance they are trying to control.

Marijuana as medicine is as safe as any other medication known to man. In its pure form it has one of the lowest LD-50 of any medication in the pharmacopoeia. The LD-50 is the dose of any medication that when given to a population of patients would cause death in 50% of the individuals. (This also means 50% of patients given that same dose would survive.) All medications have an LD-50, depending on their toxicity to humans. As you might suspect, different medications have different toxicities on various organs at different concentrations. Actually the LD-50 for marijuana is so low it cannot be demonstrated, (cause a death) and must be calculated. Additionally it has been difficult to calculate the vast amount of drug that would cause death. There has never been a reported death associated with marijuana alone. Translation = Marijuana is the safest drug on the planet.

Marijuana as medicine has been used successfully for thousands of years for multiple afflictions. Like any other medicine, its effects are a combination of the pure drug and anything else included in the mixture. Marijuana, unlike a synthesized drug, is a plant that is grown under a variety of conditions and subject to contamination by bugs, mold and a variety of other substances. Some "contaminations" are unavoidable while others are deliber-



ate. Due to its illegal nature and price by weight, (some pot may sell for prices approaching gold by weight) Some unscrupulous dealers have deliberately cut (contaminated) their pot with a variety of substances. Known contaminants which have been identified in pot include; ground glass beads, quartz, silica, sand, sugar-water and rockwool.(Go to youtube and type in contaminated pot or grit weed) This has become a virtual epidemic in England, due to legal crackdown on locally grown weed. This has forced an importation of foreign pot. Unfortunately some dealers have cut their weed with glass beads which sparkle like crystals and weigh the weed down. Thus increasing profits by selling glass beads for the price of pot. Some of these beads were measured as small as 15-20 microns in size, which is small enough to enter human alveoli. These beads have been reported to cause a sore throat in smokers, but serious immediate lung effects have not been reported as yet. The development of silicosis takes time, so long term effects are of yet to be manifested.

weed by scratching glass tables or the surface of a DVD with the contaminated bud. You may also note that the ash from a joint rolled with the contaminated pot is hard and black (not ash white) and is referred to as concrete ash. Fortunately, most marijuana plants are free of any harmful contaminants that could affect your health. This is especially true, if you are the one that grows your own smoke. You can regulate with some exceptions, exactly what comes in contact with your plants. The problem comes when you are forced to purchase this medicine outside of legal regulation. Not all people have access to marijuana medical dispensaries and must buy their medicine from the underground trade. You may only deal with one person that you trust, and can only get what he provides. Consequently, you may be forced to smoke what ever is available.

There is some nice video on youtube, that shows people demonstrating Grit-

In the southern states a lot of pot arrives packed in bricks. Unfortunately sometimes it is bricked prior to being completely dry. This leads to multiple contaminations with:

**Bacteria** (aerobic and anaerobic)

**Mold** (Aspergillis, Microsporum, Penicillium and many others)

Yeast

Some pot may be grossly contaminated and other pot may have <u>minimal</u> contamination and thus harder to detect when contamination levels are low. (By visual inspection, smell or taste when smoked.) Then the question is: When does a <u>minimal</u> contamination reaches a dangerous level? This obviously



depends on the type and concentration of the contaminant.

The FDA (Food & Drug Administration) was created in 1906 by the passage of The Federal Food and Drugs act. The FDA was initially started in order to protect the public from unsafe foods and drugs. Over the years, it has protected us from contaminated foods and drugs available for public consumption. Their job is to see our food has minimal contamination of harmful substances and minimal infestation. They set the standards for food and drugs.

The FDA regulates food and drugs, marijuana can be considered both. The method of consuming this drug is different from most other drugs and no set standard exist for what is considered a contaminant for smoking material. To make matters more complex there is the issue of what would be toxic (causing direct poisoning of the individual) and what could potentially be an allergen (causing an allergic response to the individual) and what is just aesthetically acceptable in a consumable product.

In the case of food for human use, the FDA establishes what are known as **Food Defect Action levels**. They are to establish maximum levels of natural or unavoidable defects in food for human use that presents no health hazard. (They pose no inherent hazard to human health.) This is done where it is economically or impractical to grow or harvest or process raw products that are totally free of non-hazardous, naturally occurring, unavoidable defects.

For instance, take the consumable product Apple Butter. The following is what are maximally acceptable contaminants.

**Mold** Average mold count 12% or more.

Rodent FilthAverage of 4 or more rodent hairs per 100 gm apple butter.

**Insects**Average of 5 or more whole insects per 100 gm sample.

(Not counting Mites, Aphids, Thrips, or scale insects)

For **Ground Oregano**; the **food defect action level** is as below.

Insect filthAverage of 1250 or more insect fragments per 10 gm.

(I guess 1249 is ok.)

**Rodent filth** Average of 5 or more rodent hairs per 10 gm.

Most of these regulations are for aesthetic reasons and not for health issues.

Any products proven to be harmful to consumers are subject to FDA regulatory action weather or not they exceed the action levels. (Does this mean the FDA could enforce that marijuana be made available from known reliable sources to

protect the public?)

I doubt they have any interest in this but the concept is amusing.

For more information on other food items you can go www.cfsan.fda.gov/~dms/dalbook.html Since there is no oversight to marijuana distribution the public must rely on published reports which are usually not scientific based. There is a virtual moratorium on medical studies of marijuana in the United States. Even obvious problems are not well known or studied here in the USA. Scientific studies done outside the confines of the USA are not well publicized and as such are not readily available for public scrutiny. Most people must rely on their own experience. (Anecdotal evidence)

#### **Anecdotal Evidence**

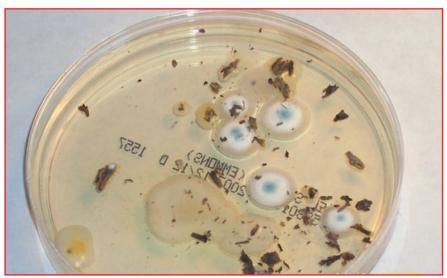
Now, everyone has probably at one time or another had a bag of grass that gave you a congestion, bronchitis, or cold after smoking. Mostly this is self limiting, but can and does sometimes progress to more serious pulmonary complications including pneumonia and abscess. The host immune defense system and allergic response to an allergen (contaminant) will depend on how serious the end result is. Information regarding incidence and frequency of these problems are hidden because patients are reluctant to admit to pot smoking, and this is not a common question that most doctors ask their patients. As mentioned above, there are no coordinated scientific studies in this area.

Earlier this year, my girlfriend and I both developed a cough after smoking some bricked pot. We both developed bronchitis but hers developed into full-scale pneumonia. She was admitted to the hospital with fever and cough, and underwent chest x-ray and CT scan of her chest. This revealed pneumonia with a small pulmonary abscess in the right upper lobe. Consultation was made with infectious disease doctors who put her on pulmonary isolation. Consultation was also sought with a pulmonologist. The pulmonologist took her to the OR and under fluoroscopic exam, preformed bronchoscopy and drained the small abscess with biopsy forceps. The resulting puss was aspirated and sent for bacterial, fungal and TB cultures. Nothing ever grew out from any of the cultures but this is common with fungal infections. My girlfriend and I both thought the abscess was secondary to smoking contaminated pot, and most likely a fungal infection. We cannot prove this and is anecdotal evidence at best.

Recently I had a bag of smoke that just didn't smell right and once again caused bronchitis in my girlfriend and myself. Since we had the previous experience described above, we decided to experiment and see what would grow out on sterile Petri dishes. I took two Petri dishes and placed a small amount of the suspected marijuana in each one. Within 48 hours I had large growths of multiple organisms on both Petri dishes.



This growth resulted after 48 hours of culture. The milky colonies are yeast and the greenish colonies with white rings are Penicillium.



A local laboratory was able to isolate several colonies of the following organisms.

Yeast Aspergillus spp. microsprorum spp. Penicillum spp. And Trichophyton spp..

#### The questions then become:

- 1) Did the presence of these molds, yeast and bacteria species cause bronchitis?
- 2) Will the bronchitis progress to become an infection? (Fungal or Bacterial)

3) Does the combustion of these contaminants cause an allergic response?4) Does the method of smoking cause an aerosol of the contaminant?

These non-combusted particles could be viable (live) particles of bacteria, mold or yeast and thus capable of infecting patients.

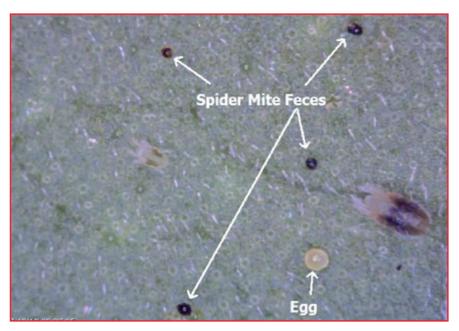
Arguably, this is only conjecture but can easily be understood that if a person subjects him/herself to aerosolized particles of mold, depending on the species of mold and immune/allergic response of the individual, the patient can easily develop a lung complication from them. (Colonization, infection, abscess, Bronchitis) This is sort of what the Katrina survivors have to deal with living in a moldy environment.

My experiment doesn't prove anything; however I think it is evidence enough to warrant further study. The only problem is there are no controlled studies regarding such problems. To prove a causal effect you would have to culture samples of illegally obtained marijuana, and associate the culture results with symptomatic patients.

Is this a bad problem or not? The answers are not clear. Additionally there may be other problems besides fungal and bacterial contamination to be concerned with.

#### Crop infestations

Although numerous pests may infest marijuana, spider mites may pose the most problematic of the pest to deal with. One of the major problems growers face is infestation with spider mites. They are ubiquitous (found everywhere) and are almost impossible to completely eliminate in the garden. These are not insects (6 legs) but arachnids (8 legs) and related to spiders. Spider mites are so small that they can travel on air currents and use the web they spin not only as a protective device but as a transport device (like a kite). Spider mites can infect your garden by transport in soil that you bring into the garden or on tools and clothing. They can infect as many as 180 different crops as well as mari-



juana. (Including grapes, black berries, blue berries, strawberries, tomatoes, squash, egg plant, cucumbers, ornamentals, Trees including maple, elm, red bud, popular and others.)

Spider mites can go from egg to adult in as little as 7-14 days depending on temperature. During a grow season there will be multiple generations of these mites in your garden. They like warm dry climate. They lay multiple eggs and have a larval stage and 2 nymph stages prior to becoming adults (protonymph and deuteronymph). Nymphs initially have 6 legs but later develop 8 legs. Each time they go from larval stage to their next stage, they have to molt and shed their exoskeleton to grow bigger. This is similar to what a crab or lobster does. Adult spider mites go thru multiple moltings during their lifespan. During this molting process they are resistant to insecticides, as the partially shed exoskeleton protects the mite from direct contact with the insecticide.

The problem spider mites pose, besides direct crop destruction, is that their presence is a contamination of foreign protein and feces. It has been demonstrated that grape workers in California have developed allergic pulmonary reactions in response to breathing spider mite body parts and feces. (International Archives of Allergy and Immunology vol. 144, no. 2, 2007 Risk factors for Allergy due to the two-spotted spider mite (tetranychus urticae) among table grape farm workers. This was proven by ELISA (enzyme linked immunosorbent assay) and scientifically linked the protein of the spider mite to the immune reaction of the patient.

It is not unreasonable to assume that smoking marijuana contaminated with spider mites could cause a similar health risk.

Spider mites inhabit live plants and will not survive on pot that is dried and cured. Their feces and eggs and body parts will however stick to dried leaves and be difficult to almost impossible to detect. Spider mites are easily detectable in live plants if present and show up with microscopic examination of the underside of freshly picked fan leaves. Visualization of eggs, larvae, nymphs and waste products are virtually impossible with the naked eye. This is because of their small size and transparent nature of eggs and larvae. This is easily done however with 50-200X magnification. Fortunately the introduction of hand held digital microscopes have made imaging easy and practical.

(Go to blackbetty420.com) Growers can perform leaf surveys to determine egg

density. (Number of eggs per high power field) This knowledge may lead to further intervention to prevent infestations from taking hold.

The governments' position is that cannabis is illegal and should not be used by the public. Some believe that if smokers insist on using pot that happens to be contaminated; It is their own problem. This narrow-minded view of the situation does not take into account the vast numbers of people who use pot, despite its illegal nature. This could lead to a health problem that we would all end up paying for. The "just and compassionate" government should widely publicize details of any contaminant issues and pursue those that would deliberately contaminate a public consumable; legal or not. Yes, the pot smokers want the law to catch those who would deliberately contaminate our weed. The issue of deliberate contamination of cannabis is a direct result of the law and police enforcement. A danger caused entirely by the law and not by the evil cannabis.

Marijuana is listed as a controlled substance by our government. It is classified as a schedule 1 drug (like heroin and LSD) that has no medicinal use. This however is hardly the case. Every educated person in the country knows about the multiple medical uses of marijuana. (except for a few DEA agents and your Mom) Classifying it as schedule 1 has not led to any sort of control on this medication. It is not working. My professor use to say; If you keep doing the same thing over and over again and expect a different result you may be crazy. Please put your thinking caps on. An Illegal Drug that is widely used by the public is an uncontrolled drug. Control this "dangerous drug" now, by demanding immediate legalization and regulation. So is the pot your smoking helping or hurting you? Is the medicine free of major contamination? Does anyone care? At least the government is not spraying Paraquat anymore? When will the public demand that further studies be done in this area and break the virtual ban on scientific studies.

# Getting Fit In The Liquid Gym

by Vycki Fleming

Vycki has survived 10 life threatening motor vehicle accidents and remains committed to water training. She is the recipient of the 2005 WaterART Volunteer of the Year Award for her dedication teaching hundreds of classes in Peterborough Ontario.

Anything other than the treadmill hurt me. Even many components of a ball program were too difficult and invariably caused more pain. I just wasn't strong or balanced enough for this simple workout program to be easy for me. In fact, it was killer hard. I was losing core strength and gaining weight, which added to my pain due to the extra burden and stress on my joints and spine. It just seemed like a vicious circle. How am I to get out of this? The more pain I had the less I wanted to move – the less I moved, the more pain I had. Everyone wanted me to exercise more but no one seemed to know just what I could actually do. Then I found Aquatic Fitness Training and my life was changed.

I was taught how the water's supportive and healing properties could help protect me while I worked on muscles that badly needed toning, strengthening and endurance. I needed the support of physiotherapy to assist with the management of the flare up of pain that came with working toward a higher level of fitness. (It was and still is a lot of work)

I love my physiotherapist. What he could do for me was limited by the knowledge of the medico-legal community that performs DAC assessments and the beliefs and assumptions of insurance adjusters that are not trained in health care. (My physiotherapist was not himself limited – the insurance company was limiting him) They didn't seem to think I needed physiotherapy or treatment, as most of my ailments were "invisible". The insurance company wanted to attempt to "work harden" my fitness program to kick-start some weight loss and raise my level of fitness. The trouble is, more often than not, people with Fibromyalgia and some other serious injuries respond poorly to this attempt at work hardening and end up in excruciating pain just as I did. Within less than a week my limitations were expanding as my pain levels went up not down - to this stressful and difficult attempt at returning to physical fitness. Now I was frustrated, in agony and not feeling very much like trying again. I now pay him cash for the therapy he and I both know I need and leave the exercise programming to me. Good thing I am still able to work out 8-15 hours a week in the water!

Many of the physiotherapists in my hometown do not have easy access to pools or training in the way fitness components are changed with the properties of water. They have such excellent training on land and great facilities that why would they need more? Long term Chronic Pain and reduced levels of fitness is why. If a client is not complying with a fitness regime due to pain, then it is not much of a fitness program. A non-compliant client is not

only not going to get fit but also they are going to get frustrated and this negative experience can be a much larger set back than we realize. Some people have become so turned off fitness that it is like work for them and again, due to motivation problems compliance with a program goes down. This downturn leads to a loss of fitness capacity and a more painful state for the injured person.

How can we break the cycle then? The water is definitely the answer! I was able to learn through various certification programs how to asses where I was in my fitness level and make some long term goals for where I wanted to be.I could correct some posture problems that perpetuated my painful physical problems and address gaining some muscle to make my metabolism more efficient. I was able to achieve weight loss, improved posture and pain reduction. These are not small things to the world of the injured.

These are no small things to the elderly or frail either! Imagine what a huge accomplishment to be able to maintain independent living because of having the muscle strength and tone to make it up and down the stairs of your own house and get on and off a chair without using the arms or needing help. In my case, to reduce weight and lower pain levels; therefore reducing analgesic use and increasing housework, were benefits that money just couldn't buy.

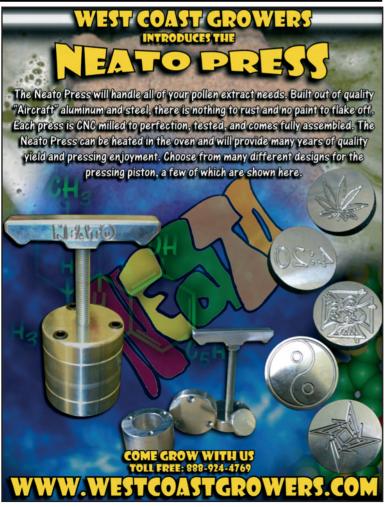
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## A Former Junkie with Chronic Pain My Program of Recovery with Medical Marijuana

Written by Lynda Duncan & Wendal Grant

Hello my name is Lynda and I'm part of a small group of sick people that calls themselves Medical Marijuana Advice & Direction Participants, also known as MMAD Participants.

When I approached this group I was a person who basically kept to themselves. Now, a year later, I want to tell everyone how medical marijuana benefited me. I'm not a writer or anything close to that but my friend and fellow participant, Wendal Grant, who has written some articles for Treating Yourself, offered to help me get my story out. He asked me to write it out and he would review it, then we'd go from there. When I was done I handed him my 15 page, hand written medical marijuana story.

I am 51 years old and was diagnosed in 1993 with Hep C, and then in 2005 I was diagnosed with spondilous. I also have arthritis in my whole body (I feel it more the winter, or on very damp days), a disc disease and a fused spine. When I turn and bend I can actually "hear" my neck (the tendons, muscles) cracking. As well, I'm hearing the snapping sounds of the spurs as they fly off my vertebrates. Of course none of this helps for when the muscle spasms kick in. As many "non-practicing addicts" I also use this program as my "recovery program"

#### The Junk - The Pain and Rehab

Unfortunately I grew up on the streets of Toronto, which is where I learned to be a "survivor". At approximately the young age of 15, I started becoming an addict. My first experience was with meth (speed) and then it was onto heroin. For many years I tried marijuana but at that time I was recreational. I found marijuana couldn't get me where I wanted to be. I wanted to be comatose, wanted to be non-feeling, wanted to forget and not deal with whatever came my way but marijuana wouldn't do that for me. Then I was introduced to morphine, hydro-morphine-dillies- then methadone. By the time I went through all this, I had also gone through so many programs trying to become a "normal person".

Many people have heard the phrase "once a junkie always a junkie". I came to believe I'd never become any better. I began to believe I was worthless piece of shit and I would never get better. I found the harder I tried the worse it got. I went through a 2 year rehabilitation program and found that I only used "selective honesty"

while there. After that program I went into another one, but in the end, I found rehabs didn't help me. I then became addicted to methadone.

As I became older I didn't feel a lot of the pain from my illnesses. The methadone, which has been used for pain relief as well as drug relief, was preventing me from feeling any pain. While I was using methadone to break one habit, it was really substituting one habit for another. This was worse though, as eventually this stuff goes directly into your bones. That was the beginning of the end of me using "hard drugs", but I had to find a way to get rid of the methadone. I had to find something that would take my pain away, something that wouldn't make me into a zombie. This was when I really started smoking marijuana more and more. With the increase in my marijuana I found it helped me relax and basically put me in "my space" of where I wanted to be.

From there, while still taking the methadone, I had to find work. After a CVOR check I was allowed to get a job driving a school bus. I then started a taxi business which I ran for about 7 years. I also went to school and received my hair dressing license but I still wasn't content, something just wasn't right. I continued working "my program" as I searched myself, inside and out, to find what's missing? Why wasn't I content?

At some point, I'm not sure when, I realized I was sick and tired of being a methadone addict. I like to call methadone the addicts "liquid handcuffs" and because I needed this drug to keep me straight, I couldn't do anything to release them until I found the key.

#### **Detox Again**

Finally, with my Doctors permission, I once again started testing the waters of detox. This time going in though, I knew the difference of coming off of this drug as opposed to heroin or morphine. While in detox I have found methadone to be my "Nightmare on Elm St."

It took me aprox. 2-3 years to stop taking 80 mgs methadone a day. I started to drop my dose by 2 mg a month. Sometimes I couldn't go down anymore as I had severe pain. I couldn't handle pain very well as my tolerance is low so I began smoking a lot of marijuana to counter react the withdrawals. I walked away at 4mgs per day, with marijuana as my "alternative method". I drink alcohol socially but since both of my parent's were alcoholics I was aware of not wanting to become one myself. In the end I was bound and determined to become accepted in the community.

After taking different pharmaceutical drugs and smoking marijuana for my back, I still didn't feel right. I still continued smoking then in November 2006 I got arrested for possession of marijuana for the purpose of trafficking. I knew marijuana was against the law but I chose to ignore this as I knew I needed to cope. As much as I hate to say, when I got arrested, the police left behind my butter in my fridge a little weed for me to smoke.

I failed to mention I started on "medical" patches which really are a synthetic morphine patch. This made me feel and think, like I was an active junkie. Within me, "my space" was disturbed with these thoughts. I went to my Doctor so he would put me through the met program and they knew I was smoking marijuana. They didn't even test me for weed anymore, as it is a drug they weren't worried about. My Doctor, who still to this day, is the head of the Addiction Research Foundation at St. Joseph's Hospital in Toronto. He is hard nosed Doctor and everything has to been proven to him. I asked him for years to sign the paperwork for our government run Medical Marijuana program but he was dead against it. Little by little, week after week he saw my progress. I stayed clean from hard drugs and walked away from methadone, finally I even put the morphine patch down. Since I'm well aware of the problems of methadone I didn't want it to get into the wrong hands. With my knowledge of its dangers I'm very proud to say that when I detoxed myself off methadone, I was able to walk back into my pharmacy and return about 1 month supply back to them. This move surprised the ones I loved and those that were close to me but they were as proud of me as I was of myself.

#### **Medical Marijuana**

After my arrest for possession for the purpose of trafficking I ran out of marijuana, my medicine. I had heard about a government run medical marijuana program but I had no information on it. Then one day I got a phone number to call an exemptee that had been in the MMAR program for 1 yr. This led me to another door which belonged to a lady that has been in this same program since 2001. Her name is Lady Dy. It took me a while but I finally got the "balls" to knock. Her daughter answered and invited me inside, which I declined. I wanted her mother to come to the door as I had some concerns. These concerns were based on a history of rumours and accusations between us, which kept us from meeting. But as this woman always does, she opens her door to medically sick people no matter what personal issue's she may have with you. That day was the beginning of my introduction into the "medical marijuana world". She gave me so much information in books and web sites to visit, it all just overwhelmed me.

As a person that survived life at its worst I was still very paranoid. As I talked to Lady Dy I found out that she had walked through the same shoes that I was just beginning to walk in. She educated herself and another person by going through the court system together. After both of them became exemptees another person appeared named Allan, one of MMAD Participants article writers. Allan was very sick with Crohn's disease and he had seeked out Lady Dy's assistance to gain knowledge on how marijuana may help his condition.

Every Tuesday Allan would visit; gain some much needed medical marijuana information and pick up some literature. Allan and I weren't the only ones interested in this government run medical marijuana program, a program that the government even barely acknowledges. These other very sick people were also able to prove their cases to the government and became federal medical marijuana exemptee's.

In February my Doctor finally approved and signed the paperwork. My friend Dave, (thanks Dave) helped me fill out my first application but I had to reapply as some of my paper work wasn't right. I think the extra stress and waiting for the approval of my medicine took more of a toll on me. Add in my court case which was making me out to be a criminal, all over marijuana, just didn't make much sense? Becoming educated on the medical aspect wasn't so hard, I thrived on it. The ability of learning of why and how my body was reacting to the medicine and why just blew me away.

I failed to mention I have asthma, chronic lung disease; marijuana has also helped me there as well. Medical records will show I was treated for infections 3 times a year. I was on puffers, prednisone and nebilyer. I would still end up in hospital.

This year, with the education, I decided to walk away from the morphine. As of September 2007, I'm no longer on morphine or take any medicine for muscle spasms (flexural). I also haven't had a prescription for asthma medicine for 6-7 months. As well I no longer use methadone. I believe now as I look back I was ready. Instead of seeing other sick people on Tuesdays, I started to see them almost everyday. As I went medical I lost all my friends (friends that I thought truly wouldn't judge me) because I stepped across into the medical world but my new found friends, people of the medical marijuana world helped me cross completely.

Don't let me fool you people, BUT for ME I marijuana has turned my life around. I still get down in the dumps but for the majority of the time it does me a world of good. Considering my Doctor said I would be on a life time maintenance program, as a methadone user. He believed there was no hope. With the help of medical marijuana I've been able to change that outlook.

Listen up people "there is hope!" For me there was cure, marijuana. I don't care who the hell believes me, I have proof. I walked the walk and the talk! I'm now stepping

out of the closet to share my experience with others and give them what was given to back me, my quality of life. I believed there was something out there for me and others like me and I was correct. It's called marijuana.

Being aware of the 12 steps in a rehab program, I always reflect back to this one, "take what you learned, share it with others, give it back, and help others". I feel like I've almost come full circle. Marijuana is my recovery program and it's also for my pain relief. I know eventually I'll be in a wheel chair but for now my "quality of life" is much better. I'll be okay if I end up in that chair someday. Why? Because, it waited a lot longer for me, now that medical marijuana has improved my life.

#### **Not Enough**

When I first received my license it was for 4 grams a day. Since then I have found out that this is not enough medicine for me. This amount just isn't enough to allow me to be able to ingest and smoke my medicine. I find making cookies, muffins and the many other baked goods very helpful and beneficial to me. As well I add it into my food when cooking (cooked all low, 325 max as we know its cooking the THC content is almost half). I find when I eat actually substitutes for taking a pill without all the sometimes nasty side effects pharmaceuticals can give people. I have no side effects such as not breathing properly, tightness of chest, pains in my head from this natural medicine. I now don't have to increase my prescriptions constantly because my tolerance builds up to the pharmaceuticals drugs. I didn't enjoy being a pharmaceutical guinea pig like when I was on Interferon for my Hep C. Marijuana eatables are remarkable for pain and my spasms which I can now endure. I'm a very stubborn person and I believe your body will take what it needs, the rest is waste which I call "flushes".

One of the many sad parts of this government run medical program is when you try to get permission to increase your dosage. I have never had to get permission, from the government, to increase doses of other much more harmful drugs I have taken in my life time

I was supposed to be on Interferon for 12 months but I think I only lasted 9 - 10, somewhere in that vicinity. My clothing size dropped from a size 13 all the way down to a 7. I was so sick, tired all the time. Then the bad side effect hit me, which the doctor's called it "personality disorder". I became very angry and striking out at everyone, sometimes tearing things up.

#### My Kids at Risk

My relationship with my kids became at risk. I lost my daughter for almost 2 years. We never spoke or saw each other for sometime. After a lot of lost time we are now finally speaking and seeing each other. We have now formed a friendship and are learning about each other all over again. We're letting each other know that we hurt inside. We're talking about the mistakes I made. As well,

the harm that I put her through while an active addict. This realization came to me when we would discuss this in the therapy groups I attended. You always think this stuff can happen to other people but you never really know until it happens to you.

At one point I was approached by someone that had a bad drug habit. This lady came to me asking for help as she had lost her man and almost lost her 5 year old son. This was my first hands on experience with helping someone and it blew me away. I made calls for her and I got the number to Oshawa Detox. So she could get some help. Shortly afterwards I found them a place to stay at the ex-boyfriends. The two of them left for the Detox center and I waited with their sleeping son. Suddenly he screams in his sleep "mommy mommy" and starts crying hysterically. Now fully awake he says "I want my mommy, I want my mommy". That's when it truly hit me; I now knew what I had done to my children.

After seeing this little boy go through this it really bothered me so the next day I visited my daughter at her store where she works. As I said earlier this was the first time we have spoken in almost 2 years. My beginning started here. She let me tell her the story of what happened the night before and the actual realization I had had. I pleaded for her forgiveness and slowly we have come over hurdles together. I am so proud of her. She smokes from time to time but she doesn't like alcohol and is not a hard drug user. The family cycle of a continuous alcoholic or drug user after many generations, has STOPPED. Very sadly though I must say one of my children still doesn't talk to me but I wait patiently is all I can do. Hopefully some day soon that will all change. Recalling all this for you brings tears to my eyes. It bothers me what I put my children through.

They say you're as "sick as your secrets" and I'm happy to report mine are slowly leaving me. I'm on the last of my secrets now as I start therapy for the "child within". Marijuana is my reason. Believe it or not, it's helped me with my memory. It also relaxes me when I get uptight, which happens quite a bit.

#### **Helping Others**

Recently, while I was going to Court, it made me think that people thought I was that same troubled 16 years old all over again. I'm not a criminal! I'm a 51 years old, disabled sick Canadian, who wants the right to choose what medicine I can put in my body and when I do it. I have the right to be able to help others through education or by showing them how to do their paperwork. I want to talk to them when their lonely as I know what lonely is. I want to be able to reach out and be with people, people that are as sick as or sicker than me. Just like I helped the lady earlier I wanted to help more people. I got that chance a while back when I met a man through Lady Dy. His name is John and that's when I realized how sick

some are. I want to be part of helping others that are sick, somehow, even if it means emailing them to start an email conversation, talking on the phone or in person. A lot of moral support goes a long way. I personally found that out by going to the group we have. Sharing with others what I've learned.

Surely you must be tired of me by now, so in closing I want to thank some special people who have affected me on my journey of well being. A big THANK YOU goes to the people at Medical Marijuana Advice Direction Participants. Thank You to Marco Renda for supporting stories like mine, as well as others. I find we all can relate and draw strength from each other. Thank you goes Wendal Grant for editing and correcting this mess the best he could. Gramma Dee and Lady Dy , thank you both for helping me when I was in much need of support and education. Most of all, I want to thank my dear dear friend, Allie. For the past 17 years Allie believed in me, he believed I could get better and has stood beside me all this time.

I have a few selective "old friends" that I'm glad have gotten into the medical program as they stood by me. I have many more sick friends I have yet to meet, like you, but some day I hope to meet you at a home show, an open forum or online.

Lynda Duncan

#### Update

Since my story was written I have now since been to court. My charges were withdrawn and I also received 2 apologies. One from crown and the other one came from the Judge. I also have to thank my lawyer Mr. Ilan Neuman, if it wasn't for his belief in challenging the law I would be in a different situation. We would never talk politics but we did talk a lot. In the end, the bottom line is I'm a FREE sick Canadian. One that has been recognized as such and today I'm very grateful for that. Special thanks to "the Hitzig case" as this is what made this all possible for me. What a Christmas blessing this is.



# There and Everywhere

Written by Jeremy Norrie
AmsterdamDVD.com

This issue we are getting back to basics. We're going to take a look at a few strains from various dispensaries from San Francisco to Santa Barbara. The times have been changing and there are a number of new strains mixed in with some of the old ones. Also, some dispensaries have really improved while others seem to have changed completely. No more time to waste, lets talk about the dispensaries and what they have to offer.

**Blue Haze** from Mr. Nice Guy, 174 Valencia St. San Francisco, was an interesting Sativa. It was very light and tasty, slightly uplifting and very enjoyable. Mr. Nice Guy seemed empty when I entered, no mention of why that would be but it was strangely deserted. The shop itself was clean and very large. They had a fair variety of strains but mostly B+ quality or so. The strains seemed good all the same and were fair priced.

Next on my list was **Ken's Grand Daddy** from Holistic Solutions, 216 2nd Ave San Mateo (also they have a SF location). Very nice purple/grape herb mixed with good strength. The shop has a very friendly staff. I was sad to see this was really the only strain of high quality at that time. Grand Daddy is a very common strain these days and so I would have personally liked to see something a little different but nevertheless this was good quality. The price was fair and I will definitely be back.

**Hindu Kush from Hortipharm**, 3516 State St. Santa Barbara, is the next medical strain we are going to discuss. This was unfortunately a very average version of a unique and legendary strain. The price was fair but not great, for the quality it was still too high in my opinion. Too bad, Hortipharm used to be one of my favorite places to go, but lately they have really gone another direction. Their top quality medicine is exceptionally high priced and I have had a number of experiences with medicine that was poor quality yet still high priced. Hopefully they will get back to their old ways soon.

Next on the list, we visit Santa Cruz and an old favorite strain of mine, Jack Herer. My friends at SCPC, 115 Limekin St. Santa Cruz, have become extremely busy and run their shop so tightly it was like visiting a bank. Everything is overly stressed here, security and the nature of the business are the biggest areas you will notice these things. Certainly this is the best and most efficient way to do things, but honestly speaking, in a way their serious attitude is a turn off. Sure as patients we all want to be as careful as possible but the feeling I have got from them lately has been so different than before. Now all that being said, they have some of the best strains and they definitely have the best hash out of any dispensary I have visited. Their prices are far too high, and they are far too busy, but the unique strains and hash they have make them number one in my book even with all the drawbacks. Other dispensaries all over California really need to step up their quality to match this location, but I am sad to say that warm friendly experience I had grown used to is no more and it is more like a fast food grab and go experience.



Photos by R.Carrillo redskeleton008@vahoo.com

Jack Herer

Now we run into a strange thing, the old **CCAC** seems to have changed owners or something, but are still located at the same place in Oakland, 21222 Mission Blvd Hayward. Organic Grape and Purple Midnight were the strains of the day, and my goodness I was pleased. Two reliable purple strains that pack a punch, both were great. This location has improved slightly, while still being one of the least safe places I have ever visited. The shop itself is run like a bank with bags and bags and bags of herb hanging in the back behind double thick glass. The counterperson also is behind the glass and they have a huge board of strains at some of the best prices you have ever seen. This is a insanely busy place and so many of the customers appear like they just escaped from prison, while other people look like they are hippies and old time stoners from the 70's. All and all they probably sell more medicine here than at any other shop in all of California. If I had to guess, I would say they see easily anywhere from 200 to 500 people a day and many of them are buying serious weight. Big time improvements here are the security and the new menu board that now includes everything else along with great purple. I look forward to my next visit here.

A funny thing happened last time I was at the Re-Leaf Herbal Center, 2980 21st St. San Francisco. This place is real small and I was happy to see a little bit of a line there, I think that's good for them. They only have a few strains, and usually only one of real top quality. The funny thing happened after I bought the last of their pure Skunk, which was really high quality with fruity smell and taste for the record. The guy behind me asked for some and now, since they sold it all to me, they were out. As I was getting in my car I saw the poor guy walking out cursing me to himself, looking like he walked away with nothing. Poor guy, but I didn't feel too bad because there are 10 great places near him where he can get some other medicine. All in all I recommend this place, the same guy is always there and it seems to me this is his pride and joy. This is a very nice place with friendly people working to bring you some high quality medicine.

Super Silver Haze and U2 from Hope-Net were a bit disappointing this time. First let me say that Hope-Net, 223 Ninth St. San Francisco, is a great place and they always make me feel welcome when I come in. They take their time to cut off any extra leaves and to really make their bags as nice as they can. The strains were all very similar and seem to be from the same person. This can be a problem sometimes, but it was all right for them. Nice place, good shop but need to improve their strains surprisingly. They did have some very nice hash though, so give it a look if you don't see any herb you are interested in.

That concludes this issue's reviews. Hopefully you were able to use my article to find the medicine you are looking for. Maybe you have been spending too much somewhere and you can save yourself some time and money by trying something new.

Watch out for the next issue where we will talk about my most recent trip to Amsterdam and hopefully some new dispensaries. Also, keep your eye out for "The Battle of the Buds: California vs Amsterdam" more info can be found @ www.AmsterdamDVD.com. check out www.RLDDVD.com for the best new DVD about Amsterdam's Red Light District. Take it easy, have fun, don't believe the hype and find what works for you. Good luck.





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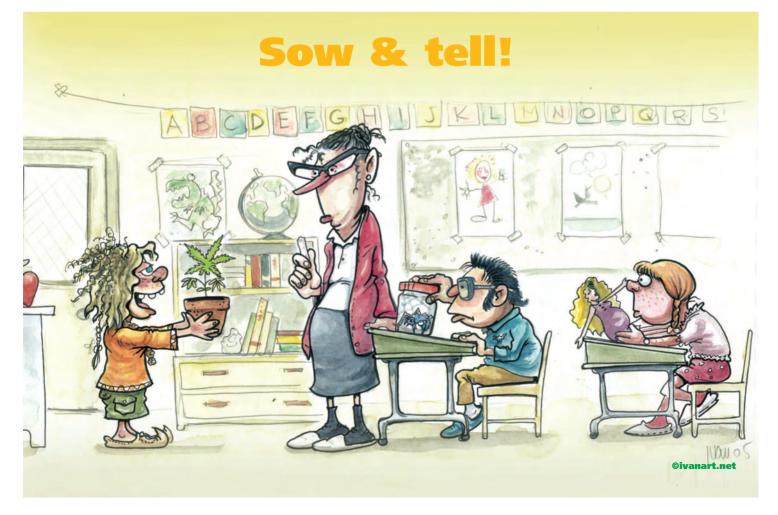
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## **Salvatore Messina HD**

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**Depression** is an emotion we all can identify with, disappointment, loss stress or frustration can put anyone in a temporary negative state, but one can be clinically depressed if any of these four symptoms are present for at least two weeks or more, sadness, sleep disturbances decreased or loss of appetite, loss of sex drive or interest, excess guilt, low self esteem, fatigue, inability to focus, indecision and thoughts of death.

About 10 % of the population can feel this way, even with no previous history or who have no genetic predisposition to this ailment. Although that that women are 2-3 time more at risk than men, about 15% of the population have experienced depression (hormonal disturbance or imbalances, post partum), the young population whom seek help for depression has increased by three folds in the past 50 years.

In the past 50 years there has been an increase in air and water pollution, there are thousands of chemical, heavy metals and pharmaceuticals drugs that are toxic to the nervous system which we face on a daily basis.

Besides deep psychological and spiritual causes, there is a biological basis for depression. Two thirds of people suffering with depression can also suffer from any other of these conditions such as arthritis, diabetes, chronic lung disease, hypertension, coronary issues, back problems or chronic pain.

Deficiencies in nutrients can contribute or cause depression, like vitamin B-12 And Folic Acid.

As with any malady the cause must be found and not just masked over by pharmaceuticals, there are natural forms of anti-depressive herbs that are effective in relieving symptoms of depression. Some may work for you better than others, but should not be taken at the same time if you are presently taking anti-depressive medication, please consult with your physician before beginning alternative approach for this condition.

Here, I will list several homeopathic remedies that are

known to help with depression, but will give example of one. The remedies are chosen based on the mind, emotional and physical state of an individual, much information must be gathered in order to prescribe a homeopathic remedy based on "likes cures like" approach.

#### Some of these remedies are

Aurum (gold); Ignasia (St. Ignatius bean); Natrum muriaticum (sodium chloride); Phosphoric acid; Pulsatilla (wind flower); Sepia (ink of cuttle fish) Remedy, Aurum metallicum. (Gold),

- The individual may be responsible, ambitious and a workaholic.
- May have loss of money, respect, love or power.
- Life has lost value, meaningless, hopeless, despair, and serious fits of anger.
- Sense of failure, worthlessness, blames him self, guilt, violent outbursts.
- Suicidal; cheered by thoughts of ending it, silent, brooding, forsaken.
- Symptoms are worse at night or in the cold.
- Better in the evening, open air, warmth and music.

It has been said that silence is golden. A person who is depressed may become very quite, withdrawn and reserved, different from his usual self. One of the key remedy for depression is Gold (en).

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#### **Breathing Exercises**

#### By Skylar Pollack

Take a long, deep, energizing hit of premium air. Today we are going to explore the topic of focused breathing in relation to your health, vitality and the impact on your marijuana medication sessions. In addition, the breathing exercises provided will help you inhale and exhale more easily. With healthy breathing comes all of the associated benefits, more oxygen in your blood, mind and body relaxation, stress reduction, numerous health improvements and more.

Breathing is an automatic function of the autonomic nervous system, regulated in the hypothalamus or brainstem. Breathing is a part of every moment, activity and interaction in our lives, and a topic of human behavior that is not widely written about in context to pot smokers. Smoking requires a great deal of breath control and is, in essence, a breathing exercise. Deep breathing, of any nature, should at the very least, revitalize you after only a few breaths; but by changing the way that you breathe regularly you can effectively improve the way that you feel all of the time and enhance the effects that the smoke contents have on your mind and body. With that in mind, this article contains breathing exercises for smokers and other shallow breathers, to help clear the airways and enable deep breathing.

In my personal studies of relaxation, meditation, hypnosis and other mentally intensive states, a common denominator between these multi-divergent philosophies has emerged. Focusing on your breathing produces a mentally focused trance-state. A trance-state is a state of mind in which some of your senses shut down or decrease in intensity to strengthen signals from your actively engaged sense(s). To demonstrate the trance inducing power of breathing as you read, you can try to take a deep breath without focusing on it. See if you can inhale deeply without thinking about your breathing at all

It should be hard, if not impossible because the pace and depth of your breath is predominantly controlled by your subconscious mind. Your mind separates certain systems, seemingly so that you do not have to maintain focus to maintain operation. Your subconscious regulates your breathing automatically unless you assert conscious control. Everyone can breathe subconsciously, on auto-breath, but only a focused individual can maintain conscious control of his or her breathing. Focused breathing bridges the connection between what is in focus and what is out of focus, connecting the conscious and subconscious minds. You can now begin to notice how the pace and pattern of your breathing changes substantially when you pay attention to it.

You may have many different breathing patterns of

which you are unaware. For instance, how you breathe when you eat will differ from how you breathe when you watch television and both breathing patterns will differ from when you are asleep, exerting yourself physically or having a conversation. Also affecting your breath patterns are your emotions, attitudes and moods; atmosphere, environment and air quality; developmental programming, method/technique and awareness. Your breath patters are further influenced by your mind's tendency to automatically reference memories from your past developmental education. If you smoke or vaporize marijuana, your developmental education in relation to smoking will determine how much smoke you consume, how deeply you inhale, how long you hold the smoke in, how many puffs you take per breath, how much you roll, burn or vaporize and what you roll, burn or vaporize in. The way that you breathe at all other times is subject to the same regime.

These exercises can help you increase the amount of air that you can comfortably intake. It is common information that breathing induces relaxation, but for many people breathing can often be very challenging, strenuous and stressful, rather than relaxing. If asked which you would prefer, to suffocate or to continue breathing air, you would choose the latter. Yet, many choose to suffocate themselves with destructive breathing habits on a daily basis, and still others suffocate themselves unknowingly. Some people do not deep breathe because they do not really know how, some because they find it uncomfortable and others because they believe they are incapable. Breathing techniques are exercises because practice and effort is required. You can breathe if you are willing to try. The more you notice and focus on each breath, the more control you will have. When training your breathing, awareness = control.

Warning / Caution: Breathing exercises may cause coughing, light-headedness, dizziness, seeing stars, feinting or mild headache. Be very careful not to strain yourself and to stop if you feel pain or serious discomfort. These exercises should be done gently and calmly while sitting or laying down.

Natural Breath – Identifying your natural breath is both a warm up exercise and a precedent for later progress comparison. Begin to find your normal, natural breathing pace while you test your ability to breathe. Start by taking three connected, continuous deep breaths. Allow the depth and speed of your breathing to be comfortable and natural to you. Make a mental note of the depth you reach and the current tempo or pace between breaths.

Nose or Mouth - Increase the mobility of your breaths

by maximizing all the methods in which you can inhale and exhale. This exercise consists of six breaths, done consecutively. Start by taking the first breath in through your nose and out through your mouth... Take the second breath in through your mouth and out through your nose... Take the third breath in through your nose and out through your nose... Take the fourth breath in through your mouth and out through your mouth... Take the fifth breath in through your mouth and halfway up switch to inhaling through your nose, then exhale through your mouth and halfway down exhale through your nose... Take the sixth breath in through your nose and switch to your mouth, exhaling through your nose and switching to your mouth... Now you can inhale and exhale in any way that feels comfortable to you.

Position & Placement – Further increase the mobility of your breaths by moving the air between all the areas in which you can contain it. Begin by taking three breaths into your chest as deeply as you can, exhaling comfortably... Take three more breaths, this time into your stomach... Take three more deep breaths, this time filling your chest and stomach simultaneously.

Speed, Rhythm and Tempo – Adjust the speed at which you breathe by trying the 'Fast Breath' and the 'Slow Breath'. The Fast Breath consists of a long, gasp like inhalation followed by a fast, sigh like exhalation. Begin by exhaling all of the air from your lungs until they are completely empty... Inhale a full breath as quickly as possible... Once you reach the peak of your breath, push all of the air out, exhaling through your mouth as rapidly as you can and releasing all of the air in your lungs... Repeat for two more quick breaths. The 'Slow Breathe' requires the forced slowing of your inhalation and exhalation speeds. Remember that even though you are breathing slower, you should still inhale and exhale as much air as possible. Begin by exhaling all of the air from your lungs until they are completely empty... Inhale a full breath as slowly as possible... Once you reach the peak of your breath, push all of the air out, exhaling through your mouth as slowly as you can and releasing all of the air in your lungs... Repeat for two more slow breaths.

Holding & Deepening – Timed Holding, Progressive Inhalation and Breathe & Squeeze are breath resistance exercises. 'Timed Holding' is an adaptation of a breath holding game that you may have played as a child in a bathtub or swimming pool. Begin by filling your lungs completely, and when you reach maximum capacity, hold for between five and twenty seconds... After you exhale, take a few natural breaths before you try again. Repeat three to five times, each time moving up by increments of five or ten seconds. The 'Progressive Inhalation' expands you lungs enough to get your breath down deeper and deeper each time. It is similar to when a balloon is almost full and it takes those few extra pushes to fill it up. Begin by taking a breath as deeply as you can, holding it at the top... Then gasp a

little more air in and push the air down into your almost full lungs between one and three times before you exhale... Repeat for two more progressive inhalations. The 'Breathe & Squeeze' is a pressurized isometric breath that reproduces what happens to the lungs when you are about to cough. Use this technique to gently expand your lungs. Begin by taking a breath that inflates your lungs half or three quarters of the way up, and hold it... As you hold your breathe begin to squeeze and pressurize the air in your lungs... Hold for a count of two before your exhale... Take a second deep breath and hold it... This time pressurize the air into your stomach... Hold for a count of four before your exhale... Take a third deep breath, this time pressurizing the air into your lungs... Hold for a count of eight before your exhale... Take a fourth deep breathe and move the pressurized air from your stomach to your chest and back again.

Your New Natural Breathe – You can now identify your new current natural breath. Begin to find your new, normal, natural breathing pace while you once again test your ability to breathe... Take three connected, continuous deep breaths... Allow the depth and speed of your breathing to be comfortable and natural to you... Make a mental note of the depth you reach and the current tempo or pace between breaths... Compare your new results to your initial results.

Now that you can breathe, possibly much better than just a few minutes ago, you can see how good it feels to take a hit of oxygen. Continue to practice these and other breathing techniques into the future and make conscious breathing part of your daily experience. To conclude, I am presenting you a challenge to take fewer breaths over the course of each day for the rest of your life by taking as many long, focused breaths as you can. The goal of this challenge is to get you to focus on your breathe as you breath. Most adults have an ABR (average breath rate) of about 15 breaths per minute. That is 900 breaths per hour and 21,600 breaths per day. All this adds up to an average of 7,884,000 breaths per year multiplied by the course of your lifetime. Now that your respiration is nice and clear, feel free to take a break and medicate.

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on Marijuana Activist

with Jef Tek

Interview No. 1

**Dana Larson** 

October 30th 2007





Setting: We are alone in the Vancouver Seed Bank's vapor lounge, sitting on a sectional sofa that our girl Kaara recently scored on Craigslist. The pre-Hallow'een sun is shining thru the windows and a couple of pre rolled Afghani Bullrider joints await us in the ashtray. My trusty 16 year-old yellow lab-mix Misty dog is at my side. I use my camcorder to capture audio only; sometimes video-taping is just too much.

Jef: How old are you Dana?

**Dana:** I'm 36

Jef: How long have you been a marijuana activist?

**Dana:** I first became involved in marijuana legalization and drug rehabilitation when I was in University; I guess I was 20 years old. I started a club at Simon Frazier University called the League for Ethical Action on Drugs, (LEAD) we would have meetings and rallies and that's when I met Chris Bennett. It's been 15 or 16 years already.

Jef: Awesome, I always wanted to ask you that question, what was the catalyst that propelled you into this field?

**Dana:** It seemed like the important issue and something that would be fun to work on at the time, as well as an important way to improve the world. I had

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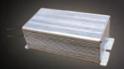
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a good childhood, I've had a good life and I've always been confident that I can be successful at anything that I wanted to do, so it always seemed that marijuana activism is a good effort to make. If I could say in my lifetime that I've made a difference and helped to change the current marijuana laws then that's a good thing be able to do with your life. I'm glad I got into it, a lot has unfolded, I've always believed this effort could not be done alone and it's led me to a lot of positive things in my life.

#### Jef: You were Editor of Cannabis Culture magazine for a decade, what was that like?

**Dana:** That's right, Marc Emery started the marijuana and hemp newsletter and I took it over. I worked in the store a little bit (Hemp BC) but I've never been good at retail, let's just say at the time I wasn't good at retail, working over the counter and all that, but I liked writing and editing and educating. So I took over the newsletter and it became a magazine and I learned a lot about producing a magazine, distribution and how this industry works. It's definitely helped me to get Hairy Pothead out there. I'm really glad I did the magazine for all those years, both because I think it needed to be done and because it gave me a ten-year in-depth education about marijuana and because of that I feel I know more about pot facts than almost anyone in the world. I wouldn't go so far as to say that I know more about every particular thing like growing or that but because of those 10 years, I do have a broad spectrum of knowledge regarding marijuana, my head is full of marijuana information, (we both laugh), and it gives me a unique point of view. I like to share this knowledge because there are so many misconceptions and misinformation about marijuana out there; I feel the need to educate the masses.

#### Jef: Dana, what do you think of the internet and all the information that is available on it?

**Dana:** I think it's good that there's so much information available on the internet, it's good. The internet's got interesting sights like Erowid.org but sometimes there's a lot of misinformation. One thing for sure that is good about the internet in regard to our marijuana battle is that it allows for an open debate. What I find interesting is that on all the prohibitionists' sites and chat rooms they are always fully moderated, like the DEA and all these teen-drug justsay-no sites, they never have open chat forums. All of the legalization websites all have open chat rooms and open forums. When some uninformed or misinformed person logs on and claims we are a bunch of stoners or idiots or something that is wrong, they will get 500 responses from real people with accurate information. We will explain to them why they are wrong and we will usually wind up with a friend or ally. But if we log on to an anti-drug website the moderators won't even let us talk about marijuana, medicinal cannabis or even hemp, let-alone changing the drug laws. That is what the internet is all about, open debate. Prohibitionists are afraid of open debate; the internet is good for that because anyone with a computer can pull-up anything they want. It's a good thing for our cause and social change in general.

#### Jef: I think your new book Hairy Pothead and the Marijuana Stone is wonderful, what was the catalyst for that?

Dana: When I read the first Harry Potter books, and they are great books by the way, there's a lot of material in there and over those 7 books I could just see this other world. As soon as I read it I could just see that by shifting over a few degrees, moving from magic to marijuana, it seemed like a real metaphor, for a lot of things! The books are about someone who discovers they are different, you could make that into anybody, you know like someone who's gay and coming out of the closet or something. And the name The term Hairy Pothead isn't original, you can buy t-shirts and hats and I'm sure other merchandise with that name on it and people on various chat rooms who call themselves that, it's a pretty easy pun to make but it seems to me that it is in the mass unconsciousness, this idea of changing it from wizard to weedster! I think the book is good and what I really like about it is that I can educate people with fiction. You know, Jef, that there's people who know more about Harry Potter than they do about their own world, people who study every detail of Quiddich, etc. That's one reason you'd want to read a story like this, its fun and entertaining and JRRTolkin created so many facets to the characters. Marijuana is like that, with many different applications and so much convoluted history that you can see that marijuana has been used and tied into many different cultures from the dawn of time; you can see that I did create a parallel world of marijuana enthusiasts living in secret cannabis castles hidden from the



regular world, eating their hemp foods and teaching about the secrets and merits of marijuana. I think that people who read the book will be entertained by the funny names or puns but when finished will also have an insight into the history of this plant and its many uses.

Jef: I absolutely loved your book and I read it in two days, I couldn't put it down and I couldn't agree more that it is a metaphor of all the trials and tribulations that a human being really goes through in life. I'm an interesting case-study because I previously never read Harry Potter or even saw the movies, Hairy Pothead read like a screen play with vivid imagery and deeply detailed characters, like Hairy's Professor Alwayse Duinthadope. I wish I had a professor who was Alwayse Duinthadope! Can you see this becoming a movie?

**Dana:** I can visualize it being a comic book or a movie but we'd need a real big budget to do that, if someone wanted to do that its fine but for now I'm presently working on two more books. My next one will be Hairy Pothead and the 420 Code, which ties-in some da Vinci Code references. You don't have to have read the original books to read my Hairy Pothead books, they should stand alone. There are different levels to it, Hairy Pothead is a phenomenon and if I only got to everyone who smokes pot and reads Harry Potter then my book will be a best seller. For sure! From movie exposure most people know that there's a kid who finds out he's a wizard so he goes to some magical place to learn about wizardry, I think most people know this little bit so you'll see how everything is taken from this basis and the characters are related to that but it will be appreciated in many different ways.

#### Jef: Switching subjects, you've also got the Vancouver Seed Bank, what's that all about?

**Dana:** It has been a wonderful year and a half now since starting the VSB and vapor lounge, we've got a lot going on here and business has been steadily increasing. We have huge parties on the last Saturday of every month, with 60 to as many as 200 people showing their support for what we do here.

#### Jef: You also sell traditional seeds.

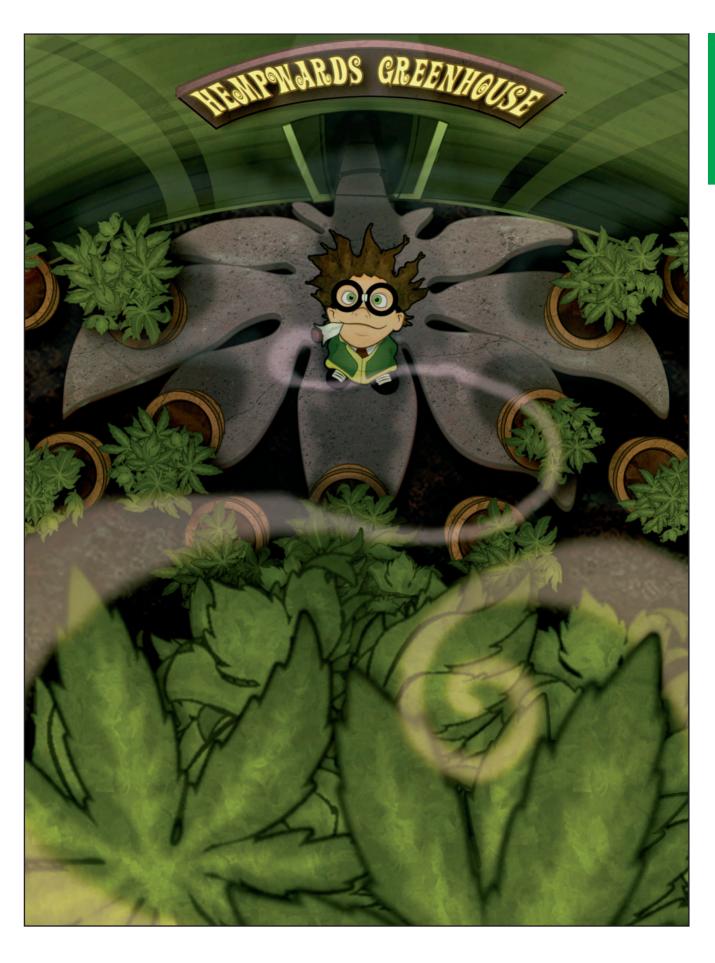
**Dana:**That's right, we don't just sell marijuana seeds; we sell a vast variety of seeds from plants currently available anywhere. Certainly, marijuana seeds are our top seller and money generator for our store but, coca plants, salvia plants and peyote seeds are up there in sales. We sell regular seeds like morning glory and basil. I envision one day having the largest selection of seeds from everywhere in the world, if possible. I'd like that but that is a long-term goal, right now its good to tie ideological and the politically inclined individuals together, its not just about marijuana, we should have

access to all plants. Like coca, poppies or magic mushrooms, these are all plants that are useful and helpful in their natural forms, with millennia of cultural and medicinal use, and we should be freely allowed to use these plants, especially in their natural plant form, (As marijuana should be). Also, I don't support genetic modification of plants for profit or ownership purposes. We educate people about the threats of those issues and the proper way to germinate a seed as our common heritage of all plants is being systematically cut away from us and being replaced with genetically modified plants. GM plants are owned and cannot be grown without permission and soon we are going to see that there are no natural plants left, people will only have genetically modified plants to grow. It is a very dangerous trend, it may take a little while to get there but this is the direction we're heading in so we have to stand against those things, this brings together different interest groups. Bringing all these different groups together will hopefully solve the problem faster.

Jef: I couldn't agree more, thanks Dana for being my first interview. Good luck with all your endeavors.

**Dana:** Have fun editing Treating Yourself magazine.









#### Female seeds

### Are they an innovation or the beginning of the end to breeding?

Many new growers or medical patients have contacted me about a subject that never existed a decade ago; feminized seed, to ask for my opinion and for me to explain it to them. In this issue of Treating Yourself we will go through the reasons, the how's and why's and draw some general conclusions about this relatively new phenomena in the Hemp world..

As an owner/breeder/producer of a seed company that is based on tried and tested selective true breeding lines(STBL) I have a lot of knowledge of genetic outcomes of the naturally produced first generation seed (F1 seed in controlled environment). Especially since I use the world—wide growers available online to test seeds and give independent appraisals and reports.

The subject and research of feminized seed has taken me to a lot of forums and a diverse range of plants to understand how and why this process came to being. My readings lead me to many other plant related sites and agriculture sites since the knowledge came from there. Fruits such as watermelon have had over 40 years experience as feminized seed for example. However with the positive elements that arrives from new technology and understandings comes the corresponding negatives, and we will review all potential alternatives to gain a good understanding of female seed in relation to Cannabis.

One last topic that must be kept in mind while reading through this article is Man's history with genetically or



Male flowers induced chemically on a female clone plant



A female clone after being treated by STS, 4 weeks into flowering

physically modifying agriculture through the ages. With knowledge comes new techniques, but not without some hiccup or bump along the way. Man only tries to replicate Mother Nature and her actions, at times it looks revolutionary, but as a collective and with hindsight we have had our share of disasters.

We will begin by explaining the biological principles of feminized seed, then move on to explaining the process of feminizing a seed through chemical treatments and finally explain why people want it and why seed companies do it. There are things about this process related to Hemp that are unanswered to date and until the research is done will remain so, that is the nature of new applications and discoveries...time will reveal!

Nature, under certain conditions (usually as a survival mechanism triggered off by drought, flood, fertilizer imbalance or extremes in temperatures) produces male flowers on a female plant and this gives rise to predominately female seed and hermaphrodites. This seed process has over some years been observed and replicated in a controlled environment by inducing the female flower to make male flowers with chemicals and some argue with stress factors. The problem that came with doing this process was that only few seeds were being produced so it was not really viable or economic, making female seed expensive to produce initially. However as our understanding has increased and with it our applications and procedures we have managed to find ways to generate enough male pollen on a female plant to make female seed a tangible option for the producer and for the grower/end user.

The normal chromosome number in most living organisms is referred to as 2N, or diploid. A plant is usually made up from a female (haploid-N) chromosome and a male (haploid –N) chromosome combining to form a diploid plant. The biology of female seed is to make a male flower on a female plant therefore making the male flower with a female chromosome. So the result of the two separate haploid chromosomes will ensure it will be female in sex.

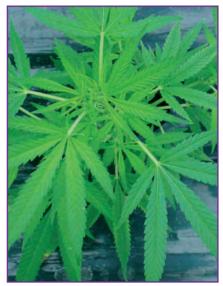
The genotype/phenotype of the resulting plant grown from seed made this way in theory will be female in sex, expressing limited variations from the gene pool it originated from initially. Considering the sort after sex for Cannabis growers and medical patients is female, this would seem to solve a lot of work to get to the desired result quicker.

Under normal conditions a grower plants seed without knowing the sex of what the plant will be, then as it sexes (less than 12 hour of dark per day) the selection processes begins. First you kill all the male plants, flower out the females making your selection of a worthy female. Then regenerate it under 18 hour of light per day until a clone can be taken and grown to produce it as a mother plant(grown constantly under 18 hour light per day) which then can in turn produce female clones of the exact same type day in day out. This is how naturally produced seed is traditionally used if the grower is looking to germinate a small sample for female clone production. The male plant is used only to fertilize the female and produce seed that will reflect the two genotypes: one from each parent. So it would seem males are only really useful to breeders, seed companies and the hobby breeder, but not really for the flower grower.

The logical question for an inquiring mind would be why keep or even use a true male whether you are a seed company, hobby breeder or whatever? Why go through all the selection and trial grows of hybrid seed not to mention the failures and disappointments a true breed line goes through to find that special hybrid? Why keep a true male plant alive in mother room where it costs money time and effort over many years for relatively low returns coupled with high maintenance? It all seems odd and non sensical when you come to think about



male flower formed inside female plant from feminized seed



A growing female clone ready to be treated chemically with STS to produce female seeds



The same female clone without being treated by STS after 7 weeks flowering

it like this. But as you read about genetics you begin to understand where the true value is, and where special plants can be discovered. Once again the history of man and his early discoveries in the world of biology often show an initial picture of something too good to be true, but in time we discover we invited new diseases or greater instability in genes or infertility with future crops.

With the good things of feminized seed there are always equal sets of potentially negative elements that are the balancing effect from Mother Nature. Sometimes these things are not evident till 10 years down the road, often revelations in biology become our foes and not our friends. That is why having a lot of exchange with people using the seeds and producing the seed is the only real way to fathom the real life problems and difficulties rather than just following theory or books.

The garden follows basically the 4 seasons and these are combining differently from day to day causing events in nature that may normally not occur but without them, the gene pools would not adapt to their environments also. So genetic shifts are good for evolution of a species but forcing them to occur at a rate much larger than in a normal population, can have their big effect associated with it. There are several things to be aware of when trying to understand all sides to this topic. Seed companies who produce or sell feminized seed have a market and are appealing to the demand and gains. Growers only interested in getting a flower without all the headaches are making the demands. So who or what is missing out if everyone is getting what they wanted out of this arrangement?

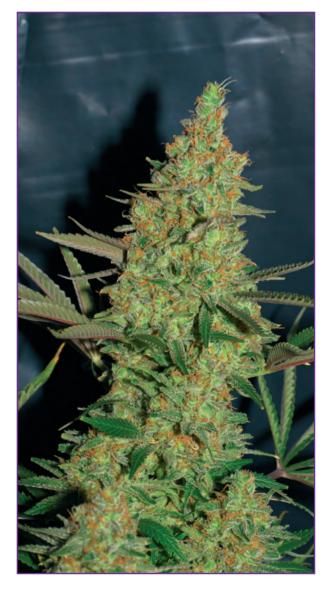
Like anything that occurs sometimes, that soon becomes the norm there are associated problems that will confront those dealing with this situation. Genes are invisible protein strands that combine in nature uniquely with every different person or plant, rarely ever being the same, which gives rise to diversity. With plants especially cannabis, a true male crossed to a true female is limitless in the combinations of plants that can arise from a union. Health, vigor and fitness of a species relies on this. So possibilities of loss of health, vigor and fitness in lines of fem-



hermaphrodite plant does not have the same result as chemically inducing a female to produce male flowers

inized plants with time may be the norm rather than the exception! Chemically inducing a female to produce a male flower that has female chromosomes will give rise to a greater proclivity toward hermaphroditism. Using them for breeding may be inadvertently selecting for hermaphroditism. People who cannot or do not keep true male lines will eventually loose the gene pool diversity that a male carries.

Making a female plant produce a male flower to pollinate its female side will begin to see a greater set of mutations arising or an increased chance of undesirable hormonal expression on some part of the plant. So using feminized seed to make flowers is a relatively safe thing, to use it for breeding would be unadvisable.



**Super Silver Haze indoor** 

#### How feminized seed is made in a commercial way.

There are several methods used in making feminized seed such as through the use of hormones and chemicals like colchicines or gibberellic acid, but I will explain it through the method of silver thiosulfate solution or STS.

Preparing a stock solution to treat a plant is a little technical but not out of the reach of the hobby grower and enthusiast.



Wear gloves while mixing these chemicals, and mix and use in a properly ventilated area. A mask will prevent the breathing of any dust which is caustic. STS is colorless and odorless and poses minimal health risks if used and made with responsibility.

Making a stock solution will consist of two parts. Always part A is mixed into part B while stirring rapidly. Using distilled water will reduce the chance of impurities to form in the solution.

Part A; half a gram of silver nitrate stirred into 500ml of distilled water.

Part B; 2.5 grams of sodium thiosulfate (anhydrous) stirred into 500ml distilled water.

Silver nitrate dissolves within 15 seconds while the sodium thiosulfate takes up to 30-45 seconds to dissolve. Part A is mixed to Part B while stirring rapidly the silver thiosulfate solution. The stock solution is then diluted at a ratio of 1:9 to make a working solution. For example adding 100ml of stock solution to 900ml of distilled water will do the trick, this is then sprayed on the female plant selected. Both solutions and chemicals should be refrigerated after use to avoid activity loss.

Most these chemicals can be ordered through Photographers supplies and the distilled water is usually more costly than the chemicals...

#### **Application:**

The STS working solution is sprayed onto the selected female plant until it runs off. Allow the plant to dry and then move this plant directly into a flowering room (12 hours light). This is usually done 3-4 weeks prior to the date the target plants are ready to be pollinated. The response time may vary a little depending upon the strain but it seems between 30-35 days is an optimum time for planning purposes.

Assuming the targeted plant takes 3-4 weeks to produce fully mature seed, a strain that takes 8 weeks to mature should be moved into flower at about the same time as the treated plant. A target plant that finishes in 6 weeks needs to be moved into flowering later so it does not finish before the seed can be fully mature. If you choose to spray only a branch this can be left a little longer while the rest of the plant is harvested first.

#### **Effects:**

Within a few days of spraying a plant with the STS you will notice a yellowing of the leaves. This effect persists for two weeks or so after which the leaves return to a green color. The plant otherwise is and seems happy. Growth will stop after the STS are applied but will resume after 10 days or so. After 2 weeks the treated plant begins to form male flower clusters, not just a few clusters but complete male flower tops. You may still see the odd pistillate flower from the female but overall it will be male flower clusters forming.

When the treated plant looks like it maybe ready to release pollen, about 3-4 weeks after being in the flowering room then move the target plants into range of the treated plant and allow pollination to occur this phase takes no more than a 4 or 5 day period. After some few weeks more the results of the target plant will be clearly visible. Mature seeds harvested will be female and will need between 2 to 4 weeks to harden off before being used or sold.

## Why do Seed Companies see the need to make and sell female seed?

Obviously companies of all types in this world exist to bring a product to the market place and to gain financial rewards from doing that. Basically you make a good product the world wants and is willing to pay for...you will become financially successful with time. Considering most growers are not breeding plants and their interest is really with the female expression of the plant...growing a flower . It is the female flower that contains most of the active cannabinoids that give cannabis its medicinal properties and the male plant that produces pollen to fertilize the female plant to make seed.

That means that anyone or company who treats the selected female plant with the STS can have female seed ready within a few months. The seed will produce female plants for the grower and this will satisfy a lot of growers. Seeds are sold a little more expensively than traditionally made male to female seed, as their demand allows for that.

Growers have put a large demand on Seed companies to produce feminized lines to the traditional lines they have been offering for the same reasons in the end; the growers wish to grow female versions of their favorite strains without getting males producing seed in their flowering rooms.

The concern that should be made aware is the fact that natural male plants and their pollen will be moving out of production in lure of chemically treated feminized males. This will cause repercussions with breeding in the long run and possibly cause serious diseases or infertility to future generations. At this stage there is no long term studies so it is impossible to foresee or predict. But for the moment people run to buy feminized seed and companies who cannot select special natural male plants based on traits and genetics like their female plants get it easy...by only having to use females treated with solutions. It will slowly cause regulations to fall and anyone who can follow a procedure the ability to produce female seed on their plants without needing seed companies any longer. Reducing the grow rooms to only keep female plants will reduce the overheads of seed companies in time as all females plants will be potential males, thus reducing wasted plants. In fact it will increase profits to those who make seed as well as increase flower production in those who prefer to grow only for flowers. But it will also mean that seed companies who used true breeding lines will be open to copying or making female seed from their F1 seed sold. In fact new seed companies who know nothing of breeding will be arriving on the scene offering a favorite true breeding F1 seed as a female seed, without ever having to leave their grow rooms. Nothing will remain sacred and original seed breeders will move to the back ground. Inevitably diversity will reduce and all plants will begin to resemble the same things. Instead of finding a special plant like with true breeding lines and landraces it will be a good average plant ...the future will reveal the happy average rather than the one in a million.

So as you can see without being definitive, breeding will suffer in the name of mediocrity and diversity with reduce to a point where all people will have similar things no matter what company they buy from. As a breeder it spells Doom, but who knows the way it will go in the years to come. Who knows what else this process has up its sleeve and what diseases it will be suscepti-



Female pistil is were the seed will develop once it is pollinated



Cloning a known female plant allows you to replicate the feminized process easily



A sketch of a male flower ready to drop pollen



Male flower with resin glands

ble to in future generations? No one can really answer these things from where we stand at this moment, but if the history of man is anything to go by, fast results with maximum profit along with disregard for consequences is not a good combination for the long term.

As a person involved very much in the field of Cannabis seed, my advice would be to grow a flower from feminized seed but never introduce it into the gene pool through breeding lines. Time is the real test and at present it is early years. Keep a healthy skepticism but do not be ignorant. As time progresses we will see how this relatively new phenomena progresses and unfolds, until then refer to the online forums to keep up the discussions world wide on this topic. Communication in real time with real ongoing seed trials with real growers will be revealing and probably the best test over the oncoming years.









Seed forming in a female flower after it has been naturally pollinated by a separate male plant



Stress induced hermaphrodites occur naturally



Cloning a known female is the beginning of making feminized seed strains



A male plant towers over a true female plant in a breeding room to ensure pollen is wide spread



The beginning of a male flower on a female flowering plant



#### **SIGN UP NOW!**

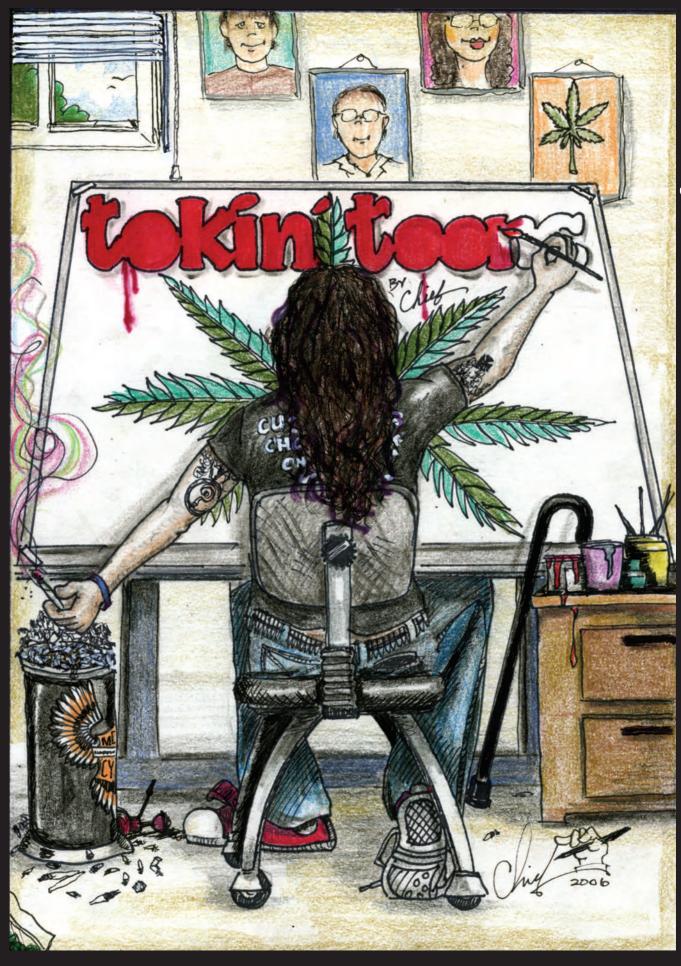
Treating Yourself & West Coast Growers are pleased to announce a very special contest open to all valid medical marijuana patients and caregivers WORLD WIDE...



#### **Contest Rules:**

- 1. Must have a valid licence to grow.
- 2. Must have reached the age of consent in your state, province or country.
- **3.** No purchase is necessary to enter. Hand drawn facsimiles of entries will be accepted. Mechanical reproductions will be accepted
- **4. Value of prize \$5,000USD\*** (\*Includes equipment, shipping, travel expenses for set up person, max 3 days set up)
- 5. You must have space in your living quarters as this prize is to set up a grow room and NOT a grow closet.
- **6.** Must not be a commercial grower.
- 7. Contest runs from Jan.1/08 till Dec.20/08
- 8. Entries must be received no later than midnight December 20, 2008
- **9.** Treating Yourself and contest sponsors are not responsible or liable for entries that are lost, misdirected, delayed, destroyed or lost in delivery.
- **10.** Entries that are late, incomplete, illegible, damaged, irregular, have been submitted through illicit means, or do not conform to or satisfy any condition of the rules may be disqualified.
- 11. Winners will be notified by telephone, Email and announced in Treating Yourself Magazine.
- **12.** Treating Yourself and contest sponsors are not liable for any damages or injuries as a result of participation in any contest or as a result of attendance at events where prizes may be awarded.
- **13.** Chances of winning depend on the number of eligible entries received.
- **14.** Treating Yourself reserves the right to amend these rules as and when they deem necessary. Rules may change from time to time in any given contest. Treating Yourself and contest sponsors are not responsible for any typographical, production or distribution errors that may occur during the contest or in any contest material.
- **15.** Decisions of Treating Yourself and contest sponsors are final in all cases.
- 16. Prizes must be accepted as awarded and cannot be transferred, assigned or redeemed for cash. Contest sponsors reserve the right to substitute a prize of equal or greater value if the described prize cannot be awarded for any reason.
- 17. The Sponsors are not responsible for commencing, continuing or completing the contest in the event of circumstances beyond their control. The Sponsors reserve the right to cancel or modify the contest if, in their sole discretion, they determine that the contest is not capable of being run as originally planned for any reason (such as tampering, fraud, technical failures, printing or distribution errors or any other causes or occurrences have compromised the fairness or integrity of the contest).
- **18.** All entries become the sole property of Treating Yourself and cannot, nor will not, be returned for any reason. All entries will be destroyed four weeks after conclusion of the contest.
- 19. This contest is subject to the laws of Ontario and the federal laws of Canada as may be applicable.
- 20. By entering this contest, you acknowledge that you accept and will abide by these rules and regulations.

Mail entries to: Treating Yourself • c/o P.M.G. • 250 The East Mall • P.O.Box 36531 • Etobicoke, Ontario • M9B 3Y8









magazineTY11master 18.2.2008 18:43 Page 95



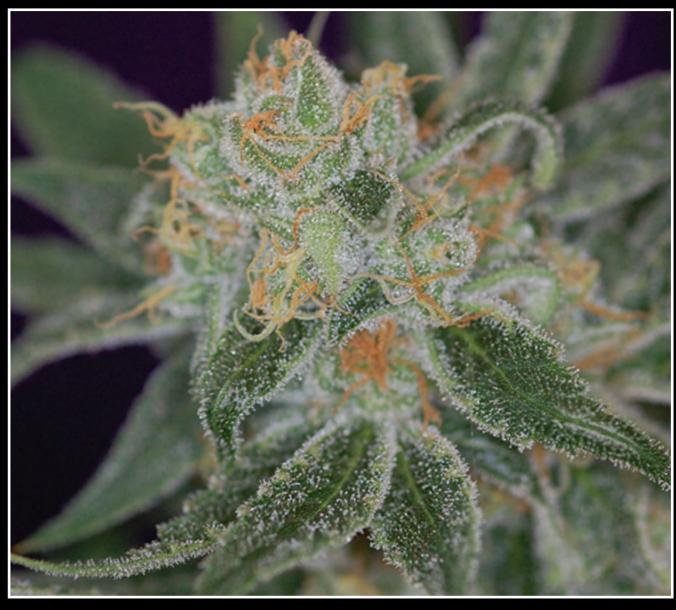


Romulan is one of those strains that has almost mythical status among growers and when I started doing research I found out there is not that much info available. First off I dug around at the old BCGA website and found this:

"It has been one of Vancouver Island's best kept secrets for a few years. Up till about 18 months ago, Romulan Joe from the island was all Vancouver knew of Romulan. Then I showed about 18 months ago at HBC with some bud and photos looking for advice about good genetics to cross it with. Boy did I create a commotion. I was offered some serious dollars for a clone. I said no but that I would be happy to work something out with some seeds.

For you breeders, take note that 18 months ago, Vancouver breeders did not have access to Romulan genetics. At that time both the Romulan that Joe was bringing to Vancouver and my Romulan was the same bud. About six months ago I returned and Vancouver's Romulan was now more potent than mine but had lost some of its flavor". Vic High

It's no secret that Vic is one of my favorite breeders and the fact he worked with Romulan already makes it special and then this year I was lucky enough to meet someone that has the cut and grows it in a green house each year. The first bud I sampled was really impressive with a perfume oily smell that really got my attention from the very first bong hit. Pure Romulan is supposed to be a very stable plant that produces very uniform F1 hybrids. This combined with its amazing flavor prompted us to create a Hybrid using this clone only female Romulan and Space Queen. This will lock down the Romulan traits in large numbers and add some of the Romulan Funk to the sibling outcross. When we first got a cutting of the Romulan I was surprised at how slow it grew and initially I got a very poor yield but as I got to know her I learned she liked a lot of attention requiring additional time in veg and lots of shaping and bondage to form multiple tops and a wide bush. The first time I budded her I did not give her ample vegetive time and my yield was very low. I almost culled the plant but the smoke tasted so good and



the buzz was so pleasant that I gave her another chance and asked Jem777 for another cutting. He was running out of room at his grow so instead of a cutting he shows up with a 24" trained bush complete with LST and bondage. I had no room in the budding area so I continued to veg her until she was like 40" tall with 6 heads by the time my crop finished and I made room for her. I placed her under the 400 watt HPS with side lighting from both 1000 watt hoods on the sides and she just loved the cool temps and 1200 PPM of co2 I run in my bud room. She packed on the buds by week six and the smell was just unbelievable anytime you got close to her at all the fuck would just drift over and slap you in the face. She started fading around 50 days so I topped dressed the container with super soil and fed her some organic bloom solution as well as loading her with sugars. She continued to mature and by day 60 she was carpeted with oily resin glands that were about 40% amber telling me she was ready to harvest.

Using this method I was able to increase her yield to just

under 5 ounces in Super Soil. Romulan has quickly become one of our new favorite night time smokes. It has a awesome flavor and the Indica make up is perfect for un winding in the evening hours. It tends to bring on the munchies and a session is usually followed by a chocolate snack. Romulan will be staying around here as stash and also as one of our new mother plants.

- 1) Phenotypes Clone Only
- 2) Height- Short stocky branchy plant
- 3) Yield- better than average with proper training
- 4) Indoor/Outdoor/Greenhouse
- 5) Best way to grow- Multiple topping and training into a wide bush
- 6) Harvest Window- 8 weeks
- 7) Sativa/Indica 30/70
- 8) Hybrid- BGCA Original
- 9) High type- Heavy and comforting great for sleep and relaxation
- 10) Smells Floral and Oily with a spicy pine after taste.
- 11) Comments Thanks Vic High!

## In the distressing times of today with so many sick people the need for fine cannabis genetics worldwide was needed. A small group of cannabis breeders united and developed the finest medical cannabis possible and the dankland country side, a sound that hasn't been heard in ages. A squadron of cannabis green ffu corsairs. ultimate delivery method was born. The sound of roaring engines appeared on the horizon in the rural WE DROP THE DANK Keep your eyes in the sky and watch as they spread the seeds that will heal the nations. AVENGERS THE GREEN NINW.CANNASEUR.CON SPREADING THE BEAND THE TON SECOND IN ססלל (ס)ובו לבפ ללסס MEGN N GREEN

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## Dalat F2 By Ally (aka pflover) "Preserve Neural Plasticity!"

#### **Grow Report**

I started with 5 F2 Dalat seeds descended from Di-Wee-Datal's original stock. Back in the day, Di-Wee gave one of my friends about 20 F1 seeds from his first crossing of his best male and female. Only a few made it un-crushed to my friend and from these he was able to produce the seeds he gave to me. I started these 5 seeds by utilizing a Kitchen-Top Sprouter placed on a small reptile-heating pad. (Kitchen-Top Sprouter.)

I attempted to germinate all 5 but only 4 cracked open and expressed tap roots. Within 36hrs all 4 had tails at least 3/8ths of an inch long and were planted in 6 once yogurt cups filled with dampen soil of my regular blend. It only took another 36hrs for the last one to sprout but 3 had sprouted by 24hrs from being placed in soil. During this time the yogurt cups were sitting on the heating pad. Upon sprouting each yogurt cup was placed directly under 20watts of fluorescent light per square foot. They remained under fluorescents 24hrs a day for 15 days during which time they grew 4.5-5 inches.



#### D1-D4 29 days after germ









For the next 16 days they vegged under a 400w HPS lamp in an air-cooled hood with a 20/4 light cycle. Once moved under this light I began feeding them with my regular dosage of Pure Blend Pro (PBP) Grow formula but I left them in the yogurt cups. Over this time they grew another 5-7inches. On the 16th day of veg I took a cutting off the top of each plant just above the second set of real leaves. All four seemed to be strong rooters and produced a healthy clone from this one cutting.

#### D1-D4 after topping









After I took the cuttings I placed them in my flowering chamber under a 1000w HPS lamp in an air cooled hood on a 11.5/12.5 light cycle. After being topped they started out in the flowering chamber at about 6 inches tall. A week later I transplanted them into quart-sized containers.

#### D1-D4 7 days flowering









Over that week the 4 branches on each plant had grown an average of 2 inches apiece. At this time I also reduced the light cycle to 11.25/12.75. Around then I began calling them D1, D2, D3, and D4 based on the order I had been taking their picture. At 28 days into flowering all plants had grown 12-15 inches and I transplanted D1, D2 and D4 into 3-gallon pots.

#### D1-D4 4 weeks flowering











D3 was left in the quart pot as it first expressed male flowers and then female flowers later. The other three appearing to all be girls. I also stopped feeding them just PBP Grow and started a mixed regiment of 50/50 PBP Grow and Bloom For Soil. By day 42 of flower I had stopped using the PBP Grow completely and was watering every other time with a 1800-2100 ppm PBP Bloom. At 56 days I reduced the light cycle to 11/13 and accidentally gave them a moderate dose of PBG Grow but this did not appear to effect things too negatively.

I collected pollen from D3 around day 42 to day 56 of flowering. For the rest of its time in the flowering chamber I did my best to trim male flowers before they expressed pollen. Male flowers from this plant had some visible trichomes and smoking all harvested pollen sacks in one hit produced a noticeable buzz. The female flowers on D3 appeared to have the largest trichomes expressed in the highest density of all 4 plants



at maturity. It's calyxes were tinted shades of fuchsia and lavender. On male dominant branches the calyxes were sparsely spaced but the stem between them was also trichome covered. The female sections were comparatively tight, colorful and sparkling buds coming off the main stem.

D3 at harvest week 12 D3 calyxes at harvest This plant appeared mature at 84 days of flower and was harvested. At approximately 60 days into flowering pollen form this plant was used to pollinate a single lower branch on each of the three other plants. This pollination produced approximately 50-100 seeds on each of the three girl plants. I never transplanted D3 out of the quart sized container. It readily revegged upon being placed under a 20/4 light cycle.

Of the three girls D1 hit budset first at 65 days. I define budset as the point at which new bud growth becomes more prominent than new stem growth. Another way to think of this is as the point at which early flowering stretch ends. The next plant to reach budset was D4 at 69 days with D2 topping out at 76 days. As you might expect, D1 was shortest and D2 ultimately the tallest. All this fast early growth was very healthy; growing faster than bug damage could keep up with. I had for sometime been fighting off infestations of black aphids, gnats, and thrips and was holding my fingers that they would not become an issue over this unusually long grow.

Over the next 8 weeks or so the buds filled out. D1 produced large 12 inch plus colas on all four for its main stems. These were long thin Christmas tree shaped fingers of fluffy bud that by the end and began to challenge the ability of their supporting stems to hold them up. The colas on this plant were the most distinctive as colas. The trichome density on D1 was moderate to high but the trichomes were small and did not swell to the same size as those on D2. The spread of trichomes from calyxes to bud leaves was also minimal. D1 reached 47 inches from the soil at the end of flower (41 inches stretch).

#### D1 harvest day pre-trim

#### post-trim colas



#### post-trim calyxes



D2 produced clusters of long wispy fingers of bud that were beyond fluffy. Some people would probably say the buds on D2 ran. For me this is hard to determine since I never had the chance to compare them to buds of the same plant grown outdoor. This plant had the least distinctive colas. It was also the most nitrogen sensitive plant and as a result the leaves growing out of the buds were curled like ram's horns, giving the bud structure a very unique and visually appealing appearance. Of the three girls D2 had the largest trichomes and probably the highest density/greatest spread of trichomes. Trichomes on this plant actually matured and turned amber on the older calyxes but this was the only plant on which the phenomenon occurred. D2 had grown to 54 inches tall by the end of flower even with the tallest branch being bent 7 inches from the top at one point (48 inches stretch). D2 probably had the lowest yield at approximately 150g-160g.

#### D2 harvest day



cola



close up

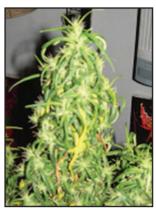


D4 had the densest buds and possibly the greatest yield (though I have yet to process these plants entirely and do not yet know their final yields). By and large, D4 also had the smallest cola structures. The buds on D4 were rounder and more bulbous than those on either the other two girls. It too expressed some of the same ram's horn leaves as D2 but to a less dramatic degree. One of the lower two stems of the main four stems on D4 started to grow a

flattened "ribbon-like" stem morphology which resulted in an especially large cola bud on this side. D4 produced the least trichome spread, the lowest trichome density, the least mature trichomes and therefore the smallest trichomes. D4 reached 49 inches tall at the end of flower (43 inches stretch).

#### **D4 Harvestday**





#### cola

By week 16 the bugs had begun to take their toll on the plants. As a result of the weakened ability to fight off infection due to bug damage the lower leaves began to develop a rust infection. Over the next two weeks the infection became critical, threatening buds and thus requiring that I harvest D1 and D4. Because it had taken longer to reach budset D2 was allowed to mature another week before it was also harvested. The total flowering time for D1 and D4 was 126 days, 133 for D2. D4 was harvested strait out, cut at the trunk. Due to grower error and neglect all the clones I had taken at the beginning of flower died from a combination of being root bound and developing severe rust infections. As a result, I tried to reveg both D1 and D2. If it were not for ineffectively fighting off the rust infection reveg would have

been successful on both plants. Ultimately, I lost live versions of all my dalat plants and am only left with the seeds I made with the hermie.

I would not grow D4 again as it was only moderately potent at best. However, had I been able to save one or both of D1 and D2 I would definitely have grown them again. D3, the hermie, I would have grown at least once again for another harvest of pollen but the bud form this plant was pleasant and potent enough to be worth the effort as well. D3's effect profile is very similar to that of the other 3 plants yet it matures in about half the time. It's potency may not be quite on the same level as D1 and D2 but it appears to have significant levels of THCV based on effect and as a result produced a very interesting modulation to the effect profile of other plants. D3 was also the most colorful but D2 produced similar hints of pinks and lavenders as were seen in D3 just less vibrantly. D1 and D4 were pretty much devoid of such color variations. The buds on all 4 plants had easily fracturing calyxes which means they break apart easily.

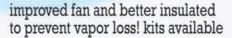
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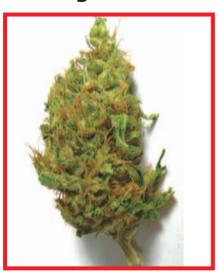
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For all smoke reports 0.3g was smoked. The effect was compared to 0.3g Catalyst as reference for moderately strong cannabis with an over all sativa effect profile for most consumers

By Ally (aka pflover)
"Preserve Neural Plasticity!"

#### **Catalyst**



The smoke is a little acrid and some find it harsh. The effects come on fast. Within the first hit or two a soft frontal lobe and facial tingle sets in. Focus, especially on internal thoughts becomes enhanced. Muscles appear to relax about the same time as pain relief in back becomes apparent. The tingling of face settles into a numbing of lips, cheeks, teeth and brow-ridge. Mood generally pleasantly elevated but depending on the presence of preexisting sources of anxiety can reinforce this anxiety instead of combat it. Generally does not exacerbate depressive states and can often work

to counter act them. Tingling strongest for only the first 3-5 min after any given hit but residual tingling can appear in waves every 8 min or so after that. After 20 min or so a moderately sedating body effect primarily takes over. At this point the muscle relaxation and pain relief peak.



#### Catalyst was given the following ratings from 1-5 with 5 being the strongest:

Mood elevation: 3
Pain relief: 3.5

Muscle relaxation: 4
Apatite stimulation: 4

Focus: 4

**Mood stabilizing: 3.5** 

**Sedating: 2.5** 

Sleep inducing: 2-4 depending on pre-existing state

Libido: 3.5

Lowering blood pressure: 2.5
Anxiolitic effect: -1 to 1.5
Anti-depressant effect: 3
Introspective aide: 4

Effect on visual perception: 1.5

Over all staying power from single dose: 4

Work stimulant: 4
Potency (out of 10): 8.5

#### Dalat #1 D1 cured



The smell of the crushed bud is of sweet baby carrots and melons. The taste is mostly of chlorophyll but the fruit quality can also be detected. The initial effects come on fast and STRONG! There is a distinct stimulating rush of effect onset. This rush consists of a intense energy in the brow and behind the eyes. Eyelids tend to open and not droop on effect onset. Initial rush lasts only 3 min or so and then intense buzzing begins to disperse starting an the brow and moving down and back across the

face and head and then down through the shoulders and the rest of the body. Intense mood elevation and a spike in libido/awareness of erogenous zones accompanies the rush but does grow stronger as the other physical sensations spread across the body. At this same time there is also a noticeable spike in general energy level and motivation to do stuff is amplified. In a manner reminiscent of descriptions of MDMA, the combination of mood elevation, tactile stimulation, and physical stimulation make the effect lend itself very well to energetically dancing to music. Focus is almost hyper amplified. As smoking continues vision begins to vibrate or shimmer. Based on back muscle pain, muscle tension appears to be increased. Pain appears "inconsequential" but remains apparent. Moving feels good. Color perception seems somewhat heightened and they appear more intense and vivid. Introspection and meditative states only really seem to be aided when dancing or working on medial tasks while listening to music. Mood stabilization is probably minimal but little to no pro-anxiety effects are produce while it produces significant anti-depressant effect. The tactile and other physical effects settle over the body like a warm stimulation sun. The mind is left bright and alert yet able to turn deeper when the environment does not require it's direct attention. Slight increase in muscle tension produces an urge to stretch as effects begin to taper. Even though the effects have staying power the short life of the initial rush can intensify the incentive-salience of smoking more right away for some consumers. As a result using this plant could become habitual/recreational for such users. For some consumers, D1 can rather dramatically increase orthostatic hypotension compared to that commonly seen with other strains. For this reason care needs to be taken when standing after having remained sitting for any period of time.



#### D1 was given the following ratings from 1-5 with 5 being the strongest:

Mood elevation: 5
Pain relief: 2

Muscle relaxation: -1 to 0
Apatite stimulation: -1

Focus: 5

**Mood stabilizing: 1-2** 

Sedating: 0

Sleep inducing: 0 during main effect 3 during residuals

Libido: 5

**Lowering blood pressure: 3** 

Anxiolitic effect: 0-3
Anti-depressant effect: 4

Introspective aide: 2 under most conditions 5 when dancing

Effect on visual perception: 4

Over all staying power from single dose: 4.5

Work stimulant: 5
Potency (out of 10): 9.5

#### Dalat #2 D2 cured



D2 has the largest calyxes of the dalat girls. The smell is pure sweet carrots. The taste is smooth, clean, lightly flavorful and more fruity than that of carrots. The effect is hypnotic with almost instant perceptual changes in vision. There is a colorful shimmer that appears over everything, almost a blue irridecent haze. Sedating of the face sets in next as the eyelids droop and the lips and face tingle like catalyst. This plant is not devoid of energy but is not pure energy like D1. When sitting still

there is no motivation to get up and contentment can settle in. However upon standing dancing and work still are stimulated and awareness of the passage of time can be lost in the act of doing. Physical focus is increase where on D1 one can almost made hyper active. Yet academically oriented focus is impaired to that seen with D1 and as result so is typing. D2 appears to relax muscle tension and and produces reasonably good pay relief. There is some effect on libido but not on the overwhelming level seen with D1. Although consumers who mostly used the indica axis of cannabis effects to judge potency might find D2 significantly stronger than D1it would probably be more accurate to say that they possess similar potencies but with divergent effect profiles. D2 produces a more immediate body sedation with less tactile amplification but stronger muscle relaxation. It is also less intensely euphoric producing a more stable calming mood state. It does produce a slowly peaking stimulation to libido that is on par to that seen with D1. Internal visualization facilitated especially

when dancing. Together D1 and D2 can be mixed to produce a very nice combination where the holes in D1 are filled by D2 and all the positive parts of D1 are boosted by D2. D2 also produces munchies where they are no usually noticed with D1. D2 produces the most cotton mouth so far. Although not as intensely as D1, D2 produces strong orthostatic hypotension in susceptible users.



#### D2 was given the following ratings from 1-5 with 5 being the strongest:

**Mood elevation: 3** 

Pain relief: 4

Muscle relaxation: 3
Apatite stimulation: 3.5

Focus: 3

**Mood stabilizing: 4** 

**Sedating: 3** 

Sleep inducing: 2 initially, 4.5 in residuals

Libido: 4

Lowering blood pressure: 3.5

**Anxiolitic effect: 4** 

Anti-depressant effect: 4 Introspective aide: 4

Effect on visual perception: 5

Over all staying power from single dose: 3.5 - 4

Work stimulant: 4
Potency (out of 10): 9.5

#### Dalat #3 D3 cured



Calyx size, trichome size and density, and trichome dispersion pattern are all far superior in appearance on the female parts of this hermie plant when compared to the 3 pure girls. Smell is very light but vaguely of carrots. The smoke is acrid but flavorful and is of spicy carrots. Immediate muscle relaxation spreads across the shoulders and upper back. The effect is mildly "jittery" yet hypnotic. When smoked alone, the rush of onset effects observed with the others is not here but a slow steadily building sedating buzz sets in numb

ing both mind and body. There is some stimulation that occurs but most would call it a stoned stimulation. D3 is the best so far for introspection and meditation. Enhanced internal visualization accompanied by access to deeper levels of consciousness and a stimulation of though provide the perfect platform for meditation on self. Interestingly blood pressure seems slightly elevated. D3 smoked the fastest, less hits were taken to finish the bowl.



#### D3 was given the following ratings from 1-5 with 5 being the strongest:

**Mood elevation: 3** 

Pain relief: 2

Muscle relaxation: 3

Focus: 2

**Mood stabilizing: 3** 

Sedating: 3.5
Sleep inducing: 3

Libido: 1

Lowering blood pressure: -1

**Anxiolitic effect: 1** 

**Anti-depressant effect: 2.5** 

Introspective aide: 4

Effect on visual perception: 2

Over all staying power from single dose: 2.5-3

Work stimulant: 1-2 Potency (out of 10): 6.5

#### Dalat #4 D4 cured



D4 has the smallest and least trichome rich calyxes. However its smell is strong. Again the smell of carrots but less sweet with more earthy overtones. The smoke is mildly harsh and heavily flavored with chlorophyll. The other flavors in the smoke are earthy and pleasant. The effects start to come on fairly quickly but lack the rush seen with D1 and D2. Over all the effect is pleasant and basically mood elevating but there is a hint of paranoia/anxiety associated with this one that is by

and large lacking form the others. The degree of intensity of effect for D4 seems noticeably less than that observed with D1 and D2 but stronger than that seen with D3. Where the others produced tingle D4 produces a slight sensation of pressure. Over all the effect is more of a creeper like that seen with D3 than the others, slowly and steadily building to its peak instead of slamming there in a big burst. Focus does not appear to be particularly effected. There is some pain relief but minimal muscle relaxation it seems. Over all the effect leans more toward sedating than stimulating but mostly seems to fall in a middle ground of generalized stasis. Mood stabilization is reasonably strong. Libido if effect is only mildly so. D4 appears to slightly raise blood pressure. It neither aggravates nor alleviates depressive states. It can accentuate an already sleepy state but does not appear to induce sleepiness independently. Of the 3 girls D4 also produces the least visual effects. The over all effect of D4 is not dissimilar to better quality bricked Mexican weed. There is some degree of boost

in introspection and meditation as the effect peaks but this appears to be more a byproduct of the sedation than anything else. D4 does not appear to produce any general amount of motivation to get up and work but does not produce a need to sit either. Over all the effects of D4 are subtle compared to D1 and D2. Relaxing on a mental level, mild on a physical level.

It has been a genuine pleasure working with Dalat for the last 6 months. Over all I am sad that neither D1 nor D2 survived as working with them further would have been a pleasure but at least there are seeds from both. This was a challenging grow but for both the experience and the resulting yield it was well worth the extra effort. I would like to thank all those that made it possible! You know who you are.



#### D4 was given the following ratings from 1-5 with 5 being the strongest:

**Mood elevation: 3** 

Pain relief: 3

Muscle relaxation: 2

Focus: 1

**Mood stabilizing: 4** 

Sedating: 4

Sleep inducing: 3

Libido: 1

Lowering blood pressure: -1 to 1

Anxiolitic effect: -2 to 1.5 Anti-depressant effect: 0 Introspective aide: 2.3

Effect on visual perception: 0

Over all staying power from single dose: 3.5-4

Work stimulant: 2

Potency (out of 10): 7.5



# New Years in AMSTERDAM

by Jay Generation

I sit down to write this article after another dramatic change in life direction. If there's one thing I've learned in this business is that you've got to be flexible. The ability to see things coming is great but the real test is when you don't see them coming and in this business anything is possible. This business being "SEEDS".

When I first got started in the marijuana movement I was inspired by youthful anger against oppression, and my love of great pot flavours. How dare someone tell me I can't smoke pot, and not just smoke a few joints but enjoy countless different flavors. I'm an adult and not hurting anyone by my prolific sampling of marijuana. Damnit! I'm going to grow it everywhere, someone's got to!

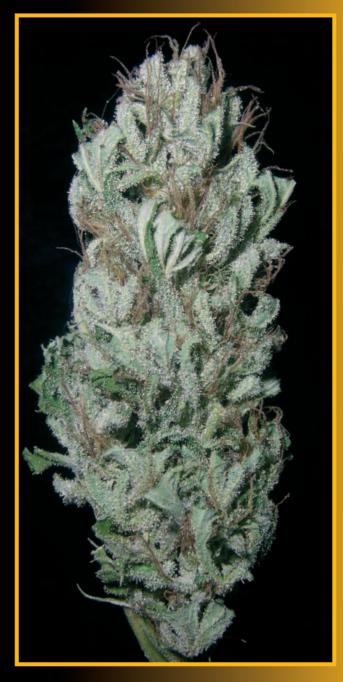
It didn't start as a business quest for me, my goal was to provide so many people with seeds that one day it would become as valuable as carrot seed. Everybody should grow their own stash in their garden with their vegetables or in a small room, this way the criminal element will be completely removed. Only the best breeders and growers that were honest would rise to the top to supply nothing but the best genetics. Pot would be abundant and grown in a safe manner, this is the dream anyway...back to reality.

My war on prohibition has now brought me to Amsterdam, it seems to be the Mecca all good stoners must travel at least once in their lives. As a breeder it's the natural place to display my flavours and introduce them to the world. Couldn't hurt to check it out for a couple of months at least, I could learn something. So we came for the Cannabis Cup and wanted to stay, probably not the first time this has happened.

The political climate in Canada is looking depressing and scary with the Conservative government in power. The string of offences that comes along with supplying people seeds in getting longer, so why not move? Time for a little break of watering after 10 years.







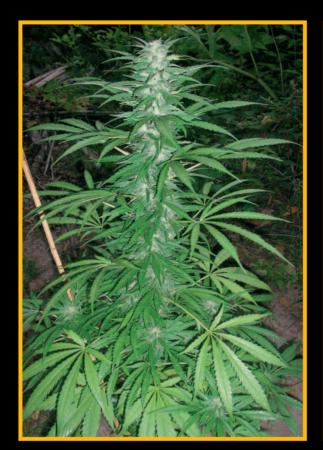


The European growers are really starting to have a big interest in Canadian Genetics. They've had the same old Dutch strains resold to them for the last decade by the Dutch breeders and they seem to be craving new flavours. Canadians have a reputation for breeding hardy outdoor strains that finish early and produce big. Bonkers and Timewarp from BC are finding there way into gardens across Europe as far north as Scotland and Sweden. Perfect time to move to Amsterdam I figure, open a little shop and show people how we do it in Canada.

All was going fine and we had a nice location just a few blocks from the Red Light District. The Cannabis College was around the corner so I spend a few smokey afternoons visiting there. My timing was perfect as they where harvesting several display plants from in the growroom over the holiday's. We sampled some Thia-tanic, and Skunk#1 from The Flying Dutchman along with a few other tasty treats that where so good I can't remember the names. If you're in Amsterdam the Cannabis College is a must see. Great strains grown right there in front of you! Christmas was great but I missed that great Canadian Smoke. My personal pot stash from Canada had long been smoked and now I was down to just Hash. A big bag of Cheese from Big Buddha was nice but only lasted a few days. The Cheese and the Blue Cheese was some of the best local weed I found in the coffeeshops. A few coffeeshops had the blue cheese and it actually burned good. Very hit and miss for quality in the coffeeshops, if you're a fussy smoker like me you'll have to search for the good stash. But that's always fun too even if you get the odd bunk bag. One little coffeeshop worth mentioning while here was the "Media", right next to the Albert Cuyp Market, great organic Hindu Kush buds that I kept going back for. They have all "bio" buds and the price is more fair than the brand name coffeeshops. 22euro for 3.4grams., that's about 35 cdn\$.

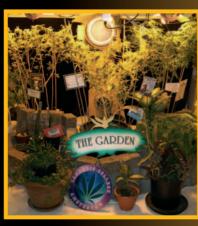
New Years was amazing! The fireworks in Amsterdam at the "Waag" area was intense for several days, all culminating in a huge night of explosions that was inescapable. Smoke filled the air everywhere from fireworks and reefers. Hour after hour it went on like an insurance agents knightmare. The mushrooms helped, I think? Defiantly a

Clockwise from far bottom left: Blue Cheese in a box, Time Warp clone, Durban Next Generation Seed Co.(NGSC), Blue Cheese from Big Buddha





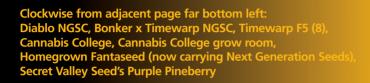














Just a note to seed buyers who are

bold enough to order our seeds into a country like the USA. Thank you for growing and fighting along side us. please remember that if your order is intercepted by border agents and you don't receive it, the distributor is not always the bad-guy. Many of them take a lot of risks to get the seeds to you. Some of our distributors get letters from angry customers who have not received there seed order. About 5 perscent of orders to black market countries get intercepted or have problems, this is prohibition problem not a distributor problem. The distributor is constantly working to get the seeds to you and are always facing on going legal investigations. They are a victim of this war too and a little understanding for the sacrifices they make to provide seeds to unfriendly countries is only fair. It's because of the help of companies like these that the movement is becoming more accepted. Most companies only make very modest profits due to cost of advertising, seed stock, replacing seized orders(very few do this), and paying lawyer and shipping bills. We remind growers out there to recognize the difference between the companies that are rip offs and the one that are working together to help the movement forward. Let's overgrow the statues quo!

night to remember! In the morning it was quiet, for the first time in days. The streets were littered with wine bottles, fireworks, Heineken, and assorted party garbage just like a good party should be. They would never let us have this much fun back in North America is all I could think.

A few days later and only a couple days from opening and now we heard of problems with the landlord, same old story they don't want a "drug" business in their shop. Here in Amsterdam and the pot haters keep hating. Damnit, now what! All I want to do is sell some seeds to the good people of Europe. Can't let this get me down no time for that!

Well, like all good entrepreneurs I plan at least 3 business options at any one time. Plan #1 is just a guideline/ best case scenario. At least 2 back ups plans is a rule I like to live by. Whether its growing, wholesaling or retailing, 1 back up is never enough you better make it 2.

So, on too plan #2: Establish business contacts in Amsterdam and keep looking for a seedshop. Fly down to meet Marco in Barcelona for the Spannabis Expo. Spend a month around Spain spreading Canadian seeds for the planting season, just in time for spring... So much seed so little time!

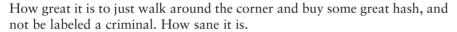
# IN SEARCH OF HASH BY SOMA



Soma's stash box

msterdam is my very favorite city on Planet Earth. One of the reasons is Hash. Lets say you are sitting around on a Saturday afternoon and you want to smoke something that's hard to find in Canada, Hash, or lets say you are in Amerika, and you want some Hash, not California, the rest of Amerika, well Good Luck!

Here in A'dam, as some refer to it, all one needs to do is go to a local quality coffee shop. When a coffeeshop is the quality of Barney's, or the Dampkring, or the Greenhouse, you know you are going to find high quality, the owners are keen to provide the public with the finest they can find, and are proud of it.



Speaking of hash I smoke as much as possible everyday for my good health. Yes, for my good health, having had open heart surgery on March 1st 2005, cannabis is my sole medicine, and when I got my annual check-up in February I had A+ test results, so good that the chief-cardiologist and I talked about doing a clinical study, we will see.

I prefer to make my own hash from cannabis that I have grown myself, sativa's especially. I like using Mila's bubbleator, washing machine, **www.bubbleator.com**. With the correct number of different mesh bags, arranged in the right size bucket and enough ice, and of course the finest of raw materials, it can be Heaven on earth.

Amsterdam started to get free in the late seventies, and by 1985 there were several coffee shops. One of those shops from the good old days is the Katsu. Being one of the very first shops to offer homegrown marijuana in a time when everyone smoked hash and tobacco joints, they have a very fine Hashish menu as well.

On any given day one can wander into the Katsu and peruse through about 20 different choices of hashish, both foreign and domestic. You will find hash from Afghanistan, Nepal, Africa, Morocco, Lebanon, and India, as well as many different local indicas and sativas. The owners are all talented musicians, playing everything from Didgeridoo to lead guitar, and have quite the fine friendship between them. It's so nice to see.



**Organic Red** 



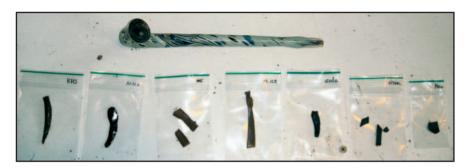
**AK-47** 



Shiva water hash

They run a cozy shop where many locals like to frequent.

The Katsu is located in Amsterdam at 1e van der Helstraat, in the Old South, near the Albert Cuypmarkt. Their official site is **www.katsu.nl.** 



My favorite way to smoke great hash is in a glass pipe with a good grade of stainless steel screen to hold the hash. I also like using jet burner type lighters to smoke it with. The high heat given off makes the hash burn well.

One of the fastest and most definitive ways of testing hash is to burn an edge with a lighter. The finest hash's melt, they are so pure. When the edge is lit and put out, you then waft it in front of your nose to get the smell and a deeper sense of the quality can be achieved. My friend Bubbleman, of, www.bubblebag.com always says, "if it don't bubble, it aint worth the trouble".

Great Hashish to me is one of the true joys of life, helping one to calm down and center ones self, is great for meditation, helps you to investigate your diet in a deeper way, and basically makes you take a longer look at the way you cruise through life's pathways. For recovering from pain, or discomfort, it is wonderful, with no adverse side effects. A person having trouble with their appetite would solve it easily with good hash. It has been used by people being treated with chemotherapy, with good results.

When in a social setting like a party, great hash will definetly liven it up, making any participants friendlier and hungrier.

When in that romantic mood, great hash can help bring two lovers closer, connecting their minds and not just their bodies.

Most of the world is hash ignorant in these modern times, but hash has been around for millennia, and will stay around for it is truly "Holy Medicine".

In Love and Light, Soma www.somaseeds.nl



Katsu's coffeeshop



Katsu's oldest customer



**Bubbling hash** 



Soma at Katsu's









Mr Nice recommends Super Silver Haze, Medicine Man and Early Queen for medical patients.





NEW WEBSITE!

# www.mrnice.nl

All enquires for sales, wholesale and retail, questions about MNS products and an online catalogue with loads of photos plus free helpdesk supporting all MNS growers... moderated by Shantibaba and Howard Marks.



**Strain:** 

### MNS Haze x Early Queen

(tester)

**Breeder: Shantibaba / Neville** 

**Grower:** Prodigal Son **Judge:** Prodigal Son **Date:** Summer 2007



#### 1. Visual Appeal - 8

Rate the visual appeal of the buds from 1-10 unappealing-excellent.

#### 2. Visible Trichomes - 8

Rate the visible trichome content from 1-10 none-totally covered.

**3.** Use an X to indicate the colors that are present in the trichome heads under magnification or list the percentages of each color for a more precise report. Leave these fields blank if you do not have a powerful magnifier.

	COIOI	/0
Clear	[x]	[10]
Cloudy	[x]	[50]
Amber	[x]	[40]
Dark	[]	[ ]

**4.** Mark with X the colors that are present in the buds or rate presence on a scale 1-9 light-dark.

Brown [ ], Green [x], Gold [ ], Blue [ ], Grey [ ], White [x], Red [ ],Rust [ ],Orange [x], Purple [ ], Black [ ]

#### 5. Bud density - 9

Rate the bud density from 1-10 airy-dense.

For samples that are not in their natural state leave this field blank.

**6.** Use numbers 1-9 on descriptors that apply to the aroma of freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.

Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

Ammonia [ ], Earthy [ ], Licorice [ ], Peach [ ], Berry [ ], Floral [ ], Mango [ ], Pepper [ ], Blueberry [ ], Fruit [5], Meat [ ], Petroleum [ ], Bubblegum [ ], Grape [ ], Melon [ ], Pine [ ], Cedar [1], Grapefruit [ ], Menthol [ ], Pineapple [ ], Cherry [ ], Grass/Hay [ ], Mint [1], Rotten [3], Chocolate [ ], Hash [8], Mold [1], Citrus [ ], Iron/Rust [ ], Musk [8], Spice [ ], Coconut [ ], Leather [ ], Nutmeg [ ], Strawberry [ ], Coffee [ ], Lemon [ ], Orange [ ], Vanilla [ ]

#### 7. Aroma - 7

Rate the aroma from 1-10 repulsive-delightful. Use freshly crumbled bud for best results.

#### 8. Seed content - 1

Rate seed content from 0-10 none-fully seeded.

#### 9. Weeks cured - 6.5

If known enter the number of weeks your sample has been cured. If desired repeat SSR after an additional two weeks of curing.



**Strain:** 

# **MNS Haze x Early Queen**

(tester)

**Breeder: Shantibaba / Neville** 

**Grower: Prodigal Son Prodigal Son Judge: Summer 2007** Date:



Please use a clean instrument for the evaluation. Enter information below that will identify the instrument as follows:

Water pipe (enter bong, hooka, bubbler etc), Vaporizer (enter the brand name), Pipe (size-type, ie medium-glass), Joint (enter brand of papers), Other (specify)

Water pip	e: straight 18in. glass with ice	Vaporizer:_	Pipe:	small and large g	lass
Joint:	Other:				

Use numbers 1-9 on descriptors that apply to the taste where a one indicates a subtle presence and a nine indicates a very pronounced presence.

Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

Ammonia [ ], Earthy [4], Licorice [ ], Peach [ ], Berry [ ], Floral [3], Mango [ ], Pepper [ ], Blueberry [ ], Fruit [ ], Meat [ ], Petroleum [2], Bubblegum [ ], Grape [ ], Melon [], Pine [], Cedar [1], Grapefruit [], Menthol [], Pineapple [], Cherry [], Grass/Hay [1], Mint [1], Rotten [1], Chocolate [ ], Hash [2], Mold [ ], Skunk [4], Citrus [ ], Honey [ ], Musk [5], Spice [ ], Coconut [ ], Leather [ ], Nutmeg [ ], Strawberry [ ], Coffee [ ], Lemon [ ], Orange [ ], Vanilla [ ]

Rate your impression of the taste from 1-10 unpleasant-delicious.

State of dryness - 5 Rate the dryness of the bud from 1-10 wet-dry where 5 is ideal.

Smoke ability -7

Rate the smoke ability of the sample from 1-10 harsh-smooth.

Smoke expansion - 8

Rate how the smoke expands in the lungs from 1-10 stable-explodes.

#### **SMOKE TEST COMMENTS:**

Not the best tasting bud I have ever had, but very unique and not harsh. Strong aftertaste left like bad trail mix. Very smooth transition into buzz after 3 or 4 hits.



#### **FOLLOW UP QUESTIONS**

#### 1. Dosage - 3 to 6

Enter the number of hits taken to reach desired effects.

#### 2. Effect onset - 7

Rate how quickly the effect hit from 1-10 immediate-major creeper.

#### 3. Sativa influence - 7

Rate the sativa influence detected from 0-10 none-extreme. Sativa influence is best described as a clear and energetic mental effect.

#### 4. Indica influence - 3

Rate the indica influence detected from 0-10 none-extreme. Indica influence is best described as a sedative, lethargic or numbing effect that affects the body.

#### 5. **Potency - 10**

Rate the potency of the sample from 0-10 none-devastating.

#### 6. Duration - 3

Indicate the number of hours the effects lasted.

#### 7. Tolerance build up - [ ]

Rate how quickly tolerance builds from 0-10 none-rapid. Leave this field blank if you have not used this sample repeatedly.

#### 8. Usability - [ ]

Rate on a scale of 1-9 where a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day. Leave field(s) blank if you have not yet formed an opinion.

Morning - wake up [1], Day - work [4 \*a bit spacey but if your a pro like me...] Evening - relax [5], Night - sleep [0]

#### 9. Overall satisfaction - 10

Rate your overall satisfaction from 1-10 poor-Holy Grail.

#### 10. Ability and conditions-[]

11. Judging from the sample alone do you personally consider this strain a keeper for long term use?

#### Yes [\* My new favorite buzz of all time!] No [

**12.** Rate the noticable effects on a scale of 1-9 mild-severe. Take care to use the appropriate column for your response. Delete the existing space when recording your entry to maintain the columns in alignment. In all cases these casual observations should not be construed as medical advice.

#### **Effect**

What effect did the strain have check ₱+ off if the you got a POSITIVE effect and check ₱- if you had a NEGATIVE effect

	-	FT
Appetite	[]	[]
Anxiety relief	<b>[2</b> ]	[]
Paranoia relief	<b>[2</b> ]	[]
Sex drive	[]	<b>[6</b> ]
Sleep	[9]	[]
Pain relief	[]	[]
Ability to rest or sit still	[]	[]
Thought process	[]	[8]
Speech process	[4]	[]
Imagination/creativity	[]	[9]
Humor perception	[]	<b>[5</b> ]
Visual perception	<b>[5]</b>	<b>[5</b> ]
Audio perception	[]	[9]
Taste perception	[]	[]

#### **FINAL COMMENTS:**

My first experience with a sativa dominant variety I actually liked- in fact I love it! Not the best tasting but smooth none the less, a real trippy and spacey stone that is not for the uninitiated. I have smoked only on 5 occasions and it surprises me with it's potency every time. A feel it provides a true platform for creative thought as I found myself deep in analytical thought processes when I smoked this tester. A real pleasure. Reminds me of a low grade and low dose LSD trip from a microdot only without the adverse side effects of the crap they cut that stuff with- no jitters!

# www.treatingyourself.com

# The Alternative Medicine Journal is online and growing!

From bud shots to strain guides, this site is packed with information for medical cannabis users and growers.

"TY is my 1-stop for everything I need to live, love and laugh. Where else can I go to find the compassion, friendship and knowledge to live a much better life than I was living before I came here. TY has become a part of my life that is now a necessity for me to live the kind of life that I am living. It has provided a type of freedom. It has shown me how to TREAT MYSELF, and how to pass this knowledge along to the next person who needs to learn how to treat themselves. TY has shown me a better way. TY has also shown me that I am not alone and not the only one who is in pain. Now, loneliness is optional. I could go on and on to tell you what I have been freely given here, the new friends that I have met and the support that always comes from here. I love this place and love all the members. We ARE a family.

~Reddiet TY Member

TY quickly became a second home for me. The care and compassion that goes on here has really changed the way I look at the world these days. I care for my fellow TY members and find myself sharing their joys and sorrows. I have learned a lot, about a lot from my fellow members, and hope to learn much more. I am extremely happy to have found this site (and the people in it) a couple of years ago, and I can't see myself ever walking away from TY and it's members! TY is family!

~Nardwarz TY Member

#### www.treatingyourself.com

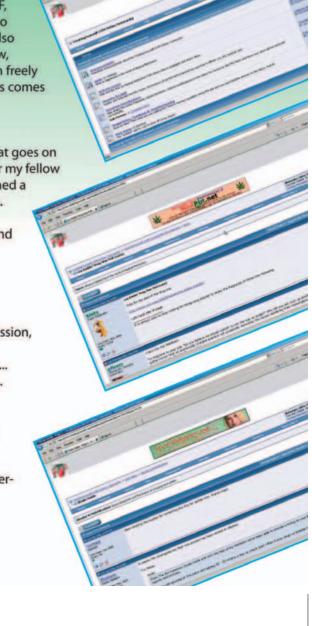
If you are looking for a place that has compassion, and not JUST compassion, but compassion for you...

A place that truly understands what it's like to live with sickness or pain...
A place that can help you to grow your own medicine and grow it well...
A place with a community...

# Then www.treatingyourself.com may be the place you are looking for!

We offer growing advice and tips, great monthly contests, and a membership that sees TY as a family and acts accordingly.

Above all we offer compassion, friendship and a light in the dark!





#### **Strain:**

#### Chem 4

**Breeder:** ChemDog Cut **Grower:** Joe Shmoe

Judge: Slips, Joe Shmoe (icmag.com)

Date: January 3, 2008



1. Visual Appeal - 10, Frosty grey, light green, goldish sparkling buds.

Rate the visual appeal of the buds from 1-10 unappealing-excellent.

2. Visible Trichomes - 10+, Frost everywhere

Rate the visible trichome content from 1-10 none-totally covered.

**3.** Use an X to indicate the colors that are present in the trichome heads under magnification or list the percentages of each color for a more precise report. Leave these fields blank if you do not have a powerful magnifier.

	Color	%
Clear	[ <b>x</b> ]	[10
Cloudy	[ <b>x</b> ]	[70]
Amber	[ <b>x</b> ]	[20]
Dark	ΪÌ	ΪĨ

**4.** Mark with X the colors that are present in the buds or for a more detailed color analysis rate presence on a scale 1-9 light-dark.

Brown [ ], Green [x], Gold [ ], Blue [ ], Grey [x], White [x], Red [ ],Rust [x],Orange [x], Purple [ ], Black [ ]

5. Bud density - 9

Rate the bud density from 1-10 airy-dense. For samples that are not in their natural state leave this field blank.

**6.** Use numbers 1-9 on descriptors that apply to the aroma of freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.

Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

Ammonia [ ], Earthy [2], Licorice [ ], Peach [ ], Berry [ ], Floral [5 ], Mango [ ], Pepper [ ], Blueberry [ ], Fruit [1], Meat [ ], Petroleum [ ], Bubblegum [ ], Grape [ ], Melon [ ], Pine [ ], Cedar [1], Grapefruit [ ], Menthol [ ], Pineapple [ ], Cherry [ ], Grass/Hay [ ], Mint [ ], Rotten [ ], Chocolate [ ], Hash [9], Mold [ ], Citrus [2], Iron/Rust [ ], Musk [2], Spice [4], Coconut [ ], Leather [ ], Nutmeg [ ], Strawberry [ ], Coffee [ ], Lemon [1], Orange [ ], Vanilla [ ], Diesel [6]

7. Aroma - 9

Rate the aroma from 1-10 repulsive-delightful. Use freshly crumbled bud for best results.

8. Seed content - 0

Rate seed content from 0-10 none-fully seeded.

9. Weeks cured - 1+

If known enter the number of weeks your sample has been cured. If desired repeat SSR after an additional two weeks of curing.

#### PHYSICAL EXAMINATION COMMENTS

HIGH YEILD, Outstanding bud to leaf ratio. Excellent for commercial/ personal gardens.



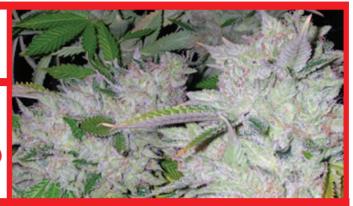
**Strain:** 

Chem 4

**Breeder:** ChemDog Cut **Grower:** Joe Shmoe

Judge: Slips, Joe Shmoe (icmag.com)

Date: January 3, 2008



Please use a clean instrument for the evaluation.
 Enter information below that will identify the instrument as follows:

Water pipe (enter bong, hooka, bubbler etc), Vaporizer (enter the brand name), Pipe (size-type, ie medium-glass), Joint (enter brand of papers), Other (specify)

Water pipe: yes	Vaporizer:	Pipe:
Joint: ves	Other:	-

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

Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

Ammonia [ ], Earthy [2], Licorice [ ], Peach [ ], Berry [ ], Floral [5], Mango [ ], Pepper [ ], Blueberry [ ], Fruit [1], Meat [ ], Petroleum [3], Bubblegum [ ], Grape [ ], Melon [ ], Pine [ ], Cedar [1], Grapefruit [ ], Menthol [ ], Pineapple [ ], Cherry [ ], Grass/Hay [ ], Mint [ ], Rotten [1] Chocolate [ ], Hash [8], Mold [2], Skunk [1], Citrus [2], Honey [ ], Musk [2], Spice [2], Coconut [ ], Leather [ ], Nutmeg [ ], Strawberry [ ], Coffee [ ], Lemon [1], Orange [ ], Vanilla [ ], Diesel [9]

**3. Taste - 9, has a funky Indian diesel curry taste** Rate your impression of the taste from 1-10 unpleasant-delicious.

4. State of dryness - 4

Rate the dryness of the bud from 1-10 wet-dry where 5 is ideal.

5. Smoke ability - 9

Rate the smoke ability of the sample from 1-10 harsh-smooth.

6. Smoke expansion - 9

Rate how the smoke expands in the lungs from 1-10 stable-explodes.

#### **SMOKE TEST COMMENTS:**

Very strong Indica coach lock buzz; comes on fast and strong. Beginner smokers USE CAUTION.

#### **FOLLOW UP QUESTIONS**

1. Dosage - 1 to 3

Enter the number of hits taken to reach desired effects.

2. Effect onset - 1

Rate how quickly the effect hit from 1-10 immediate-major creeper.

R. Sativa influence . 2

Rate the sativa influence detected from 0-10 none-extreme. Sativa influence is best described as a clear and energetic mental effect.

#### 4. Indica influence - 8

Rate the indica influence detected from 0-10 none-extreme. Indica influence is best described as a sedative, lethargic or numbing effect that affects the body.

#### 5. Potency - 10

Rate the potency of the sample from 0-10 none-devastating.

#### 6. Duration - 3-4 hours

Indicate the number of hours the effects lasted.

#### 7. Tolerance build up - 5

Rate how quickly tolerance builds from 0-10 none-rapid. Leave this field blank if you have not used this sample repeatedly.

#### 8. Usability - 9

Rate on a scale of 1-9 where a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day. Leave field(s) blank if you have not yet formed an opinion.

Morning - wake up [5], Day - work [5], Evening - relax [10], Night - sleep [10]

#### 9. Overall satisfaction - 10

Rate your overall satisfaction from 1-10 poor-Holy Grail.

#### 10. Ability and conditions- 9

11. Judging from the sample alone do you personally consider this strain a keeper for long term use?

#### Yes [x] No [ ]

**12.** Rate the noticable effects on a scale of 1-9 mild-severe. Take care to use the appropriate column for your response. Delete the existing space when recording your entry to maintain the columns in alignment. In all cases these casual observations should not be construed as medical advice.

#### **Effect**

What effect did the strain have check P+ off if the you got a POSITIVE effect and check N- if you had a NEGATIVE effect

	N-	P+		N-	P+
Ability to rest or sit still	[]	[9]	Paranoia relief	[]	[8]
Anxiety relief	[]	[8]	Sex drive	[]	[1]
Appetite	[]	[8]	Sleep	[]	[10]
Audio perception	[]	[ <b>2</b> ]	Speech process	[]	[0]
Humor perception	[]	<b>[6]</b>	Taste perception	[ ]	[8]
Imagination/creativity	[]	[1]	Thought process	[ ]	[0]
Pain relief	[]	<b>[9</b> ]	Visual perception	[]	[4]

#### **EXTENDED MEDICAL SURVEY (optional)**

	N-	P+		N-	P+
ADD/ADHD	[]	[0]	High blood pressure/Racingpulse	[]	[]
Alcoholism/Alcohol Abuse	[]	[]	Insomnia .	ΪĪ	ĪΪ
Allergic rhinitis	[]	[]	Itching	ΪĪ	ĪΪ
<b>Amphetamine Dependence</b>	[]	[]	Migraine/vascular headache	ΪĪ	[9]
Anorexia	[]	[]	Muscle Spasm	ΪĪ	ΪĨ
Arthritis/Musculoskeletar pain	[]	[10]	Muscular movement disorders	ΪĪ	ΪĪ
Asthma/Cough	[]	[]	Nausea	ΪĪ	[8]
Bipolar disorder	[]	<b>[7</b> ]	Panic Attack	ΪĪ	ĪĪ
Cancer/Chemotherapy	[]	[]	Peripheral nerve pain	ΪĴ	ĪΪ
Chronic fatigue	[]	[0]	Post traumatic Stress Disorder	ΪĪ	ĪΪ
Depression	[]	[8]	Pre Menstrual Syndrome	ΪĪ	ΪĪ
Diarrhea	[]	[]	Sedative/Opiate Dependence	ΪĪ	Ϊĵ
<b>Drusen of Optic Nerve</b>	[]	[]	Schizophrenia	ΪĪ	Ϊĵ
Epilepsy	[]	[9]	SLE- systemic lupus erythematosus	ΪĪ	Ϊĵ
Glaucoma	[]	[1]	Spasticity in Multiple Sclerosis	īί	Ϊĵ
Hiccough	Γī	F 1			

#### FINAL COMMENTS:

This is pure medicine. Puts novice smokers down for the count. Simply a pleasure to grow and smoke=)



**Strain:** 

**ChemDog 91** 

**Breeder: ChemDog Cut Grower: Joe Shmoe** 

Judge: Slips, Joe Shmoe (icmag.com)

Date: January 3, 2008



- 1. Visual Appeal 10, Compact frosty purple buds, and has a mixed Kush Afghani OG look. Rate the visual appeal of the buds from 1-10 unappealing-excellent.
- 2. Visible Trichomes 10+, Big and everywhere

Rate the visible trichome content from 1-10 none-totally covered.

**3.** Use an X to indicate the colors that are present in the trichome heads under magnification or list the percentages of each color for a more precise report. Leave these fields blank if you do not have a powerful magnifier.

	Color	/0
Clear	[x]	[10]
Cloudy	[ <b>x</b> ]	[80]
Amber	[ <b>x</b> ]	[10]
Dark	[ ]	[ ]

4. Mark with X the colors that are present in the buds or for a more detailed color analysis rate presence on a scale 1-9 light-dark.

Brown [ ], Green [x], Gold [ ], Blue [ ], Grey [x], White [x], Red [ ],Rust [x],Orange [x], Purple [x ], Black [ ]

5. Bud density - 9

Rate the bud density from 1-10 airy-dense. For samples that are not in their natural state leave this field blank.

**6.** Use numbers 1-9 on descriptors that apply to the aroma of freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.

Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

```
Ammonia [1], Earthy [2], Licorice [ ], Peach [ ], Berry [ ], Floral [1], Mango [ ], Pepper [ ], Blueberry [ ], Fruit [1], Meat [ ], Petroleum [ ], Bubblegum [ ], Grape [ ], Melon [ ], Pine [ ], Cedar [ ], Grapefruit [ ], Menthol [1], Pineapple [ ], Cherry [ ], Grass/Hay [ ], Mint [ ], Rotten [ ], Chocolate [ ], Hash [9], Mold [ ], Skunk [7], Citrus [4], Iron/Rust [ ], Musk [1], Spice [1], Coconut [ ], Leather [ ], Nutmeg [ ], Strawberry [ ], Coffee [ ], Lemon [4], Orange [ ], Vanilla [ ], Diesel [9]
```

7. Aroma - 10

Rate the aroma from 1-10 repulsive-delightful. Use freshly crumbled bud for best results.

8. Seed content - 0

Rate seed content from 0-10 none-fully seeded.

9. Weeks cured - 2+

If known enter the number of weeks your sample has been cured. If desired repeat SSR after an additional two weeks of curing.

#### PHYSICAL EXAMINATION COMMENTS

Average yield...beautiful bag appeal. Fills the room with aroma when opening the jar. Smell only contained with air tight seal.



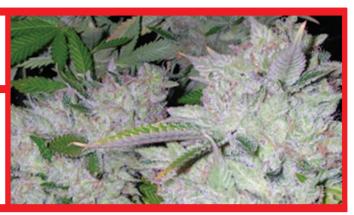
**Strain:** 

# **ChemDog 91**

**Breeder: ChemDog Cut Grower: Joe Shmoe** 

Judge: Slips, Joe Shmoe (icmag.com)

Date: January 3, 2008



1. Please use a clean instrument for the evaluation. Enter information below that will identify the instrument as follows:

Water pipe (enter bong, hooka, bubbler etc), Vaporizer (enter the brand name), Pipe (size-type, ie medium-glass), Joint (enter brand of papers), Other (specify)

Water pipe: yes	Vaporizer:	Pipe:
Joint: ves	Other:	-

**2.** Use numbers 1-9 on descriptors that apply to the taste where a one indicates a subtle presence and a nine indicates a very pronounced presence. Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

Ammonia [1], Earthy [ ], Licorice [ ], Peach [ ], Berry [ ], Floral [1], Mango [ ], Pepper [ ], Blueberry [ ], Fruit [1], Meat [ ], Petroleum [ ], Bubblegum [ ], Grape [ ], Melon [ ], Pine [ ], Cedar [ ], Grapefruit [ ], Menthol [1], Pineapple [ ], Cherry [ ], Grass/Hay [ ], Mint [ ], Rotten [ ] Chocolate [ ], Hash [9], Mold [ ], Skunk [4], Citrus [4], Iron/rust [ ], Honey [ ], Musk [ ], Spice [1], Coconut [ ], Leather [ ], Nutmeg [ ], Strawberry [ ], Coffee [ ], Lemon [4], Orange [ ], Vanilla [ ], Diesel [10]

**3. Taste - 10**Rate your impression of the taste from 1-10 unpleasant-delicious.

**4. State of dryness - 5**Rate the dryness of the bud from 1-10 wet-dry where 5 is ideal.

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

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



#### **SMOKE TEST COMMENTS:**

Very fabulous flavors come together to make this girl an unforgettable smoke. Has a bit of a ride before the couch becomes your best friend.

#### **FOLLOW UP QUESTIONS**

Dosage - 1 to 3
 Enter the number of hits taken to reach desired effects.

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

8. Sativa influence - 3
Rate the sativa influence detected from 0-10 none-extreme.
Sativa influence is best described as a clear and energetic mental effect.



#### 4. Indica influence - 7

Rate the indica influence detected from 0-10 none-extreme. Indica influence is best described as a sedative, lethargic or numbing effect that affects the body.

#### 5. Potency - 10

Rate the potency of the sample from 0-10 none-devastating.

#### 6. Duration - 3-4 hours

Indicate the number of hours the effects lasted.

#### 7. Tolerance build up - 3

Rate how quickly tolerance builds from 0-10 none-rapid. Leave this field blank if you have not used this sample repeatedly.

#### 8. Usability - 8

Rate on a scale of 1-9 where a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day. Leave field(s) blank if you have not yet formed an opinion.

Morning - wake up [5], Day - work [5], Evening - relax [9], Night - sleep [9]

#### 9. Overall satisfaction - 10

Rate your overall satisfaction from 1-10 poor-Holy Grail.

#### 10. Ability and conditions- 9

**11.** Judging from the sample alone do you personally consider this strain a keeper for long term use?

#### Yes [x] No [ ]

**12.** Rate the noticable effects on a scale of 1-9 mild-severe. Take care to use the appropriate column for your response. Delete the existing space when recording your entry to maintain the columns in alignment. In all cases these casual observations should not be construed as medical advice.

#### **Effect**

What effect did the strain have check P+ off if the you got a POSITIVE effect and check N- if you had a NEGATIVE effect

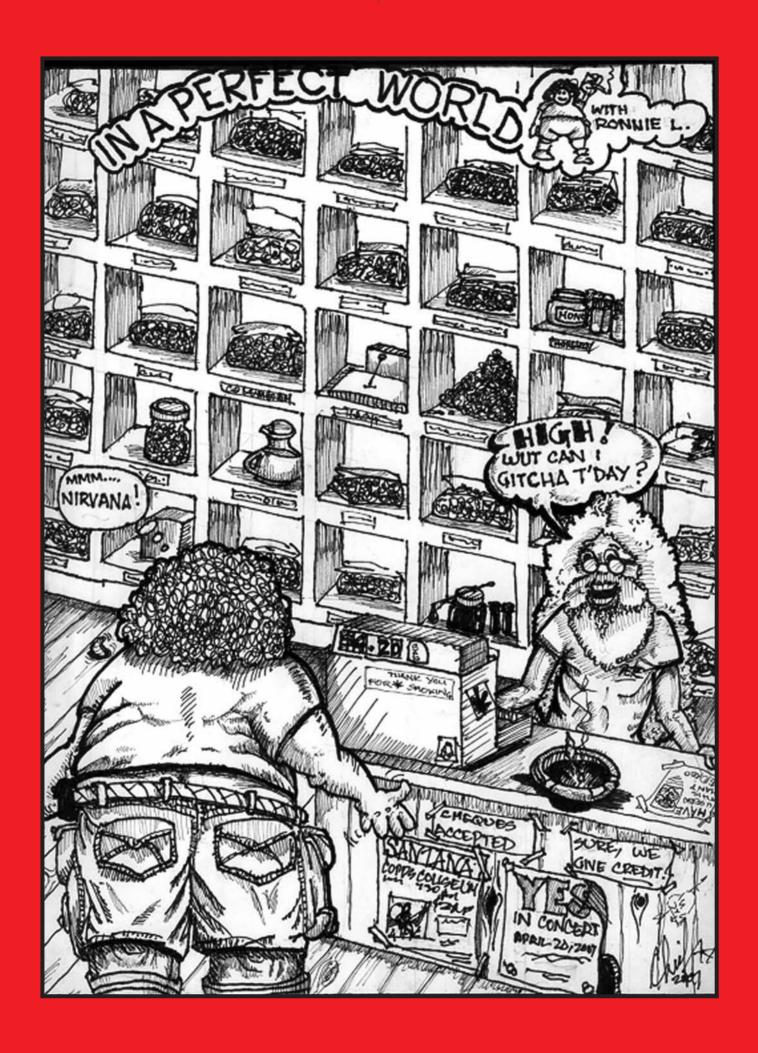
	141-	P+		IVI-	P+
Ability to rest or sit still	[]	<b>[9</b> ]	Paranoia relief	[]	[9]
Anxiety relief	[]	<b>[9</b> ]	Sex drive	[]	[ <b>2</b> ]
Appetite	[]	[8]	Sleep	[]	[10]
Audio perception	[]	[2]	Speech process	[]	<b>[2]</b>
Humor perception	[]	<b>[5</b> ]	Taste perception	[]	<b>[6]</b>
Imagination/creativity	[]	<b>[6</b> ]	Thought process	[]	[0]
Pain relief	[]	[9]	Visual perception	[]	[0]

#### **EXTENDED MEDICAL SURVEY (optional)**

	N-	P+		N-	P+
ADD/ADHD	[]	[9]	High blood pressure/Racingpulse	[]	[]
Alcoholism/Alcohol Abuse	[]	[]	Insomnia	[]	<b>[10]</b>
Allergic rhinitis	[]	[]	Itching	[]	[]
Amphetamine Dependence	[]	[]	Migraine/vascular headache	[]	[8]
Anorexia	[]	[]	Muscle Spasm	[]	[]
Arthritis/Musculoskeletar pain	[]	[8]	Muscular movement disorders	[]	[]
Asthma/Cough	[]	[]	Nausea	[]	[9]
Bipolar disorder	[]	[8]	Panic Attack	[]	[]
Cancer/Chemotherapy	[]	[]	Peripheral nerve pain	[]	[]
Chronic fatigue	[]	[8]	Post traumatic Stress Disorder	[]	[]
Depression	[]	<b>[6]</b>	Pre Menstrual Syndrome	[]	[]
Diarrhea	[]	[]	Sedative/Opiate Dependence	[]	[]
Drusen of Optic Nerve	[]	[]	Schizophrenia	[]	[]
Epilepsy	[]	[]	SLE- systemic lupus erythematosus	[]	[]
Glaucoma	[]	[]	<b>Spasticity in Multiple Sclerosis</b>	[]	[]
Hiccough	[]	[]			

#### **FINAL COMMENTS:**

GREAT smoke...good for personal gardens. Use with caution=)







**Strain:** 

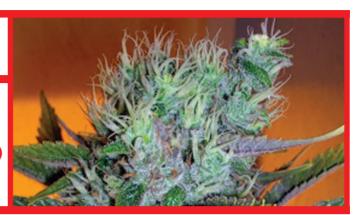
**Kali Mist** 

**Breeder: Serious Seeds Pre 98** 

**Grower: Joe Shmoe** 

Judge: Slips, Joe Shmoe (icmag.com)

Date: January 3, 2008



1. Visual Appeal - 10, Perfect FAT Frosty Sativa buds.

Rate the visual appeal of the buds from 1-10 unappealing-excellent.

2. Visible Trichomes - 9+, Frost everywhere

Rate the visible trichome content from 1-10 none-totally covered.

**3.** Use an X to indicate the colors that are present in the trichome heads under magnification or list the percentages of each color for a more precise report. Leave these fields blank if you do not have a powerful magnifier.

	COIOI	/0
Clear	[ <b>x</b> ]	[10]
Cloudy	[ <b>x</b> ]	[80]
Amber	[ <b>x</b> ]	[10]
Dark	[ ]	[ ]

**4.** Mark with X the colors that are present in the buds or for a more detailed color analysis rate presence on a scale 1-9 light-dark.

Brown [ ], Green [x], Gold [ ], Blue [ ], Grey [ ], White [x], Red [ ],Rust [x],Orange [x], Purple [x ], Black [ ]

5. Bud density - 9

Rate the bud density from 1-10 airy-dense. For samples that are not in their natural state leave this field blank.

**6.** Use numbers 1-9 on descriptors that apply to the aroma of freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.

Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

Ammonia [ ], Earthy [7], Licorice [ ], Peach [ ], Berry [3], Floral [7], Mango [ ], Pepper [ ], Blueberry [2], Fruit [ ], Meat [ ], Petroleum [ ], Bubblegum [ ], Grape [ ], Melon [ ], Pine [ ], Cedar [1], Grapefruit [ ], Menthol [ ], Pineapple [ ], Cherry [ ], Grass/Hay [ ], Mint [ ], Rotten [ ], Chocolate [ ], Hash [9], Mold [ ], Skunk [ ], Citrus [2], Iron/Rust [ ], Musk [3], Spice [6], Coconut [ ], Leather [ ], Nutmeg [ ], Strawberry[ ], Coffee [ ], Lemon [ ], Orange [ ], Vanilla [ ], Diesel [ ]

7. Aroma - 10

Rate the aroma from 1-10 repulsive-delightful. Use freshly crumbled bud for best results.

8. Seed content - 0

Rate seed content from 0-10 none-fully seeded.

9. Weeks cured - 8+

If known enter the number of weeks your sample has been cured. If desired repeat SSR after an additional two weeks of curing.

#### **PHYSICAL EXAMINATION COMMENTS**

Heavy yielder. Beautiful, colorful flowers...easy to clone. What A BEAUTIFUL PLANT!



**Strain:** 

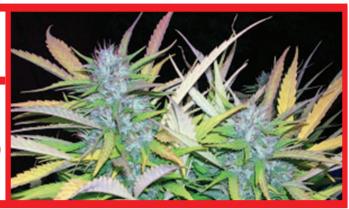
### Kali Mist

**Breeder: Serious Seeds Pre 98** 

**Grower: Joe Shmoe** 

Judge: Slips, Joe Shmoe (icmag.com)

Date: January 3, 2008



1. Please use a clean instrument for the evaluation. Enter information below that will identify the instrument as follows:

Water pipe (enter bong, hooka, bubbler etc), Vaporizer (enter the brand name), Pipe (size-type, ie medium-glass), Joint (enter brand of papers), Other (specify)

Water pipe: <u>yes</u>	_ Vaporizer: <u>yes</u>	Pipe:
Joint: <u>yes</u>	Other:	

**2.** Use numbers 1-9 on descriptors that apply to the taste where a one indicates a subtle presence and a nine indicates a very pronounced presence. Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

Ammonia [ ], Earthy [7], Licorice [ ], Peach [ ], Berry [3], Floral [7], Mango [ ], Pepper [ ], Blueberry [2], Fruit [ ], Meat [ ], Petroleum [ ], Bubblegum [ ], Grape [ ], Melon [ ], Pine [ ], Cedar [1], Grapefruit [ ], Menthol [ ], Pineapple [ ], Cherry [ ], Grass/Hay [ ], Mint [ ], Rotten [ ] Chocolate [ ], Hash [9], Mold [ ], Skunk [ ], Citrus [2], Iron/rust [ ], Honey [ ], Musk [3], Spice [6], Coconut [ ], Leather [ ], Nutmeg [ ], Strawberry [ ], Coffee [ ], Lemon [ ], Orange [ ], Vanilla [ ], Diesel [ ]

3. Taste - 10

Rate your impression of the taste from 1-10 unpleasant-delicious.

4. State of dryness - 5

Rate the dryness of the bud from 1-10 wet-dry where 5 is ideal.

5. Smoke ability - 10

Rate the smoke ability of the sample from 1-10 harsh-smooth.

6. Smoke expansion - 3

Rate how the smoke expands in the lungs from 1-10 stable-explodes.

#### **SMOKE TEST COMMENTS:**

(HIGH THC VALUE Beginners BEWARE). Unforgetable High taste and smell. The smell/taste, is so unique, you can walk into the room and instantly KNOW someone was smoking KaliMist there. Our Favorite Sativa Hands down.

#### **FOLLOW UP QUESTIONS**

1. Dosage - 1 to 3...All day long

Enter the number of hits taken to reach desired effects.

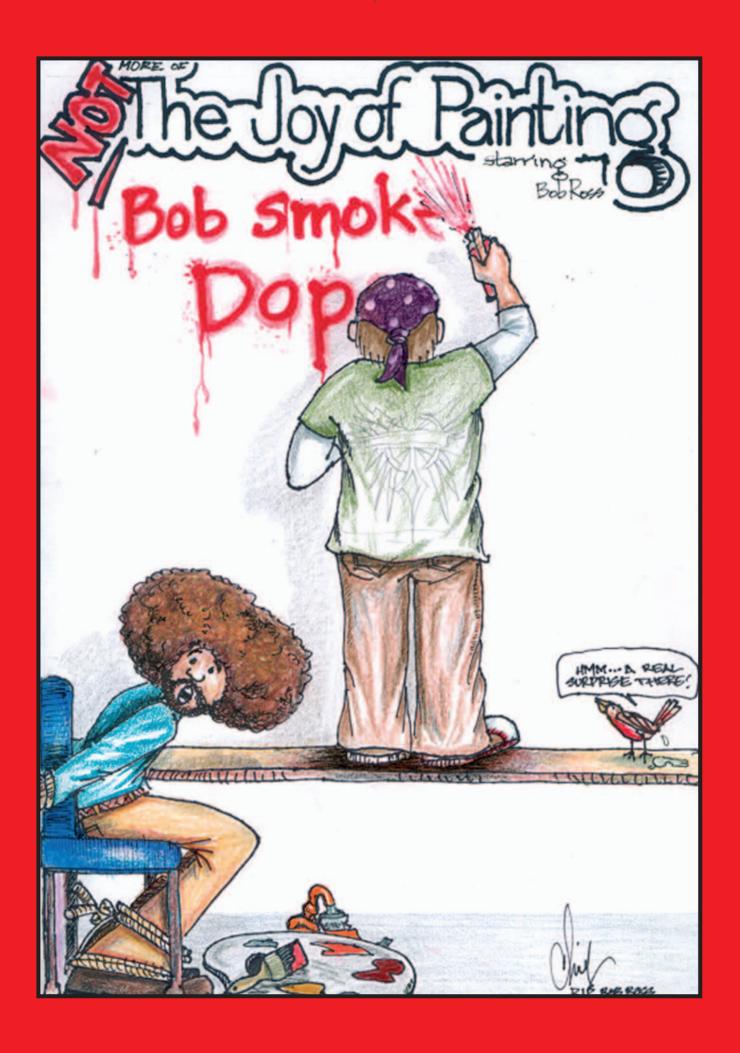
2. Effect onset - 1

Rate how quickly the effect hit from 1-10 immediate-major creeper.

3. Sativa influence - 9

Rate the sativa influence detected from 0-10 none-extreme. Sativa influence is best described as a clear and energetic mental effect.





#### 4. Indica influence - 1

Rate the indica influence detected from 0-10 none-extreme. Indica influence is best described as a sedative, lethargic or numbing effect that affects the body.

#### 5. Potency - 10

Rate the potency of the sample from 0-10 none-devastating.

#### 6. Duration - 3-4 hours

Indicate the number of hours the effects lasted.

#### 7. Tolerance build up - 2

Rate how quickly tolerance builds from 0-10 none-rapid. Leave this field blank if you have not used this sample repeatedly.

#### 8. Usability - 9

Rate on a scale of 1-9 where a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day. Leave field(s) blank if you have not yet formed an opinion.

Morning - wake up [9], Day - work [9], Evening - relax [9], Night - sleep [3]

#### 9. Overall satisfaction - 10

Rate your overall satisfaction from 1-10 poor-Holy Grail.

#### 10. Ability and conditions - 10

11. Judging from the sample alone do you personally consider this strain a keeper for long term use?

#### Yes [x] No []

**12.** Rate the noticable effects on a scale of 1-9 mild-severe. Take care to use the appropriate column for your response. Delete the existing space when recording your entry to maintain the columns in alignment. In all cases these casual observations should not be construed as medical advice.

#### **Effect**

What effect did the strain have check P+ off if the you got a POSITIVE effect and check N- if you had a NEGATIVE effect

Anxiety relief [ ] [2] Sex drive [ ] [7 Appetite [ ] [2] Sleep [ ] [2 Audio perception [ ] [9] Speech process [ ] [8 Humor perception [ ] [9] Taste perception [ ] [9 Imagination/creativity [ ] [9] Thought process [ ] [9		IVI-	P+		IV-	P+
Appetite [ ] [2] Sleep [ ] [2] Audio perception [ ] [9] Speech process [ ] [8] Humor perception [ ] [9] Taste perception [ ] [9] Imagination/creativity [ ] [9] Thought process [ ] [9]	Ability to rest or sit still	[]	[ <b>2</b> ]	Paranoia relief	[]	[0]
Audio perception [ ] [9] Speech process [ ] [8] Humor perception [ ] [9] Taste perception [ ] [9] Imagination/creativity [ ] [9] Thought process [ ] [9]	Anxiety relief	[]	[ <b>2</b> ]	Sex drive	[]	[ <b>7</b> ]
Humor perception [ ] [9] Taste perception [ ] [9 Imagination/creativity [ ] [9] Thought process [ ] [9	Appetite	[]	[2]	Sleep	[]	[2]
Imagination/creativity [ ] [9] Thought process [ ] [9	Audio perception	[]	[9]	Speech process	[]	[8]
	Humor perception	[]	[9]	Taste perception	[]	[9]
Pain relief [ ] [9] Visual perception [ ] [9	Imagination/creativity	[]	[9]	Thought process	[]	[9]
	Pain relief	[]	<b>[9</b> ]	Visual perception	[]	[9]

#### **EXTENDED MEDICAL SURVEY (optional)**

	N-	P+		N-	P+
ADD/ADHD	[]	[9]	High blood pressure/Racingpulse	[]	[]
Alcoholism/Alcohol Abuse	[]	[]	Insomnia	[]	[]
Allergic rhinitis	[]	[]	Itching	[]	[]
Amphetamine Dependence	[]	[]	Migraine/vascular headache	[]	<b>[7</b> ]
Anorexia	[]	[]	Muscle Spasm	[]	[]
Arthritis/Musculoskeletar pain	[]	<b>[9]</b>	Muscular movement disorders	[]	[]
Asthma/Cough	[]	[]	Nausea	[]	<b>[7</b> ]
Bipolar disorder	[]	[5]	Panic Attack	[]	[]
Cancer/Chemotherapy	[]	[]	Peripheral nerve pain	[]	[]
Chronic fatigue	[]	<b>[9]</b>	Post traumatic Stress Disorder	[]	[]
Depression	[]	<b>[9]</b>	Pre Menstrual Syndrome	[]	[]
Diarrhea	[]	[]	Sedative/Opiate Dependence	[]	[]
Drusen of Optic Nerve	[]	[]	Schizophrenia -	[]	[]
Epilepsy	[]	<b>[9]</b>	SLE- systemic lupus erythematosus	[]	[]
Glaucoma	[]	[]	Spasticity in Multiple Sclerosis	[]	[]
Hiccough	[]	[]			

#### FINAL COMMENTS:

Pleasure to grow and smoke, best overall sativa in taste, smell, and Buzz . Very forgiving...EXCELENT plant for beginners to Learn from. She can take allot of abuse. EXCELLENT plant for seasoned growers as well. Mostly a personal garden strain, because of the length of the flower cycle.



#### **Strain:**

Mustang Mist Kali Mist x Chem4/Chem91 (Mustang Pheno)

**Breeder: JDOG (icmag.com)** 

**Grower: Joe Shmoe** 

Judge: Slips, Joe Shmoe (icmag.com)

Date: January 3, 2008



#### 1. Visual Appeal - 10, Dense frosty purple buds

Rate the visual appeal of the buds from 1-10 unappealing-excellent.

#### 2. Visible Trichomes - 9+, Frost everywhere

Rate the visible trichome content from 1-10 none-totally covered.

**3.** Use an X to indicate the colors that are present in the trichome heads under magnification or list the percentages of each color for a more precise report. Leave these fields blank if you do not have a powerful magnifier.

	COIOI	/0
Clear	[ <b>x</b> ]	[20]
Cloudy	[ <b>x</b> ]	[60]
Amber	[ <b>x</b> ]	[20]
Dark	[ ]	[ ]

**4.** Mark with X the colors that are present in the buds or for a more detailed color analysis rate presence on a scale 1-9 light-dark.

Brown [ ], Green [x], Gold [ ], Blue [ ], Grey [x], White [ ], Red [ ],Rust [x],Orange [x], Purple [x ], Black [ ]

#### 5. Bud density - 9

Rate the bud density from 1-10 airy-dense. For samples that are not in their natural state leave this field blank.

**6.** Use numbers 1-9 on descriptors that apply to the aroma of freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.

Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

```
Ammonia [ ], Earthy [7], Licorice [ ], Peach [ ], Berry [3], Floral [7], Mango [ ], Pepper [ ], Blueberry [2], Fruit [ ], Meat [ ], Petroleum [ ], Bubblegum [ ], Grape [ ], Melon [ ], Pine [ ], Cedar [1], Grapefruit [ ], Menthol [ ], Pineapple [ ], Cherry [ ], Grass/Hay [ ], Mint [ ], Rotten [ ], Chocolate [ ], Hash [9], Mold [ ], Skunk [ ], Citrus [2], Iron/Rust [ ], Musk [3], Spice [6], Coconut [ ], Leather [ ], Nutmeg [ ], Strawberry[ ], Coffee [ ], Lemon [ ], Orange [ ], Vanilla [ ], Diesel [ ]
```

#### 7. Aroma - 10

Rate the aroma from 1-10 repulsive-delightful. Use freshly crumbled bud for best results.

#### 8. Seed content - 0

Rate seed content from 0-10 none-fully seeded.

#### 9. Weeks cured - 8+

If known enter the number of weeks your sample has been cured. If desired repeat SSR after an additional two weeks of curing.

#### PHYSICAL EXAMINATION COMMENTS

Very pretty plant. Full of color and frost. Dense nuggs.



#### **Strain:**

Mustang Mist Kali Mist x Chem4/Chem91 (Mustang Pheno)

**Breeder: JDOG (icmag.com)** 

**Grower: Joe Shmoe** 

Judge: Slips, Joe Shmoe (icmag.com)

Date: January 3, 2008



**1.** Please use a clean instrument for the evaluation. Enter information below that will identify the instrument as follows:

Water pipe (enter bong, hooka, bubbler etc), Vaporizer (enter the brand name), Pipe (size-type, ie medium-glass), Joint (enter brand of papers), Other (specify)

Water p	oipe: <u>yes</u>	Vaporizer:	Pipe:	
Joint: y	es	Other:		

2. Use numbers 1-9 on descriptors that apply to the taste where a one indicates a subtle presence and a nine indicates a very pronounced presence.

Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

Ammonia [ ], Earthy [7], Licorice [ ], Peach [ ], Berry [3], Floral [7], Mango [ ], Pepper [ ], Blueberry [2], Fruit [ ], Meat [ ], Petroleum [ ], Bubblegum [ ], Grape [ ], Melon [ ], Pine [ ], Cedar [1], Grapefruit [ ], Menthol [ ], Pineapple [ ], Cherry [ ], Grass/Hay [ ], Mint [ ], Rotten [ ] Chocolate [ ], Hash [9], Mold [ ], Skunk [ ], Citrus [2], Iron/rust [ ], Honey [ ], Musk [3], Spice [6], Coconut [ ], Leather [ ], Nutmeg [ ], Strawberry [ ], Coffee [ ], Lemon [ ], Orange [ ], Vanilla [ ], Diesel [7]

3. Taste - 8

Rate your impression of the taste from 1-10 unpleasant-delicious.

4. State of dryness - 5

Rate the dryness of the bud from 1-10 wet-dry where 5 is ideal.

5. Smoke ability - 10

Rate the smoke ability of the sample from 1-10 harsh-smooth.

6. Smoke expansion - 4

Rate how the smoke expands in the lungs from 1-10 stable-explodes.

#### **SMOKE TEST COMMENTS:**

Great blend of the mother and father. This pheno gives a great Relaxing mixed high...that is swiftly becoming a favorite of many.

#### **FOLLOW UP QUESTIONS**

Dosage - 1 to 3

Enter the number of hits taken to reach desired effects.

2. Effect onset - 1

Rate how quickly the effect hit from 1-10 immediate-major creeper.

3. Sativa influence - 5

Rate the sativa influence detected from 0-10 none-extreme. Sativa influence is best described as a clear and energetic mental effect.



#### 4. Indica influence - 5

Rate the indica influence detected from 0-10 none-extreme. Indica influence is best described as a sedative, lethargic or numbing effect that affects the body.

#### 5. Potency - 9

Rate the potency of the sample from 0-10 none-devastating.

#### 6. Duration - 2-3 hours

Indicate the number of hours the effects lasted.

#### 7. Tolerance build up - 5

Rate how quickly tolerance builds from 0-10 none-rapid. Leave this field blank if you have not used this sample repeatedly.

#### 8. Usability - 7

Rate on a scale of 1-9 where a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day. Leave field(s) blank if you have not yet formed an opinion.

Morning - wake up [5], Day - work [5], Evening - relax [8], Night - sleep [8]

#### 9. Overall satisfaction - 10

Rate your overall satisfaction from 1-10 poor-Holy Grail.

#### 10. Ability and conditions- 10

**11.** Judging from the sample alone do you personally consider this strain a keeper for long term use?

#### Yes [x] No []

**12.** Rate the noticable effects on a scale of 1-9 mild-severe. Take care to use the appropriate column for your response. Delete the existing space when recording your entry to maintain the columns in alignment. In all cases these casual observations should not be construed as medical advice.

#### **Effect**

What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

141-	P+		INI-	P+
[]	[7]	Paranoia relief	[]	<b>[5]</b>
[]	[5]	Sex drive	[]	[3]
[]	[4]	Sleep	[]	<b>[7</b> ]
[]	[5]	Speech process	[]	[8]
[]	<b>[6]</b>	Taste perception	[]	[8]
[]	[4]	Thought process	[]	<b>[0</b> ]
[]	[]	Visual perception	[]	[4]
	[] [] [] []	[ ] [7] [ ] [5] [ ] [4] [ ] [5] [ ] [6]	[ ] [7] Paranoia relief [ ] [5] Sex drive [ ] [4] Sleep [ ] [5] Speech process [ ] [6] Taste perception [ ] [4] Thought process	[ ] [7] Paranoia relief [ ] [ ] [5] Sex drive [ ] [ ] [ ] [4] Sleep [ ] [ ] [ ] [5] Speech process [ ] [ ] [6] Taste perception [ ] [ ] [4] Thought process [ ]

#### **EXTENDED MEDICAL SURVEY (optional)**

	M-	P+		N-	P+
ADD/ADHD	[]	[0]	High blood pressure/Racingpulse	[]	[]
Alcoholism/Alcohol Abuse	[]	[]	Insomnia	[]	[]
Allergic rhinitis	[]	[]	Itching	[]	[]
Amphetamine Dependence	[]	[]	Migraine/vascular headache	[]	<b>[7</b> ]
Anorexia	[]	[]	Muscle Spasm	ΪĴ	ĪΪ
Arthritis/Musculoskeletar pain	[]	[7]	Muscular movement disorders	ΪĴ	ΪĪ
Asthma/Cough	[]	[]	Nausea	ΪĴ	[5]
Bipolar disorder	[]	<b>[5]</b>	Panic Attack	ΪĴ	ΪĨ
Cancer/Chemotherapy	[]	[]	Peripheral nerve pain	ΪĴ	ΪĪ
Chronic fatigue	[]	<b>[6]</b>	Post traumatic Stress Disorder	[]	[]
Depression	[]	[8]	Pre Menstrual Syndrome	[]	[]
Diarrhea	[]	[]	Sedative/Opiate Dependence	[]	[]
Drusen of Optic Nerve	[]	[]	Schizophrenia -	[]	[]
Epilepsy	[]	<b>[9]</b>	SLE- systemic lupus erythematosus	[]	[]
Glaucoma	[]	[]	Spasticity in Multiple Sclerosis	[]	[]
Hiccough	[]	[]			

#### **FINAL COMMENTS:**

Sativa Buzz with a Chem. Indica influence that can leave you spaced.

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**Strain:** 

# **Strawberry Cough**

**Breeder: Dutch Passion** 

**Grower: Sammet Judge: Sammet** 

Date: August, 2007



- Visual Appeal 7, Frosty with lots of orangy hairs which fade upon curing. Large light green pointed Calyx with pinkish redish hues. The trichomes also take on a sandy/dusty appearance after a long cure.
   Rate the visual appeal of the buds from 1-10 unappealing-excellent.
- **2. Visible Trichomes 7-8, quite dense trichomes but not as excessive as some strains.** Rate the visible trichome content from 1-10 none-totally covered.
- **3.** Use an X to indicate the colors that are present in the trichome heads under magnification or list the percentages of each color for a more precise report. Leave these fields blank if you do not have a powerful magnifier.

| Color % | Clear | [x] | [10 ] | Cloudy | [x] | [60] | Amber | [x] | [30] | Dark | [ ] | [ ]

4. Mark with X the colors that are present in the buds or for a more detailed color analysis rate presence on a scale 1-9 light-dark.

Brown [ ], Green [6], Gold [ ], Blue [ ], Grey [ ], White [2], Red [2], Rust [ ], Orange [ ], Purple [ ], Black [ ]

5. Bud density - 9

Rate the bud density from 1-10 airy-dense. For samples that are not in their natural state leave this field blank.

**6.** Use numbers 1-9 on descriptors that apply to the aroma of freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.

Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

Ammonia [ ], Earthy [1], Licorice [ ], Peach [ ], Berry [7], Floral [ ], Mango [ ], Pepper [ ], Blueberry [ ], Fruit [ ], Meat [ ], Petroleum [1], Bubblegum [ ], Grape [ ], Melon [ ], Pine [ ], Cedar [ ], Grapefruit [ ], Menthol [7], Pineapple [ ], Cherry [ ], Grass/Hay [ ], Mint [ ], Rotten [ ], Chocolate [ ], Hash [ ], Mold [ ], Skunk [ ], Citrus [2], Iron/Rust [ ], Musk [ ], Spice [ ], Coconut [ ], Leather [ ], Nutmeg [ ], Strawberry[7], Coffee [ ], Lemon [ ], Orange [ ], Vanilla [ ], Diesel [ ]

7. Aroma - 9

Rate the aroma from 1-10 repulsive-delightful. Use freshly crumbled bud for best results.

8. Seed content - 0

Rate seed content from 0-10 none-fully seeded.

9. Weeks cured - 16

If known enter the number of weeks your sample has been cured. If desired repeat SSR after an additional two weeks of curing.

#### PHYSICAL EXAMINATION COMMENTS

Large Calyxes and very dense heavy buds. Very pungent and extremely smelly buds with hints of red and pink amongst the greens.



**Strain:** 

# **Strawberry Cough**

**Breeder: Dutch Passion** 

Grower: Sammet
Judge: Sammet

Date: August, 2007



1. Please use a clean instrument for the evaluation. Enter information below that will identify the instrument as follows: Water pipe (enter bong, hooka, bubbler etc), Vaporizer (enter the brand name), Pipe (size-type, ie medium-glass), Joint (enter brand of papers), Other (specify)

Water pipe:	Vaporizer: yes, Volcano Digit Easy Valve Pipe:
Joint:	Other:

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

Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

Ammonia [ ], Earthy [3], Licorice [ ], Peach [ ], Berry [4], Floral [7], Mango [ ], Pepper [ ], Blueberry [ ], Fruit [ ], Meat [ ], Petroleum [2], Bubblegum [ ], Grape [ ], Melon [ ], Pine [ ], Cedar [ ], Grapefruit [7], Menthol [ ], Pineapple [ ], Cherry [ ], Grass/Hay [ ], Mint [ ], Rotten [ ] Chocolate [ ], Hash [ ], Mold [ ], Skunk [ ], Citrus [ ], Iron/rust [ ], Honey [ ], Musk [ ], Spice [ ], Coconut [ ], Leather [ ], Nutmeg [ ], Strawberry [6], Coffee [ ], Lemon [ ], Orange [ ], Vanilla [ ], Diesel [ ]

3. Taste - 6

Rate your impression of the taste from 1-10 unpleasant-delicious.

4. State of dryness - 6

Rate the dryness of the bud from 1-10 wet-dry where 5 is ideal.

5. Smoke ability - 9

Rate the smoke ability of the sample from 1-10 harsh-smooth.

6. Smoke expansion - 7

Rate how the smoke expands in the lungs from 1-10 stable-explodes.

#### **SMOKE TEST COMMENTS:**

Easy to draw, smooth on the way down. Expands nicely in your lungs, I often find myself on the edge of coughing even with the vaporiser. I find it has a great lung-opening/expanding effect if you've got a cold/chesty cough or any trouble breathing. The stone hits me behind the eyes in the head and spreads to a gentle body numbing.

#### **FOLLOW UP QUESTIONS**

Dosage - 1st bag, approx 0.2g used per 3 bags
 Enter the number of hits taken to reach desired effects.

2. Effect onset - 5

Rate how quickly the effect hit from 1-10 immediate-major creeper.

3. Sativa influence - 7

Rate the sativa influence detected from 0-10 none-extreme. Sativa influence is best described as a clear and energetic mental effect.

#### 4. Indica influence - 3

Rate the indica influence detected from 0-10 none-extreme. Indica influence is best described as a sedative, lethargic or numbing effect that affects the body.

#### 5. Potency - 8

Rate the potency of the sample from 0-10 none-devastating.

#### 6. Duration - 5 hours

Indicate the number of hours the effects lasted.

#### 7. Tolerance build up - 3

Rate how quickly tolerance builds from 0-10 none-rapid. Leave this field blank if you have not used this sample repeatedly.

#### 8. Usability -

Rate on a scale of 1-9 where a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day. Leave field(s) blank if you have not yet formed an opinion.

Morning - wake up [9], Day - work [4], Evening - relax [7], Night - sleep [7]

#### 9. Overall satisfaction - 7

Rate your overall satisfaction from 1-10 poor-Holy Grail.

#### 10. Ability and conditions- 7

11. Judging from the sample alone do you personally consider this strain a keeper for long term use?

#### Yes [x] No []

**12.** Rate the noticable effects on a scale of 1-9 mild-severe. Take care to use the appropriate column for your response. Delete the existing space when recording your entry to maintain the columns in alignment. In all cases these casual observations should not be construed as medical advice.

#### **Effect**

What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

LJ
[]
<b>[6</b> ]
[]
[]
[]
[]

#### **EXTENDED MEDICAL SURVEY (optional)**

	N-	P+		N-	P+
ADD/ADHD	[]	[3]	High blood pressure/Racingpulse	[]	[]
Alcoholism/Alcohol Abuse	[]	[]	Insomnia	[]	<b>[6]</b>
Allergic rhinitis	[]	[]	Itching	[]	[]
Amphetamine Dependence	[]	[]	Migraine/vascular headache	[]	[]
Anorexia	[]	[]	Muscle Spasm	[]	[]
Arthritis/Musculoskeletar pain	[]	[]	Muscular movement disorders	[]	[]
Asthma/Cough	[]	[]	Nausea	[]	[]
Bipolar disorder	[]	<b>[5]</b>	Panic Attack	[]	[7]
Cancer/Chemotherapy	[]	[]	Peripheral nerve pain	[]	[]
Chronic fatigue	[]	[]	Post traumatic Stress Disorder	[]	[]
Depression	[]	[8]	Pre Menstrual Syndrome	[]	[]
Diarrhea	[]	[]	Sedative/Opiate Dependence	[]	[]
Drusen of Optic Nerve	[]	[]	Schizophrenia	[]	[]
Epilepsy	[]	[]	SLE- systemic lupus erythematosus	[]	[]
Glaucoma	[]	[]	Spasticity in Multiple Sclerosis	[]	[]
Hiccough	[]	[]			

#### **FINAL COMMENTS:**

This strain has a very good Sativa dominance but with an Indica edge that helps make this strain a low paranoia mood enhancer. The sativa-natured high lifts mood and makes this the ideal strain for treating my depression,

whilst having a calming effect at the same time. I've found it to have very low if non-existant paranoia and as well as improving mood, it also increases humour and creativity. Strawberry Cough lifts my mood to an extent that I experience very calm periods and use it as effective treatment against anxiety and panic attacks. As a side-effect of the calming, the Strawberry Cough helps me sleep/makes me sleepy as I feel content/happy and able to forget about my worries, allowing for more natural peaceful sleep and a great weapon in your arsenal for fighting the war with Insomnia.

I have been smoking this for the past 5 months now and have to say my tolerance is still very low despite daily consumption. The taste is enjoyable and rich enough to still make me look forward to toking, even after such an extended usage of a single strain. The effect starts behind the eyes and nose and slowly spreads to throughout the body with a slight numbing effect (often I find it makes my feet and legs tingle). A great smoke first thing in the



morning helps raise mood and start you on your day. It's not the greatest strain for usage at work because I often find it makes giggle at inappropriate moments and interrupts my vocabulary ability.

Growing - easy to grow indoors, but grows pretty tall with lots of side branches. Yields very very well.

My experience - I have been growing since 2003 100% organic soil-less mix under HPS and have been treating myself since 2002. I've grown most of the Dutch Passion line so have tried some different strains and flavours. I smoke daily and medicate as necessary to help anxiety/panic attacks/depression/insomnia.

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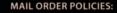
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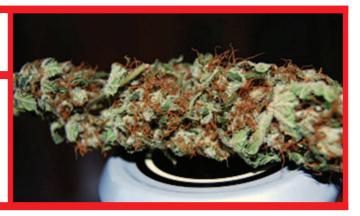


**Strain:** 

#### **Master Kush**

**Breeder: Dutch Passion** 

Grower: Sammet
Judge: Sammet
Date: July, 2007



- 1. Visual Appeal 7, very sugary with intense red hairs, light and dark greens contrasting Rate the visual appeal of the buds from 1-10 unappealing-excellent.
- **2. Visible Trichomes 9, large granulated sugar like texture.** Rate the visible trichome content from 1-10 none-totally covered.
- **3.** Use an X to indicate the colors that are present in the trichome heads under magnification or list the percentages of each color for a more precise report. Leave these fields blank if you do not have a powerful magnifier.

Color %
Clear [x] [15 ]
Cloudy [x] [80]
Amber [x] [5]
Dark [ ]

**4.** Mark with X the colors that are present in the buds or for a more detailed color analysis rate presence on a scale 1-9 light-dark.

Brown [ ], Green [7], Gold [ ], Blue [ ], Grey [ ], White [ ], Red [8], Rust [ ], Orange [ ], Purple [ ], Black [ ]

5. Bud density - 5

Rate the bud density from 1-10 airy-dense. For samples that are not in their natural state leave this field blank.

**6.** Use numbers 1-9 on descriptors that apply to the aroma of freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.

Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

Ammonia [], Earthy [3], Licorice [], Peach [], Berry [], Floral [], Mango [], Pepper [], Blueberry [], Fruit [], Meat [], Petroleum [], Bubblegum [], Grape [], Melon [], Pine [6], Cedar [], Grapefruit [], Menthol [], Pineapple [], Cherry [], Grass/Hay [], Mint [], Rotten [], Chocolate [], Hash [], Mold [], Skunk [], Citrus [8], Iron/Rust [], Musk [], Spice [], Coconut [], Leather [], Nutmeg [], Strawberry [], Coffee [], Lemon [], Orange [], Vanilla [], Diesel []

7. Aroma - 9

Rate the aroma from 1-10 repulsive-delightful. Use freshly crumbled bud for best results.

8. Seed content - 0

Rate seed content from 0-10 none-fully seeded.

9. Weeks cured - 4

If known enter the number of weeks your sample has been cured. If desired repeat SSR after an additional two weeks of curing.

#### PHYSICAL EXAMINATION COMMENTS

Lighter buds, medium sized calyxes but absolutely rife with red hairs. Lots of hairs!!!



**Strain:** 

#### **Master Kush**

**Breeder: Dutch Passion** 

**Grower:** Sammet **Judge:** Sammet **July, 2007** 



1. Please use a clean instrument for the evaluation. Enter information below that will identify the instrument as follows:

Water pipe (enter bong, hooka, bubbler etc), Vaporizer (enter the brand name), Pipe (size-type, ie medium-glass), Joint (enter brand of papers), Other (specify)

Water pipe:	Vaporizer: Volcano Digit Easy Valve Pipe:
Joint:	Other:

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

Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

Ammonia [ ], Earthy [3], Licorice [ ], Peach [ ], Berry [ ], Floral [ ], Mango [ ], Pepper [ ], Blueberry [ ], Fruit [ ], Meat [ ], Petroleum [ ], Bubblegum [ ], Grape [ ], Melon [ ], Pine [7], Cedar [ ], Grapefruit [ ], Menthol [x], Pineapple [ ], Cherry [ ], Grass/Hay [ ], Mint [ ], Rotten [ ] Chocolate [ ], Hash [ ], Mold [ ], Skunk [3], Citrus [ ], Iron/rust [ ], Honey [ ], Musk [ ], Spice [ ], Coconut [ ], Leather [ ], Nutmeg [ ], Strawberry [ ], Coffee [ ], Lemon [8], Orange [ ], Vanilla [ ], Diesel [ ]

3. Taste - 10

Rate your impression of the taste from 1-10 unpleasant-delicious.

4. State of dryness - 4

Rate the dryness of the bud from 1-10 wet-dry where 5 is ideal.

5. Smoke ability - 7

Rate the smoke ability of the sample from 1-10 harsh-smooth.

6. Smoke expansion - 2

Rate how the smoke expands in the lungs from 1-10 stable-explodes.

#### **SMOKE TEST COMMENTS:**

One of the tastiest strains I've ever tried, it's simply a great Kush flavour. Tastes foremost of Lemons and Pine trees with earthy skunky undertones. Literally makes your mouth water for more.

#### **FOLLOW UP QUESTIONS**

1. Dosage - 1st bag, approx 0.2g used per 3 bags

Enter the number of hits taken to reach desired effects.

2. Effect onset - 2

Rate how quickly the effect hit from 1-10 immediate-major creeper.

3. Sativa influence - 5

Rate the sativa influence detected from 0-10 none-extreme. Sativa influence is best described as a clear and energetic mental effect.

#### 4. Indica influence - 4

Rate the indica influence detected from 0-10 none-extreme.

Indica influence is best described as a sedative, lethargic or numbing effect that affects the body.

#### 5. Potency - 5

Rate the potency of the sample from 0-10 none-devastating.

#### 6. Duration - 2 hours

Indicate the number of hours the effects lasted.

#### 7. Tolerance build up - 6

Rate how quickly tolerance builds from 0-10 none-rapid. Leave this field blank if you have not used this sample repeatedly.

#### 8. Usability -

Rate on a scale of 1-9 where a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day. Leave field(s) blank if you have not yet formed an opinion.

Morning - wake up [3], Day - work [6], Evening - relax [8], Night - sleep [3]

#### 9. Overall satisfaction - 8

Rate your overall satisfaction from 1-10 poor-Holy Grail.

#### 10. Ability and conditions- 7

**11.** Judging from the sample alone do you personally consider this strain a keeper for long term use?

#### Yes [x] No []

**12.** Rate the noticable effects on a scale of 1-9 mild-severe. Take care to use the appropriate column for your response. Delete the existing space when recording your entry to maintain the columns in alignment. In all cases these casual observations should not be construed as medical advice.

#### **Effect**

What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

IVI-	P+		IVI-	P+
[3]	[]	Paranoia relief	[]	[]
[]	[4]	Sex drive	[]	[]
[]	[]	Sleep	[]	[1]
[]	[]	Speech process	[]	[]
[]	[]	Taste perception	[]	<b>[5</b> ]
[]	[]	Thought process	[]	<b>[6]</b>
[]	[]	Visual perception	[]	[]
	[3] [] [] []	[3] [1] [1] [4] [1] [1] [1] [1]	[3] [ ] Paranoia relief [ ] [4] Sex drive [ ] Sleep [ ] [ ] Speech process [ ] [ ] Taste perception [ ] [ ] Thought process	[3] [ ] Paranoia relief [ ] [ ] [ ] Sex drive [ ] [ ] [ ] Sleep [ ] [ ] [ ] Speech process [ ] [ ] [ ] Taste perception [ ] [ ] [ ] Thought process [ ]

#### **EXTENDED MEDICAL SURVEY (optional)**

	N-	P+		N-	P+
ADD/ADHD	[3]	[]	High blood pressure/Racingpulse	[]	[]
Alcoholism/Alcohol Abuse	[]	[]	Insomnia	[]	[]
Allergic rhinitis	[]	[]	Itching	[]	[]
Amphetamine Dependence	[]	[]	Migraine/vascular headache	[]	[]
Anorexia	[]	[]	Muscle Spasm	[]	[]
Arthritis/Musculoskeletar pain	[]	[]	Muscular movement disorders	[]	[]
Asthma/Cough	[]	[]	Nausea	[]	[]
Bipolar disorder	[]	[1]	Panic Attack	[]	<b>[6]</b>
Cancer/Chemotherapy	[]	[]	Peripheral nerve pain	[]	[]
Chronic fatigue	[]	[]	Post traumatic Stress Disorder	[]	[]
Depression	[]	<b>[7</b> ]	Pre Menstrual Syndrome	[]	[]
Diarrhea	[]	[]	Sedative/Opiate Dependence	[]	[]
Drusen of Optic Nerve	[]	[]	Schizophrenia	[]	[]
Epilepsy	[]	[]	SLE- systemic lupus erythematosus	[]	[]
Glaucoma	[]	[]	Spasticity in Multiple Sclerosis	[]	[]
Hiccough	[]	[]			

#### **FINAL COMMENTS:**

What a great strain. A good tasting high that wasn't too strong and I felt really motivated me and gave me confidence. I wouldn't call it an uplifting high than more of an inspiring/boosting high. I found that when expe-

riencing severe depressive symptoms that this strain gave me a real boost and injection of belief/mental clarity that allowed me to function normally. Initially slightly harsh (which improves with the length of curing) it is an easy smoke with medium potency and doesn't tend to make you cough although the smoke is pretty heavy. I didn't find it to induce sleep by itself but as a side effect of being more active, feeling better and healthier it has a calming effect that leads to better sleep. Extremely good at stopping any panic attack dead in it's tracks when combined with meditation or calming music. Allows for great clarity of mind and straight thinking.







#### **Strain:**

#### G13 x HB aka Free Leonard

Breeder: Swampy Grower: Hankh Judge: Hankh

Date: November 30, 2007



#### 1. Visual Appeal - 8

Rate the visual appeal of the buds from 1-10 unappealing-excellent.

#### 2. Visible Trichomes - 8

Rate the visible trichome content from 1-10 none-totally covered.

**3.** Use an X to indicate the colors that are present in the trichome heads under magnification or list the percentages of each color for a more precise report. Leave these fields blank if you do not have a powerful magnifier.

Clear	[x]	[30]	and	[]	[]	and	[]	[]
Cloudy	[x]	<b>[70]</b>		[ <b>x</b> ]	[30]		[]	[]
Amber	[]	[]		[ <b>x</b> ]	<b>[70]</b>		[ <b>x</b> ]	[20]
Dark	[]	[]		[]	[]		[ <b>x</b> ]	[80]

**4.** Mark with X the colors that are present in the buds or for a more detailed color analysis rate presence on a scale 1-9 light-dark.

Brown [2], Green [7], Gold [ ], Blue [ ], Grey [7], White [ ], Red [ ],Rust [ ],Orange [ ], Purple [6], Black [ ]

#### 5. Bud density - 5

Rate the bud density from 1-10 airy-dense. For samples that are not in their natural state leave this field blank.

**6.** Use numbers 1-9 on descriptors that apply to the aroma of freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.

Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

Ammonia [7], Earthy [ ], Licorice [ ], Peach [ ], Berry [ ], Floral [ ], Mango [ ], Pepper [ ], Blueberry [ ], Fruit [ ], Meat [ ], Petroleum [2], Bubblegum [ ], Grape [ ], Melon [ ], Pine [ ], Cedar [3], Grapefruit [ ], Menthol [ ], Pineapple [ ], Cherry [ ], Grass/Hay [ ], Mint [ ], Rotten [ ], Chocolate [ ], Hash [ ], Mold [ ], Skunk [ ], Citrus [8], Iron/Rust [ ], Musk [9], Spice [8], Coconut [ ], Leather [ ], Nutmeg [ ], Strawberry[ ], Coffee [ ], Lemon [ ], Orange [ ], Vanilla [ ], Diesel [ ]

#### 7. Aroma - <mark>3</mark>

Rate the aroma from 1-10 repulsive-delightful. Use freshly crumbled bud for best results.

#### 8. Seed content - 1 & 10

Rate seed content from 0-10 none-fully seeded.

#### 9. Weeks cured - 2

If known enter the number of weeks your sample has been cured. If desired repeat SSR after an additional two weeks of curing.

#### PHYSICAL EXAMINATION COMMENTS

A weed who appear, smell and taste like oriental fresh spice.



# **Smoke Test**

**Strain:** 

#### G13 x HB aka Free Leonard

Breeder: Swampy Grower: Hankh Judge: Hankh

Date: November 30, 2007



1. Please use a clean instrument for the evaluation. Enter information below that will identify the instrument as follows: Water pipe (enter bong, hooka, bubbler etc), Vaporizer (enter the brand name), Pipe (size-type, ie medium-glass), Joint (enter brand of papers), Other (specify)

Water pipe: Clay pipe Vaporizer: Vapir one V4 Vaporizer: Vapir one V4 Vaporizer: Uapir one V4 Vaporizer: Vapir one V4 Vapir

2. Use numbers 1-9 on descriptors that apply to the taste where a one indicates a subtle presence and a nine indicates a very pronounced presence.

Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

Ammonia [ ], Earthy [ ], Licorice [ ], Peach [ ], Berry [ ], Floral [ ], Mango [ ], Pepper [ ], Blueberry [ ], Fruit [ ], Meat [ ], Petroleum [ ], Bubblegum [ ], Grape [ ], Melon [ ], Pine [ ], Cedar [ ], Grapefruit [ ], Menthol [ ], Pineapple [ ], Cherry [ ], Grass/Hay [ ], Mint [ ], Rotten [ ] Chocolate [ ], Hash [ ], Mold [ ], Skunk [ ], Citrus [ ], Iron/rust [ ], Honey [ ], Musk [ 8], Spice [ 7], Coconut [ ], Leather [ ], Nutmeg [ ], Strawberry [ ], Coffee [ ], Lemon [x], Orange [ ], Vanilla [ ], Diesel [ ]

If appropriate return to this question after 5-10 minutes and mark with X any unmarked descriptors for lingering aftertaste.

3. Taste - 3

Rate your impression of the taste from 1-10 unpleasant-delicious.

4. State of dryness - 5

Rate the dryness of the bud from 1-10 wet-dry where 5 is ideal.

5. Smoke ability - 4

Rate the smoke ability of the sample from 1-10 harsh-smooth.

6. Smoke expansion - 3

Rate how the smoke expands in the lungs from 1-10 stable-explodes.

#### **SMOKE TEST COMMENTS:**

A body and nervous peacemaker, who regule humor to equilibrium.

#### **FOLLOW UP QUESTIONS**

Dosage - 1

Enter the number of hits taken to reach desired effects.

2. Effect onset - 3

Rate how quickly the effect hit from 1-10 immediate-major creeper.

**3. Sativa influence - 0** Rate the sativa influence detected from 0-10 none-extreme. Sativa influence is best described as a clear and energetic mental effect.

4. Indica influence - 10

Rate the indica influence detected from 0-10 none-extreme.

Indica influence is best described as a sedative, lethargic or numbing effect that affects the body.

#### 5. Potency - 8

Rate the potency of the sample from 0-10 none-devastating.

#### 6. Duration - 5 hours

Indicate the number of hours the effects lasted.

#### 7. Tolerance build up - 5

Rate how quickly tolerance builds from 0-10 none-rapid. Leave this field blank if you have not used this sample repeatedly.

#### 8. Usability - 5

Rate on a scale of 1-9 where a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day. Leave field(s) blank if you have not yet formed an opinion.

Morning - wake up [5], Day - work [5], Evening - relax [9], Night - sleep [7]

#### 9. Overall satisfaction - 7

Rate your overall satisfaction from 1-10 poor-Holy Grail.

#### 10. Ability and conditions- 8

11. Judging from the sample alone do you personally consider this strain a keeper for long term use?

#### Yes [ ] No [x]

**12.** Rate the noticable effects on a scale of 1-9 mild-severe. Take care to use the appropriate column for your response. Delete the existing space when recording your entry to maintain the columns in alignment. In all cases these casual observations should not be construed as medical advice.

#### **Effect**

What effect did the strain have check P+ off if the you got a POSITIVE effect and check N- if you had a NEGATIVE effect

N-	P+		N-	P+
[]	<b>[7</b> ]	Paranoia relief	[]	[]
[]	[9]	Sex drive	[]	[]
<b>[7</b> ]	[]	Sleep	[]	<b>[6</b> ]
[ <b>6</b> ]	[]	Speech process	[]	[]
[]	[]	Taste perception	[]	[]
[]	[]	Thought process	[]	[]
[8]	[]	Visual perception	[]	[]
	[ ] [ ] [ <b>7</b> ] [ <b>6</b> ] [ ]	[] [7] [] [9] [7] [] [6] [] [] []	<ul> <li>[ ] [7] Paranoia relief</li> <li>[ ] [9] Sex drive</li> <li>[7] [ ] Sleep</li> <li>[6] [ ] Speech process</li> <li>[ ] [ ] Taste perception</li> <li>[ ] [ ] Thought process</li> </ul>	[ ]       [7]       Paranoia relief       [ ]         [ ]       [9]       Sex drive       [ ]         [7]       [ ]       Sleep       [ ]         [6]       [ ]       Speech process       [ ]         [ ]       [ ]       Taste perception       [ ]         [ ]       [ ]       Thought process       [ ]

#### **EXTENDED MEDICAL SURVEY (optional)**

	N-	P+		N-	P+
ADD/ADHD	[]	[]	High blood pressure/Racingpulse	[]	[]
Alcoholism/Alcohol Abuse	[]	[]	Insomnia	[]	[]
Allergic rhinitis	[]	[]	Itching	[]	[]
Amphetamine Dependence	[]	[]	Migraine/vascular headache	[]	[]
Anorexia	<b>[7</b> ]	[]	Muscle Spasm	[]	<b>[6]</b>
Arthritis/Musculoskeletar pain	[]	[]	Muscular movement disorders	[]	[]
Asthma/Cough	[]	[]	Nausea	[]	[]
Bipolar disorder	[]	<b>[7</b> ]	Panic Attack	[]	[7]
Cancer/Chemotherapy	[]	<b>[7</b> ]	Peripheral nerve pain	[]	[]
Chronic fatigue	[]	[]	Post traumatic Stress Disorder	[]	[]
Depression	[]	[]	Pre Menstrual Syndrome	[]	[]
Diarrhea	[]	[]	Sedative/Opiate Dependence	[]	[]
Drusen of Optic Nerve	[]	[]	Schizophrenia	[]	[]
Epilepsy	[]	<b>[7</b> ]	SLE- systemic lupus erythematosus	[]	[]
Glaucoma	[]	[]	Spasticity in Multiple Sclerosis	[]	[]
Hiccough	T 1	T 1		_	

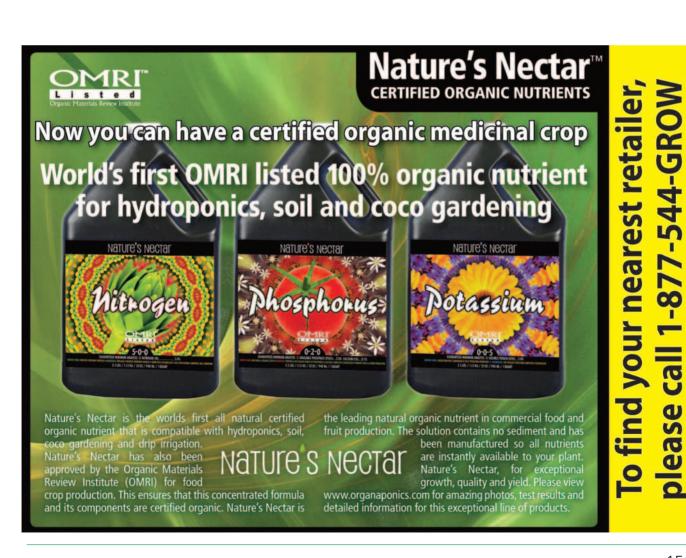
#### **FINAL COMMENTS:**

My usual strains come from Europe, Holland, and from commercial market. I'm not very familiar and experienced with US strains, but I have grow hard and test deep this strain. The clone is a hybrid phenotype selected on 50 specimens, on great panel of variation.

The overall growing is very healthy, good and fast cloning, Formula one of SOG, excellent and fast answer to nutrients, cuts, bondage, root trimming and many more. Don't need high level of nutrients. A very loyal plant that is sure and efficient. A vegetal beauty.

The flowering is efficient, loyal and consistent. But hermies are on the place and kill the taste and smell. Fast and great answer to PK. Violine (not purple) touch appears with flush. The G13HB is an incredible strain for his vegetal trait who always work well. For me she's a powerful water hash strain only. The weed is not very pleasant, but the hash from fully flowered buds is finest! Effect is very strong and act like opiate with no control possible, you sleep. The hash taste is far better than weed taste. Weed smoke regulate me nervous very great and keep my humor stable. I usually smoke 30gr/week this year.









# **Physical Examination**

**Strain:** 

Vortex - 7\$/gm

**Breeder: Subcool Seeds** 

**Grower: Private Compassion Club,** 

somewhere in Ontario

Judge: neutrino99
Date: July 14, 2007



**1. Visual Appeal - 7** Rate the visual appeal of the buds from 1-10 unappealing-excellent.

#### 2. Visible Trichomes - 9

Rate the visible trichome content from 1-10 none-totally covered.

**3.** Use an X to indicate the colors that are present in the trichome heads under magnification or list the percentages of each color for a more precise report. Leave these fields blank if you do not have a powerful magnifier.

	COIOI	70
Clear	[ <b>x</b> ]	[20]
Cloudy	[x]	[80]
Amber	[]	[]
Dark	[]	[]

**4.** Mark with X the colors that are present in the buds or for a more detailed color analysis rate presence on a scale 1-9 light-dark.

Brown [ ], Green [7], Gold [ ], Blue [ ], Grey [ ], White [ ], Red [ ],Rust [4],Orange [ ], Purple [ ], Black [ ]

#### 5. Bud density - 6

Rate the bud density from 1-10 airy-dense. For samples that are not in their natural state leave this field blank.

**6.** Use numbers 1-9 on descriptors that apply to the aroma of freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.

Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

Ammonia [6], Earthy [ ], Licorice [ ], Peach [ ], Berry [ ], Floral [ ], Mango [ ], Pepper [ ], Blueberry [ ], Fruit [ ], Meat [ ], Petroleum [ ], Bubblegum [ ], Grape [ ], Melon [ ], Pine [ ], Cedar [ ], Grapefruit [ ], Menthol [ ], Pineapple [ ], Cherry [ ], Grass/Hay [ ], Mint [ ], Rotten [ ], Chocolate [ ], Hash [ ], Mold [ ], Skunk [ ], Citrus [4], Iron/Rust [ ], Musk [5], Spice [4], Coconut [ ], Leather [ ], Nutmeg [ ], Strawberry [ ], Coffee [ ], Lemon [4], Orange [ ], Vanilla [ ], Diesel [ ]

#### 7. Aroma - 7

Rate the aroma from 1-10 repulsive-delightful. Use freshly crumbled bud for best results.

#### 8. Seed content - 0

Rate seed content from 0-10 none-fully seeded.

#### 9. Weeks cured -

If known enter the number of weeks your sample has been cured. If desired repeat SSR after an additional two weeks of curing.

#### PHYSICAL EXAMINATION COMMENTS

The sample I tested was still a bit damp so I am fairly certain that it was harvested recently and has not had its full curing time. Knowing this I will re-visit this strain after I have cured a sample myself for another week or two. The colour is very rich. The green is very deep and the rust sprinkling it. It is completely covered with trichomes that are mostly cloudy in nature and more readily visible under a magnifying glass.



# **Smoke Test**

**Strain:** 

Vortex - 7\$/gram

**Breeder: Subcool Seeds** 

**Grower: Private Compassion Club,** 

somewhere in Ontario

Judge: neutrino99

Date: July 14, 2007



1. Please use a clean instrument for the evaluation. Enter information below that will identify the instrument as follows: Water pipe (enter bong, hooka, bubbler etc), Vaporizer (enter the brand name), Pipe (size-type, ie medium-glass), Joint (enter brand of papers), Other (specify)

Water pipe:	Vaporizer: <u>Volcano</u>	<b>Pipe:</b>	
Joint:	Other:	_	

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

Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

Ammonia [5], Earthy [ ], Licorice [ ], Peach [ ], Berry [ ], Floral [3], Mango [ ], Pepper [ ], Blueberry [ ], Fruit [4], Meat [ ], Petroleum [ ], Bubblegum [ ], Grape [ ], Melon [ ], Pine [ ], Cedar [ ], Grapefruit [ ], Menthol [ ], Pineapple [ ], Cherry [ ], Grass/Hay [ ], Mint [ ], Rotten [ ] Chocolate [ ], Hash [ ], Mold [ ], Skunk [ ], Citrus [ ], Iron/rust [ ], Honey [ ], Musk [ ], Spice [ ], Coconut [ ], Leather [ ], Nutmeg [ ], Strawberry [ ], Coffee [ ], Lemon [5], Orange [ ], Vanilla [ ], Diesel [ ]

If appropriate return to this question after 5-10 minutes and mark with X any unmarked descriptors for lingering aftertaste.

3. Taste - **7** 

Rate your impression of the taste from 1-10 unpleasant-delicious.

4. State of dryness - 3

Rate the dryness of the bud from 1-10 wet-dry where 5 is ideal.

5. Smoke ability - 8

Rate the smoke ability of the sample from 1-10 harsh-smooth.

#### **SMOKE TEST COMMENTS:**

Without looking up the information on this strain I knew right away that it had a high sativa content. From my third inhale off the bag I was inundated with hunger pangs that burned deep and made me want to eat. For those of you with appetite problems this will be a real boon. I was struck by how much it appeared like a sample of Cinderella 99 I had seen from a friend in another city. My head feels clear and as this is morning when my pain is the worst and my head the foggiest this is a great sign that my motivation for the day will improve. The taste was lovely and citrusy with a dusty mouth covering of flavour. I didn't get the mangos I should have but this may change with curing or could be my poor sense of smell. In any case it is lovely and smooth not causing any rebound coughing which can plague me with some strains and dry Volcano lungs.

#### **FOLLOW UP QUESTIONS**

1. Dosage - 15

Enter the number of hits taken to reach desired effects.

2. Effect onset - 4

Rate how quickly the effect hit from 1-10 immediate-major creeper.

3. Sativa influence - 8

Rate the sativa influence detected from 0-10 none-extreme. Sativa influence is best described as a clear and energetic mental effect.

#### 4. Indica influence - 2

Rate the indica influence detected from 0-10 none-extreme.

Indica influence is best described as a sedative, lethargic or numbing effect that affects the body.

#### 5. Potency - 7

Rate the potency of the sample from 0-10 none-devastating.

#### 6. Duration - 2 hours

Indicate the number of hours the effects lasted.

#### 7. Tolerance build up -

Rate how quickly tolerance builds from 0-10 none-rapid. Leave this field blank if you have not used this sample repeatedly.

#### 8. Usability -

Rate on a scale of 1-9 where a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day. Leave field(s) blank if you have not yet formed an opinion.

Morning - wake up [9], Day - work [7], Evening - relax [5], Night - sleep [2]

#### 9. Overall satisfaction - 6

Rate your overall satisfaction from 1-10 poor-Holy Grail.

#### 10. Ability and conditions- 5

11. Judging from the sample alone do you personally consider this strain a keeper for long term use?

#### Yes [x] No []

**12.** Rate the noticable effects on a scale of 1-9 mild-severe. Take care to use the appropriate column for your response. Delete the existing space when recording your entry to maintain the columns in alignment. In all cases these casual observations should not be construed as medical advice.

#### Effect

What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+		IV-	P+
Ability to rest or sit still	[]	[]	Paranoia relief	[]	[]
Anxiety relief	[4]	[]	Sex drive	<b>[6]</b>	[]
Appetite	[9]	[]	Sleep	[]	[]
Audio perception	[]	[]	Speech process	[]	[]
Humor perception	[]	[]	Taste perception	[]	[]
Imagination/creativity	[]	[]	Thought process	[]	<b>[7</b> ]
Pain relief	[4]	[]	Visual perception	[]	[]
EXTENDED MEDICAL SURVEY	(optional)				

	N-	P+		N-	P+
ADD/ADHD	[]	[]	High blood pressure/Racingpulse	[]	[]
Alcoholism/Alcohol Abuse	ΪĬ	ΪĪ	Insomnia	[]	[]
Allergic rhinitis	[]	[]	Itching	[]	[]
<b>Amphetamine Dependence</b>	[]	[]	Migraine/vascular headache	[]	[]
Anorexia	<b>[6]</b>	[]	Muscle Spasm	<b>[6]</b>	[]
Arthritis/Musculoskeletar pain	[]	[]	Muscular movement disorders	[]	[]
Asthma/Cough	[]	[]	Nausea	[4]	[]
Bipolar disorder	[]	[]	Panic Attack	<b>[5</b> ]	[]
Cancer/Chemotherapy	[]	[]	Peripheral nerve pain	[3]	[]
Chronic fatigue	[4]	[]	Post traumatic Stress Disorder	<b>[6]</b>	[]
Depression	<b>[5]</b>	[]	Pre Menstrual Syndrome	[]	[]
Diarrhea	[3]	[]	Sedative/Opiate Dependence	[]	[]
Drusen of Optic Nerve	[]	[]	Schizophrenia	[]	[]
Epilepsy	[]	[]	SLE- systemic lupus erythematosus	[]	[]
Glaucoma	[]	[]	Spasticity in Multiple Sclerosis	[]	[]
Hiccough	[1	11			

#### **FINAL COMMENTS:**

I really enjoyed the flavour and effect of this strain and can only imagine that it will get better as I cure it for a bit longer. I also found that this particular sativa did not have me crawling the walls.....it motivated me without having me cleaning everything in sight and wearing myself down. The real surprise was having the effects last for about two hours. This is much longer than usual for me.

This good experience led me to find out more about Subcool seeds and this strain.



# **Physical Examination**

**Strain:** 

Space Jill - 7\$/gm

**Breeder: Subcool** 

**Grower: Private Compassion Club,** 

in Canada

Judge: neutrino99

Date: July 15, 2007



#### 1. Visual Appeal - 7

Rate the visual appeal of the buds from 1-10 unappealing-excellent.

#### 2. Visible Trichomes - 8

Rate the visible trichome content from 1-10 none-totally covered.

**3.** Use an X to indicate the colors that are present in the trichome heads under magnification or list the percentages of each color for a more precise report. Leave these fields blank if you do not have a powerful magnifier.

	Coloi	/0
Clear	[ <b>x</b> ]	[10]
Cloudy	[ <b>x</b> ]	[90]
Amber	[ ]	[ ]
Dark	[ ]	[ ]

**4.** Mark with X the colors that are present in the buds or for a more detailed color analysis rate presence on a scale 1-9 light-dark.

```
Brown [ ], Green [6], Gold [ ], Blue [ ], Grey [ ], White [ ], Red [3], Rust [ ], Orange [ ], Purple [ ], Black [ ]
```

#### 5. Bud density - 7

Rate the bud density from 1-10 airy-dense. For samples that are not in their natural state leave this field blank.

**6.** Use numbers 1-9 on descriptors that apply to the aroma of freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.

Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

```
Ammonia [3], Earthy [2], Licorice [ ], Peach [ ], Berry [ ], Floral [ ], Mango [ ], Pepper [ ], Blueberry [ ], Fruit [ ], Meat [ ], Petroleum [ ], Bubblegum [ ], Grape [ ], Melon [ ], Pine [4], Cedar [ ], Grapefruit [ ], Menthol [ ], Pineapple [ ], Cherry [ ], Grass/Hay [ ], Mint [ ], Rotten [ ], Chocolate [ ], Hash [ ], Mold [ ], Skunk [ ], Citrus [ ], Iron/Rust [ ], Musk [ ], Spice [ ], Coconut [ ], Leather [ ], Nutmeg [ ], Strawberry[ ], Coffee [ ], Lemon [5], Orange [ ], Vanilla [ ], Diesel [ ]
```

#### 7. Aroma - <mark>7</mark>

Rate the aroma from 1-10 repulsive-delightful. Use freshly crumbled bud for best results.

#### 8. Seed content - 0

Rate seed content from 0-10 none-fully seeded.

#### PHYSICAL EXAMINATION COMMENTS

The buds have a rich dark green and a definite sativa appearance in the way they are less bulky and longer. There are a number of rusty hairs and the trichomes are only visible under magnification but they're all over. The sample does not appear to be cured and perhaps recently harvested so I am going to reserve a bit of this sample to review again in a week or two to give it a fair review. I have found from experience that a proper cure can really make a lot of difference in the quality of the final, tested product.



# **Smoke Test**

**Strain:** 

## Space Jill - 7\$/gm

**Breeder: Subcool** 

**Grower: Private Compassion Club,** 

in Canada

Judge: neutrino99

Date: July 15, 2007



1. Please use a clean instrument for the evaluation. Enter information below that will identify the instrument as follows: Water pipe (enter bong, hooka, bubbler etc), Vaporizer (enter the brand name), Pipe (size-type, ie medium-glass), Joint (enter brand of papers), Other (specify)

Water pipe:	Vaporizer: Volcano	Pipe:
Joint:	Other:	-

**2.** Use numbers 1-9 on descriptors that apply to the taste where a one indicates a subtle presence and a nine indicates a very pronounced presence. Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

Ammonia [3], Earthy [ ], Licorice [ ], Peach [ ], Berry [ ], Floral [ ], Mango [ ], Pepper [ ], Blueberry [ ], Fruit [ ], Meat [ ], Petroleum [ ], Bubblegum [ ], Grape [ ], Melon [ ], Pine [ ], Cedar [ ], Grapefruit [ ], Menthol [ ], Pineapple [ ], Cherry [ ], Grass/Hay [ ], Mint [ ], Rotten [ ] Chocolate [ ], Hash [ ], Mold [ ], Skunk [ ], Citrus [ ], Iron/rust [ ], Honey [ ], Musk [ ], Spice [ ], Coconut [ ], Leather [ ], Nutmeg [ ], Strawberry [ ], Coffee [ ], Lemon [4], Orange [ ], Vanilla [ ], Diesel [ ]

3. Taste - 7

Rate your impression of the taste from 1-10 unpleasant-delicious.

4. State of dryness - 3

Rate the dryness of the bud from 1-10 wet-dry where 5 is ideal.

5. Smoke ability - 7

Rate the smoke ability of the sample from 1-10 harsh-smooth.

6. Smoke expansion - 2

Rate how the smoke expands in the lungs from 1-10 stable-explodes.

#### **SMOKE TEST COMMENTS:**

This one made me cough a bit – unlike the Vortex. It was smooth on the first bag but seemed to get more harsh by the second bag. I would want to test this again in the winter when the a/c is not on incase my dry lungs from sleeping next to the a/c isn't contributing as I have noticed this worse since the a/c has been on in general. Perhaps for the re-test of these two strains I will get a new pipe and smoke it.

#### **FOLLOW UP QUESTIONS**

1. Dosage - **11** 

Enter the number of hits taken to reach desired effects.

2. Effect onset - 3

Rate how quickly the effect hit from 1-10 immediate-major creeper.

3. Sativa influence - 8

Rate the sativa influence detected from 0-10 none-extreme. Sativa influence is best described as a clear and energetic mental effect.

#### 4. Indica influence - 2

Rate the indica influence detected from 0-10 none-extreme. Indica influence is best described as a sedative, lethargic or numbing effect that affects the body.

#### 5. Potency - 7

Rate the potency of the sample from 0-10 none-devastating.

#### 6. Duration - .8 hours

Indicate the number of hours the effects lasted.

#### 7. Tolerance build up - 6

Rate how quickly tolerance builds from 0-10 none-rapid. Leave this field blank if you have not used this sample repeatedly.

#### 8. Usability -

Rate on a scale of 1-9 where a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day. Leave field(s) blank if you have not yet formed an opinion.

Morning - wake up [8], Day - work [8], Evening - relax [6], Night - sleep [3]

#### 9. Overall satisfaction - 6

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.** Judging from the sample alone do you personally consider this strain a keeper for long term use?

Yes [x] No [ ]

**12.** Rate the noticable effects on a scale of 1-9 mild-severe. Take care to use the appropriate column for your response. Delete the existing space when recording your entry to maintain the columns in alignment. In all cases these casual observations should not be construed as medical advice.

#### **Effect**

What effect did the strain have check P+ off if the you got a POSITIVE effect and check N- if you had a NEGATIVE effect

IVI-	P+		IVI-	P+
[*]	[]	Paranoia relief	[]	[]
[5]	[]	Sex drive	[4]	[]
<b>[7</b> ]	[]	Sleep	[*]	[]
[]	[]	Speech process	[]	[]
[]	[]	Taste perception	[7**]	[]
[4**]	[]	Thought process	[5***]	[]
[]	[3]	Visual perception	[]	[]
	[*] [5] [7] [ ] [ ]	[*] [] [5] [] [7] [] [] [] [] [] [] []	[*] [ ] Paranoia relief [5] [] Sex drive [7] [ ] Sleep [ ] [ ] Speech process [ ] [ ] Taste perception [4**] [ ] Thought process	[*]       [ ]       Paranoia relief       [ ]         [5]       []       Sex drive       [4]         [7]       [ ]       Sleep       [*]         [ ]       [ ]       Speech process       [ ]         [ ]       [ ]       Taste perception       [7**]         [4**]       [ ]       Thought process       [5***]

<sup>\*</sup>I cant sit with sativas but this is a good thing anyway!

[]

[]

#### EXTENDED MEDICAL SURVEY (optional)

ADD/ADHD	[]	[]	High blood pressure/Racingpulse
Alcoholism/Alcohol Abuse	[]	[]	Insomnia
Allergic rhinitis	[]	[]	Itchina
Amphetamine Dependence	ΪĪ	ΪĪ	Migraine/vascular headache
Anorexia	[ <b>7</b> ]	ij	Muscle Spasm
Arthritis/Musculoskeletar pain	[3]	ίi	Muscular movement disorders
Asthma/Cough	ΪĨ	ij	Nausea
Bipolar disorder	ίĵ	ίi	Panic Attack
Cancer/Chemotherapy	ίĵ	ij	Peripheral nerve pain
Chronic fatique	ίĵ	ij	Post traumatic Stress Disorder
Depression	[6*]	ίi	Pre Menstrual Syndrome
Diarrhea	11	ίi	Sedative/Opiate Dependence
Drusen of Optic Nerve	ίi	ij	Schizophrenia
Epilepsy	ří	ii	SLE- systemic lupus erythematosus
Glaucoma	ii	ii	Spasticity in Multiple Sclerosis
Hiccough	ii	ii	phasticity in martiple selections

<sup>\*</sup> this is the main reason I need a high sativa for daytime as well as my indicas

<sup>\*\*</sup>I worked for an hour on an article for TYAMJ!

<sup>\*</sup>Again, I don't feel this one would inhibit my sleep though I'm not tired?

<sup>\*\*</sup> Gosh I haven't wanted Sugar Crisp in YEARS! They were so good.

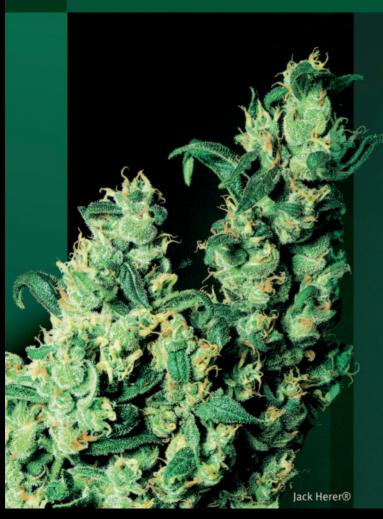
<sup>\*\*\*</sup> I also answered some e-mails that had been waiting!

#### **FINAL COMMENTS:**

A big thank you to Subcool and Mz Jill for their hard work at creating strains and hybrids to help us out. After reading that strain guide I am drooling over the bubble gum description! This guide is complete without being over my head or too long to follow – exactly the type of thing I appreciate. Thanks for taking the time to make that up complete with pics too!

I found this one helped motivate me and loosened up my morning knots a bit (I have FMS) and just like Vortex made me hungry almost instantly – even before I felt any of the other effects. I really enjoyed trying these out and would love to sample their Indicas to see if they are equal in quality. I find that while a good sativa will get me moving and motivated and hungry they don't seem to be enough to deal with my pain or headaches so I still need to alternate throughout my day with a heavy Indica.

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# **Physical Examination**

**Strain:** 

**Papaya** 

(outdoor - sale\$165/oz)

**Breeder: Med. Cannabis Club of** 

**Guelph supplied** 

Grower: Unknown
Judge: neutrino99
Date: July, 2007



#### 1. Visual Appeal - 7

Rate the visual appeal of the buds from 1-10 unappealing-excellent.

#### 2. Visible Trichomes - 7

Rate the visible trichome content from 1-10 none-totally covered.

**3.** Use an X to indicate the colors that are present in the trichome heads under magnification or list the percentages of each color for a more precise report. Leave these fields blank if you do not have a powerful magnifier.

	Coloi	/0
Clear	[ <b>x</b> ]	[20
Cloudy	[ <b>x</b> ]	[80]
Amber	[ <b>x</b> ]	[]
Dark	[ ]	[]

**4.** Mark with X the colors that are present in the buds or for a more detailed color analysis rate presence on a scale 1-9 light-dark.

Brown [2], Green [6], Gold [ ], Blue [ ], Grey [ ], White [ ], Red [ ],Rust [ ],Orange [ ], Purple [ ], Black [2]

#### 5. Bud density - 6

Rate the bud density from 1-10 airy-dense. For samples that are not in their natural state leave this field blank.

**6.** Use numbers 1-9 on descriptors that apply to the aroma of freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.

Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

Ammonia [5], Earthy [4], Licorice [ ], Peach [ ], Berry [ ], Floral [ ], Mango [ ], Pepper [ ], Blueberry [ ], Fruit [ ], Meat [ ], Petroleum [ ], Bubblegum [ ], Grape [ ], Melon [ ], Pine [4], Cedar [ ], Grapefruit [ ], Menthol [ ], Pineapple [ ], Cherry [ ], Grass/Hay [ ], Mint [ ], Rotten [ ], Chocolate [ ], Hash [ ], Mold [ ], Skunk [ ], Citrus [ ], Iron/Rust [ ], Musk [ ], Spice [ ], Coconut [ ], Leather [ ], Nutmeg [ ], Strawberry [ ], Coffee [ ], Lemon [3], Orange [ ], Vanilla [ ], Diesel [ ]

#### 7. Aroma - 9

Rate the aroma from 1-10 repulsive-delightful. Use freshly crumbled bud for best results.

#### 8. Seed content - 0

Rate seed content from 0-10 none-fully seeded.

#### 9. Weeks cured - ?

If known enter the number of weeks your sample has been cured. If desired repeat SSR after an additional two weeks of curing.

#### PHYSICAL EXAMINATION COMMENTS

This is a lovely bud for an outdoor though I am picky and would have liked it trimmed a touch better. I was amazed at how deep purple the flowers were. I have often seen deep purple in the leaves but not so much in the flower so this was pretty and interesting with its green leaves. The hairs on this sample were more brown than rust and it was fragrantly sweet while a bit too dry. It crumbled to powder readily so I added a small apple peel to it's container to bring it back.



# **Smoke Test**

**Strain:** 

**Papaya** 

(outdoor - sale\$165/oz)

**Breeder: Med. Cannabis Club of** 

**Guelph supplied** 

Grower: Unknown
Judge: neutrino99
Date: July, 2007



1. Please use a clean instrument for the evaluation. Enter information below that will identify the instrument as follows: Water pipe (enter bong, hooka, bubbler etc), Vaporizer (enter the brand name), Pipe (size-type, ie medium-glass), Joint (enter brand of papers), Other (specify)

Water pipe:	Vaporizer: <u>Vaporizer DIGIT</u>	Pipe:
Joint:	Other:	_

2. Use numbers 1-9 on descriptors that apply to the taste where a one indicates a subtle presence and a nine indicates a very pronounced presence. Delete the existing space when marking a descriptor in order to maintain the columns in alignment.

Ammonia [ ], Earthy [ ], Licorice [ ], Peach [ ], Berry [ ], Floral [ ], Mango [ ], Pepper [ ], Blueberry [ ], Fruit [3], Meat [ ], Petroleum [ ], Bubblegum [ ], Grape [ ], Melon [ ], Pine [6], Cedar [ ], Grapefruit [ ], Menthol [ ], Pineapple [ ], Cherry [ ], Grass/Hay [ ], Mint [ ], Rotten [ ] Chocolate [ ], Hash [ ], Mold [ ], Skunk [ ], Citrus [ ], Iron/rust [ ], Honey [ ], Musk [ ], Spice [4], Coconut [ ], Leather [ ], Nutmeg [ ], Strawberry [ ], Coffee [ ], Lemon [ ], Orange [ ], Vanilla [ ], Diesel [ ]

If appropriate return to this question after 5-10 minutes and mark with X any unmarked descriptors for lingering aftertaste.

3. Taste - 9

Rate your impression of the taste from 1-10 unpleasant-delicious.

4. State of dryness - 7

Rate the dryness of the bud from 1-10 wet-dry where 5 is ideal.

5. Smoke ability - 8

Rate the smoke ability of the sample from 1-10 harsh-smooth.

6. Smoke expansion - ?

Rate how the smoke expands in the lungs from 1-10 stable-explodes.

#### **SMOKE TEST COMMENTS:**

It has a lovely, sweet taste that makes me extra hungry and cleared my head so I could do some writing and some paperwork. It seemed to ease the pressure of my headache within a rapid time. It did make me cough a bit – even in my Volcano but this seems to happen more and more often of late. (so not sure it's the buds)

#### **FOLLOW UP QUESTIONS**

1. Dosage - 10

Enter the number of hits taken to reach desired effects.

2. Effect onset - 2+ creep

Rate how quickly the effect hit from 1-10 immediate-major creeper.

3. Sativa influence - 9

Rate the sativa influence detected from 0-10 none-extreme. Sativa influence is best described as a clear and energetic mental effect.

#### 4. Indica influence - 0

Rate the indica influence detected from 0-10 none-extreme. Indica influence is best described as a sedative, lethargic or numbing effect that affects the body.

#### 5. Potency - 9

Rate the potency of the sample from 0-10 none-devastating.

#### 6. Duration - .5 hour

Indicate the number of hours the effects lasted.

#### 7. Tolerance build up -

Rate how quickly tolerance builds from 0-10 none-rapid. Leave this field blank if you have not used this sample repeatedly.

#### 8. Usability -

Rate on a scale of 1-9 where a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day. Leave field(s) blank if you have not yet formed an opinion.

Morning - wake up [6], Day - work [8], Evening - relax [6], Night - sleep [4]

#### Overall satisfaction - 7

Rate your overall satisfaction from 1-10 poor-Holy Grail.

#### 10. Ability and conditions-

**11.** Judging from the sample alone do you personally consider this strain a keeper for long term use?

Yes [ ] No [x]

**12.** Rate the noticable effects on a scale of 1-9 mild-severe. Take care to use the appropriate column for your response. Delete the existing space when recording your entry to maintain the columns in alignment. In all cases these casual observations should not be construed as medical advice.

#### Effect

What effect did the strain have check P+ off if the you got a POSITIVE effect and check N- if you had a NEGATIVE effect

	-	PT			
Ability to rest or sit still	[]	<b>[7</b> ]		N-	P+
Anxiety relief	[]	[5]	Paranoia relief	[]	[]
Appetite	[]	[8]	Sex drive	[]	[]
Audio perception	[]	[]	Sleep	[]	[]
Humor perception	[]	[]	Speech process	[]	[]
Imagination/creativity	[]	[]	Taste perception	[]	<b>[6]</b>
Pain relief	[8]	[]	Thought process	[]	<b>[6]</b>
			Visual perception	[]	[]
EXTENDED MEDICAL SURVEY (o)	ptional)				
	N-	P+			
ADD/ADHD	[]	[]		N-	P+
Alcoholism/Alcohol Abuse	[]	[]	High blood pressure/Racingpulse	[]	[]
Allergic rhinitis	[]	[8]	Insomnia	[]	[]
Amphetamine Dependence	[]	[]	Itching	[]	[]
Anorexia	[]	[]	Migraine/vascular headache	[]	<b>[6</b> ]
Arthritis/Musculoskeletar pain	[]	[]	Muscle Spasm	[]	[3]
Asthma/Cough	[]	[]	Muscular movement disorders	[]	[]
Bipolar disorder	[]	[]	Nausea	[]	[]
Cancer/Chemotherapy	[]	[]	Panic Attack	[]	[]
Chronic fatigue	[]	[2]	Peripheral nerve pain	[]	[]
Depression	[]	[4]	Post traumatic Stress Disorder	[]	[]
Diarrhea	[]	[]	Pre Menstrual Syndrome	[]	[]
Drusen of Optic Nerve	[]	[]	Sedative/Opiate Dependence	[]	[]
Epilepsy	[]	[]	Schizophrenia	[]	[]
Glaucoma	[]	[]	SLE- systemic lupus erythematosus	[]	[]
Hiccough	[]	[]	Spasticity in Multiple Sclerosis	[]	[]

#### **FINAL COMMENTS:**

Though a very potent medicine the effects seemed to wear off fairly quickly as compared to other medicine's I have tried. This had me medicating a bit more frequently and though it tasted lovely if I were smoking I'm not so sure I would relish this increased use as much. The Duff has a buttery smell that will make it perfect for my peanut butter or choco duff cookies! When I vaped this medicine when I hadn't eaten I found it made me so hungry that it actually hurt.

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# **ZARDOZ PRODUCT REVIEWS**

Well folks here it is 2008, "Happy New Year"!

Over here at "TY lab's" things have been steadily progressing forward, you can look forward to some VERY interesting developments in the up-coming year! We are striving to improve our gardens with each and every successive grow, new equipment is being added fairly regularly and the plants as well as the growers are VERY excited! Rest assured we at TY will continue to inform you of all the new and wonderful advances in the world of medical marijuana.

For my part I will be implementing a LOT of big changes in documentation and record keeping of our gardens and any planned garden experiments. To this end I will continue to bring you information on

some of the latest and greatest products to do everything from saving you time and money, to improving your harvest quality and yield. We won't stop there though... we will give you tips on cutting and trimming to drying and curing. Then we will give you some suggestions on what to do

with your "leftovers" just to make sure we keep "waste" to a minimum.

"Grow Green...
Grow Safe"Gord

Gord Hume; partially disabled ex CDN Armed Forces Mechanic. Federally exempt medical marijuana grower-consumer.



# BigCatch Dino-Lite Digital Microscope

model number AM-311S

For my first review of the year I'll be taking a look at the "BigCatch Dino-Lite Digital Microscope", model number AM-311S available from our friends at "blackbetty420.com" (called "Student w/o" on "blackbetty420.com"page). The AM-311S sells for a mere \$219.00 usd when I checked in the "Pay Now" box (that's delivered to your door), a great deal if you ask me!

This handy little USB microscope will show you VERY clearly just how close to "ready" your trichomes are, as well as help you diagnose any deficiencies that are visible.

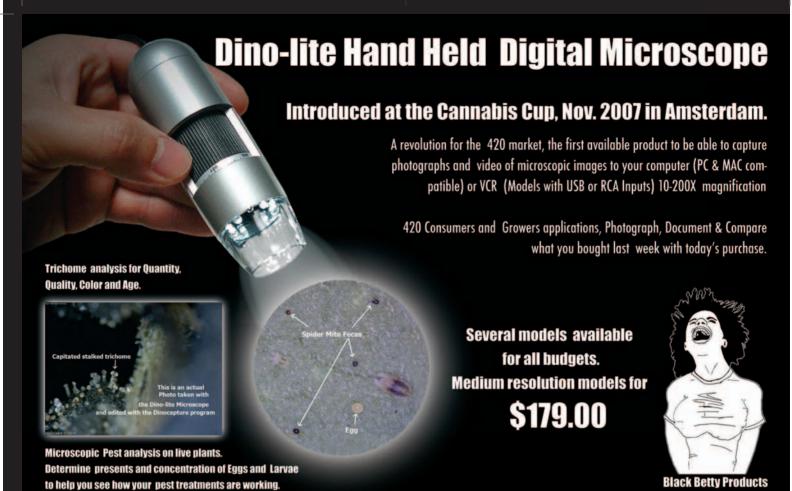
I opened up the package and found a neat little box that contained the scope and its driver CD, as an accessory to the scope we also received a "flex stand" which does a great job at holding the scope well focused and quite steady.

Upon installing the drivers and associated programming, I plugged in the USB microscope and began to look into the "micro miniature" world. OK... now I've been looking at marijuana through a lighted magnifying glass for a few years, but this was a completely different story!



I found the eight LED's that are built into the scope to be extremely helpful in providing more than ample illumination. Although you can turn the LED's off and supply your own brand of light... such as UV or natural sunlight etc... The scope has a "thumb dial" for fine focus adjustment this can take a minute or two to get the hang of... but combined with the flex stand a beautiful crystal clear image is presented on your computer screen.

Now take a look into the software provided, go into "setting" and take a look at "Real Time Image Setting". Here you can adjust the microscopes light settings as well as contrast, colour etc... There is also a neat little function that allows you to pick a picture frame for your image or various other "treatments" for your image (you can see my favourite "treatment" in this article). Inside this settings section you will also find the availability to "zoom" in on what you have already got under the scope. The "zoom" function works quite well and really makes even the tiniest detail VERY easy to see!



For orders or information see blackbetty420.com or call 228-474-5551

The fun doesn't stop there, the software provided has email capability, live "streaming" capability etc... etc... I'm still quite new with this scope and expect the quality of my images will improve as I learn how to better use this neat little piece of equipment!

I liked EVERYTHING about this device... except for one thing. The ONLY flaw this scope holds for me "personally" is that the out-put image is only available in "SXGA" and as a result I don't have the greatest images for print purposes (I am NOT a print expert, I might very well be WRONG and my images might print beautifully... that would be SWEET!). This is NOT a "fault" of the scope... it is what it is, it's an excellent scope for the amateur all the way advanced however the user, "blackbetty420.com" does provide a scope that is quite capable of rendering "print quality" images. Their "high res" microscope comes to \$369.00 usd at the checkout window.

To see the images I have submitted for print in their "native" environment I suggest you take a look at this issue "on-line" when it becomes available... there you should be able to see the exceptional quality of these printed images "at their best". I will be placing many "close-ups" of the "trials and tribulations" of TY's gardens in the up and coming issues of TY magazine and in the on-line editions.

To sum up I give this great little device "two thumbs up" for ANY user who doesn't require the ability to print their images in high resolution! If you do require exceptional print quality, or the ability to connect to a TV and or a VCR I'd advise you to speak with our friends at "blackbetty420.com" and ask them for advice as to which model to select for your own specific needs.

I would like to thank "blackbetty420.com" for providing this great little scope for our review and evaluation, there will NEVER again be a crop taken "just a little too early" because my own slowly failing eyesight is not giving me ALL of the detail I'd like to see!

Ps: Please keep in mind when "scoping" a 3D object that when one section is perfectly focused there will be other areas in view that are NOT in focus, this is NOT a flaw in the imagery OR the device... it is a fact of photography and cannot be avoided. Also all "bud shots" are from already "bagged" supplies so some trichome damage is to be expected.



# CO<sup>2</sup> plants want it...



plants NEED it! If you want the most from your garden there is one "up-grade" I would suggest you work towards as soon as you can. Get yourself a good CO2 system! This review will cover the "Gen 2E" supplied to us from our good friends at "WestCoastGrowers.com".

My very first impression upon "fire-up" was "whoopee this puppy works GREAT!" OK let's start with the size of the room that I tested this unit in. Our garden is "un-planted" right now so we did an efficiency test in a rather "largish" space. Our test room was eight feet to the ceiling, twelve feet wide by thirty eight and one half feet long... thus giving us a cubic feet of test area equaling a "whopping" thirty six hundred and sixty nine cubic feet!

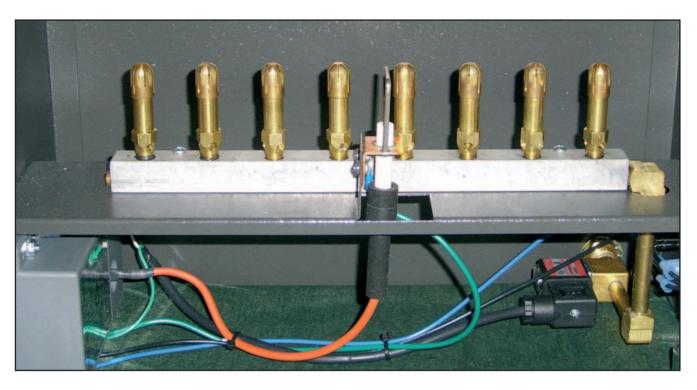
I installed my CO2 meter in the room and set up a few circulation fans to help evenly spread the CO2 about the room. Then I took an "ambient" reading of CO2 in the test area, I found the ambient CO2 to be three hundred and twenty six ppm (parts per million). My "target" CO2 ppm is 1400 ppm. However this device burns

propane to produce CO2... so I am willing to "fall short" a little bit of my target CO2 in the interest of saving some propane.

Let the test begin! After my circulation fans had established a pattern of air flow in the room, armed with only a stop watch and my trusty CO2 meter we fired this bad boy up! Upon "start-up" the figures on my CO2 meter were climbing faster than I could count them off! 326... 329... 370... FAST!!

I wanted to establish what a fifteen minute "on" cycle would produce in a room this big. The results were VERY impressive IMHO. In a mere fifteen minutes we raised the room CO2 from three hundred and twenty six ppm all the way to a solid thirteen hundred parts per million! This easily put's us in the "zone" for our CO2





and the plants will respond VERY well with this level of CO2 supplementation.

Now a few words about the CO2 generator itself.... First things first... it does NOT have a standing pilot light (no wasted propane just to keep a flame lit) instead the unit employs an electronic ignition unit that supplies the spark to ignite the propane burners. The burners... here is another rather unique feature of this unit; this generator has space to accommodate up to eight screw in brass burners. Supplied with no "extra" burners this unit comes with five brass burners... we opted to get the extra three to flood our space just a little bit more quickly! Up-grading the unit was SIMPLE all I had to do was remove the installed "allen plugs" (with the supplied allen key) and screw in the brass burners after applying a thin coat of supplied "never seize" to the threads and tightening them to "snug". Couldn't be easier!

The box that the unit is built in is a sturdy powder coated steel (Ya gotta LOVE powder coating!). The unit also features a "tip over" switch that will shut down the burners in the event of a tip over (safety, safety, safety!). The unit is supplied with a set of hanging hooks and chains as well as about six feet of propane hose and a low pressure regulator... an AC adaptor completes the list of supplied equipment. All you need to supply is the propane and the garden to place it in!

For our use we will likely be using this unit with a timer and no dedicated CO2 controller/meter (I do have these pieces of equipment however I would like to use them in a different location). I am going to put this unit into service and give it a fifteen minute "on" cycle for every hour, fifteen minutes BEFORE the unit is set to come on

I will run our room exhaust for fifteen minutes so that we are removing "stale" air before we "recharge" our garden. I believe this will be adequate to keep our humidity and heating issues to a minimum.

I know that there are "other" CO2 generators out there, if there is one that provides more CO2 in a fifteen minute period I would like to hear from whoever provides it! It would be nice to do a "CO2 showdown"!

Well folks... that's about all there is to say about this great unit, the benefits of CO2 supplementation are known and somewhat quantifiable, I have every confidence that this unit might very well increase our over-all yield by about 20 to 30% if managed properly.

Again I would like to thank our friends over at "westcoastgrowers.com", we have a LOT of their equipment and I will be reviewing ALL of it as time goes by... next issue I think I'll tell you all about the lighting controllers we have from "WCG", each "C.A.P. MLC-8a" controls up to eight 1000 watt lamps... or maybe I'll fill you in on the "Vortex" cooling fans that keep our room so manageable... time will tell.



# BUBBLENOWXL





Here is a product that I've been waiting for! This review will cover the "Bubble Now XL" supplied to us by our friends at "freshheadies.com". If you have followed our publication you will see that I've already reviewed the "Bubble Now" a great five gallon ice water extraction system... what I am reviewing now is a TWENTY gallon ice water extraction system!

What we have here is a BIG version of the "Bubble Now" that includes a pump to empty the machine (no more gravity drain) as well as a modified agitation plate in the bottom of the machine. The machine ships with a 220 micron screen bag to hold your product whilst washing, you need to have a set of filter bags... or get a set.

I must say that I am VERY pleased with this machine for some very good reasons, the first of which is the fact that this machine will process up to 1000 grams of dried material at once! MASSIVE!! When you run this machine once... it's like running a single five gallon machine five times... or

five, five gallon machines running simultaneously! I'll give you the run down on how I loaded and ran this machine (and achieved great result too). First things first, I'll tell you straight out... I haven't used the "large" 220 micron bag yet. I have five "small" 220 micron wash bags, each holding 200 grams of dried material. I have hand sewn some string ties to the wash bags so that I can tie the closure zipper to ensure the bag does not open during wash. I use multiple small wash bags rather than one big one as I find the smaller bags more easily managed with my back being in poor condition.

First things first... load your bags with dried product,



and then add about a half bag of ice to the wash bag.



Zip up the wash bag (and tie it closed) and place it in the freezer... now repeat the process until you've run out of wash bags... or run out of dried material or ice.



Now pour about one half bag of ice into the bottom of the machine...

time to go get those wash bags full of material and ice from the freezer! Load the wash bags into the machine. Now I emptied two whole bags of ice on top of the whole works!







OK you had the COLD water running all this time right? If you didn't you should have... you are going to want the coldest water from your faucet as you can get!

OK now start filling the machine

Fill the machine to between four to six inches from the inside lip of the machine.







Now we set the machine dial to "Gentle" cycle, close the lid and set the timer for a full fifteen minutes (you do have it plugged into the outlet right?), the machine begins to "growl and smash about" all that ice, water and dried material. That's right...

we now have a full one thousand grams of dried product being ice water extracted!

I run the machine up to three times (three fifteen minute cycles) before proceeding to the next step.



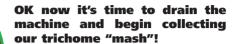




The next step is to remove the bags one by one and squeeze HARD to remove as much water from each wash bag as possible.

If you run one "batch" multiple times I recommend that you remove and squeeze each bag between each fifteen minute run (also make sure the bags are remaining closed).

Once you are satisfied that you have removed as much of the trichomes as possible place the well squeezed and drained wash bags into a large bowl or what have you.



Get yourself a good spray bottle for washing down the inside of the machine as it is pumping out,



(it's best to keep a hand on the drain hose until you KNOW it won't come flying out of your filter bucket



now place the drain hose from the machine into your twenty gallon filter kit



change the switch position from "Gentle" to "Drain"



Watch as the pump rapidly empties the murky water into your filter kit, as the level in your machine goes down I spray the insides of the machine to wash down any trichomes.



OK the machine is empty and your filter kit is full, time to remove the "work bag" the 220 micron bag from the filter kit... this bag catches any "bits" that made it out of the machine and its wash bags. The work bag is an easy lift and should be set







Time to pull the next bag... in my case it is the 190 micron bag, the product from this bag can be used in cooking or to "fill out" your final



I use the 20 gallon filter kit... I use a 32 gallon garbage pail to hold my filters. Once the final filter bag is drained I pull the filter bag over the outside of the garbage can, this causes the filter mesh to "stretch" just a little bit and allows for easy removal of your product.

Here we go, time to pull the final bag... the 25 micron bag. This one is a BIG lift for me! As my back doesn't handle heavy weights very well I have made a drain in the bottom of my filter bucket... time to open that drain and let some of this water out! Don't expect the filter bucket to empty really fast, just the opposite is true... even with the "grid" I placed into the filter bucket before loading in my bags I still had to "agitate" the contents of the bucket to get the drain to flow even

remotely quick. As the level begins to drop and the bag gets more manageable, when you can... gather the bag at the top and give it a tug upwards out of the filter bucket. Once you have broken the grip of suction holding the bag into the bucket it's time to "shake" the bag sharply up and down... this forces water out VERY quickly! You can also gently "massage" the mesh bottom of the bag to coax the water from the bag.

Use an old credit card to collect the trichome "mash". Now all I do is place the trichome mash spread onto a piece of parchment paper, this then goes into the dehydrator to be dried. Once dried you can "press" the crumbs into traditional hash or use it in crumb form.

#### Well folks that's it!

That's how easy it is to process 1000 grams of dried product. I have to thank our friends at "fresh-headies.com" for sending this unit; my process work with all of my dried material will be MUCH easier and MUCH faster now.

**Gord Hume;** partially disabled ex CDN Armed Forces Mechanic. Federally exempt medical marijuana grower-consumer.



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**Gerald Bosacker** studied journalism, but found success as a graphic arts salesman, which evolved through serendipity and pandering to his superiors, into a Vice Presidency of an international corporation, a role neither deserved or greatly appreciated. Early retirement, an unskilled and naive victim of corporate politics, provided opportunity for his first love of weaving words into meaningful poetry. Starting late, Bosacker churns out tons of poetry, and displays them pro-bono, hoping for acclamation or bare acceptance, while he is still mortal.

Gerald Bosacker 1901 N. 19th Street Paragould AR 72350 http://www.bosackerbooks.com

#### **ADVERTISING TRUTH**

The most successful fiction writers are those that mask the issue of thorns on a rose, pushing wormy apples, as protein enhanced fruit. Labeling Adescent guaranteed@ on a parachute, assuring us we won=t keep floating in the sky. When used, you will come down, they did not lie. How euphemistically, I am informed of fact, in advertising that is camouflaged with tact. Hyperbole is the ad copy writer=s norm from soft pedaling to those that over-inform. Ads for Pharmaceuticals that I must obtain now warn of side effects like death and pain, and these frank admissions legally insulate them from judgments courts might advocate.

#### **MISSING DETAIL**

When monkeys stare at us and blink do they know we're their missing link, or do we just suspect they think? Do we look strange without a tail? Did evolution somehow fail, putting short tails on just the male?

#### **MIRACLE PALEONTOLOGY**

Praise the paleontologists, learned men who unerringly create a skeleton which each insists is realness we can not debate.

Passed dinosaurs have lost their meat, leaving lots of fossilized bone.

Do guesses make them complete, no skeleton gaps left unknown?

Does imagination help them know the entity they would restore and where each piece of bone should go to make their ancient dinosaur?

#### **PICKING ETIQUETTE**

You can pick a wife or a rose, and then quite sensibly the right card, your teeth or new clothes, a guitar, a friend or your foes, and often, quite privately that icky stuff between your toes. Pick garden weed that stubborn grows and winning numbers I suppose or your butt when no one knows but mothers and teachers agree it's never nice to pick your nose.

#### **MY FATHER'S CAR**

Slanted rays of the late afternoon sun gild the dust motes emancipated from the mohair cushions by my sudden settling, intrusive and possessively on their long tranquil couch. Rising in the reddened rays they dance in chaotic patterns, like miniature birds rising up from their cover. Some invade my nostrils with traces and places of my father, hinting of sojourns with his beloved Buick while he could still possess his share of the highways, and of his furtive sessions behind the wheel, pretending the state would still let him drive. I smell fragments of chocolate kisses from floating flakes of untwisted tin foil wrapped around his forbidden, high cholesterol treats he had hidden in the glove compartment, but from whom? Mother, already gone, no longer policed his diet, and his progeny were too engrossed in our obligations and his grandchildren to monitor the poisoning of his blood from risky treats nor would we forbid occasional life shortening cigars, we could taste with his kisses. I could not smell one wisp of tobacco smoke here in his refuge from a youthful society, so I realize he would not poison its upholstery with the tell-tale tarry smoke that had tortured and surmounted his lungs. I copied the mileage from the odometer so I could place an ad in the paper, extolling Dad's treasured Fleetmaster's low mileage and pristine condition on the back of a receipt for a casket and blurred the numbers with fresh tears How could I sell his car? Why did we not seat Dad in his beloved Chevrolet and bury them together in the ground instead of in a satin lined funerary box wearing a suit that no longer fit?

I have deleted the rhyming end words and let the meter fall wherever the synonyms took it.

Now it is modern poetry.

Gerald Bosacker http://bosackerbooks.com

#### **Poems by Newton Wills**

1.

a man died on his own bed his eyes are open to look for God's light he pray long time don't let him go, this world needs him to redeem

the neighbor who traveled comes back all good things have ended he wants my hen because Isaac Newton 's wisdom is not enough to make an egg

no tree is too tall
no flower is too beautiful
when apple drop on my head
this is not coincident
God's will changed
my mission is to grasp the hand that touch gospel
great plan has never been decorated
he today, i tomorrow, ask your time?

2, you made my heart broken by your tricks i tie my head on the books, as joyful morning sacrifice. in order to save the time that was used by mistakes i took a breath from the dead air the lazy bee wants to turn on the radio, there is a great day in there my consciousness is clear as noonday and looks for the road God directs

a few birds float on the high sky i raised my heart to pray that interesting things happen quickly

angels sing the whole night at that time, i mature a thought so i turn my face another way You renew my body in my dreams nails become the friend of body i become a part of endless light

i swore on the First Saturday let your Spirit live in my will let dew stir up my first idea in morning

all my strength has only one use to get your blessings and without the sin of greed

#### **CANNABERRY SQUARES**

Submitted by Chef Uni

#### Ingredients

1/2 cup cannabutter

1 cup brown sugar

2 eggs separated

(save whites for topping mixture)

2 cups flour

2 tsp baking power

1 tsp salt

1 tsp vanilla

1/3 cup milk

2 cups Cranberries fresh or frozen



- 1. Mix up above ingredients and press in 9 x 12 pan.
- 2. Bake until light golden brown.
- 3. Beat the egg whites until stiff but not dry.
- 4. Add to the egg white mixture:
- 5. 1 cup brown sugar
- 6. 1tsp vanilla
- 7. Pour over top of cranberries and bake at 350 degrees for 20 30 minutes until golden brown.
- 8. If you do not have cannabutter you can add 3 thsp finely ground marijuana to the flour, and use 1/2 cup butter or margarine to the base.
- \* Substitute any kind of small berries ie: blueberries, raspberries, blackberries or currents if you wish.



#### STRAWBERRY CHOCOLATE JIFFY PUDDING

Submitted by Chef Uni

#### This is a recipe for a baked pudding **BATTER** ingredients

2 tbsp butter

1/4 cup sugar

1/2 tsp vanilla

1 cup flour

2 tsp baking powder

1 cup milk

? cup cocoa

3 tbsp finely ground marijuana



Cream the butter, sugar, and vanilla, mix in baking powder, flour, mj, and cocoa. Add milk stir to make a thick batter. Pour into a tall casserole dish (at least 2 quart... it puffs up)

Layer about 2 cups of frozen strawberries on top of batter, I also added about 1/2 cup or so of chopped Dark Belgian Chocolate to this layer.

#### **SAUCE**

1 tsp butter

3/4 cup brown sugar

1 cup boiling water

1 tsp vanilla

1 tsp cornstarch

Mix the brown sugar and corn starch together, sprinkle over the batter.

Combine the water, butter, and vanilla, pour gently over the batter...

DO NOT STIR

Bake 45 minutes at 375 degrees.

Another variation is to put 2 cups of diced apple

on the bottom of the pan under the batter and omit the cocoa.

You may substitute cannabutter for any of the butter in the recipe, but I would still add some fine ground to the flour.

Hope you enjoy this... it really is good served right from the oven, on top of vanilla ice cream... or just by itself.





#### **CHOCO DUFF COOKIES**

Submitted by neutrino99

#### Ingredients

Makes about 5 dozen cookies (small dose size ~2")

1/2 cup butter

1/2 cup canna butter

1 cup peanut butter

1 cup white sugar

1 cup packed brown sugar

2 eggs (I always use Omega-3's)

1 tsp organic Bourbon vanilla

1 cup Duff

3/4 cup cocoa (sifted)

3/4 cup flour

1 & 1/2 tsp baking soda

1 tsp salt

2 cups choc chips



- 1. Preheat Oven to 325 F or 165 C.
- 2. I use the duff left over from about 4 vapes with my Volcano. It is a light brown but still smells nutty and then I put it through a coffee grinder till it is very fine like flour.
- 3. Sift together flour, duff, cocoa, baking soda and salt and set aside in a small bowl.
- 4. In a larger bowl, cream butter, peanut butter and white and brown sugars till light and fluffy.
- 5. Add the beaten eggs and vanilla and stir well.
- 6. Slowly stir the dry ingredients into the wet in the larger bowl till it is well mixed (but not beaten)
- 7. Add the chocolate chips and pecans to taste and shape into small 1 & 1/2 inch sized balls.
- 8. Place some hot water in a mug and use a fork wetted with this to press down the balls into cookies.
- 9. Bake 14 16 minutes or until no longer wet looking.
- \* I use parchment paper to make clean up easier and removal from the baking sheets and cooling faster.



#### **CHEESE NUGGETS**

Submitted by Chef Uni

#### Ingredients

1 cup flour
1/2 cup canna butter or regular butter
2 cups grated cheese
(strong cheddar is best)
Season to taste
(garlic, onion powder....etc)
2 tbls finely ground Marijuana
(if using regular butter)

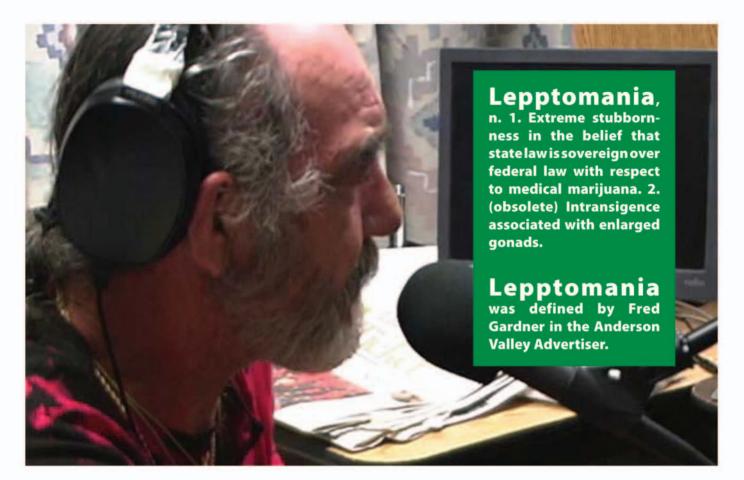


- 1. Blend flour and butter.
- 2. Combine in spices and cheese.
- 3. Shape into small balls, place on ungreased cookie sheet.
- 4. Bake at 425 degrees for 10 12 minutes.
- \* Tasty on their own or dipped into salsa sauce.





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# What Will We Do! Anything

I believe now is the time for us to rise up and do the work that is necessary.

Our collective interests demand that we do something. And now the government has started unnecessary wars. Broken our laws, international laws, and the laws of basic human decency.

Our prisons are money factories for them. We are losing our homes to foreclosure at the fastest and highest rate in history. Children are left behind on purpose as they are dumbed down by a system training them to be slaves.

Slavery has been measured historically by money; half went to the master and half went to the slave. Look at your paycheck stub and tell me where did half of it go? Why to the master Toby, act like you know it.

How many more centuries will we be willingly enslaved? When will we throw ourselves off the yoke of timidity and fear? Can we take back our country? Can we correct a world so badly abused by utter lack of caring and understanding?

If I pee in your water jug will you drink it? If I passed the nastiest of gas would you just stand there taking it in? No, you wouldn't. But that's not exactly what we are doing here. Look at water and air quality. How far can we go before it's too late to turn around? How long until our children have no future?

How long until we bring down Armageddon upon ourselves?

If your child tore up all their clothes, took a hammer to their bedroom walls, started the carpet on fire, broke out all the windows and then just stood there...would you be upset? I would.

So I am confused as to why the creator should look at us favorably? Why would he rebuild our room? Why would he care?

It's obvious we don't.

For as a child we have destroyed our room, our mother, our homes. Are we to die broke, homeless, starving? That seems to be the new American dream.

Anyway, just ask yourself "who's in your wallet?"

And did they leave any of it for you.



## Lepptomania

# The Journey of One's Life

The journey of one's life is an ongoing puzzle, who, when, where, and how.

Questions beyond answers and answers that don't fit.

The constant struggle to just get by makes enjoying life almost impossible even when shown that certain approaches will or will not work.

It is the fool who believes that he knows as none of us really know, for it is impossible to know all, do all, or be all!

The complexities of inter-personal relationships make it almost impossible to know happiness. For the need to be "one" is over ruled by the desire to please other as one can never know they truly know what is another's heart.

They can only base their actions on what they perceive to be the truth. Which may or may not be the truth, as felt by others. This doesn't make it right or wrong. It just is.

Our inability to see and understand this has resulted in the decaying of an entire world.

As the truth of this pours out so do our chances of survival as a species.

We can only hope that the balance of power will change, and the will of those who wish only to live as they desire, while harming neither themselves nor others, will someday have the chance to do so.

Sadly it appears that this will not come to pass without anarchy, death, and destruction.

The chances of success are small as this behavior opens the doors for only more of the same.

We must ask ourselves, what world will we leave our children?

Or more importantly, will there be a world to leave them at all?



One of the award winners.

# The Oregon Medical Cannabis Awards

The Oregon Medical Cannabis Awards are my next stop; Portland, Oregon. It's four a.m., and I'm up and off to SFO. I get to fly, which is a treat for the I-5 is closed off and on for many reasons, all of them bad if I was driving. But I'm not.



We arrive at SFO at seven a.m., at ten a.m. I am in Portland.

The lovely Michelle has volunteered to help me this weekend, and whisks us off to the La Quinta Inn, my favorite in Portland. The event is just one block away, so we head on over there upon arriving.

I am greeted by many friends all offering sympathy for my loss. I do miss the little pretty one, what a fr&\*%\$\*& hole in my heart and life



Anyway the charming vivacious powerful and strong Madeline Martinez, director of Oregon NORML I remember from years back when she got started. We were talking onstage after each other, Madeline confessed she was scared and unsure, but she was going to try. Well she did it, and you should see her now.

The event was wonderful. It was intimate and warm, there were many vendors and tons of information about laws, the plant, Doctors services in Oregon, etc.

The highlight of the day was a fashion show with many beautiful things from Master Peace Hemp, Andrew Lintz' Dirty Little Secrets Salon, Hempress Arise, Consciousness Clothing, Dusty Rock Hats, and of course my favorite and dear friend Scott from Urban Designs. I get all my socks there! Most all of them have web sites, check them out.

After a couple of hours break we go back to the event for the show. The awards show, who's the best in Oregon.

Madeline started us off with a great little speech followed by the guest of honor, Mr. Keith Stroup of NORML. As always, this great man spoke from the heart hoping as we all do for the legalization of the sacred plant. He also told me National NORML supports the initiative for full legalization of the sacred plant in California being petitioned by Jack Herer and me now. We hope to get his law on the ballot for the November 2008 elections. After Keith's speech we got right into the awards ceremony.

What beautiful awards they were, the winners are as follow:

#3 Strawberry Cough by Doctor Paul #2 Petie's Sweetie by Peter

#1Medicine Woman by David – second year in a row, a wonderful man with a very special wife.

Congratulations to all who entered. It was all good.

Last was the drawing for the #1 prize – one of the most beautiful quilts I have ever seen. Check out customganjaart.com, you'll love this stuff!





Keith Stroup and Eddy Lepp at the Oregon Medical Cannabis Awards



Madeline and supporter.

Madeline my darling, you done good. Real real good.

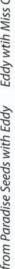
Join me next year for the award's ceremony and go to Portland's Hempstalk, it's the top.



# High Times Cannabis Cup - Amsterdam 2007

Eddy and Jack with Redman

Luc and Patric from Paradise Seeds with Eddy Eddy wtih Miss Cannabis Cup







Eddy with Derry from Barney's

Eddy wtih Soma and Marco Renda

John Sinclair, Lorna from the Cannabis College and Eddy





Big Buddha and Eddy



Eddy wtih Fuzzy and FCM Click



Arjan, Eddy, Redman







Eddy wtih Shin, who creates the most amazing pipes. The one above was gifted to Marco Renda.



All photos on this page taken by Craig Lemire of Hello Jazz Productions, except the two fashion show shots above by Eddy Lepp.

# **High Times Cannabis Cup**

### The story:

This year was unlike most trips to Amsterdam. Linda's health had been failing, and I thought of not going. But as always, she would hear none of it, so off we went.

When we arrived we were greeted by Brett, of Apothecary Seeds and Travel. Then we proceeded into central Amsterdam and checked into the Rokin Hotel off of the Dam Square, the center of it all.

We rushed off to the Greenhouse Centrum where we were shocked to find things weren't right, no one I knew was there. However they knew who I was, and put us in a cab headed towards Barney's, where Arjan had opened the newest, largest, most wonderful Coffeeshop in all of Amsterdam.

A huge Koi pond in the floor is the centerpiece, which you can walk right across. It's almost American it's so big!

As always, the King has done all things first class, serving food now. The greenhouse is overwhelming.

Their hash entry is superb and Arjan has brought back my favorite strain in the whole world, Super Silver haze. I'm thinking to myself that this is a cup winner for sure.

But one cannot forget the King of the Mornings, Derry of Barney's. He has pulled out all the stops across from Barney's Coffeeshop he has opened Barney's Uptown. One of the most beautiful restaurant/bars in all Europe. Totally cannabis friendly, it is not a Coffeeshop, but it might as well be. It must be seen.

Although my old friend Franco is missing from the scene, I soon find out that he is okay, off expecting his first child at any moment. Congrats to Franco and all his family!

Then we went off to the Cannabis College, where Lorna, Kristie and the crew treated us wonderfully. The college is a must for anyone visiting Amsterdam. But we were there to see a legend, a hero; Mr.. John Sinclair and appear on his Radio Free Amsterdam talk show on the web.

When people ask "Eddy, how do you do it?"

I often think of John Sinclair and John Lennon and Malcolm X Martin Luther King, Abbey Hoffman, Ghandi, Nelson Mandela, and Jack Herer my heroes; what I do is easy. For John has lit the path I follow with help with so many great people I cannot fail.

John's passion for life and for what is right is legendary. Sent to jail for ten years over a couple of joints, his case sparked much of the turmoil of the '60s and '70s. He has stayed true to his beliefs and is one of the most wonderful people I know.

Thank you John Sinclair! I love with you all my heart, as did Linda.

Then we made some new friends at the Abraxas Coffeeshop behind the Dam, Erol was wonderful and the shop is great, and warm, and friendly. Try it, you'll like it!

Next we are off to the Expo itself. This year in yet another location, this time miles from anywhere, at least a 30 to 40 minute ride from anywhere! However the place is nice, the best in five years - -large and well laid out.

We see many of our friends:

The Boys from the Bakery bring lots of goodies.

Vancouver Seeds and BC Buds come over, Melissa is beautiful as can be.

Another highlight was the amazing Auto Flowerer, the fully automated light.

"Raw" was there, these are great rolling papers. I use them all the time.

Smokeoutgear.com was showing off some great t-shirts.

Vortex was showing off it's gravity bong, the greatest ever!

Shin from Japan was showing off his hand-carved pipes and beautiful pieces of art; they are all easy to clean and I love them.

As always, Soma's booth was impossible to get to, as he is more popular than ever!

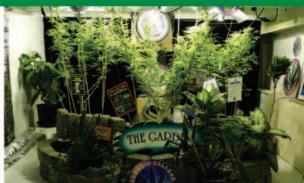
Luc and Patric from paradise Seeds were there. My oldest and dearest friend. Linda loved her card from you guys so thank you very much.

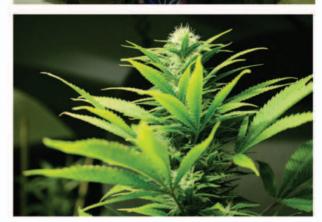
Then it was off to the Greenhouse party at Club Sinners. I fit right in, and as happens every year, it was a hit.

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# Amsterdam 2007







Eddy visits with Lorna - from the Farm to the College.



The pictures above were from Barney's party.

Below: My friends Pony Boy and Redman onstage.



# **High Times Cannabis Cup**

Not wanting to be left out, Derry and Barney's had a small party (a f\$%^&\$% riot). He brought in Moe over one of the hottest jam bands in the world. Not once, but twice. That's right. Two nights in a row, what a show. Apothecary Travel also brought in Honky Tonk Home Slice, another major jam band. They would play several times, getting better and better.

Our very own homegrown PYRX with Blaze One tore up the place all week. Check these kids out, they are worth checking!

Then in walked Redman. I met him a couple of years ago, I didn't know who he was, just some dude in the VIP. We talked some; we smoked some, talked some more. I really liked him then. Later when I saw him onstage I figured it out. We spent 30-40 minutes together talking about Linda's health, Jack, and our initiative to legalize cannabis totally in California.

He's on board and is going to help raise awareness to help get it passed. We need help so much – check out jackherer.com or eddylepp.com or myspace.com and give us a hand up!

Later it was off to the Melkweg for one of my favorite events every year. Hemp Hoodlamb's fashion show. I sat right next to the runway's end and took some of these pictures myself! Hope you like 'em.

After all the beauty we could handle, Adam brought out Redman and his Boys. One of the best shows I've ever seen. Using the runway to full advantage, Redman tore down the house, and then blew it up.

Dragging ourselves back to the hotel, we check emails and hear that Linda's not feeling well but I am not to worry.

Next day it's off to the Expo. Pony Boy and the Click, FCM that is, are on. The place is rocking. Pony and Los Marijuanos are on fire with more marijuana songs than any group I know. These award-winning heroes of hemp are all stars. No one is loved like Pony Boy. They mob him everywhere, and to my surprise (wink wink) I am on stage singing along with Pony to "Don't Fall In Love With No Ho." This sons means a lot to me, for reasons I can't explain but understand when you hear it, anyone boy or girl can be a ho.

Linda loves it, for she knows why I love it!

The boys from DNA Genetics are throwing a party, and they are legend. These homegrown pride and joy Cali boys are my and Linda's babies. We know their Mom's. We love these guys' cup-winning great strains, beautiful shop and so much knowledge you cannot believe it. I cannot thank them enough for their kindness, generosity, love, compassion, and understanding. I love each of you. These guys are winners and their glass is the very top.

Of course Linda's first lady friend in Amsterdam, Mila, has a hit as always with the Pollinator and Ice-O-Lator bags. I made Ice Hash for three years before anyone heard of Bubble Bags, but thanks to her the bags are the best. I got another set of bags while I was there. The DEA got my last set (ha ha). We went to her shop. Go see it, and ask about her Hemp Hotel!

Of course each day began by me going to Big Buddha and getting my issue of CHEESE! I love the Cheese, and the Blue Cheese may be next. The Cheese is a truly excellent strain. Try it, like it, love it. I do.

If I forgot to mention anyone here it is because I lost your card, but want to thank all of you for your kindness and gifts.

We go back to the hotel, and call home. Linda is still sick, but I am not to worry as she is okay.

Well the parties are over, the show is done and now it's time for the awards.

Who will win? One of the King's is an old favorite.

Our dear friend Tommy Chong and his lovely wife are with us. Tommy is Freedom Fighter of the Year; he was also inducted into the Counter Culture Hall of Fame, and who better? He's been sticking it to 'em for years.

Congrats Tommy, we are very proud of you!

Then it was off to the races. Normally this would have been a big part of the story, but sadly there is not a lot to say.

Apothecary seeds won for Kia Kush.

Amnesia won for best Coffeeshop and that was about it

Oh, except for the  $f^{*}$  ing atom bomb. Did I forget the bomb?

### Barney's Sweep.

Every cup to Derry and his crew at Barney's. Best pot.



### **Amsterdam 2007**

Best hash.

Best Nederhash.

Best strain. Etc. Etc. Etc.

What a show!!!

I can only guess what's next as the King's battle for Amsterdam. Who will win next year? The overall champ Arjan and the Greenhouse with the best strains, great crews and three beautiful shops ~ or the current champ coming on strong and stronger year after year with new remodeling and further expansion promised. This time next year, where will Barney's take it?

Will the Greenhouse answer or will some dark horse rush in and take it all? Who knows, money makes miracles. All I know is that the one's who benefit most ar us the fans. For as these two great houses battle for supremacy they raise the standard for all involved.

Thanks so much to these wonderful people in Amsterdam who are so much a part of my life. There are too many to list, but Linda and I love you all so very much.

Special thanks for all the love, compassion and kindness to DNA, Cannabis College and Brenda, I love you!

We spent out last night in a quiet local shop next to the Rokin Hotel. Up early and off to London, then on to home. We arrived at SFO and Customs is a nightmare as always. They want to put their hand up my ass there is shit in their armpit hairs. But lucky me, there was a wonderful man in charge as the goon stroked me. I spoke to his boss, this kind man to go on thru saving me at least one to two hours. Thank you from the bottom of my heart for three hours later I was home.

Linda is bad, but Jen, Jason, Linda and our daughter Christie have been caring for her. We make it thru the night.

I am awake at daylight, scared to death for she is failing.

My little bitty pretty one died in our arms smothered with love.

It was the greatest honor of my life to be her partner. She was my wife, lover and friend. But she was so much more. I love her and will miss her forever. Thank you all for the support these last three years.

One of the last things she said was "don't quit."

"Don't stop. Don't let them win. You and Jack must get the initiative passed. The sacred plant must be free. Please make this happen."

We can do it.

Linda Senti 1952 – 2007

You either didn't know her, or you loved her!

She was the greatest love of my life.

I thank you, Linda thanks you, our family thanks you.

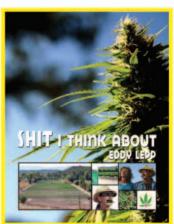


### **Coming Soon!**

### SHIT I Think About

by Eddy Lepp

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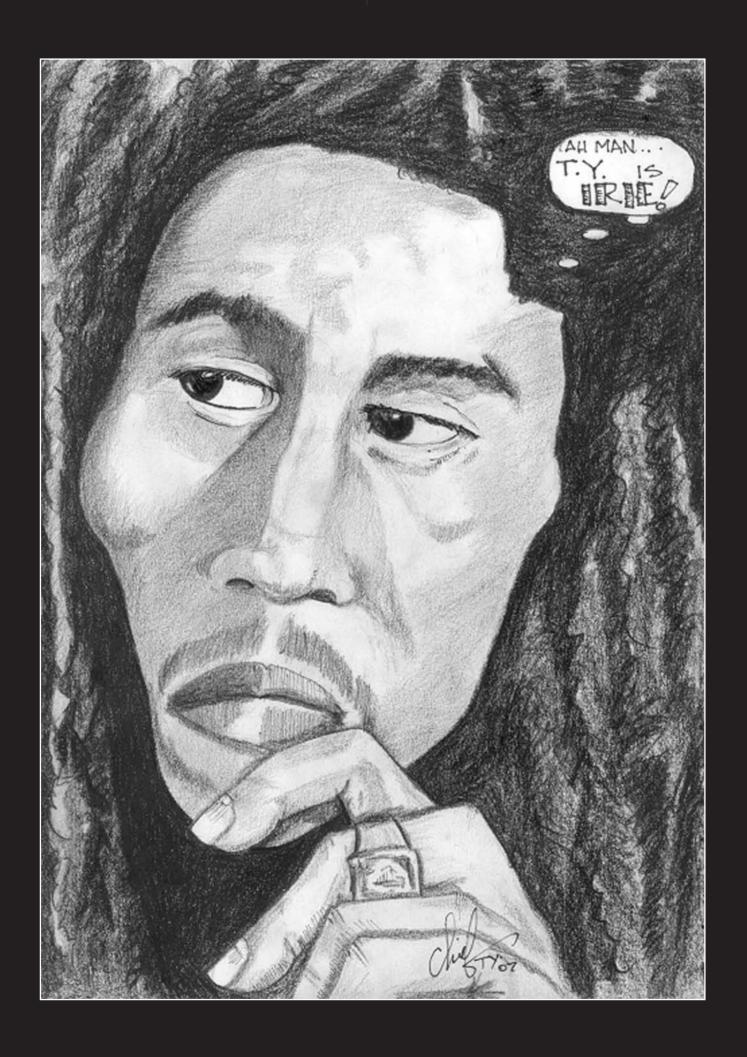
### **California's Cannabis Hemp & Health Initiative 2008**

### California Cannabis Hemp & Health Initiative 2008 AN ACT TO AMEND THE HEALTH AND SAFETY CODE OF CALIFORNIA:

- I. Add Section 11357.5 to the Health and Safety Code of California, any laws or policies to the contrary notwithstanding:
- 1. No person, 21 years or older, shall be prosecuted, be denied any right or privilege, nor be subject to any criminal or civil penalties for the possession, cultivation, transportation, distribution, or consumption of cannabis/hemp/marijuana.including:
- (a) Cannabis Hemp. (b) Hemp industrial products. (c) Hemp medicinal preparations. (d) Hemp nutritional products. (e) Hemp intoxicating products.
  - Definition of terms:
- (a) The term "cannabis hemp" means the plant hemp, cannabis, marihuana, marijuana, cannabis sativa L, cannabis americana, cannabis chinensis, cannabis indica, cannabis ruderalis, cannabis sativa, or any variety of cannabis, including any derivative, extract, flower, leaf, particle, preparation, resin, root, salt, seed, stalk, stem, or any product thereof.
- (b) The term "hemp industrial products" means all products made from cannabis hemp that are not designed or intended for human consumption, including, but not limited to: clothing, housing, paper, fiber, fuel, lubricants, plastics, paint, seed for cultivation, animal feed, veterinary medicine, oil, or any other product that is not designed for internal human consumption; as well as hemp plants used for crop rotation, erosion control, pest control, weed control, or any other horticultural or environmental purposes.
- (c) The term "hemp medicinal preparations" means all products made from cannabis hemp that are designed, intended, or used for human consumption for the treatment of any human disease or condition, for pain relief, or for any healing purpose, including but not limited to: the treatment or relief of Alzheimer's and pre-Alzheimer's disease, arthritis, asthma, cramps, epilepsy, glaucoma, immunodeficiencies, migraine, multiple sclerosis, nausea, PMS, side effects of cancer chemotherapy, fibromyalgia, sickle cell anemia, spasticity, spinal injury, stress, Tourette's syndrome, wasting syndrome from AIDS or anorexia; use as an antibiotic, antibacterial, anti-viral, or anti-emetic; as a healing agent, or as an adjunct to any medical or herbal treatment.
- (d) The term "hemp nutritional products" means cannabis hemp for human consumption as food, including but not limited to: seed, seed protein, seed oil, essential fatty acids, seed cake, dietary fiber, or any preparation or extract thereof.
- (e) The term "hemp intoxicating products" means cannabis hemp intended for personal use, other than hemp industrial products, hemp medicinal preparations, or hemp nutritional products.
- (f) The term "personal use" means the internal consumption of cannabis hemp by persons 21 years of age or older for any relaxational, spiritual, religious, recreational, or other purposes other than sale, that does not conflict with any statutory law not effected by this initiative.
- 3. Industrial hemp farmers, manufacturers, and distributors shall not be subject to any special zoning requirement, licensing fee, or tax that is excessive, discriminatory, or prohibitive.
- 4. Hemp medicinal preparations are hereby restored to the list of available medicines in California. Licensed physicians shall not be penalized for, nor restricted from, prescribing or recommending cannabis hemp for medical purposes to any patient, regardless of age. No tax shall be applied to prescribed hemp medicinal preparations. Medical research shall be encouraged.
  - 5. Personal use of hemp intoxicating products.
- (a) No permit, license, or tax shall be required for the non-commercial cultivation, transportation, distribution, or consumption of cannabis hemp.
- (b) Testing for inactive and/or inert residual cannabis metabolites shall not be required for employment or insurance, nor be considered in determining employment.
- 6. Commerce in cannabis hemp intoxicating products shall be limited to adults, 21 years and older, and shall be regulated in a manner analogous to California's wine industry model. For the purpose of distinguishing personal from commercial production, up to 12 pounds (192 ounces) of dried, cured cannabis hemp flowers/bud (not leaf) produced per adult, 21 years or older, per year shall be considered as being for personal use.
- The manufacture, marketing, distribution, or sales between adults of equipment or accessories designed to assist in the planting, cultivation, harvesting, curing, processing, packaging, storage, analysis, consumption, or transpor-

- tation of cannabis hemp plants, industrial hemp products, hemp medicinal preparations, hemp nutritional products, hemp intoxicating products, or any cannabis hemp product shall not be prohibited.
- 8. No California law enforcement personnel or funds shall be used to assist or aid and abet in the enforcement of Federal cannabis/hemp/ marijuana laws involving acts which are hereby no longer illegal in the state of California.
- II. Repeal, delete, and expunge any and all existing statutory laws that conflict with the provisions of this initiative.
- 1. Enactment of this initiative shall include: immediate release from prison, jail, parole, and probation, and clearing, expungement, and deletion of all criminal records for all persons currently charged with, or convicted of any cannabis hemp/marijuana offenses included in this initiative which are hereby no longer illegal.
- 2. Within 60 days of the passage of this act, the Attorney General shall develop and distribute a one-page application, providing for the destruction of all cannabis/hemp/marijuana criminal records in California for any such offense covered by this act. Such forms shall be distributed to district and city attorneys and made available at all police departments in the state to persons hereby affected. Upon filing such form with the Attorney General and a payment of a fee of \$10.00, all pertinent records anywhere in the state of California fisted in the form and covered by this act shall be destroyed. Such persons may truthfully state that they have never been convicted of any cannabis/hemp/marijuana related offense which is hereby no longer illegal.
- III. The legislature is authorized upon thorough investigation, to enact legislation using reasonable standards to:
- 1. License concessionary establishments to distribute hemp intoxicating products in a manner analogous to California's wine industry model. Sufficient community outlets shall be licensed to provide reasonable commercial access to persons of legal age, so as to discourage and prevent the misuse of and illicit traffic in such products. Any license requirement or fee shall not be excessive, discriminatory, nor prohibitive.
- 2. Place an excise tax on commercial production of hemp intoxicating products, analogous to California's wine industry model, so long as no excise tax or combination of excise taxes shall exceed \$10.00 per ounce.
- 3. Determine an acceptable and uniform standard of impairment based on performance testing, to restrict persons impaired by hemp intoxicating products from operating a motor vehicle or heavy machinery, or otherwise engaging in conduct that may affect public safety.
- Regulate the personal use of hemp intoxicating products in enclosed and/or restricted public places.
- IV. Pursuant to the Ninth and Tenth Amendments to the Constitution of the United States, the people of California hereby repudiate and challenge Federal cannabis/hemp/marijuana prohibitions that conflict with this act.
- V. Severability: If any provision of this act, or the application of any such provision to any person or circumstance, shall be held invalid by any court, the remainder of this act, to the extent it can be given effect, or the application of such provisions to persons or circumstances other than those as to which it is held invalid, shall not be affected thereby, and to this end the provisions of this act are severable.
- VI. Construction: If any rival or conflicting initiative regulating any matter addressed by this act receives the higher affirmative vote, then all non-conflicting parts shall become operative.
- VII. Purpose of Act: This act is an exercise of the police powers of the state for the protection of the safety, welfare, health, and peace of the people and the environment of the state, to protect the industrial and medicinal uses of cannabis hemp, to eliminate the unlicensed and unlawful cultivation, selling, and dispensing of cannabis hemp; and to encourage temperance in the consumption of hemp intoxicating products. It is hereby declared that the subject matter of this act involves, in the highest degree, the ecological, economic, social, and moral well-being and safety of the State and of all its people. All provisions of this act shall be liberally construed for the accomplishment of these purposes: to respect human rights, to promote tolerance, and to end cannabis hemp prohibition.

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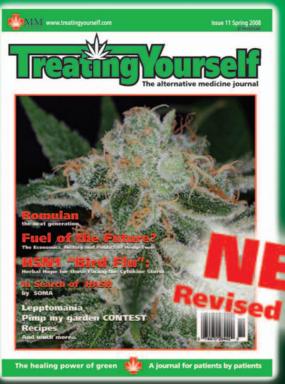


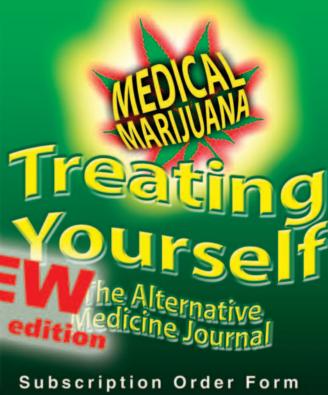






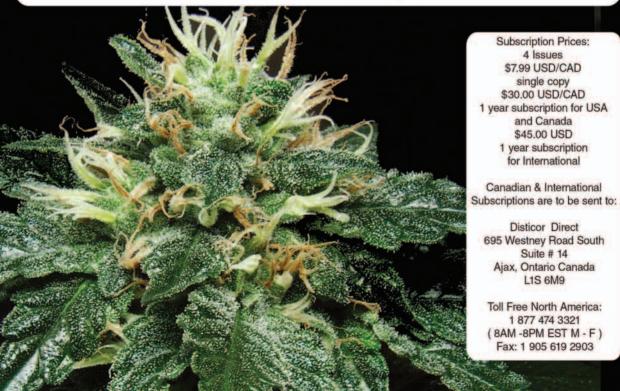






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