

**MEDICAL
MARIJUANA**

Treating Yourself

Issue 9 Fall 2007

Willie Nelson and His Biodiesel Bus

An Incredible (Wo)Man

Introduction to Iridology

LEPPTOMANIA

Sean Lennon

Rufus Wainwright

Who has the nicest greenhouse?

~ Send us your pictures.

USA \$5.99 / CAN \$6.99



DISPLAY UNTIL DECEMBER

PIONEERING COLD WATER HASH PRODUCTS SINCE 99



bubblebag.com



WE OFFER MEDICAL DISCOUNTS



Bubble Bag Kits

- 1 Gal - 8 bag kit - \$ 140.00
- 5 Gal - 3 bag kit - \$ 150.00
- 5 Gal - 8 bag kit - \$ 280.00
- 20 Gal - 8 bag kit - \$ 590.00

Bubble Box

The world's first Rosewood & White Pine
3 Screen dry sift box with Gold plated fittings
\$ 250.00



Bubblenow



KIT # 1 - \$ 200.00

Includes
Bubble Now
220 mc Zipper Bag

KIT # 2 - \$ 350.00

Includes
Bubble Now
220 mc Zipper Bag
5 Gal 220mc Cleaner Bag
5 Gal 73mc Crystal Catching Bag
5 Gal 25mc Crystal Catching Bag
Pressing Screen

ALL PRICES IN USD

1-866-635-8464

www.freshheadies.com / www.bubblebag.com



Visit Toronto - Come See Yongesterdam!



Toronto Compassion Centre (TCC) (est 1997)

Toronto's primary not-for-profit medical marijuana resource facility.
Celebrating 10 amazing years helping sick and suffering Canadians!
Info about, and access to, an incredible variety of Cannabis medicine.
postmaster@torontocompassioncentre.org - 416-668-6337 - www.tccentre.org



KINDRED CAFÉ

Fresh-roasted, fair-trade & organic coffee shop
Members-only smoking patio & private rooms
Mind-blowingly comfortable and dignified!
7 Broadalbane St - off Yonge, south of Wellesley
416-920-0404 - www.kindredcafe.com



Sacred Seed

Exotic Seed and Houseplant Shop

Specializing in medicinal, rare and otherwise intriguing plants.
www.sacredseed.com - 2A Dundonald St - off Yonge, north of Wellesley



THC

TORONTO HEMP COMPANY

Hemp and related products!
Hugely expanded selection,
always the kindest service
and price-match guarantee!

THC HAS MOVED!
Visit the brand new,
Incredible 3-floor,
7500 square foot
Cannabis Superstore!
665 Yonge Street
(Between Bloor & Wellesley)
www.torontohemp.com
416-920-1980

The Herb AND Collective

Herban Garden Supply
Now in the basement
of our crazy new store!



Treating Yourself Mission Statement



TreatingYourself.com was created in May 2002 to provide medical marijuana users with information to assist them in their responsible use of medical marijuana.

The Treating Yourself Journal was launched in August 2005. It is a journal written by patients for patients, and has grown into a world wide source of information.

TY provides patients and care givers the information on where they can acquire seeds, different methods of growing medical marijuana for themselves, and introducing healthier methods of taking their medicine.

Our website treatingyourself.com is the largest and most compassionate medical marijuana website to date. TY is a predominately "medical marijuana" website whose goal it is to provide the education in the responsible use of marijuana as it applies to medicine, and to consolidate as many "pro marijuana" websites and interest groups with a goal to co-ordinate all of our efforts with regards to the issues of legalization.

Team TY would like to welcome all respectable, responsible marijuana users. We would like to see a concerted effort on behalf of all respectable, responsible marijuana users World Wide, helping in the effort to abolish prohibition as prohibition must be abolished! As individual "interest groups" we are at the mercy and whim of the governing bodies of the world,

however if we were to unite and begin to demonstrate to the world that we are responsible and respectable members of society the choice will be clear. Marijuana must be made fully legal to any and all who have obtained the age of majority!

The time has come for our governments and lawmakers World Wide to abolish the immoral prohibition of an innocuous flower! The time has come to realize that we are not "potheads" or "stoners", far from it! We are tax payers; we go to work every day we are employed in every walk of life. People who use marijuana range from janitors to judges, barbers to doctors... yes even a good number of our police use marijuana!

Yet the facts remain the same... we still face prohibition, we are still unjustly locked up, we can still have our lives ruined! All because the propaganda machine is kept well oiled and fine tuned. It is our duty to throw sand in those gears! It is our duty to dismantle this ponderous loathsome machine! The only way to achieve this is to "walk the walk" and "talk the talk", we... the marijuana consumers of the world must show the lawmakers that we do NOT cause harm, we are responsible, we are respectable and we are valued, productive members of society!

It is long past due that we remove the stigma that is attached to marijuana. To date there are hundreds of legal marijuana users in Canada who would rather that the "public" not know who they are. Not for fear of being ripped off... no... They would rather remain anonymous because society has allowed the stigmatism of "pothead" and "stoner" to continue. They would rather remain anonymous because they don't want to be harassed by police for their legal gardens... they don't want their professional careers to be interfered with. All they really want is to be allowed to live a more

Treatingyourself.com was created in May 2002 to provide medical marijuana users with information to assist them in their responsible use of medical marijuana.

pain free productive life! There are literally hundreds of thousands more that use marijuana as a relaxant to help manage stress, stress kills!

Even for the social user marijuana is used at parties and other gatherings, much in the same way that alcohol is used... with far less addicting effects and

WE MUST LEGALIZE MARIJUANA! We must remove the criminal element from marijuana. To do this it must be legal for anyone to grow and use marijuana who is at or above the age of consent!

without the morning after hangover. Marijuana is of course among the most benign of the so called "party drugs." Far greater threats can be found in the form of crack cocaine and crystal meth!

To suggest that the ingesting of a plant such as marijuana should also carry with it the "shame" of a criminal record and the possible destruction of any future career opportunity or even the ability to freely travel about the globe.. Is in fact a "shame" and a "crime" against the responsible and respectable marijuana consumers of the world!

We must legalize marijuana! We must remove the criminal element from marijuana, to do this it must be legal for anyone to grow and use marijuana who is at or above the age of consent! By removing the archaic laws that continue to prohibit the free use of this wondrous herb we would free up multiple billions of dollars currently being eaten up by police agencies around the globe in an effort to stamp out a relatively harmless plant!

By doing so our fine police officers would be able to concentrate on ending the threat of far more dangerous and insidious addictive drugs such as crack cocaine and meth amphetamines. There is a better way! The government needs to hear your voices! Send your thoughts to your local MP or Government representative; do not be afraid, only criminals need to be afraid!

You are simply pursuing your rights! The future is in your hands, shape it wisely ... Someday your health may hang in the balance!

The Treating Yourself Journal was launched in August 2005. It is a journal written by patients for patients, and has grown into a world wide source of information.

VORTEX

**CLEAN,
POWERFUL
— AND —
EFFICIENT**

The **Gravity VORTEX** is the future of smoking. Its two-chamber design filters smoke through water producing a clean, thick, cloud of smoke anywhere.

Create your own personal gravity hit. Just pour the water back and forth and watch the patented design make anti-gravity smoking portable and fun.



AVAILABLE IN 3 COLORS!

**GRAVITY
VORTEX.COM**

Marco's Editorial

I can hardly believe it, I'm a FREE MAN! I want to thank everyone who sent letters to the Judge on my behalf as well as everyone who sent in a contribution to my legal defense fund. I was found guilty of Mischief and was given a suspended sentence. I have to report to a probation officer for the next 12 months.

Now there is a Judge in an Ontario court that has ruled that the marijuana possession laws here in Canada are unconstitutional. I'm sure that the crown will appeal this decision. They have two weeks to do so otherwise I see marijuana being legalized not only for med patients but also for social users too. I believe that we all need to start working together, to try and educate as many people as possible worldwide, in order for us to finally see this most valuable plant legalized if the crown wins its appeal.

After waiting for my renewal to possess dry marijuana, I spoke to someone from the MMAD office in a panic because my exemption had expired. The situation rapidly went from bad to worse as my doctor had increased my dosage. The MMAD reacted to this by talking to my doctor and persuaded him to reduce my daily limits to the previous level. They failed to notify me that any of this had taken place. Where does MMAD get off in telling the doctors how much a patient uses?

I will be seeing my doctor in the near future to discuss this further as I'd like to get to the facts straight before I act. I'd also like to raise the following question. What makes a MMAD bureaucrat qualified to make a diagnosis (without my medical records), over-ride a doctor's decision and prescribe my medicine all without medical qualifications?

This sounds incredible but is the situation we are faced with. I say "we" because the MMAD have built a track record of this happening with numerous exemptees in Canada. What ever happened to doctor, patient confidentiality?

I really enjoyed putting this issue together with our NEW Editor Jef Tek. You will also notice that Michelle Rainey is our now our Director of Sales and Marketing. I believe that all of our readers will enjoy not only this issue but future issues as well.

Take Care and Peace

Marco Renda
Federal Exemptee
Publisher & Editor
Treating Yourself
The Alternative Medicine Journal



Sensi Seed Bank has won more recognition than any other seed company. Sensi Seeds' strains have been awarded more First Prizes and Cannabis Cups than those of any other breeder.



AWARD WINNING QUALITY



THE FIRST SEED AND GROWSHOP IN HOLLAND ESTABLISHED IN 1985

sensiseeds.com

GET THE BEST, BUY ORIGINAL!

Sensi Seeds takes great pride in the fact that The Dutch Bureau of Medicinal Cannabis (federal supplier of legal medicinal marijuana to pharmacies) uses Sensi Seed Bank genes and strains.

"The Sensi Seed Bank is the most comprehensive cannabis genetics bank in the world and it is, from a medical point of view, essential that it remains functioning and intact. It is a little like preserving the rainforest because we know there are potential medicines there which must not be destroyed."

Dr. Lester Grinspoon (December 1996) Lester Grinspoon M.D. is a Professor Emeritus of Psychiatry at Harvard Medical School. He is the author of *Marijuana Reconsidered* and *Marijuana: The Forbidden Medicine*. www.marijuana-uses.com and www.rxmarijuana.com



Jack Herer®

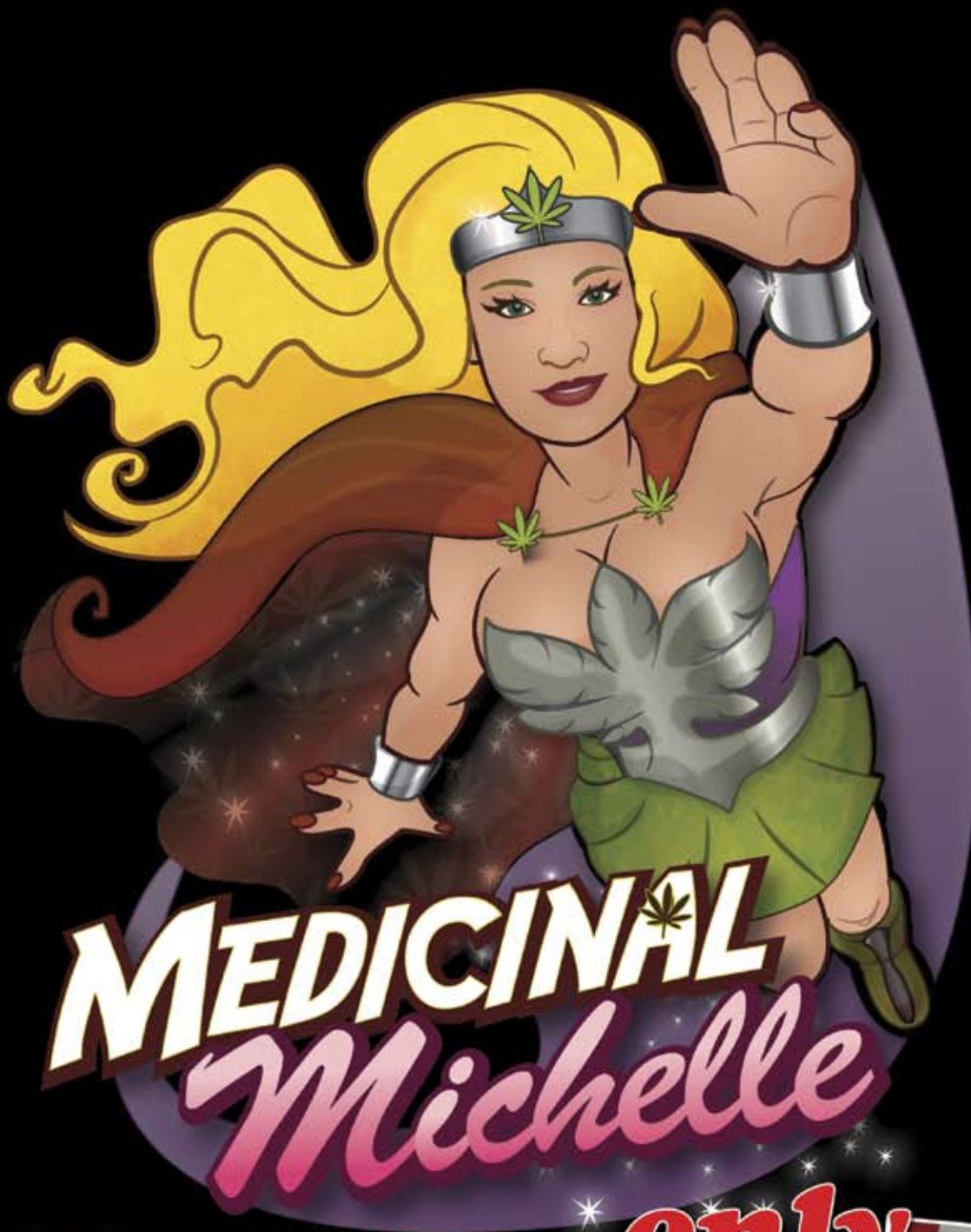
Jackpot! 9 cups and counting!

Indoor Cup Winner

50-70 days
→ 125 g.
150-180 cm

Order online at: www.sensiseeds.com

Get My Medicinal T-Shirt



Send money orders to:

Michelle Rainey
1102-525 9th Street,
New Westminster BC,
V3M 5T9 Canada
(indicate your size: S, M, L or XL)

only
\$35

includes shipping

Medical Marijuana Exemptee & Patients' Advocate
Pay Pal accepted All Proceeds go to Legal Fees



www.MichelleRainey.com

Who's Who Issue 9

Publisher / Editor in Chief: Marco Renda
 weedmaster@treatingyourself.com

Editor & Designer: Chris Thompson
 chris@treatingyourself.com

Associate Editor: Jef Tek
 jeftek@treatingyourself.com

Director of Sales & Marketing: Michelle Rainey
 Michelle.rainey@treatingyourself.com

Technical Writer: Ally aka Pfllover
 ally@treatingyourself.com

Q & A Advisor: Shantibaba
 shantibaba@treatingyourself.com

Recipe Guru Chef Uni:
 chefuni@treatingyourself.com

Krysanía:
 krysanía@treatingyourself.com:

Submissions:
 submit@treatingyourself.com

Magazine Contributors
 Eddy Lepp, MzJill, Jef Tek, Pfllover, Sheree Krider,
 IvanArt, Green Born Identity, Chef Uni, Zardo, Z,
 Krysanía, Shantibaba, Al Graham,
 Anthony C. Brucato, Ackola, Tonya Davis,
 Yrekagrow, Swampy, Leonard Peltier, Patrick Casey,
 CosmicBadBoy, Audio Works, Salvatore Messina HD,
 Saeon-tson , Outlaw Grower, Lisa Lorton.
 Special Thanks to: Skip Stone

Photography:
 Craig Lemire, Jason Parker & Jason Dunlap of
 Hello Jazz Productions, Chris Thompson, Subcool,
 MzJill, Jef Tek, Green Born Identity, Al Graham,
 Steve Bacon, Tonya Davis, Chef Uni, Zardo, Z,
 CosmicBadBoy, Lady Di, Marco Renda, Hashimoto

Artwork: Chief

Treating Yourself
 250 The East Mall
 P.O. Box 36531
 Etobicoke, Ontario
 M9B 3Y8 Canada
 Phone: 416 620 1951 Fax: 416 620 0698

PRINTED IN CANADA

Advertisers Index

Balladeer	158
Bog.....	81
Cannabis College.....	137
Cross Town Traffic.....	58
Dependable Seeds.....	3
DNA Genetics.....	85
Dolce Vita	51
Earth Wind & Water.....	71
East Side Impex.....	Back Cover
Ethnogarden	13
Frank Discussion	54
Fresh Headies.....	Inside Front Cover
FS Book Co.....	112
GMMA.....	22
Gravity Vortex	5
Green Harvest.....	121
Green House	162, Inside Back Cover
Greenlife Seeds	22
Happy Chief.....	67
Harvest Master	91
Hoots & Handycrafts	45
H.U.M.A.N.	58
IMedia.....	43
Ivan Art.....	95
KDK Distributors	11
Laplaya Glass.....	12
Leonard Peltier	10
Michelle Rainey.....	7
Mr. Nice Seedbank	98
Nature's Nectar	137
Nirvana	24
Otto Snow	49
Paddy O'Sullivan.....	92
Paradise Seeds.....	111
Planetary Pride	37
Quick Grow Canada.....	27
Quick Trading full page.....	120
Quick Trading half page.....	136
Quintessential.....	95
Salvatore Messina HD	56
Sensi Seeds	6
Silver Surfer Vaporizer	37
Skunk Magazine.....	116
SOMA	44
Subscribe to Treating Yourself	160
TGA GENETICS	47
THSeeds	67
Toronto International Home Show	115
Treating Yourself Website	117
Weed World	159
West Coast Growers.....	82, 83
Vancouver Seed Bank	29
Vaporizer.ca	62

Advertising Policy Statement

Treating Yourself is not responsible for the actions, service or quality of the products and businesses advertised in our publication. We will not knowingly support unethical practices of any advertiser. If you choose to purchase a product from one of our advertisers, please let them know that you saw their ad in TREATING YOURSELF MAGAZINE.

Inside This Issue of Treating Yourself

Treating Yourself Mission Statement	4
Marco's Editorial.....	6
A Non-Using Teenager's Point Of View	12
On The Road Again With Willie Nelson And His Biodiesel Bus	14
Chief's Ty Tokin Toons	16
The Cannabis Awareness Forum	23
An Incredible (Wo)man	25
Interview With Gino Bruni TCC Member.....	28
Helping Sick People With Alternative Medicine	30
PTSD, Anxiety, Extinguishing Painful Memories And The Endogenous Cannabinoid System	32
The Evolution Of Medicinal Marijuana	38
Leonard Peltier Petition Page Freedom of Religion for Native Americans	42
Save The DEA	45
Come Out Of The Cannabis Closet Canada!.....	46
A Portrait Of A Girl Recovering From Mental Illness	48
Cannabis And Hearing Loss.....	50
The State Of MMJ In Maine -So Close Yet So Far Away.....	52
Irritable Bowel Syndrome.....	55
Introduction To Iridology	56
Skyelar Pollack: Home Grown Hypnosis Experience	59
Hidden Jungle / High Times Toronto Cannabis Cup	63
Grow Your Own	66
Subcool's Super Rich Organic Soil	68
Tales Of The Toker Once Upon A Time In Eastern India	70
Uk Hemp Expo 2007	71
Back To The Future: Ed Rosenthal Super Bud.....	74

Medical Marijuana Links: What Science And The Experts Report	76
An Examination Of Some Popular Medicinal Cannabis Strains	78
Sheree Krider - My Introduction To Treating Yourself	80
Safer Keeps Fight Alive In Denver	84
Jef Tek Reviews The "Harvest Master"	86
Nature's Nectar Organic Food Product Review	93
Who Is Ivan Art?.....	94
Shantibaba's Bag of Dreams	96
Why, Why Not? by Ivan.....	99
BOG Speaks	100
Sensi Seed's Top Five Medical Strains	103
Jeremy Norrie: Here There Everywhere.....	106
Growing from Seed	109
Treating Yourself Poetry.....	112
Book & Movie Reviews	118
Zardo Product Reviews	122
Marijuana Policy Project's Party At The Playboy Mansion.....	128
Mental Floss - The Strain	129
Reader's Photographs.....	130
Chef Uni's Kitchen	138
TY Magazine Contest	161

Lepptomania - the adventures
and writings of Eddy Lepp,
Cannabis Activist..... Pages 142 - 157

Lepptomania, n. 1. *Extreme stubbornness in the belief that state law is sovereign over federal law with respect to medical marijuana.* 2. (obsolete) *Intransigence associated with enlarged gonads.*

Disclaimer:

Treating Yourself wishes to remind readers to be aware that the sale, possession and transport of viable cannabis seeds are illegal in many countries, particularly in the USA. We do not wish to induce anyone to act in conflict with the law. We do not promote the germination and growth of these seeds where prohibited by law. Treating Yourself assumes no responsibility for any claims or representations contained in this publication or in any advertisement. All material is for entertainment and educational purposes only! Treating Yourself does not encourage the illegal use of any of the products or advertisements within. All opinions are those of the writer and do not necessarily reflect those of Treating Yourself. Nothing in this publication may be reproduced in any manner, either in whole or in part without the expressed written consent of the publisher. All rights reserved. All advertised products and offers void where prohibited. Occasionally we may use material we believe to be placed in the public domain. Sometimes it is not possible to identify or contact the copyright holder. If you claim ownership of something we have published we will be pleased to make a proper acknowledgement. All letters and pictures sent are assumed to be for publication unless stated otherwise. Treating Yourself can not be held responsible for unsolicited contributions. No portion of this publication can be reproduced for profit without the written consent of the publisher.

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



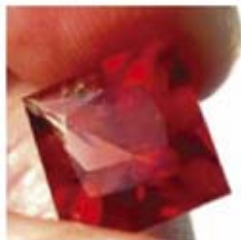
For more information about Leonard Peltier please contact the Leonard Peltier Defense Committee at:

Email: info@leonardpeltier.net

Address: LPDC 3800 N. Mesa # A2 El Paso, Texas 79902



Check our website for new merchandise
www.leonardpeltier.net



High Desert Gems & Minerals would like to invite you to join us for an unforgettable Wild West adventure at our Spectrum Sunstone Mine outside Plush Oregon.

Enjoy rockhounding and camping while learning from our Geologist all about the formation of these beautiful gemstones. Your first day is free (kids under 14 are always free) and only \$50 a day. Afterwards lets you keep all the precious gemstones and memories you can find. Providing high quality gemstones to the gemstone and rock community since 1995. Buy Faceted, Cabochons and rough Oregon sunstones direct from the mine and save. Our gems include Oregon sunstone, California tourmaline from the world famous Himalaya Mine in San Diego County, turquoise and

<http://www.highdesertgemsandminerals.com>

Please mention Leonard Peltier when ordering and we will donate 10% of your purchase to the Leonard Peltier Committee



KDIK DISTRIBUTORS

22 Anaheim Bay NE, Calgary, AB T1Y 7E2
(403) 285-1697 Fax: (403) 285-1798

NEW BLUNT SIZE!



SOFT PIPE CASES

10.5 x 6 in*



*Outside Dimension

NEW TRUEBLUNT



KRYPTO



ATOMIC BLAST

NEW BLUNTWRAP PLATINUM



WET CHERRY



PURPLE

HIGH GROW

Introduction to Indoor Growing



Outdoor Grower

All About Hydroponics



The Hash Man

INSTRUCTIONAL DVD SERIES

High Yield Hydroponics Systems



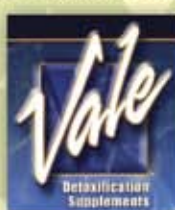
Mushroom Growing Made Easy

World's Premiere Detoxification Supplements



Original Liquid Formula

Pre-mixed Ready to drink



Solution

Easy to drink nutritional supplement



Perma Clean

Help promote healthy liver function



Pre-Vale

Natural herbs prepare your body for detoxification



Solution 4x

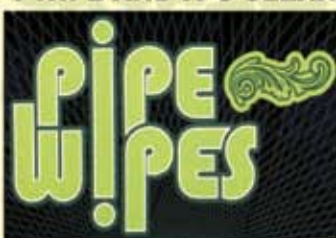
The most effective detox beverage on the market today Super-strong and Fast-acting



Triple Strength

Larger than average body mass

1 WIPE AND IT'S CLEAN



INSTANT CLEANING ACTION
NO LIQUIDS - NO MESS

Specialty formulated for all surfaces
GLASS ★ METAL ★ PLASTIC ★ PYREX



Tobacco Flavoring

20 Tasty Puffin' Flavors



Masks Smoke Odor
Tastes and Smells Great

SPINX

CD STYLE SCALE
500g x 0.1g



LITE WEIGHT

LIGHTER STYLE SCALE
300g x 0.1g



WEMP series



tokeez



Honey Bee Extractor Replacement Filter



SMELL PROOF BAG



*Outside Dimension

A Non-Using Teenager's Point of View

Over the many years, marijuana has received a bad rap. Thanks to my sociology class this school year, I have learned this has to do with deviance. The reason why marijuana has a bad rap is that society has grouped it in with other deviant activities even when it is being used for good. One good example of this is the cover of our last issue, issue eight. On the cover, you will find an image of three rappers. In the eye of society, rappers are bad. They drink, cuss, do drugs and treat women badly. At least this is how the vast majority of society views rappers. This is due to the public image many of the more popular rappers put out through music videos and song lyrics. We should all know by now, that one should not judge a book by its cover and that just because one is that way, not all are.

Marijuana has gone through the same treatment in society. Too many times marijuana has been displayed as evil in culture, both popular and otherwise. In our favorite movies and propaganda films put out to deter us from using the drug, recreationally or medicinally, it is shown in these films as having the ability to make you do great, horrible acts, such as plundering the villages and stealing the women.

This just goes to prove the saying, "Never judge a book by its cover." Just as we should not automatically assume someone who looks like a rapper, is a deviant, we shouldn't always believe what we hear or read about other issues.



Clearly that just because the media and the rest of pop culture, depicts marijuana as being an evil drug, doesn't mean that it is. Appearances can be deceiving and we as a society should be used to that by now.

Maybe one day we will live in a world where the usage of marijuana is allowed and celebrated and everything isn't judged by the outside or what others tell them.

Krysanja, age 17

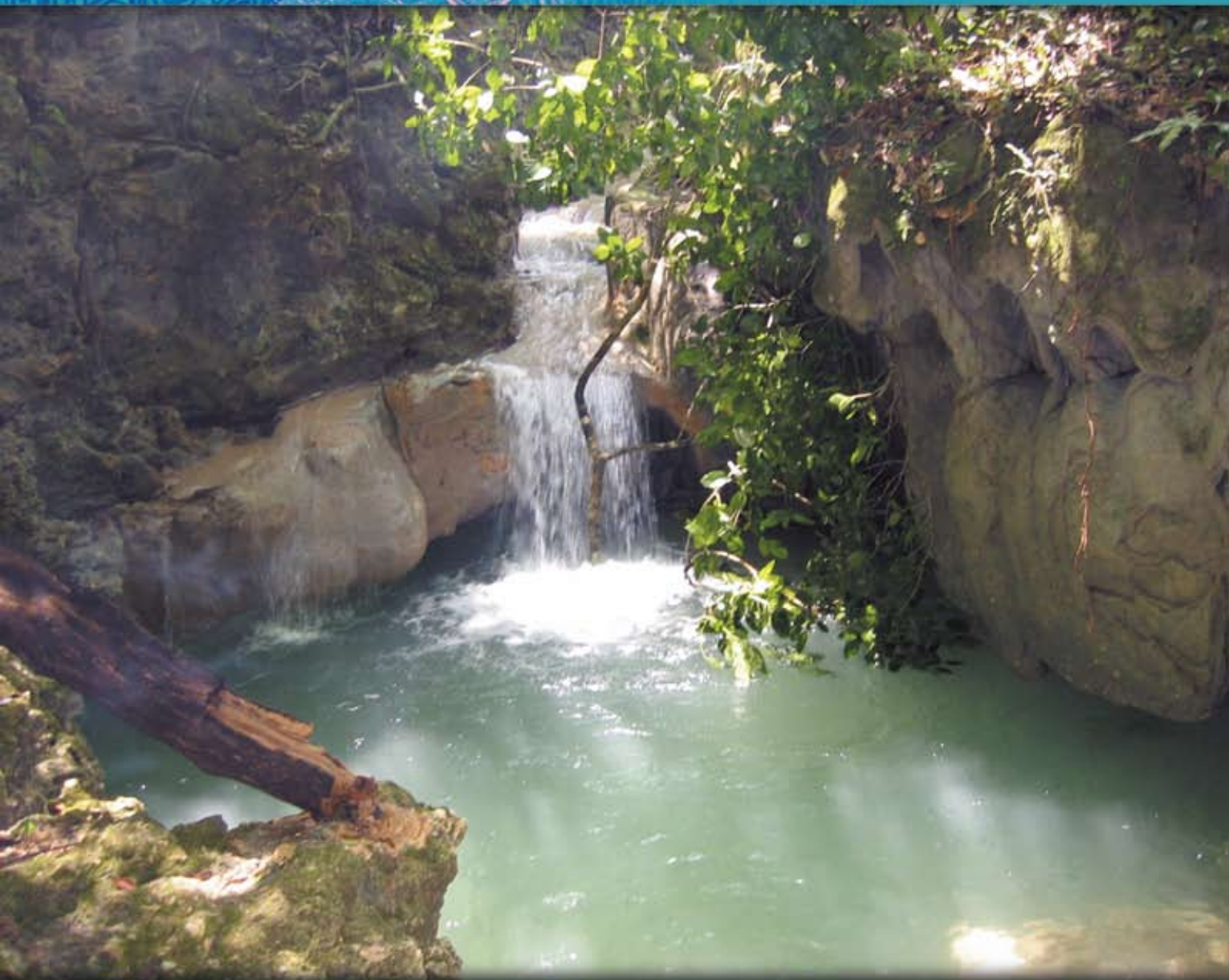
If you have any suggestions or would like to contact me, you can reach me at krysanja@treatingyourself.com

Wholesale & Custom
MADE IN CANADA
LAPLAYA
GLASS
Tel.: 705-356-5780
e-mail: laplayaglass@sympatico.ca

Ethnogarden Botanicals

Rare and Sacred Plants, Herbs, Seeds and Extracts

www.ethnogarden.com



Ethnogarden Botanicals

P.O. BOX 27048

BARRIE, ON. CANADA

L4M 6K4

TEL: (01) 705-322-6614 FAX: (01)705-322-6615

www.ethnogarden.com info@ethnogarden.com

Accepting: AMEX, Visa, Mastercard and Money Orders

'On The Road Again' with Willie Nelson and his Biodiesel Bus

Story and Photos by: MzJill (2007)

American legend Willie Nelson is 'On the Road Again' in his B100 Biodiesel-powered tour bus, making a stop at the SeQuential-Pacific Biodiesel Plant in Salem, Oregon. On Friday July 6th, 2007 Willie, the Biodiesel Pioneer, helped celebrate the two-year anniversary with a press conference and ground-breaking for the super-sizing of Oregon's first commercial Biodiesel plant.

Biodiesel is a diesel-equivalent processed fuel derived from biological sources, which can be used in unmodified diesel-engine vehicles. Biodiesel is friendly to the environment, as it is biodegradable and non-toxic. Biodiesel produces approximately 60% less net carbon dioxide emissions than petroleum-based diesel. Biodiesel can be used in pure form or mixed with regular petroleum diesel. Fuel containing 20% Biodiesel is labeled B20 the pure Biodiesel is labeled as B100, which is what Willie uses in his tour bus.

Virgin oil feedstock is most commonly rapeseed oil (Canola) and soybean oils. Hemp, sunflower, flax and mustard seed oils are also used. Hemp can produce 272 pounds of Biodiesel per acre. Algae can produce 35,613 pounds per acre, while corn will only produce 129 pounds per acre. The more commonly used rapeseed (Canola Oil) will produce 893 pounds per acre; soybean comes in at 335 pounds per acre.

Diesel engines were originally designed to run on bio-mass fuel, rather than the fossil fuels we use today.

The first diesel engine was created in Germany by Rudolf Diesel on August 10th, 1893. It was not powered by Biodiesel however it used a bio-fuel made from peanut oil. As promo-

tion for this event, August 10th has been declared 'International Biodiesel Day'. Diesel predicted the future in his 1912 speech, where he stated, "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 petroleum and the coal-tar products of the present time". It is interesting that, today, in Germany, biodiesel is generally cheaper than normal diesel at gas stations that sell both products.

In the 1920's the petroleum industry took over with ability to supply a less expensive fuel. Adjusting to the new industry, the diesel engine manufacturers altered their engines to use the lower velocity of petroleum diesel. (Petrodiesel is sometimes used to describe diesel fuel refined from petroleum) Petroleum diesel is also high in sulphur which isn't good for the environment; the process to lower the sulphur reduces the lubricity of regular diesel requiring manufacturers to then add chemical lubricants. [Biodiesel lacks these problems.-Ed.]

In the 1990's several European countries opened biodiesel plants, using rapeseed oil. Europe now has many service stations selling 100% biodiesel.

In 2005 Minnesota became the first US state to mandate that all diesel fuel sold in the state to contain at minimum 2% biodiesel.

In 2006 Portland, Oregon became the first US city to adopt a Renewable Fuels Standard, stating that by November of 2007 all on-road gasoline will contain 10% ethanol and all on-road diesel will contain 5% biodiesel.

The Salem Oregon plant, SeQuential-Pacific, was established in 2005. The plant used recycled cooking oils from restaurants and food processors in Oregon and Washington, Burgerville and Kettle Foods were mentioned. The plant has contracted over 1 million gallons of Oregon-grown canola oil for harvest this summer. Dedicated to in-state production, SeQuential receives canola oil from Madison Farms in Echo and Pendleton Grain Growers in Pendleton. The new expansion of the plant will have a production capacity of 5 million gallons per year, verses the current 1 million per year. When in-state production reaches 5 million gallons per year capacity using raw materials from the Pacific Northwest, the statewide RFS included in the Biofuels Bill (HB 2210) will be enacted.

Willie Nelson first learned about biodiesel when his wife, Annie approached him wanting a car that ran on vegetable oil. Willie asked Annie, "have you been into my stash?" Supporting his wife's interest, Willie became a supporter. Willie began talking about biodiesel everywhere he went. Willie is a founding member of 'Farm Aid' and he is a big advocate for farmers and truckers. Willie believes, "If we take care of the farmers, the farmers will take care of us," the farmers will supply us with food and fuel". Willie also shares



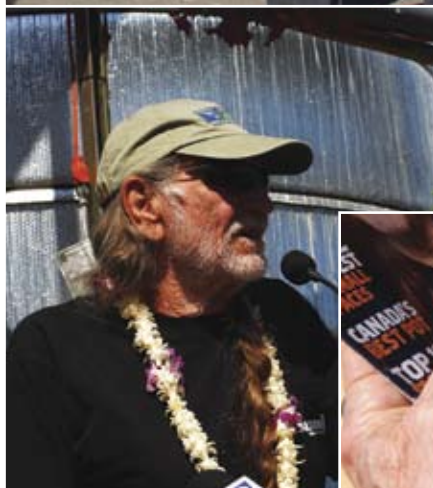
a kinship with America's truckers. Willie helped form a distribution company called Willie Nelson Biodiesel to make biodiesel more available to the truckers, with several public pumps at truck stops. Willie has biodiesel stations in Texas, Louisiana, California, Tennessee, Mississippi and Oklahoma. More than 600 filling stations make biodiesel available to the public, and 1,500 petroleum distributors carry it nationwide. More than 600 fleets use biodiesel, including government and military, commercial and school bus fleets.

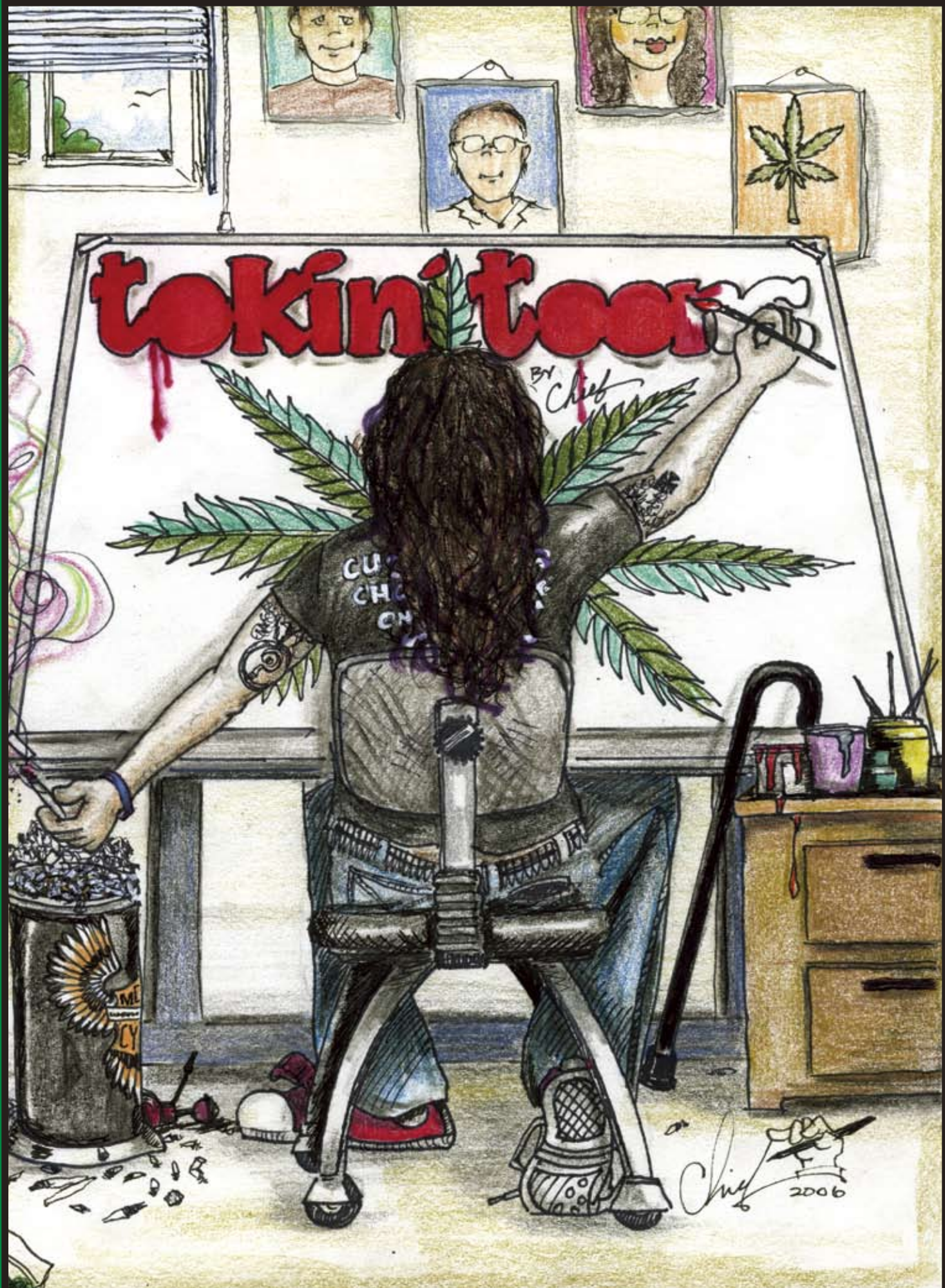
I just walked around the front of the bus as Willie stepped out with Annie and a few other people. I was the first person to see him come out, so I was able to get right up front before anyone else noticed. He walked along the side of his bus where he stopped and began filling his tank with biodiesel. I was able to snap several photos of him; he noticed me and gave me a smile, which I also got a shot of. He stopped to share a few minutes with a couple of young fans. Then I had the opportunity to chat with him for a few seconds while posing for some photos. Subcool presented Willie with the Big Book of Buds 3. Willie's response was, "Is it for me, do I get to keep it?" I had earlier autographed the introduction page. (I gave Willie my autograph, sounds silly huh!) Subcool also asked Willie to sign a copy of High Times, which featured Willie himself on the front cover with an interview inside. Also in this issue was Subcool's first written article, 'Breeding Better Cannabis'. (What's cooler than having your first article in the same magazine as an interview by Willie...? Having Willie autograph the issue!!! Even cooler is having a photo of Willie actually autographing it!)

The event continued with a press conference, followed by a ground-breaking ceremony. Participating in the ground-breaking using golden shovels were (from left to right) Portland City Commissioner Randy Leonard, Salem Mayor Janet Taylor, SQPB Partners Cameron Healy, Willie and Annie Nelson, Bob and Kelly King (President and Vice President of Pacific Biodiesel Inc.), Miller, Tyson Keever (SeQuential Biofuels LLC), and Ron Tyree (President Tyree Oil).

After the ground-breaking and some of the crowd dispersed, J., Subcool and I walked up to Willie and snapped a few more photos. Joking with Willie I told him that I had forgotten that I'd have to wash my arm, so could he sign my Hello Kitty purse.... So now I have a styling pink Hello Kitty purse with Willie's autograph. He kindly wrote a personal note for my youngest daughter who is also a big fan. Then Subcool handed Willie a nice nug of Tiny Bomb.... That's right, Willie has officially smoked Tiny Bomb! When Sub handed him the nug, Willie's response was... "That's what I love about coming to Oregon!"

"It was a good day for America, and a great day for Oregon!" ◀





the twisted
adventures
of...

POINKY

the
potent
rodent

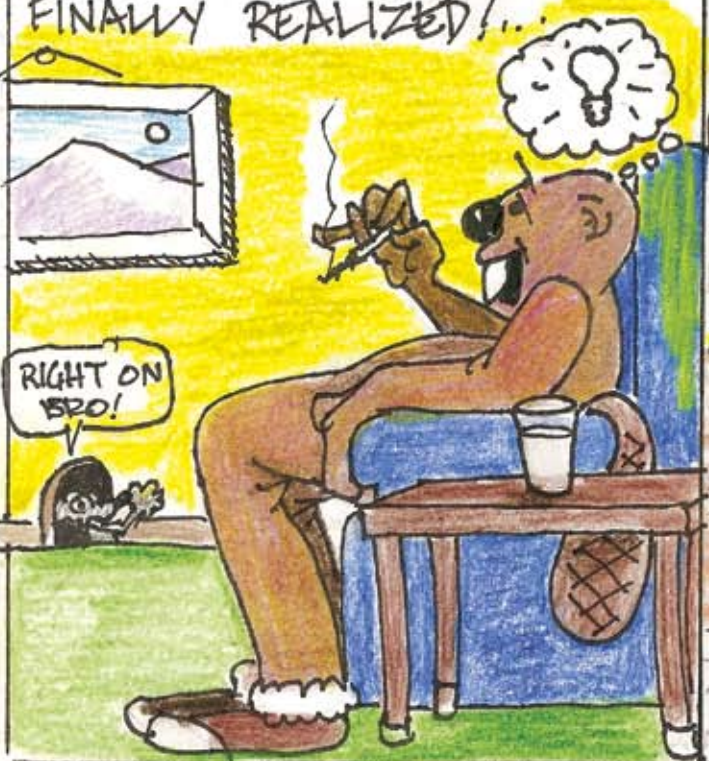
OUR BOY HAD TAKEN A WELL-DESERVED
VACATION ABROAD & WAS NOW
RETURNING HOME, RENEWED.



PUTTING THINGS AWAY, HE MADE
A VOW TO TAKE THINGS EASIER
FROM NOW ON...



A LIFE-LONG DREAM WOULD BE
FINALLY REALIZED!...



HE WOULD TAKE A YEAR OFF
AND BUILD A CUSTOM CHOPPER!

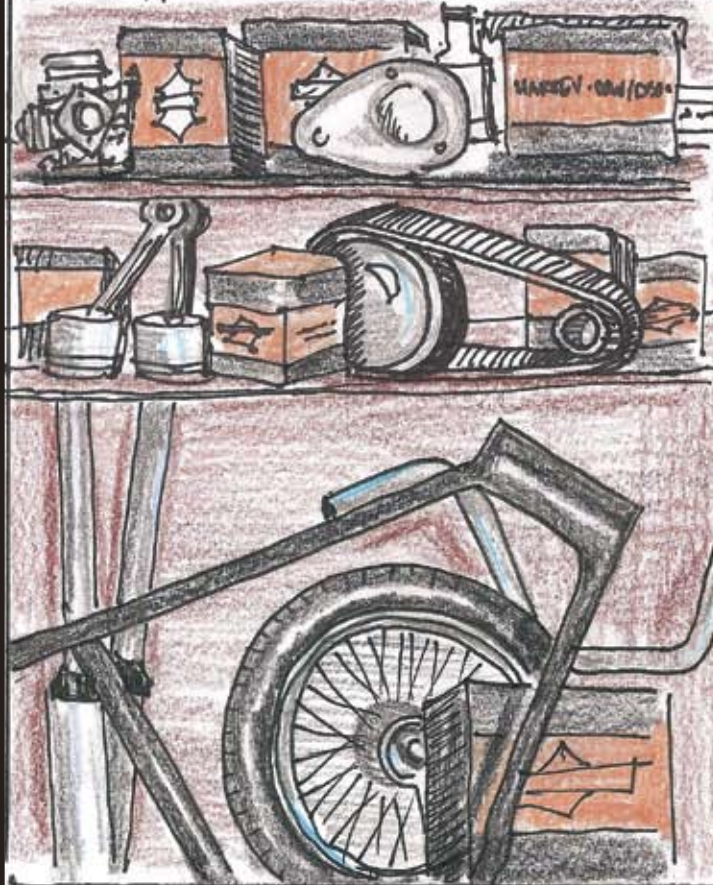


67

STINKY STARTED HIS SEARCH FOR
WHAT WAS NEEDED TO DO THE JOB



WHEN HE'D FINALLY DECIDED WHAT HE'D
WANTED, HE STARTED BUYING PARTS



HE READ BOOKS AND WENT TO
BIKE SHOPS, LOOKING AT DESIGNS

CHIEF'S CHOP SHOP



THERE WERE SO MANY PARTS, TOOLS AND
INFO NEEDED, THINGS HE DIDN'T HAVE...



BETWEEN BUSTING HIS KNUCKLES IN THE GARAGE & PHONING FOR PARTS, HE WAS KEEPING VERY BUSY...

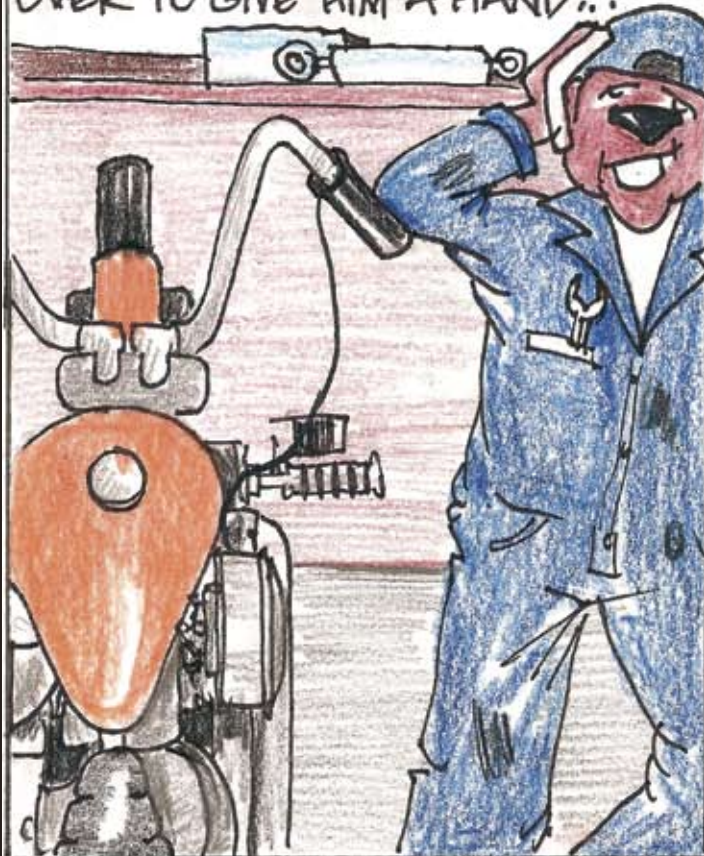
UM, YES, I'D LIKE TO ORDER A WIDE GLIDE FRONT END, AND A...
...HELLO? HELLO?
HELLOOOO??



A TOKE ALWAYS GAVE THE PUSH & INSPIRATION NEEDED TO SOLDIER ON, & HELPED WITH ANY PAIN...



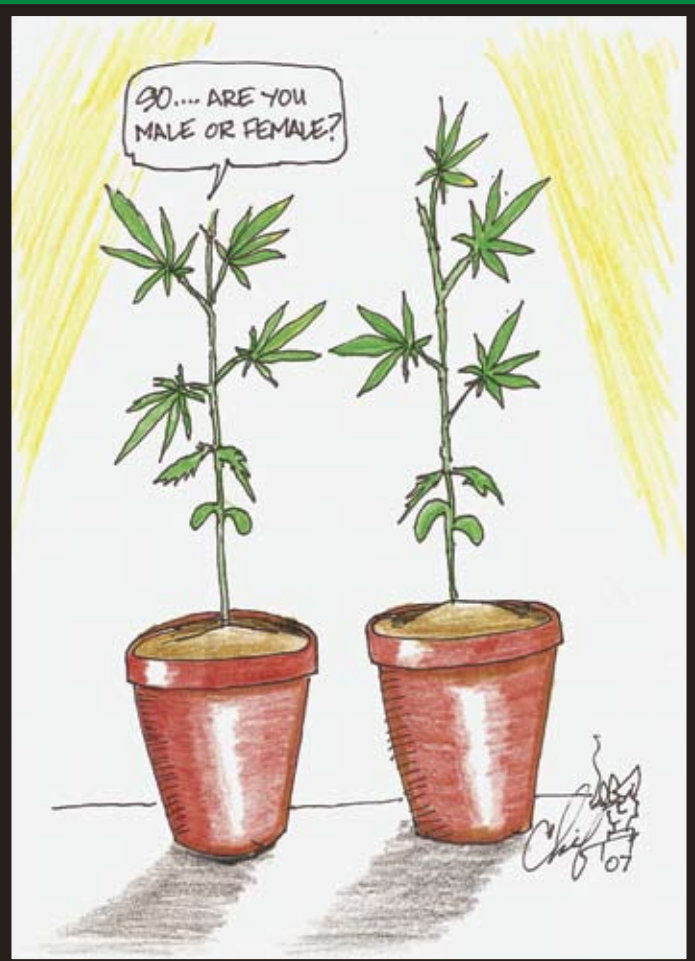
ONE DAY, STINKY ASKED HIS PALS OVER TO GIVE HIM A HAND...



IT DIDN'T TAKE LONG HOWEVER, FOR THINGS TO GET OUT OF HAND!



CHECK IN NEXT TIME FOR MORE HARD-RIDING FUN WITH STINKY & HIS CREW 07.





GLOBAL MARIJUANA MUSIC AWARDS

SYDNEY SATURDAY 29.9.2007



EXPERIENCE THE HIGH OF MUSIC
TO ENTER VISIT: WWW.MARIJUNANAMUSICAWARDS.COM
CLOSING DATE: JULY 1ST 07 INFO LINE: 0401 411 511



Cannabis Gallery and Seed Biographies
More Early Outdoor seeds at www.greenlifeseeds.com

Next Generation Seed Co.

Indoor / Outdoor Mix	\$50 CAD
Avalon • BC Big Bang • Blue Dynamite Blueberry Punch • Diablo • Dynamite Grapefruit Haze • Grapeskunk • Island Sweet Skunk • Romulan/Timewarp Romulan/Island Sweet Skunk Romulan/Hashplant • Romulan/Grapefruit Romulan Haze	\$85 CAD
Romulan	\$90 CAD
Bonkers	\$120 CAD
Timewarp Bulk F1*	\$395 CAD
*Sold in packs of 100 - enclose \$10 S/H	

Mighty Mite Seed Co.

Donkey Dick • Mighty Mite Mighty Mite/Dutch Treat Mighty Mite/Super Skunk Mighty Mite/A-3/Big Bud Skunk	Purple Skunk \$70 CAD
--	--------------------------

Liberty Seeds

Lady Liberty • Stealth • Infinity Mother • Justice	\$70 cdn.
---	-----------

British Columbia Seed Co.

Five-O Maui Mist • Electric Haze	\$70 CAD
Call Miss True Skunk #1 Northern Lights #5	\$75 CAD
Afghaan Dream • Big Blue • Super Kush Heavy Duty Fruity • A-K • Killin Garberville Mendocino Madness Supreme Skunk	\$85 CAD
BubbleFunk • Purple Lightning Couchlock • Fast Freddy • Stinky Pinky White Lightning Jack • Baldy • Blaze	\$90 CAD

Secret Valley Seed Co.

Hardcore • Jamaican Grape Northern Flame • Brainwarp (Timewarp F1) Top Dollar • Purple Pineberry	\$60 CAD
Outdoor Mix	\$50 CAD

Gold Seal Collection

Grape God • Grapefruit Diesel • A.D.D Grapefruit Kush • Cinnamon Girl Early Special Pine Romulan Diesel • Pine Skunk	\$130 CAD
---	-----------

Vancouver Island Seed Co.

Burmese/Fuckin' Incredible • Y2K • KGB Burmese • Nagano Gold • Indigo • Sweet Blackberry/Fuckin' Incredible Big Bud/Burmese • F'N Blue	\$75 CAD
---	----------

12 FREE SEEDS WITH EVERY ORDER!

Special bulk order - 20% discount on 100 or more. Seeds are sold in packs of 12.
Suite 108 - 1027 Davie St. Vancouver, BC V6J 4V2 WWW.GREENLIFESEEDS.COM

Ordering: Purchase a Post Office Money Order. Leave M/O blank. US orders must be cash only.

For cash payments registered mail is recommended, make sure cash is not visible through envelope. We are not responsible for lost or stolen mail. 3-4 weeks delivery. We ship world-wide. For Medical purposes ONLY.

Send \$5 for a ☐ Catalog

YOU MUST BE AT LEAST 21 YEARS OF AGE.

ADD \$5 SHIPPING & HANDLING PER ORDER.

Choice #1: <input type="text"/>	Choice #2: <input type="text"/>	Name: <input type="text"/>	City: <input type="text"/>
Choice #3: <input type="text"/>	Choice #4: <input type="text"/>	Address: <input type="text"/>	State/Province: <input type="text"/>
Total \$ enclosed: <input type="text"/>		E-Mail: <input type="text"/>	Country: <input type="text"/>
Send all orders		Code: <input type="text"/>	

ATTN: G.L. c/o 1027 Davie St. Suite 108, Vancouver, BC Canada V6E 4L2

The Cannabis Awareness Forum: Bringing Awareness Through Education and Information

By Marko Ivancicevic

On April 20th 2007, the Toronto Compassion Centre and Treating Yourself Magazine presented the Cannabis Awareness Forum. We thought that there would be no better way to celebrate 4/20 than to educate the public about the many positive effects of cannabis.

Due to mounting pressure from the Conservative Government and Police Forces across Canada, we as activists have realized that we must step-up our game. Over the last several years, we have experienced a multitude of losses – we all know that we must try to reach out to the average Joe/Jane and gain their support.

Many activists have frequented community forums put on by the police, MP'S, MPP'S and City Councilors. The negative and deceitful rhetoric about how evil cannabis is, needed to be challenged. During the afternoon of 4/20, at the Delta Chelsea Hotel in downtown Toronto, several high-profile activists hit the stage to talk about the various issues regarding the medicinal and recreational use of cannabis.

At its peek, about 90 people filled the seats. Aside from members of the community, the seats were filled with Reporters, Doctors, Community Healthcare Workers, Harm Reduction Representatives, Childcare Providers and even a representative from the RCMP. The phenomenal speakers were able to get their message across to a very broad crowd.

Marco Renda, Publisher and Editor of Treating Yourself, has been an exemptee since 2003. Marco raised the issue of the recent report about Health Canada's markup of its medical cannabis. The report stated that Health Canada receives the cannabis at a cost of \$328.75 per kilogram. Health Canada then charges \$150 per ounce to its Exemptees. The markup totals over 1,500%. That works out to be over \$5,000 per kilo that tax payers already pay to have grown through Prairie Plant Systems in Flin Flon, Manitoba.

Michelle Rainey came out from Vancouver to be a part of the Forum. Michelle is facing extradition to the USA for her part in the alleged exportation of cannabis seeds. Michelle obtained an exemption due to having Crohns Disease, a disease she was diagnosed with at the tender age of 17. Michelle was very upset with the onerous process she had to go through just to obtain her Exemption. Michelle had to see several doctors and specialists just to get someone to sign her paperwork. Michelle believes "it

is important to educate your doctors about medical cannabis...because that is the way we will be able to change how people feel and their perception of it."

Professor and Lawyer, Alan Young, delivered a speech exploding with information and inspiration. Alan has battled through the justice system for a couple decades and is the one reason why medical cannabis is legal in Canada. Alan believes that dark days are ahead but we must be happy with the strides we have made. Amendments over the years have enabled changes with the application process, specialist requirements, and designated growers etc, which have made it easier for people to become a part of the program.

Another major issue with the exemption program is the fact that Exemptees are in jeopardy of loosing their legal right to grow cannabis. Lynne Belle-Isle from the Canadian AIDS Society believes that there is still time. Lynne stated that "They cannot just overnight decide that they are not giving out (grow) licenses. They actually have to amend the regulations, and that takes a long time. They would first have to propose the amendments and have a consultation period. They should be purposing it in 2008"

As Lynn said, "We have a little time to strategize. Hint, Hint!"

Dr. Andy Hathaway, a sociologist at McMaster University, discussed the stigmas associated with cannabis use as well as providing relevant statistics. Andy highlighted the fact that many Canadians do not understand why people consume cannabis, so we need to work together to break the social-psychological view and normalize cannabis use. "Users own experiences of stigma find much of it is based on common myths and misconceptions about cannabis' effects and its association of its use with crime, criminality, deviant behavior, or as a gateway to the use of other drugs."

Dr. MacLean, an Assistant Professor at York University, is currently one of only two people worldwide who has a medical accommodation from their employer to medicate with cannabis in the workplace. I look to his speech to finish off with a perfect quote "If you are going to talk about a gateway drug, it makes more sense to talk about a gateway society"

* EDITORS NOTE;

A DVD of this event was made and is available for purchase. Proceeds from the sale of this DVD go to help med patients in need. Contact Vlad Kiric at IMEDIA 416 201 0503 mention this article in Treating Yourself and you will also receive a promotional DVD that he put together for us. Both DVD are educational and are 2 hours in length each.

THE SATIVA SEEDBANK



- INDIGO
- WHITE LADY
- MIXED SATIVA
- PAIA HAWAIIANA
- SATIVA MEXICANA
- SWEET SATIVA SPECIAL
- CANNABIS SATIVA SLANG
- FULL MOON
- PAKALOLO
- HAZE
- ELDORADO
- DAYDREAM

PO BOX 51262, 1007 EG AMSTERDAM
TEL. 06 48330642, FAX: 020 4702609

WWW.THESATIVASEEDBANK.COM

CANNABIS SEEDS & GROWTH SOLUTIONS

NIRVANA



Nirvana

St. Antoniebreestraat 14, 1011 HB Amsterdam, the Netherlands
Tel.: +31(0)20-6275113, Fax: +31(0)20-6271361
Nieuwe Hoogstraat 3, 1011 HC Amsterdam, the Netherlands
Tel.: +31(0)6 28399053, Fax: +31(0)20-6271361

www.nirvana.nl

An Incredible (Wo)Man

By: Rita Renoir

When I first met Jason Ryde, it was eight years ago when I was living in Vancouver. We met through a mutual friend and hit the clubs together on a handful of occasions. I heard talk of his female alter-ego, Barbie, but had yet to see her come out in any manifestation. Instead, what I saw, was a very good looking man; a smooth, well-built body, a masculine face, and eyes so stunning, they could hold you captive with a simple glance. I found it hard to believe that such a good looking man could easily transform himself into, what was described by my friends as being, “an incredible woman.”

Fast forward eight years.

At The Compassion Club's tenth year anniversary party, I saw a drag queen sporting a blond afro and pink bell bottoms, bouncing up and down on the dance floor. My friend turns to me and says, “See her? That's Barbie.”

The name rang a bell. Could this possibly be the same person I had met eight years prior? His disguise camouflaged any semblance of his former self. Gone was any sense of masculinity, boyishness, or manhood. What I saw was exactly what my friends had described to me in Vancouver: “an incredible woman.”

I was then asked to write this article and interview Barbie. Immediately, I needed clarification – am I to interview Barbie or Jason? Clearly, those are two very different people, right? I was so confused, when I spoke to Jason prior to the interview; I asked him which one I should interview. His response: “Take your pick. They're one and the same.”

I went to Jason's apartment – a one bedroom set up in one of downtown Toronto's co-ops in the heart of the gay village. Upon entering the door, once again, the chameleon showed a new color. Jason opened the door, obviously older than when I last saw him in Vancouver, but much better looking. More mature, wearing plaid Capri's and a white fedora. But what remained was that confident, stunning quality of his good looks. Again, I was amazed at how a man this good looking could transform himself into the image of an iconic, larger-than-life woman. Jason proceeded to show me his artwork; a refuge he takes from the storm of life that occasionally crashes upon him. “Barbie is therapy,” he explains. “My art is therapy. It helps me escape from the world for a brief amount of time.”

And from the sounds of it, Jason often needs that lighthouse to guide him when the waters prove tempestuous. Jason has battled several demons in his life, the first of which was his sexuality. Born in Keswick,

Ontario, near Lake Simcoe, in 1971, Jason went to what he describes as being “a rough high school. It was biker heaven with lots of drugs.” Being typical of a small town, the residents there didn't take too kindly to Ryde's homosexuality – his parents included. In 1987, at the age of sixteen, Jason was kicked out of his home because of his homosexuality. Subsequently, he moved to Toronto with two of his friends who were also gay. To maintain a living, Jason started go-go dancing and bartending at some of the gay bars in the city.

At the time, HIV and AIDS were running rampant in large cities around the world. Some hospitals were still referring to it as the gay plague; others were referring to it as ‘gay cancer.’ It became the death sentence for many gay men – some by their own hand. Gay men were dying in droves and the face of HIV and AIDS became synonymous with the Grim Reaper. There was talk of AZT (Zidovudine); a primitive attack on the HIV/AIDS epidemic, it was one of the few anti-HIV drugs that cross the blood-brain barrier. While HIV infects cells in the blood stream, the lymph system, and the central nervous system (or “CNS”), AZT is better than most other drugs in attacking the virus in the CNS. It was the first anti-HIV drug approved for use in the United States. The original dose was one 400mg capsule every four hours around the clock. Consequently, the treatment was incredibly costly and was primarily reserved for the wealthiest and most famous HIV victims, most notably were Roy Cohn and Rock Hudson. However, AZT proved only to be life sustainers and not a cure to HIV/AIDS. Even Cohn and Hudson, despite their powerful and political connections and their abilities to acquire the desired treatment, had succumbed to the disease.

It was in this social atmosphere that Jason and his two friends learned they were HIV positive. His doctor's advice was, “You three better stick together because you're all you've got.”

For the past twenty years, Jason has lived with his HIV status. His friends have since passed away, as have many others. Jason is what is referred to in the HIV/AIDS and gay communities as “a long-term survivor”. But what seems more overbearing than the disease itself is the health care Jason receives to combat it. In April, Jason agreed to take part in a study of TMC114, an antiretroviral medication to be prescribed in conjunction with other (RTV) Ritonavir, with trade name Norvir® and other antiretroviral (ARVs) medications. While the end result might be a crap shoot as to whether or not TMC114 will do any good in the long run for people suffering with HIV/AIDS, the consequences seem to outweigh the benefits. The medication prescribed includes 600 mgs of TMC114 with 100mg ritonavir twice a day, along with other ARVs selected by his study doctor based on his ARV therapy history. The risks of this medication could include: skin rash, changed in body shape, perception of body

image, increases in blood fats (triglycerides and cholesterol) and sugars (glucose), liver and pancreatic laboratory abnormalities, inflammation of the pancreas, abdominal pain, vomiting, change in ECG, rapid heart rate, slow heart rate, heart attacks, palpitations, coronary artery disease, myocardial infarction, supraventricular tachycardia (SVT) a (excessive increase in heart rate), renal failure, kidney malfunction, and Immune Reconstitution syndrome (a condition in which improvement in the body's defense leads to an inflammatory reaction to residual infective organisms).

I have not yet mentioned the side effects that HIV brings on by itself. By this, Jason refers to the ones that affect his emotional psyche. "I get very depressed," he explains. "I get very anti-social. That's a huge conflict when you're trying to be a drag queen." In addition, Jason suffers from arthritis and a recent car accident has left his back in need of attention. Moreover, Jason is convinced that he has suffered strokes; whether they are a result of the medication or the illness, Jason is unable to say. "I know that my speech is slurred and that my memory isn't what it used to be," he diagnoses. "And I get terrible headaches too."

TMC114 is not the only combat against HIV/AIDS that Jason has tried. In previous years, he was presented with a myriad of opportunities to be the guinea pig on various test drugs. However, when the cons outweighed the pros in each study, Jason removed himself from them. Unfortunately, previous doctors will not treat HIV positive patients who are not receiving some form of prescribed treatment. His own doctor quite recently announced that he will not be taking care of chronic illness anymore, leaving Jason on his own to look for alternative health care.

To help with his HIV, Jason resorts to smoking marijuana. Although it only relieves a fraction of the pain he experiences, it helps him with the major necessities to help him sustain life and a lifestyle. Suffering from anorexia, Jason finds it incredibly difficult to find the appetite he needs to eat in order to maintain his energy levels. Smoking pot increases his appetite and, subsequently, his energy levels. Smoking pot helps him with his depression and the anti-social behavior that can manifest without it. Jason's arthritis (pain) is also diminished by smoking marijuana. Anyone who has suffered from chronic arthritis pain will tell you the pain never goes away; it's just masked by the euphoria brought on by prescription medication. Marijuana works on a different level.

Jason also has his artwork; a collection of canvasses demonstrating an interesting connection between line and colour. "And I have Barbie," he continues. "Without her, I'd be nothing."



Pride In What We Do!



89 Gould St.
The Merchandising Building



FRONT STREET
MARKET

80 Front St. E

We're fresh obsessed.



QuickGrow

Water Culture Gardening Indoor Growing Chambers

- Fully Automated
- No Assembly Required
- Organic Yields
- Low on Power & Noise
- Weekly Feeding Schedule
- Durable Roto-Mold Design
- Simple to use PLC Timer
- System is GFI Protected
- 2 Year Warranty
- Discreet Shipments
- Mon-Sun Tech Support
- Easy to Set-up & Operate
- Just add Plants & Water
- Compact Size:
4.5'w x 3.5'h x 2'd
- Shipping Discount for
MMAR Holders



Ready to Grow at \$1995cad*



\$275cad* with FREE Shipping

Black Box All-Season Chamber

- Vegetate & Flower 10 or 17 plants all year round
- Pre-programmed timer, fully automated
- PLC timer has 18/6 cycles for lights & pumps
- Large water reservoir - up to 15 gallons
- Long-life water & air pump - installed
- Dual fan circulation - 210 CFM
- Cloning dome kit with 6400k T-5 bulb
- No-smell coco-carbon filtration system
- Flowering Spectrum 400w HPS bulb
- 14000k Vegging Compact Fluorescent
- Add state of the art Co2 kit

Flower and Herb Dryer

- Drying time is decreased to 2-4 days
- Effective odor killing Coco-Carbon Filter
- Sturdy black plastic drying container
- Lid can be removed for easy access
- Quiet 3" ball bearing fan with metal finger guard
- 2 Removable mesh shelves hold ample flowers and herbs
- Removable pre-filter, can be quickly cleaned

1-877-788-GROW (4769) • QuickGrowCanada.com

20560 Bypass - Unit #110, Langley BC, V3A 6K8 • Visa, MasterCard, PayPal & Money Orders Accepted

*Special Pricing offer valid for Canadian Citizen's only

Interview With Gino Bruni T.C.C. Member

By: Marko Ivancicevic

Gino Bruni is a medicinal cannabis user from the outskirts of Toronto. At the age of 27, he was in an accident where his truck rolled over. As a result, Gino suffers from severe spinal cord injury. He has suffered horrible physical and emotional losses due to this. Thankfully, with the help of cannabis Gino has risen out of the wheelchair and been able to do things that were never expected.

MI: How was your perception of cannabis before your accident?

GB: Before my accident in 1990, my perception of cannabis was that it was less harmful than government blessed legal drugs. I used cannabis occasionally like a stimulant and I used it for fun.

MI: How long have you been smoking cannabis?

GB: I have smoked cannabis for over 20 years and the last 15 years have been for medicinal use due to spinal cord injury.

MI: What has cannabis done for you in your life? Has it improved your quality of life?

GB: Cannabis has helped me cope with extraordinary circumstances. From the death of my father at the age of 16, to dealing with a serious disability at the age of 27, cannabis has helped to improve my quality of life in many ways. Activities of daily living, pain management and work all seem to improve with my daily medicinal dose - making for a less stressful day.

MI: How old were you when you first tried cannabis?

GB: My first experience using cannabis was when I was 14 years old at a party. After Toking on that first jay, I kind of zoned out for a while and enjoyed the heady buzz. I knew then the harmful effects of cannabis were widely exaggerated because all that happened was a little paranoia, some laughter and I got very hungry. At the time, I had no clue what stigma was. In fact, it was not until I began using a wheelchair that I started to understand stigma from a different perspective.

MI: How has your family and friends reacted with your use? Any stigmas attached to their views?

GB: Stigma is the

most significant negative as far as medicinal cannabis use goes. Some people I know, family included, would like to see me quit using my choice of drug. Pharmaceuticals were my other option. Some would say pharmaceuticals are a far more sensible route. Nevertheless, I resist and keep smoking, even though I must be mindful of when and where I smoke my cannabis, so people do not form judgments or worse call the cops. Most people react in a civil manner about my use. Others see cannabis as an illegal drug that must be eradicated.

MI: What have the doctors said to you in the past about your ailment and how recovery would be? Has that view changed?

GB: After the accident, my specialists told me, in no uncertain terms, to get accustomed to the wheelchair. They said that in time I would adjust and live a healthy life without the use of my legs. Doctors never expected me to walk onto a city bus, climb stairs or ride a bike. The doctors have been surprised by my gains and seem a bit bewildered. Some of the credit has to go to cannabis use - avoiding the more toxic methods of dealing with complex issues- and may have giving my body the time and space needed to heal.

MI: I understand that you have made many strides over the last several years, what have you done that you never expected to do again?

GB: Gains in rehabilitation since my rolling a pick-up truck and breaking my back in half have been phenomenal. For functional purposes, I was expected to use a wheelchair the rest of my life. They expected me to use catheters, drugs for bowel, bladder, sexual and pain issues. Today I ambulate quite successfully with canes. I never thought I would ride a bike again. A summer ago, I took a bike on a 3 km ride. Bowel, bladder and pain levels have all improved over the years. Cannabis has helped me to (physically) push harder to regain more function back-even sexual function.

MI: What motivates you to keep moving ahead?

GB: What motivates me to keep pushing forward is the hope that new technologies bring. However, these new technologies are better suited for people who can weight bear. Therefore, I keep my strength up and keep as physically fit as possible, hoping one day my walking will be smoother, my days less demanding. Working in the solar industry gives me some hope of a cleaner and healthier world. I have much to accomplish on an environmental level and this demands my fullest attention and strength.

MI: How have Compassion Centre's helped you over the years?

GB: I have been a member of the Toronto Compassion Centre



in since 2001. This organization has definitely made my life easier. Instead of going to bars, pool halls and back alleys to score my medicine, I walk into a centre and stigma seems to melt away. Not only has the Compassion Centre been my source of supply, but the club has also provided valuable information and education on cannabis and its responsible use.

MI: How do Sativa's and Indica's help you?

GB: I have experimented with different strains.

I like Sativa's for their heady buzz and boost of energy. For me they do little for alleviating pain levels, so I tend to use Sativa's sparingly. Indica's have helped the most in dealing with pain and other complications. After puffing a fine indica, my body is no longer the focus of all my attention. I am not trapped in a dysfunctional body! Instead, I can concentrate on other things like art, writing, work and walking.

MI: What are your views on our Canadian laws and our exemption program?

GB: My view on the Canadian law on cannabis is that it lacks compassion. When governments decided what medicine you are allowed to take and not you and your doctor, this becomes an infringement. To be on a special list to access drugs is stigmatizing and unjust in this day and age!

MI: Do you feel the exemption program is sufficient? If not, what changes would you like to see?

GB: The changes I would make is to scrap the exemption program altogether. The government should not have access to our medical records that easily. People using medicinal cannabis should not be subjected to such criminal formalities. Instead, leave

medicine to the doctors.

MI: How many pharmaceuticals have you used in the past for pain and how did they effect you? What are the major differences between the pills and marijuana?

GB: In the past, I have tried many different types of pills to help cope with spinal cord injury. What I found was that some narcotics managed to take the edge off the pain. However, by the next morning I would wake up sluggish and disinterested in life. It was difficult to get my day going or get things done or to think clearly.

MI: How much cannabis do you consume on a daily basis?

GB: My consumption of cannabis has not changed drastically over the years. I smoke up to 2 grams a day, the equivalent to 4-5 joints.

MI: If you could say something to someone with the same ailment, that does not use medical cannabis, what would you say to them?

GB: If someone is using pharmaceuticals, such as narcotics for their spinal cord injury, I would suggest they speak to their doctor about trying cannabis as an alternative, or to augment their on-going drug therapy.

MI: What is your vision of the future for medicinal cannabis in Canada?

GB: My vision is to see cannabis sold freely throughout our democratic country. This would drastically minimize the stigma and reduce cannabis to more like purchasing aspirin or alcohol.



VANCOUVER SEED BANK

872 E. Hastings St. Vancouver BC

Open Daily 11:00 AM - 7:00 PM



www.vancouverseedbank.ca

Check website for a complete list of seed varieties!

BE SURE TO VISIT OUR STOREFRONT TO EXPLORE OUR COMPLETE COLLECTION OF SEEDS, BOOKS, ENTHEOGENS, MUSHROOM KITS AND MORE!

Vapour Lounge Outdoor Patio Garden Internet Cafe Movie and Video Game Room Peruvian Coca Leaf and Seedlings

Top Quality Genetics from the World's Top Breeders

BC SEED CO

KOOTENAY MOUNTAIN SEED CO

CASH CROP KEN

LIBERTY SEEDS

CHIMERA SEEDS

NEXT GENERATION

DJ SHORT

MIGHTY MITE

DR ATOMIC

SECRET VALLEY SEEDS

DUTCH PASSION

SENSI SEEDS

EAST ISLAND SEED CO

SOLAR WARRIOR SEEDS

FEDERATION

TH SEEDS

GREAT WHITE NORTH

VANCOUVER ISLAND SEED CO

JORDAN OF THE ISLANDS

WILD ROSE SEED CO



MAIL ORDER POLICIES:

We ship all our seeds anywhere in the world, except that **WE DO NOT SHIP MARIJUANA SEEDS TO THE USA!** (We will ship most other seeds to the USA)

We accept cash, money orders and email money transfers. Make money orders out to **PLANTING SEEDS PARTY.**

Orders are usually shipped within 2-4 days of receiving payment.

MAIL ALL ORDERS TO:

VSB, BOX 88008
CHINATOWN RPO
VANCOUVER, BC
CANADA, V6A 4A4

**MUST BE 18+
TO ORDER**

(778) 329-1930

SEND A COPY OF MEDICAL EXEMPTION FOR 10% DISCOUNT

M.M.A.D. Participants Helping Sick People with Alternative Medicine

By: Al Graham

When I became ill with Crohn's Disease, I found out that stress was literally killing me. I was eager to find out what illness I had, so that it could be dealt with. But after being diagnosed, the stress became worse - not better. One of the main reasons was the paperwork I would receive from the insurance company looking after my situation and the Government. This was no fun and I was having problems dealing with it.

After some time I got approval from my doctor to get into the Medical Marijuana Access program so I came home and downloaded the application. When I saw the 34 page application come out of my printer, stress struck big time but I knew I had to get this filled out. At this point I was wishing I had someone that could help me with all of this.

Fortunately I did find someone to help me out and now we help others. We take our experiences and use them to help others through the application process. "We" are some of the folks you have read about in my past articles of the Treating Yourself Home Shows. Lady Di, Grama D, Sandra D and a few others including myself were involved in these shows and we're now out there helping the sick people who would like a medical marijuana license. When I first received my application I went to my friend Lady Di, an exemptee for many years. From there it has grown to a point that Lady Di has many sick and ill people that contact her for assistance in filling out these forms.

Our small group of people, which we call "MMAD Participants of Northumberland", now helps others fill out their paper work. "We have gone to many sick people's houses in order to help them fill out their application forms," says Lady Di. Adding "Not only do we help them fill the application out properly but we also make sure it gets sent in properly". "You never want to take a chance and just send it through in the regular mail as they're known to lose things. Grama D speaks up and continues with "Not only do we Express Post (signature requirement added) the application but

we also fax it into Health Canada for them." We then give the applicant back their copy of their application (as suggested by Health Canada) as well as the postal receipt and the fax received receipt." All this helps with tracking your package if the need arises.

The group starts off by explaining the whole process. This includes the stress and anxiety that they will probably go through as they wait and wait for their license to be approved. Many look at the paperwork and think that it's a lot of papers to fill out, just so they can medicate with marijuana legally. Then they ask why can they go to the drug store and pick up their morphine or more dangerous prescription drug with no questions asked, and no forms to fill out. From there many more questions are asked. We know what questions they will be asked before we get started so we inform them that all their questions will be answered as we go through the forms.

Once that is all done we get started on filling out the paperwork. Form A starts out pretty easy then the question is asked, this is a doctor - patient situation, why are the police involved? As well they want to know why they can have more dangerous drugs in their medicine cabinet and the police don't need to know about them. They also ask why the police are involved in a patient doctor relationship when we all know that it's a private and personal matter. Then onto Form B, but wait they say. "There are 2 form B's, what's the difference?" After going through the papers and explaining that the Form B1 is very serious life threatening illnesses and Form B2 is for other illnesses that are not listed on Form B, we chose which form is best for them. Once that's determined it's onto Form C, the application for a license to produce marijuana.

When we get into this part the questions keep coming. They see the options to grow indoor, outdoor or both and they start thinking that they maybe able to grow up to 25 plants or even more outside. We quickly explain that there is a formula that the government uses to determine plant numbers and they maybe only allowed 4 plants outside to grow versus 25 inside. They ask why the difference and we explain why (yield potential) and then they realize that growing outside is cheaper but it does have some down falls. Usually after some discussion with the person, he or she makes the choice that suits them best. Then they see the security section and go "oh my god" while thinking "do I have to put a wire fence around my house" meanwhile that dangerous prescription drug sits in their medicine cabinet with no security. We let



Images:
Left: Organic
Shiskaberry @ 50 days
Center (three): Organic
Reeferman Nutcruncher
@ 50 days
Far right: Organic Early
Pearl @ 50 days



them know for an inside grow the security items that would help are a dog, an alarm system as well as to install dead bolts on their house doors if these are not already installed. Where as an outside grow may require a fence and many other alarms to catch an intruder. Usually they say to us "if they would legalize it we wouldn't need all this stuff" we agree and make our way through the application.

A concern by some people is that they don't have a place to grow. Their house has no basement or no spare room to grow in. They may also be renters and be in a situation where their landlord refuses to let them grow their medication. Some of them are just too sick to grow their own medicine and we'll help them also find a grower. While doing this work we have found that there is no shortage of people willing to help sick people. We will contact a person who we know is willing to help and things go from there.

This next section is one of 2 forms for situations where the person growing for you may need to fill out called the designated grower. This person will have to get a criminal record check done on themselves as well answer similar questions as in section A of the application. The other section, F is for when you may not be able to grow in your place but a person is willing to let you grow in their house. It can also be used for when your designated grower is not growing in a home owned by them. The homeowners are required to fill out paperwork stating that you have been given permission to grow in their residence.

Confused yet?

Next up is the seed application and people react with, "I can buy marijuana seeds from the government?" is a usual comment from everyone. But we also let them know that they cannot order those seeds until they have received their card. They are disappointed that they will have to wait even longer.

From there they see the next form. Application to Obtain Dried Marijuana. "You mean I can buy marijuana from the government" they ask. "Why don't I just order seeds" is mentioned often and we say by all means. "It's your choice. But they more than likely will try to sell you some of their medicine". To me they sounded sort of like a legal pusher. We inform them on the history of the medical marijuana that the government sells and tell them how we felt about it. Some members in our small group have received the government's marijuana, so some do talk from experience. An hour or 2 later (sometimes 3 hrs) the whole

application is complete and the applicant goes into the waiting mode.

The help doesn't just end there. Our group keeps in constant contact with all those the group helps out. We check back on them to see how they are doing and to follow up on their application. We want everything to go through properly so we are constantly checking back to see if they have heard anything via a phone call or snail mail. The whole process takes some time and some people can get pretty upset about it. "We believe in total care of all the people who come to us that are sick. It's not just about helping people to fill out the paperwork" says Lady Di. "MMAD Participants has helped me get out of a tough time and I'm so grateful for that" mentions Grama D. She goes on and says "in my last job, before I got sick, I was a caregiver and my illness took me away from that. MMAD Participants has given that back to me now."

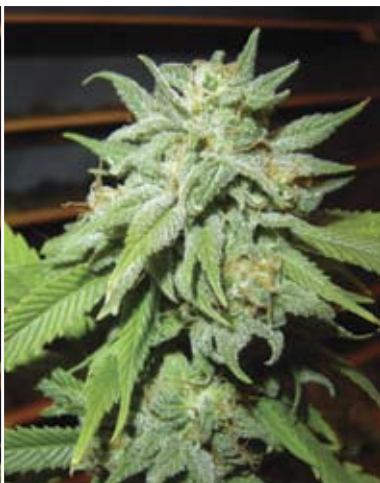
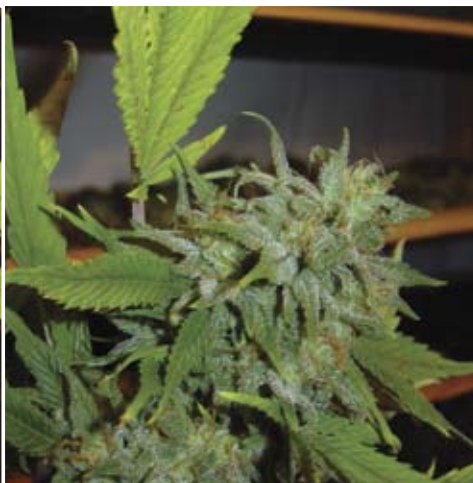
Just then Sandra D, presently a caregiver in her community, walks by and mentions to us that "care giving is a 24hr practice. Its not something that you do from 9-5 and then say good luck till tomorrow" Sandra should know a thing about this as she and some members of the group have had to battle hard for one of Sandra's licensed medical marijuana patients. This includes spending time at the hospital and taking home a beaten man till his health improved.

It doesn't stop there for this group. The word amongst those that are sick moves around and people find us or we find them. There was one lady we met only because she had been to court on a cultivation charge. Upon further investigation we were able to find out that this cultivator was actually a closet grower, growing for medical purposes and the courts knew it. The women's doctor had even written a note to the courts telling them this. It didn't matter as the Judge sentenced our new friend to house arrest. We're happy to report that our friend is now on her way to becoming a licensed exemptee.

Since this all started sometime ago our group has never had an application get turned down. Some have had to endure Health Canada sticking their nose in patient-doctor confidentiality situations but all have received their legal right to the medicine that works.

Next up are newspaper ads promoting our service and who knows, maybe we'll hold our very own cannabis seminar.

The group can be reached by email at mmadparticipants@treatingyourself.com.



PTSD, Anxiety, Extinguishing Painful Memories and the Endogenous Cannabinoid System

by Ally (aka Pflover)
"Preserve Neural Plasticity!"

"My wife is very grateful to have a 'friendly husband' as opposed to a grouchy, complaining, in-pain, morphine- and Prozac-affected husband. My wife will gladly testify at any hearing as to the effect of medical marijuana on my PTSD. If anyone dares to tell her that medical marijuana does not work for PTSD -- they'd better prepare to lose that argument! She lives with me -- she knows!"

- Rick Fabian, http://www.letfreedomgrow.com/articles/rick_fabian.htm

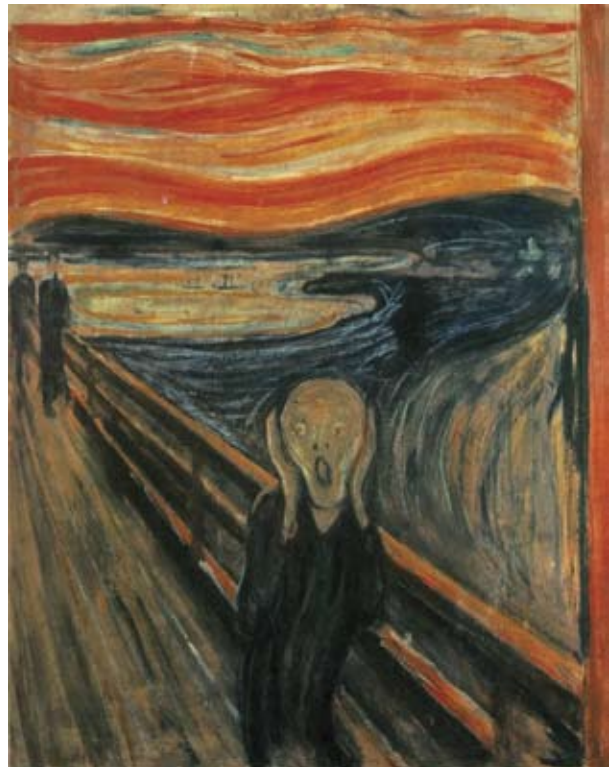
Post Traumatic Stress Disorder (PTSD) results from extreme attack on psychological wellbeing involving threat of loss of life or intense physical harm. Individuals stricken with this malady frequently find themselves reliving the memories of the trauma through "flashbacks" during waking hours and night terrors and nightmares when asleep, the latter two resulting in insomnia which further compromises psychological wellbeing. PTSD can completely undermine an individual's attempts to operate as a functional member of society.

Who develops PTSD, you might ask? Historically, veterans have brought the most attention to this condition as is made evident by the older names "Shell Shock" and "battle/combat fatigue". This is despite the fact that soldiers only compose one group suffering from this condition. As of yet, there are no known cut and dry rules about exactly who will or who won't develop PTSD. Depending on the severity, in 5%-80% of individuals, experiencing one of the following events will trigger onset of the disorder: violent military duty, car accidents, domestic abuse, surgery, sexual abuse/assault, child abuse, torture, terror tactics, severe natural disasters, etc (Wikipedia, 1). The following quote typifies the life of many PTSD suffers:

"I've been a deputy sheriff as well as a police chief and a private investigator, but the PTSD always made me crash and burn. I've lost everything several times, and for the last few years I have been rebuilding again. My doctors have told me to retire and try to maintain as normal a life as possible."

-Michael McKenna, <http://www.rxmarihuana.com/pstd.htm>

In order to alleviate their symptoms and pursue a normal life style many suffers turn to cannabis with successful results. The relaxing, and anxiolytic (anti-anxiety) effects of



Victims of PTSD can feel like a phantom screaming on the inside even when surrounded by the most beautiful day. *Scream (Skrik, 1893)* by Edvard Munch.

cannabis under some conditions have been known for centuries but it is only recently that we have begun understand the complex way in which cannabinoids and the endocannabinoid (eCB) system modulate the expression of anxiety-type behavior.

There are three main factors that are important to the study and understanding of PTSD. These are aversive memory formation, if the aversive memory or fear is cue-induced vs contextual, and finally the extinction of the aversive memory or fear. In humans, aversive memory formation occurs during the traumatic events that initiate PTSD. In animal models of PTSD, a mild but inescapable foot shock or repeated loud tones can form aversive memories in rodents. In humans, a vet easily startled by loud noises would be experiencing cue-induced fear where as an accident victim having a panic attack from the feeling of being in the drivers seat of a car has experienced contextual fear. For rodents in the lab, cue-induced fear is produced by the repeated pairing of a loud noise with a foot shock a second later. The cue-induced fear is expressed by the rodent when it is next exposed to the noise. Contextual fear in the lab is often elicited by the pairing of a series of loud tones with a unique environment. The contextual fear is expressed when the rodent is later placed in the same unique environment minus the tones. Extinction of the aversive memory for both lab animals and humans usually involves repeated exposure and habituation to the cue or context that elicits the fear minus the original fearful stimulus until fear is no longer elicited by that cue or context. For the accident victim this would be getting in the car, then the drivers seat and then actually driving. For the mouse who was shocked after hearing a loud noise it would

be repeatedly hearing that noise without experiencing foot shock. There are other factors of PTSD in humans which are important to treatment but are not necessary for the study of PTSD in the lab.

Recent advancements in the understanding of the eCB system and how it helps modulate the formation of memory and responses to stress have provided researchers with an explanation of how cannabis can act as a successful treatment agent for PTSD. Frider, et al., 2005 found that mice lacking the cannabinoid-1 (CB1) receptor, the receptor responsible for the effect cannabis has on the central nervous system (CNS), were significantly more likely to experience behavioral inhibition after repeat cue-induced stress as compared to wild type mice not lacking the CB1 receptor. Behavioral inhibition is one animal model of PTSD. These findings gave support to the theory that the cannabinoid system could effect the formation of PTSD. Further evidence comes from the location of CB1 receptors in the brain. The brain regions responsible for controlling memory formation and emotion also contain large numbers of CB1 receptors, (Joy, et al., 1999). In 2003, Costanzi, et al., also found that anandamide, the endogenous ligand for the CB1 receptor, dose-dependently inhibited stressful memory formation. Chronic stress has been found to produce cognitive impairment which is attenuated by the administration of cannabinoids. The same chronic stress was also found to produce significant downregulation (reduction in density) of CB1 receptors and decreases in amount of anandamide found in the hippocampus. The hippocampus is involved with the formation of complex contextual memories. These findings led the researchers to suggest deficiencies in CB1 receptor densities and/or production of anandamide in the hippocampus were critically involved in the development of the behavioral inflexibility and a tendency to perseverate and ruminate that are part of the symptomological profile of such stress induced neurological disorders as PTSD, (Hill, et al., 2005).

In 2002, Marsicano, et al. concluded that the endocannabinoid system was also involved with the extinction of cue-induced adverse memories. They determined this action was achieved through inhibition of GABA (gamma-aminobutyric acid) by way of pre-synaptic modulation of GABA release in the amygdala via activation of CB1 receptors. They also found anandamide levels were elevated in the basolateral amygdala (BLA) during memory extinction tests. The BLA is a brain region known to be involved with extinction of cue-induced fear (Tomaz, Dickinson-Anson, & McGaugh, 1992). It was later confirmed that synaptic transmission of GABA was decreased in the BLA by activation of the CB1 receptor (Azad, et al., 2003).

Since Marsicano's study in 2002, the dependence of extinction of cue-induced fear responses on the eCB system has begun to gained general acceptance by the scientific community (Chhatwal, et al., 2005; Mikics, et al., 2006; Kamprath, et al., 2006; Pamplona, et al., 2006; Niyuhire, et al., 2007; Varvel, et al., 2007). At the same time a more complex and complete picture has started to appear. One emerging trend points to modulation of the eCB system as more effective at aiding in extinction than direct activation of the CB1 receptor via an exogenous cannabinoid like THC (Chhatwal, et al., 2005; Patel & Hillard, 2006; Varvel, et al., 2007). At best, facilitation of extinction by exogenous cannabinoids is



Those that suffer from PTSD are rendered bound and helpless by the condition, usually unable to get free themselves. This photo is by Megan Driscoll, aka Nox Photography, www.noxphoto.net. Copyright 2005.

dependent on species and breed of rodent and on the cannabinoid tested, in the studies that have been carried out so far (Pamplona, et al., 2006). In most cases though exogenous cannabinoids like THC and WIN55212-2 produce no detectable change in extinction rates of cue-induced fear at doses tested. Modulation of the eCB system via inhibition of fatty-acid amide hydrolase (FAAH) appears to be a very promising means of facilitating extinction of cue-induced fears. FAAH is the primary enzyme responsible for the metabolic breakdown of anandamide. Inhibiting FAAH increases intercellular levels of anandamide and thus enhances the ability of anandamide to activate the CB1 receptor. In this way inhibition of FAAH appears to reliably facilitate extinction (Chhatwal, et al., 2005; Patel & Hillard, 2006; Varvel, et al., 2007). One recent study even found that mice with either genetically or pharmacologically compromised FAAH not only exhibited faster extinction rates in a spatial memory task but also faster rates of acquisition/learning of the task in the first place (Varvel, et al., 2007). Chhatwal and colleagues, 2005, also found that upon subsequent foot-shock rats treated with a FAAH inhibitor were less likely to re-acquire fearful behaviors after extinction than were none-treated animals.

The situation is not so clear for contextual fears. With contextual fear it is the context/environment that induces the fear response. This is in contrast to cue-induced fear where the presentation of a stimulus such as a loud noise elicits the fear response. Two different brain structures are responsible for cue-induced and contextual fear, the amygdala and the hippocampus, respectively. Therefore it might be expected that cannabinoids would effect these two types of fear differently. Early findings suggest this is the case. In 2006, Mikics and colleagues exposed rats to short sessions of foot-shocks and 24 hours later tested their fear response to the environment in which the shocks had occurred. They found that when WIN55212-2 was administered prior to behavioral testing 24 hours after the rats received shock an increase in the expression of contextual fear was observed. A CB1 receptor antagonist blocked this effect and when administered alone reduced the intensity of contextual expressed by the rats. In other words cannabinoids made them more afraid, while blocking cannabinoids reduced fear. One implication of this finding is that exogenous cannabinoids like smoking cannabis could exacerbate the experience of preexisting contextual fears.

If only things were that simple. Later the same year, Pamplona and colleagues found that WIN55212-2 facilitated extinction of contextual fear in rats both immediately and 30 days after acquisition of contextual fear. Furthermore, the CB1 receptor antagonist rimonabant disrupted extinction both immediately and at the 30 day fear extinction sessions. It is clear the role of cannabinoids in contextual fear requires further elucidation before we can predict how cannabinoids will effect this more complex form of associative fear learning.

People suffering from PTSD often also experience affective disorders like major depression or bipolar disorder and generalized anxiety disorder. They also experience increased startle response, irritability, nightmares/terrors, and insomnia. One theory proposed by Hill and Gorzalka in 2005 suggested that the eCB system plays a major role in major depression. First they site the fact that both the genetic disruption and pharmacological blockade of the CB1 receptor resulted in a state analogous to major depression and generalized anxiety, two closely related disorders. Hill and Gorzalka also point out that the eCB system is down-regulated by chronic stress. There is also evidence that the eCB system is involved with the regulation of stress and general anxiety. In general, genetic CB1 receptor deficits or pharmacological blockade of CB1 receptors both produce anxiety and depression in rodents. Where as FAAH inhibition produces anxiolytic effects (Viveros, Marco, & File, 2005; Carrier, Patel, & Hillard, 2005). In a test of general anxiety in mice Patel and Hillard, 2006, found that the CB1 agonists WIN55212-2 and CP 55,940 (40 times more potent than THC) both produced an anxiolytic effect at the lowest dose tested. THC however was found to produce a dose-dependent anxiety-like response. One FAAH/anandamide-uptake inhibitor produced an anxiolytic effect at lower doses but had no effect at the highest dose tested while another pure FAAH inhibitor produced only a dose-dependent anxiolytic effect.

It has long been thought that the neurotransmitter serotonin plays a role in depression and anxiety. Braida et al., 2007 found that both THC and an anandamide uptake inhibitor were dose-dependently anxiolytic and that this

was blocked by a serotonin 1A (5-HTA1) receptor antagonist. They also found that co-administration of a sub-threshold dose of a 5-HTA1 receptor agonist with a sub-threshold dose of either THC or the uptake inhibitor produced a synergistic anxiolytic effect together. This led them to conclude that serotonin played a modulatory role in the anxiolytic effect of both exogenous and endogenous cannabinoids.

Estrogen produces anxiolytic and anti-depressant effects. Estrogen has been shown to regulate FAAH. Hill, Karacabeyli and Gorzalka, 2007, found that estrogen induced anxiolytic properties were blocked but the administration of a CB1 receptor antagonist. Furthermore, FAAH inhibition produced much of the same anxiolytic effects as estrogen in the tasks tested. This led the researchers to conclude that FAAH inhibition might be a viable treatment option for depression and anxiety disorders in women. This is also important to PTSD since the lifetime prevalence of PTSD in women (10.4%) is a little more than twice as high as in men (5%) (Wikipedia, 1). Again, this provides further evidence that eCB modulation should be a pharmacological target of future anxiety treatments.

As stated above, issues with sleep also afflict PTSD sufferers. In rats, anandamide changes sleep patterns by increasing slow-wave sleep and REM sleep at the expense of wakefulness (Murillo-Rodríguez, et al., 2001). Sleep deprivation also produces increases in slow-wave sleep and REM sleep once sleep does occur. This phenomenon is known as the rebound effect or sleep rebound. Navarro et al., 2003 found that administration of a cannabinoid antagonist before sleep-prebound prevented the REM rebound and that sleep deprivation did not change CB1 receptor densities in rat brains. However sleep deprivation plus 2 hours sleep rebound increased CB1 receptor densities in rat brains. Therefore it appears that changes in the eCB system play a role in the rebound effect. Because THC and anandamide increase sleep in humans and other mammals, Murillo-Rodríguez, et al., 2003, investigated whether or not adenosine, a sleep-inducing nucleoside, might be involved in cannabinoid induced sleep. During the third hour after administration of anandamide, intracellular adenosine levels peaked in rat basal forebrains. Peak adenosine levels were accompanied by a significant increase in slow-wave sleep during the third hour after anandamide administration. Both the induction of sleep and the rise in adenosine levels were blocked by the administration of a CB1 receptor antagonist. Together, these findings led the researchers to suggest that the eCB system may be a pharmacological target of treatment for conditions that produce severe sleep disruption such as PTSD.

All these indications that the CB1 receptor and anandamide may play a role in stress and memory has led the Israeli military to start an investigation into treating PTSD in their soldiers with therapeutic cannabis. In 2004 at Jerusalem's Hebrew University, Raphael Mechoulam started studying the effects of orally administered delta9-THC, the active ingredient in cannabis, on 15 Israeli soldiers suffering from PTSD acquired during combat in the Gaza Strip. Although the study is still in progress, Mr Mechoulam stated that, as one might expect based the studies discussed above, cannabis "helps them sleep better, for one thing. These people often wake up from nightmares and experience sweating or hallucinations" (Heller, 2004).

Despite the anecdotal evidence to the contrary, most

of the experimental studies that have been conducted so far indicate that by and large the administration of exogenous cannabinoids such as vaporizing therapeutic cannabis may not be the most reliable nor effective means of utilizing the eCB system to treat anxiety and aversive memories such as those formed in PTSD. For reliable and truly effective treatment of these conditions it appears that restricting eCB breakdown by way of FAAH inhibition is the best target discovered so far within the eCB system. (The other eCB targets include the two primary receptors CB1/CB2, vanilloid receptors, eCB reuptake, as well as eCB production.) To this end, Kadmus Pharmaceuticals, Inc. has started to express serious interest in marketing a new FAAH inhibitor they have developed, currently code-named KDS-4103. KDS-4103 appears to have a lot of potential from a pharmacological perspective. Even though it produces analgesic, anxiolytic, and anti-depressant effects it otherwise does not produce a classic cannabis-like effect profile and animals easily discriminate between THC and KDS-4103. All this indicates that KDS-4103 does not produce a "high" like THC and other direct CB1 agonists. KDS-4103 is orally active in mammals and fails to elicit a systemic toxicity even at repeated dosages of 1,500mg/kg body mass. All other available evidence to date also suggests a very high therapeutic margin for KDS-4103. All in all, considering that the kinds of events which usually precipitate PTSD in most individuals often also involve pain, KDS-4103 seems like it may be just about the perfect medication.

So what should all this mean to the individual? Anecdotal evidence says by and large the use of therapeutic cannabis provides a significant improvement in quality of life both for those suffering from this malady and for their family and friends. Whether or not this is taking the fullest advantage possible of the eCB system in the treatment of PTSD is yet to be seen. Mostly the use of cannabis and THC to treat PTSD in humans appears to provide symptomological relief at best. In and of itself, there is nothing wrong with symptomological relief. That's what taking aspirin for a headache, a diuretic for high blood pressure, opiates to control severe pain, or olanzapine for rapid-cycling mania is all about. We do have the potential, however, to do better than just treating symptoms of PTSD via activation of the cannabinoid receptors. With the right combination of extinction/habituation therapy and the judicious administration of a FAAH inhibitor like KDS-4103 we have the potential to actually cure many cases of PTSD. For the time being though, symptomological treatments are all we have for more generalized anxiety and depression disorders.

If an individual were to want to get the most out of using therapeutic cannabis to improve a PTSD condition they should try to use low to moderate doses with as stable a blood level as possible for general anxiety and depression symptoms. Oral cannabis produces more stable blood levels. Since peak levels will produce the most soporific effect, administration of oral cannabis right before bed should produce the most benefits for improving sleep patterns.



War is not the only cause, terror attacks like 9-11 and natural disasters like Hurricane Katrina can also induce PTSD. 9-11 (acrylic on canvas, 2001) by Lisa Lorton. Copyright 2001.

If the goal is to use cannabis to facilitate extinction of the response to PTSD triggers than small to moderate doses of cannabis vapors should be administered shortly before planned exposure to the trigger. A series of regular extinction sessions will produce better results than a single session. If cannabis appears to make aversion, fear, or aversive memories worse then the dosage should be lowered. If feelings of fear do not improve with lower dose then discontinue use of cannabis as fear-extinction aide.

In light of all evidence currently available, it is striking that the FDA refuses to investigate cannabinoids for the treatment of anxiety disorders like PTSD yet they have approved studies of MDMA, the club drug Ecstasy, for the treatment of PTSD (Doblin, 2002). Even if you do not accept cannabis as the answer itself, it should be hard to accept that by and large we still have not found effective and reliable ways to utilize the eCB system in modern western medicine. After all, the most potent (meaning it takes the least amount to produce a threshold effect) substance known to humans is not LSD as many still assume but is instead a derivative of fentanyl, known as Carfentanil. The threshold dosages for LSD and Carfentanil are 20-30µg (micrograms) and 1µg, respectively (Wikipedia, 2 & 3). This makes Carfentanil 10,000 times more potent than morphine, 100 times more potent than fentanyl, and 20-30 times more potent than LSD. At least up until 2005 and unlike LSD, Carfentanil was (is?) regulated as a Schedule II substance in the US (Erowid). For those that do not know, this means that despite perceived extreme dangers from use or abuse of this drug it is still assumed to have medical value. With the lives and well being of so many veterans AND private citizens at stake, those in the scientific community and police makers alike cannot afford to miss the wake up call. Even a child should be able to see the hypocrisy evident in the relative policies concerning cannabinoids and opiates. It is time to fix this appalling imbalance in our policies concerning the pharmacopia or else be the laughing stock of future generations.

References:

- Azad, SC, Eder, M, Marsicano, G, Lutz, B, Zieglgänsberger, W, Rammes, G. Activation of the Cannabinoid Receptor Type 1 Decreases Glutamatergic and GABAergic Synaptic Transmission in the Lateral Amygdala of the Mouse. *Learning and Memory*. 2003 March; 10(2): 116–128.
- Braida D, Limonta V, Malabarba L, Zani A, Sala M. 5-HT_{1A} receptors are involved in the anxiolytic effect of Delta9-tetrahydrocannabinol and AM 404, the anandamide transport inhibitor, in Sprague-Dawley rats. *European Journal of Pharmacology*. 2007 Jan 26; 555(2-3): 156-63.
- Carrier EJ, Patel S, Hillard CJ. Endocannabinoids in neuroimmunology and stress. *Current Drug Targets. CNS and Neurological Disorders*. 2005 Dec; 4(6): 657-65.
- Chhatwal JP, Davis M, Maguschak KA, Ressler KJ. Enhancing cannabinoid neurotransmission augments the extinction of conditioned fear. *Neuropsychopharmacology*. 2005 Mar; 30(3): 516-24.
- Costanzi, M, Battaglia, M, Populin, R, Cestari, V, Castellano, C. Anandamide and memory in CD1 mice: effects of immobilization stress and of prior experience. *Neurobiology of Learning and Memory*. 2003 May; 79(3): 204-11.
- Doblin, R. A clinical plan for MDMA (Ecstasy) in the treatment of posttraumatic stress disorder (PTSD): partnering with the FDA. *Journal of Psychoactive Drugs*. 2002 Apr-Jun; 34(2): 185-94.
- Erowid: http://www.erowid.org/psychoactives/law/law_fed_sched2.shtml#opiates (Accessed 6/05/2007).
- Fride, E, Suris, R, Weidenfeld, J, Mechoulam, R. Differential response to acute and repeated stress in cannabinoid CB1 receptor knockout newborn and adult mice. *Behavioral Pharmacology*. 2005 Sep; 16(5-6): 431-440.
- Heller, C. Israel to soothe battle trauma with marijuana. *Reuters NewMedia* - October 2, 2004. <http://www.aegis.org/news/re/2004/RE041003.html>
- Hill MN, & Gorzalka BB. Is there a role for the endocannabinoid system in the etiology and treatment of melancholic depression? *Behav Pharmacol*. 2005 Sep; 16(5-6): 333-52.
- Hill MN, Karacabeyli ES, Gorzalka BB. Estrogen recruits the endocannabinoid system to modulate emotionality. *Psychoneuroendocrinology*. 2007 May; 32(4): 350-7.
- Hill, MN, Patel, S, Carrier, EJ, Rademacher, DJ, Ormerod, BK, Hillard, CJ, Gorzalka, BB. Downregulation of endocannabinoid signaling in the hippocampus following chronic unpredictable stress. *Neuropsychopharmacology*. 2005 Mar; 30(3): 508-15.
- Joy, Janet, E, Stanley, J, Watson, Jr., and John, A, Benson, Jr., Editors. *Marijuana and Medicine: Assessing the Science Base*. By Division of Neuroscience and Behavioral Health - Institute of Medicine. National Academy Press, Washington, D.C. 1999. Chapter 2 Cannabinoids and Animal Physiology: Part B.
- Kamprath K, Marsicano G, Tang J, Monory K, Bisogno T, Di Marzo V, Lutz B, Wotjak CT. Cannabinoid CB1 receptor mediates fear extinction via habituation-like processes. *Journal of Neuroscience*. 2006 Jun 21; 26(25): 6677-86.
- Marsicano, G, Wotjak, CT, Azad, SC, Bisogno, T, Rammes, G, Cascio, MG, Hermann, H, Tang, JR, Hofmann, C, Zieglgänsberger, W, Di Marzo, V, Lutz, B. The endogenous cannabinoid system controls extinction of aversive memories. *Nature*. 418(6897), 530-534 (2002).
- Mikics E, Dombi T, Barsvári B, Varga B, Ledent C, Freund TF, Haller J. The effects of cannabinoids on contextual conditioned fear in CB1 knockout and CD1 mice. *Behavioral Pharmacology*. 2006 May; 17(3): 223-30.
- Murillo-Rodríguez E, Blanco-Centurion C, Sanchez C, Piomelli D, Shiromani PJ. Anandamide enhances extracellular levels of adenosine and induces sleep: an in vivo microdialysis study. *Sleep*. 2003 Dec 15; 26(8): 943-7.
- Murillo-Rodríguez E, Cabeza R, Méndez-Díaz M, Navarro L, Prospéro-García O. Anandamide-induced sleep is blocked by SR141716A, a CB1 receptor antagonist and by U73122, a phospholipase C inhibitor. *Neuroreport*. 2001 Jul 20; 12(10): 2131-6.
- Navarro L, Martínez-vargas M, Murillo-rodríguez E, Landa A, Méndez-díaz M, Prospéro-garcía O. Potential role of the cannabinoid receptor CB1 in rapid eye movement sleep rebound. *Neuroscience*. 2003; 120(3): 855-9.
- Niyuhire F, Varvel SA, Thorpe AJ, Stokes RJ, Wiley JL, Lichtman AH. The disruptive effects of the CB1 receptor antagonist rimonabant on extinction learning in mice are task-specific. *Psychopharmacology (Berl)*. 2007 Apr; 191(2): 223-31.
- Pamplona FA, Prediger RD, Pandolfo P, Takahashi RN. The cannabinoid receptor agonist WIN 55,212-2 facilitates the extinction of contextual fear memory and spatial memory in rats. *Psychopharmacology (Berl)*. 2006 Nov; 188(4): 641-9.
- Patel S, & Hillard CJ. Pharmacological evaluation of cannabinoid receptor ligands in a mouse model of anxiety: further evidence for an anxiolytic role for endogenous cannabinoid signaling. *The Journal of Pharmacology and Experimental Therapeutics*. 2006 Jul; 318(1): 304-11.
- Tomaz, C, Dickinson-Anson, H, & McGaugh, JL. Basolateral amygdala lesions block diazepam-induced anterograde amnesia in an inhibitory avoidance task. *Proceedings of the National Academy of Science of the USA*. 1992 April 15; 89(8): 3615–3619.
- Varvel SA, Wise LE, Niyuhire F, Cravatt BF, Lichtman AH. Inhibition of fatty-acid amide hydrolase accelerates acquisition and extinction rates in a spatial memory task. *Neuropsychopharmacology*. 2007 May; 32(5): 1032-41.
- Viveros MP, Marco EM, File SE. Endocannabinoid system and stress and anxiety responses. *Pharmacology, Biochemistry, and Behavior*. 2005 Jun; 81(2): 331-42.
- Wikipedia, 1: <http://en.wikipedia.org/wiki/PTSD> (Accessed 6/01/2007).
- Wikipedia, 2: <http://en.wikipedia.org/wiki/LSD> (Accessed 6/05/2007).
- Wikipedia, 3: <http://en.wikipedia.org/wiki/Carfentanil> (Accessed 6/05/2007).



- Digital Scales
- Papers & Blunts
- Grinders
- Pipes
- Vaporizers
- Clothing
- Lighters
- Hookah's & Shisha

Planetary Pride

246 QUEEN ST E.
SAULT STE MARIE, ONTARIO

SECURE ONLINE SHOPPING
1-888-215-8970

- Hydroponic Systems
- Grow Lights
- Fertilizers & Boosters
- Books & Mags
- Odor Control
- Fans & Ducting
- Environmental Controllers
- PH & PPM Testing

Great White North
East Island Seeds
Paradise Seeds
Magus Seeds
Legends
T.H. Seeds
Seedsman
Dr Atomic
Sagarmatha
Almighty Seeds
Chimera Seed Co.
Federation Seed Co.

Joint Dr
TY Seeds
Mdanzig's
DJ Short
Sensi Seeds
Green House
Serious Seeds
Dutch Passion
Spice of Life
K.C. Brains
Willy Jack
West Coast Seed Co.

WWW.PLANETARYPRIDE.COM

UNIQUE CLEAN SIMPLE DURABLE

SSV

- HIGHEST QUALITY & LONGEST LASTING CERAMIC HEATER IN THE WORLD
- ONLY VAPORIZER THAT CAN DIFFUSE AND VAPORIZE SIMULTANEOUSLY
- COMES IN RED, GREEN, BLACK, YELLOW, PURPLE AND BLUE
- THE MOST UNIQUE VAPORIZER IN THE UNIVERSE
- ONLY WE OFFER THE ICE CHAMBER AND WFCM
- ONLY WE OFFER THE QUICK CHANGE WAND & CUSTOM WANDS

SIMPLY AMAZING

ENTER TY
TO RECIEVE 10% OFF

MADE IN
USA

866-835-6118

WWW.SILVERSURFVAP.COM

The Evolution of Medicinal Marijuana

– by Jef Tek

The vast numbers of compassion clubs open in California and Canada's acceptance of the legal medical need for cannabis proves that it does have a legitimate medical value, for the whole wide world! So why, is it still illegal? The thing that really upsets me is the generic way that all marijuana is treated, like it is all the same. Is chocolate all the same, is beer all the same, is pizza just all the same? No, of course not, that is why it is imperative for me to stress the fact that all pot is not the same.

Human interaction with cannabis began over 10,000 years ago. Throughout the millennia cannabis has provided humanity with fiber, fuel and food. The fact that civilization developed alongside marijuana guarantees the relationship. Prohibited for the last 1% of its life, cannabis has recently reasserted its usefulness by helping millions of people medically. Just as dogs or livestock are chosen for their particular working strengths or abilities, male cannabis has been bred for its tenacious textile talent, and female cannabis for its multiple medicinal merits. "Canna" directly translates into KING in more than one ancient language and "bis" simply means TWO. Two King means the male and the female are both Kings in their own right, both necessary, both independent and both ultimately important.

Two King - Toking, coincidence, I doubt it. We still use the term salary to describe what we get paid and this is because the Romans paid their armies with, (you guessed it), SALT! Salt was the original spice and it had the value of gold in the ancient world. Nowadays many people wouldn't mind being paid in weed but could you imagine how much salt you'd need to buy a bag of weed? Seriously speaking, if marijuana wasn't demonized and prohibited it would probably only cost what a bag of salt or sugar cost today. Just as you can buy a candy bar for a buck or spend several dollars on gourmet chocolate, there would be the choice of different values or grades of cannabis for different ailments. You may have heard the terms different meds for different heads or different strains for different brains and wondered what it means, hopefully this story will help clarify these statements.

Prohibiting cannabis actually had a very positive impact on genetics when growers were forced indoors to cultivate marijuana. Most outdoor strains grew poorly in indoor situations so breeders selectively bred the fastest indicas with flavorful sativas to

produce both bounty and flavor, inadvertently changing the relatively few landrace varieties into literally thousands of new strains and crosses. When a grower singles out a special female and pollinates it with a strong male, the selections can range from worthless to the next-big-deal, in nature this would take a full year. Indoor gardeners can harvest 6 or more times a year so this increases the selection process 6 times. That means that serious seed breeders have progressed marijuana research 600 to 6000 times in just the last 10 years of prohibition! Thanks to the war on drugs, we now have strains that auto-flower under 24 hours of light outdoors as well as strains that finish in as little as 6 weeks of flowering under 12 hours of light indoor. What is the difference? What is the value?

I'm old-school all-the-way when it comes to doing things myself and unfortunately believed the propaganda shoved down my neck in school that marijuana was somehow bad or un-healthy. Hindsight is always 20/20, meaning that everything is clear when looking back, and because I have always had an affinity for the sweet leaf, it is painfully clear to me now that it wasn't a coincidence that I sprouted seeds in High School biology class just as it wasn't a coincidence that I purchased a Phototron with hard-earned cash for \$550



back in 1987. Fate came knocking again in 1997 when I had to start growing my own or take the chance of getting my vehicle impounded while attempting to purchase a dime-bag! I had to learn the hard way that what I perceived as a crutch was actually the thing that would allow my 3 herniated discs to completely heal with no surgery, no physical therapy and no prescription medication. No doctors, no bills no funny little pills.....

This is where it all becomes subjective; a poorly grown sativa will never out perform a properly grown indica, and vice-versa. I have grown Jack Herer, G-13, Maple Leaf Indica, AK-47, Mikado, Power Plant, Afghani, Williams Wonder, and Hash Plant just to name a few pure strains. I am presently growing Strawberry Cough, Shiva Skunk, Blueberry Hash and two different phenotypes of Afghani Bullrider. (Phenotypes are different varieties of a genotype) The original Afghani Bullrider #5 was documented in CC#57 from 1 of 6 female Afghani Bullrider phenotypes grown from seed and I've now added AB#16 also known as Sweet 16 or AfBerry BlueRider. This was grown from a secondary batch of 20 seeds and I selected it for its sweet blueberry taste, fast cloning, fast rooting and strong easy-to-trim medicine. Where AB#5 is stouter, sturdier and denser, the Sweet 16 is slightly taller, thinner and lankier. They are both keepers.

Comparing the AB#5 and AB#16 medically will be difficult because they both get the job done quickly, burning clean and tasting smooth; it's just the Blueberry taste in the Sweet 16 that keeps your taste buds coming back for more. I never get that terrible 'dry-mouth' that comes from traditional Hash Plant type indicas. We'll just call them both AB for the sake of this article. None of these strains, with the exception of the Blueberry Hashplant which I have lovingly

renamed 'BASH', are heavy harvesters unless you were to grow them into bushes before budding, they are however, very potent. They are so potent that they are covered with resin glands from week 3 of budding and so strong that just one hit can relieve the nausea from Crohn's, chronic back pain or chemotherapy. The high is instantaneous and effective; some first-timers have an almost asthma-like attack of coughing followed by the stone of their life. I've smoked this almost exclusively for 3 years now and just passed a physical last week with flying colors, clear lungs and perfect blood pressure.

AB is my wife's preferred strain for treating her Crohn's symptoms without any prescription medication. Williams Wonder and Hash Plant were both phased out by the Afghani Bullrider's potency and flavor.

Here is an excerpt from Dutch Passion Seed Company describing their Strawberry Cough better than I could:

Strawberry Cough ® Feminized **"Indoor / Outdoor**

A very productive plant of high value as a medicinal herb. Bred for it's euphoric, anti-anxiety high, this mostly sativa (approx. 75% Sativa 25% Indica) produces a comfortable and enjoyable, yet powerful, experience. The plants have long branches, making this beauty a great plant for "sea of green" gardens. It's a very consistent Purple variety. The quality is in the experience, not so much in the yield, which is average.

Flowering period: 9 weeks

Harvest time outdoor: 3rd - 4th week of Oct.. "

See what they say about yield? That is why it commands such high prices in NY and LA. The nodes swelled up in the first couple of weeks of flowering in preparation for supporting the huge nugs to follow. It definitely has a strawberry flavor but it is very smooth with an 'up' sociable high that doesn't cause a crash-nap later in the day. The flavor is exquisite like expensive Champaign with a little caffeine buzz added. I like it for daytime creativity like writing this story or walking my Misty-dog in the breathtaking BC wilderness. It really lets me focus and chill at the same time. Apparently this strain is smoked exclusively in the latest pot-friendly movie called "Children of Men" with Michael Cain.

Afghani Bullrider is strong medicine for suppressing nerve pain from arthritis and it has a strong tolerance threshold meaning I get relief from one or two tokes day-after-day without increasing the dosage.





Strawberry Cough gives me an uplifting cerebral high for happy daytime activities or when I don't want to have that sedated feeling. This brings us to the Shiva Skunk.

I'll let the Sensi Seed Bank describe Shiva Skunk:

"Shiva Skunk was an instant hit when released as NL#5xSK#1 in 1987. Both parents influence the prolific bud structure and knock-down potency of this strain. Later in flowering Shiva Skunk's buds bulk up sharply and become encrusted with a trademark layer of oversized trichomes, courtesy of the one and only Northern Lights#5. Remarkable hybrid vigor allows Shiva Skunk to out-perform even its distinguished parents for yield and resin content.

Bouquet is musky and dank with sweet-citrus undertones; smoke is thick and resinous, described as 'creamy' by fans, sometimes 'oily' or 'heavy' by novices. Shiva Skunk's extra strong body-mind effects range from red-eyed and giggly to adventurous to deeply contemplative. This is not a smoke to be taken lightly. Remember that Lord Shiva's primary title is The Destroyer!"

One reason I chose to grow Shiva Skunk is because Jason King, (author of The Cannabibles 1, 2 & 3), confirmed that the Bullrider may have originated from a Shiva Skunk by Sensi. That was really enough reason for me. Thanks Brother King! The taste is indescribable, with all flavors filling your palette and a rich satisfying warm and fuzzy high. Now, last-but-not-least Blueberry Hashplant or simply BASH!

The Blueberry Hashplant was a total surprise. The seeds were given to me by Neil Magnuson before he went on his first annual "Free the weed" tour of Canada last year, where he gave away over 1500 Blueberry Hash seeds to the crowds. On a fluke I planted 5 seeds

last year and wound-up with 4 nice-sized females. Out of these 4 one was exceptional from the get-go. I flowered a small 4" clone to guarantee it was a female and the joint-sized bud I produced from that tiny clone tasted rich and satisfying. A true indica, it was very hard to clone so when I had dozens of Strawberry Cough, AB and Shiva Skunk clones ready-to-go into the bud room all I had were 4 little clones of Bash. Those 4 tiny plants turned into 4 -2 ounce plants that knocked me out. There are trichomes on the BOTTOMS of the purple fan leaves, a true Hashplant with the nice flavor of fresh blueberries. One joint and most people are couch-locked; several people including Neil had to take a nap after sampling the Bash in the name of science and this article. When someone is kind enough to give you seeds I believe you should give them a sample of the final product. (A message to the rest of those 1490 seed recipients from last year, "don't forget to hook-up Neil on this year's 'Free the Weed' tour!")

When the work is done and you don't want to ride-on - BASH! It turned purple on its own and these pictures will never do it justice, every surface is completely covered in gooey trichomes. If you were to use this strain to wake-and-bake you would definitely go back-to-bed! This strain would be perfect for the tremors of cerebral palsy or the debilitating pain of nerve damage. In fact, cannabinoids have already proven themselves effective in treatment of new nerve growth where even opiates have failed. People with chronic back pain develop deadly tolerances to opiates and even straight Heroin won't stop the pain of new nerve growth but innocuous, illegal, immoral marijuana hits the spot, go figure?

These are the four strains that are presently lucky enough to make the grade in my organic four-foot square by one-foot deep grow beds. I still use Botanicare products and the only modification I have made is now I only use enough nutrients to bring the ph of my R.O. water down to 5.0 - 5.5ph. This way I don't use any ph adjusters that kill the micro life I have carefully cultivated. I have reused the same soil for a year now with no detrimental effects. By keeping the soil fed with flowering formula my plants don't stretch nearly as much as when I used fresh Pro-Mix that contains unknown quantities of nitrogen. I simply use plain water for the last 3 to 4 weeks of flowering and the first feed after transplanting the next crop into the grow beds is fed with 50/50 grow-bud food to help establish healthy roots. Now I can harvest and replant a bed in less than one hour, with no buckets to wash! Hope you enjoyed this story, next issue: "The ph phalacy"

Photos and Story by: Jef Tek
May 21, 2007





Freedom of Religion for Native American Inmates

Petition

"No human being should ever have to fear for his own life because of political or religious beliefs. We are all in this together, my friends, the rich, the poor, the red, white, black, brown and yellow. We share responsibility for Mother Earth and those who live and breathe upon hernever forget that."

Leonard Peltier

Religious freedom is a fundamental right of all, including American Indians yet the struggle to preserve and protect our religion has always been a difficult one. More so when incarcerated Native Americans are concerned who tend to be given second rate acknowledgement by prison officials and mainstream faiths. In 1984 Robert Wilson, (Standing Deer) Albert Garza and I fasted for 42 days to draw worldwide attention to the deplorable conditions at the USP Marion and to no longer allow the United States to continue denying Native American brothers and sisters the right to practice our religion. For over 500 years our religion has been trampled on and disrespected by those who invaded our lands, and who have tried to take away our culture, our traditions, our language, our history, and our religion.

When we fasted for 42 days we did not fast out of depression or despair, but with a joyful commitment of total love and dedication to our people. We were willing to fast until we were granted our constitutional right to practice our religion or until we returned to our Creator. In retaliation for our 42 day fast we were held in solitary isolation for 15 months with nothing in our "cages" (cell) except for a steel bunk and toilet. The door to the "cage" (cell) was never opened unless we were handcuffed behind our backs, and four guards with clubs were present to supervise our every move.

After a year of confinement attorney Margaret Gold filed a lawsuit against the Federal Bureau of Prisons that secured in having each one of us transferred to a separate maximum security prison where we were allowed to practice our religion.

In 1985 I was transferred to USP Leavenworth; Alfred went to USP Lewisburg and Standing Deer to USP Lompoc.

As of August 15, 2005 I have been at USP Lewisburg and since November 2006 I have not attended an inipi ceremony (sweat lodge). When I say I have not attended an inipi ceremony, I must add I have refused to attend an inipi ceremony, as my way of refusing to participate in the ongoing disrespect for our religion and sacred ceremonies by the USP prison system. I can not allow the United States to continue denying Native American brothers and sisters the right to practice our religion.

The trend within the past several years throughout the United States prison system has been to restrict the traditional spiritual practices of Native Americans. Nationwide the current trend of prison officials is to limit the amount of time Indian prisoners can participate in inipi ceremonies,

talking circles and spiritual gatherings. The new restrictions in U.S. prisons are racist and undermine the sacredness of our traditional ceremonies. Those restrictions include time limits and the rationing of firewood for the inipi and an English-only mandate. Mandating the English-only requirement for the ceremony is discrimination and racist, because the Native language is used and needed for the songs and prayers to be blessed by the Creator.

The new restrictions include a four-hour time limit on the Sweat lodge ceremony, which is unrealistic since the inipi includes the heating of the stones, which takes two hours, and two hours for the actual ceremony. The stones need to be heated for at least two hours, otherwise they are cold and the ceremony is neither complete nor beneficial to the healing and prayers. The rationing of firewood in U.S. prisons has deliberately undermined the heating of the stones for ceremony. Rushing through an ancient ceremony is not proper, it is very sacred.

The deliberate attempt to shorten the hours and circumvent the ceremony is sacrilegious and undermining the seriousness and sacredness of the spiritual healing and blessings. Traditional ceremonies are to be held in the ancient and sacred way and manner. Prison chaplains continue to oversee American Indian ceremonies. The supervision of our inipi by the chaplain is not necessary, because it takes time away from other spiritual and cultural activities. These include talking circles, drumming sessions and Pipe ceremonies that also mandate the presence of the chaplain. During the inipi Ceremony, tobacco, or kinnikinnick (a mixture of sage, cedar and sweet grass) is used for our sacred pipe or Canupa. Very limited amounts of tobacco are allowed for our sacred pipe ceremony. I am a pipe carrier and am not allowed to smoke my pipe with tobacco, kinnikinnick is also not available. I have asked to smoke my pipe in the sacred lodge area and have been told that while the present Chaplain is working for the USP Lewisburg, I will not have access to my pipe.

A part of the ceremony is having a meal after the ceremony has been completed. The USP prison system is denying us the right, to eat this meal after our ceremony. The Native American brothers, are the only group that receives only two meals on the day we have our ceremony. This also changes the way our inipi ceremony has been taught to us by our ancestors.

I ask that those of you who can practice your religion freely do so and keep those of us who continue to fight for our religious freedom, preservation of our Culture, traditions, language, history and dignity in your thoughts and prayers.

Yours in the struggle,
Until freedom is won,

Leonard Peltier

Leonard Peltier Defense Committee Website:

<http://www.leonardpeltier.net/>

Email: info@leonardpeltier.net

Address:

LPDC

3800 N. Mesa # A2

El Paso, Texas 79902





Order your copy today



Cannabis Awareness Forum - April 20, 2007



Dr. Brian McLean • Michelle Rainey • Dr. Andy Hathaway • Alan Young • Lynne Belle-Isle • Marco Renda



This 2 hour DVD was recorded on April 20, 2007 in Toronto, and features Dr. Brian McLean, Michelle Rainey, Dr. Andy Hathaway, Alan Young, Lynne Belle-Isle and Marco Renda.

Various topics were discussed including: History of Prohibition, Canadian and International Laws, Cannabis Research and Statistics, Medicinal Benefits and Health Canada's Medical Marijuana Program.

\$25

when you place your order you will also receive



Treating yourself magazine promotional video featuring over an hour of patient's stories, their trials and tribulations, as well as product features and discussions on medicinal marijuana.

This video was recorded at Home and garden Show in March 2007.

free

This video was recorded and edited by

i-media

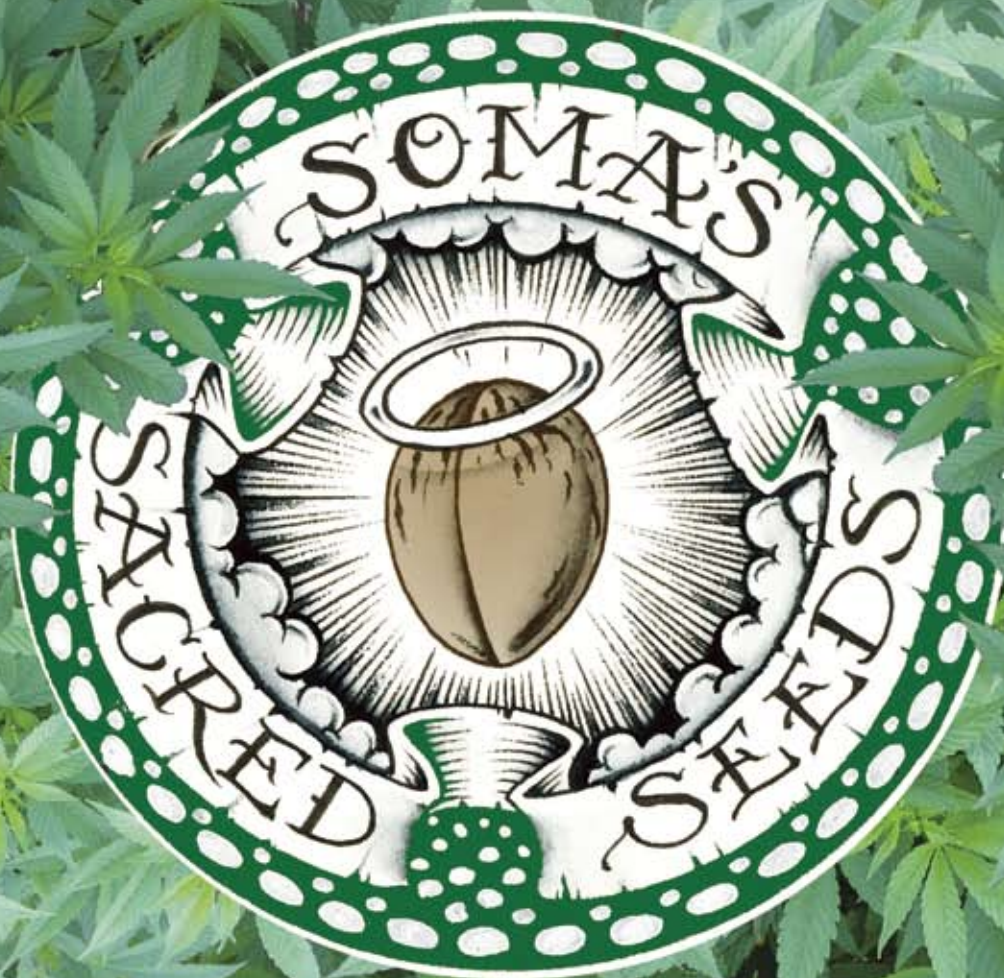
To place your order visit **www.newwimedia.com** click on I-media store



416-201-0503



Compassion clubs, Schools, Libraries and Bulk orders please call for a special discount



AMSTERDAM



MEDICINAL GENETICS

WWW.SOMASEEDS.NL

Save the DEA

By Lisa aka Anarchistbarbie

In the 'war on drugs' emotions run high and hostility can get the better of us. Many of us are fighting the battle against prohibition – whatever our reasons, our stance, or our methodology – and we face the future hoping above all else to see an end to the DEA of the United States. I don't see it that way. I have a plan. I have a plan that will save jobs, save face, and preserve the colossus that the DEA has come to be, while saving those of us whose interests lay in greener pastures from the mindless aggression that the DEA has come to represent for us.

Consider first what the acronym DEA stands for: Drug Enforcement Agency. Clearly the DEA is part of a larger bureaucracy, as indicated by the word 'agency'. Clearly it is related to substance use, as indicated by the word 'drug' – which could and should encompass even legal substances such as caffeine, nicotine, and alcohol. So what's really in dispute is the emotionally loaded word 'enforcement'. What constitutes 'enforcement'? Isn't it nothing more than ensuring compliance with some pre-agreed-to standard? That's key to my proposal. What's at issue is not the agency's existence, what is at issue is what exactly they should be enforcing.

I say let's keep the DEA. The DEA employs a large productive workforce. Let's not put those folks out of business – let's just redefine their mission! Seriously – this is an idea whose time has come.

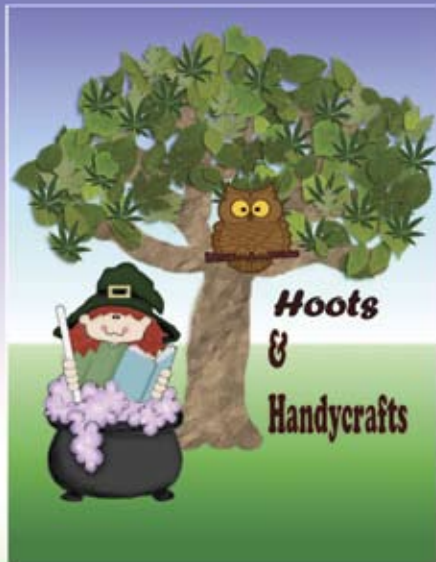
Let me lay out my plan simply. A person turns 18 years of age. Under the guidelines of my vision for the DEA, an 18 year old person could submit a request to register as a recreational user of specific substances. The DEA would schedule them for a test on their knowledge of the substance, its effects, potential dangers, and recommended dosages. If the 18-year-old person passed that test, they would be registered and would carry confirmation of that registration to use the specified substance, under specified circumstances (for instance – using cannabis might have very limited restrictions like 'don't operate heavy machinery'; whereas using LSD might have very substantial restrictions such as approved locations for use, use under a doctor's supervision, and so on). Then that individual could use that substance recreationally, under the provided conditions. If the individual committed a crime while under the influence, they would still face full penalty of law, and perhaps with extenuating circumstances, since they took a test and should have known better. Furthermore, their registration could be suspended or revoked if they commit a crime while using. (Other factors that could result in the loss of one's registration, and hence a DEA job to be done, could be using a substance which you are not licensed for, using a substance irresponsibly, selling a substance

to someone without a license to use that substance, overdosing, and finally inability to remain a functional and productive member of society. The key intention: a return to personal responsibility and a move away from paternalistic government repression.)



The DEA would administer the tests, oversee the usage guidelines, and follow up with registered users to ensure compliance – and you see, we're back to 'enforcement', only now we've got a bureaucracy working for our better good, rather than just another police state in the making. Hell, this plan would gain the country additional jobs – clinics and safe places for using harder drugs like heroin, cocaine, and LSD would need to be staffed. Pharmaceutical companies would have a market for more substances, packaged for recreational use, and the DEA itself would need more staff to get the job done, with less risk to its personnel.

Consider this – even if you think the DEA only lives to bust people for harmless personal-choice recreations, even that would not be taken away from them – there would be plenty of folks to bust for failing to comply with the requirements to maintain registered user status! You just know there are going to be people who can't manage to comply with a standard, any standard at all – so the existing DEA personnel who might have trouble adjusting to the new DEA would still have plenty of stakeouts to do, plenty of entrapment games to play, and plenty of invitations to court.

This is a win-win idea. Pass it on. ◀



Hoots & Handycrafts



Aiding Medical Marijuana users, Pagans and interested parties with supplies and information that they need. Our mission is to provide quality service to all our customers. Jewelry, Pipes, incense, Candles, Bubbler, a little bit of everything.

Hoots & Handycrafts
208 Dufferin Ave., Selkirk MB R1A 1C1
204-482-KUSH
hootsandhandycrafts@shaw.ca
<http://hootsandhandycrafts.org>

Come Out Of The Cannabis Closet Canada!

If you had or do have MS and the difference in your health with cannabis therapy or not, was like Alison Myrden's health, what would you choose?

If you, or anyone in your family has ever doubted the benefits of cannabis therapy, review these video clips.

If you or anyone in your family experiences cannabis therapy as a life enhancer, or even life saver, such as Alison, please contact us and share the strain knowledge. To see this video: COME OUT OF THE CANNABIS CLOSET CANADA! Go to: www.youtube.com under search type in `cannabis closet` and learn how.

LIFE-HEALTH WITH MS WITHOUT CANNABIS THERAPY (For Alison Myrden)

32 pills a day with toxic side effects	(life without cannabis therapy)
In a wheel chair most of the day	(life without cannabis therapy)
Constant spasm and trembling	(life without cannabis therapy)
Bladder control problems	(life without cannabis therapy)
Extreme pain in face and head	(life without cannabis therapy)
Short life expectancy	(life without cannabis therapy)
Miserable end of life decline	(life with no cannabis therapy)
Vomiting frequently from addictive drugs such as opiates and morphine	(life without cannabis therapy)

LIFE- HEALTH WITH MS WITH CANNABIS THERAPY (For Alison Myrden)

2-10 pills per day	(life with cannabis therapy)
26 vitamins a day	(life with cannabis therapy)
Mobility most of the day	(life with cannabis therapy)
Minimal trembling and muscle spasm	(life with cannabis therapy)
Pain in face bearable	(life with cannabis therapy)
Bladder problems under control	(life with cannabis therapy)
No vomiting with opiate use	(life with cannabis therapy)

Cannabis continues a healing process which gives a promising future. As an added health bonus for using cannabis, Alison's asthma cleared up for the first time in her life.

The Canadian government does not provide the cannabis strains Alison requires. The Canadian government only provides one strain and there are hundreds out there. Cannabis is about our universal health care value in Canada and access for those who need it most must be guaranteed and others must be given the option to use it safely.

Alison's mother Joyce never thought she would park in those dark neighborhoods, waiting in her car anxiously, looking over her shoulder for police because her daughter had to meet her dealer for the medicine she so desperately needed. What would you do if it was your son or daughter?

Why is a health matter of this magnitude, a matter of life and death, in the hands of a dealer?

Share the cannabis knowledge-specific strains help specific illnesses. Alison requires what some call William's Wonder from Amsterdam, and two North American strains-- Red Herijuana and Hot Chocolate from California. We owe it to all of those suffering from illnesses such as MS, Cancer, HIV, Epilepsy, Hep C, alcohol use, needle use, meth and other narcotic addictions, PTSD, ADHD, Arthritis, Depression and many other symptoms known to be alleviated by cannabis, to be given equal and unlimited access to the necessary strain.

Cannabis is not only medicine for our health, but also for our environment, and our economy. No conversation on ending poverty and climate change should be without a cannabis component.

COME OUT OF THE CANNABIS CLOSET CANADA!
DEMAND GREATER CANNABIS ACCESS FOR
GREATER HEALTH

If you have a compelling cannabis strain story to share, please get in touch with us. What are your views on creating a community based cannabis industry for our environment and to end poverty? Contact us at lorettahempfactory@sympatico.ca

Send a message to all our Canadian leaders who have not shown leadership on this issue at www.thehempfactory.com. Be a change agent and turn the street market green so that no other mother and daughter have to go through what Alison and Joyce did.

Contact Alison for information or access to these strains. She is also a member and speaker for LEAP www.leap.cc

Founded on March 16, 2002, LEAP is made up of current and former members of law enforcement who believe the existing drug policies have failed in their intended goals of addressing the problems of crime, drug abuse, addiction, juvenile drug use, stopping the flow of illegal drugs into this country and the internal sale and use of illegal drugs. By fighting a war on drugs the government has increased the problems of society and made them far worse. A system of regulation rather than prohibition is a less harmful, more ethical and a more effective public policy.

Alison Myrden (905) 681-8287
alisonmyrden@leap.cc
The Medical Marijuana Mission
www.themarijuanamission.com
Law Enforcement Against Prohibition
www.leap.cc



WE DROP THE DANK



WWW.CANNASEUR.COM

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 ultimate delivery method was born. The sound of roaring engines appeared on the horizon in the rural dankland country side, a sound that hasn't been heard in ages. A group of cannabis green painted F4U corsairs. Keep your eye in the sky and watch as they spread the seeds that will heal the nations. **THE GREEN AVENGERS**



Wacky

A Portrait of a Girl Recovering from Mental Illness and the Socially Accepted Chemicals the Medical World Prescribes

By Kristy Skikavich

My name is Kristy, and I have always felt there was something off with me. I am writing about my condition, though not necessarily physically debilitating, to let others know the use of Marijuana to treat mental illness.

Over a year ago, I did not know how to handle my thoughts. In extreme cases of stress my mind would change over, give way to pure rage or confusing speeding thoughts. I could not make sense out of them. I would pace, and rage, and cut myself just to try to feel in touch with reality. I never knew what was truly going on.

The past year I was diagnosed with Borderline Personality Disorder, which is really fancy terminology for confused thoughts, addictive behaviors, inappropriate outbursts of rage and a whole stew of what are considered unusual and harming coping mechanisms. When this diagnoses happened, I was more or less a recreational user, granted it was daily. The doctor's told me it was part of my addictive problems, and that one of the only ways to work towards the recovery of my BPD was to give up Mary Jane and not turn back.

For various reasons I had a lot of problems with this. I had realized that one of the reasons I used weed so profusely was because it was the only thing that would clear my mind when I was lost in my own thoughts. A common Borderline coping mechanism is splitting – things are either good or bad, there is no grey area. When I entered into what I refer to as the Borderline Zone, when my thoughts became so confused and entangled, when all I could do was catastrophic rage, I would smoke some marijuana and suddenly I could see clearly. There are instances where I just want to give up, or rage, or cry over things most people would see as small and insignificant, but I cannot see them that way. Mary Jane allows me to see other people's sides, to recognize things aren't so bad when my mind is lost in negative thought. I couldn't imagine giving it up, as it was until then my only medication.

The doctor prescribed me two types of medication. One was an SSRI, and the other an anti-psychot-

ic. I was told my numerous colleagues that the SSRI was highly addictive, and though I asked the doctors numerous times, they always denied it. To further try to help myself, I entered into a renowned Mental Health Centre in Ontario. Fearing the addictive potential of the SSRI, I again tried to talk to a psychiatrist about it. The psychiatrist more or less refused to listen to me, and I had to refuse to take my medication to obtain any real conversation with the man. Again, he assured me that it was not HIGHLY addictive, and that coming off the medication would be simple.

During group therapy at this centre I talked about my use of marijuana. Everyone acted like I was a drug addict. The truth is, I was. To a medication made by a corporation, and prescribed by a man respected in the medical world, trusted with my health and well being. They urged me to quit marijuana completely, or else I would hit 'rock bottom'. They said that I used marijuana so I wouldn't have to deal with the world and the negative words about me. I said I used marijuana during fights to calm myself, and so that I could see the other person's side, accept the grey area, and deal with the situation constructively.

Ironically, when I got in a fight with the girl I shared my room with at this centre; the nurse would come with a cup of water, and two of the anti-psychotics that had been prescribed to me. These pills would cause you to fall asleep for hours. I asked her why she was making me take these when I was trying to deal with the issue at hand. She said I had to take them to calm myself down. I told her that all they would do was knock me out, and the situation would still be the same in the morning. She said I needed to take them to calm me down. I asked her how taking anti-psychotics to put me to sleep rather than deal with the issue was any different than a person getting drunk and hoping that when they woke up in the morning everything would be different. I told her that making me take the pills was just a socially accepted form of escapism, rather than if I had some marijuana and could think through the situation clearly and have it dealt with. The nurse got frustrated with me, and told me that if I didn't take the anti-psychotics I would be sent to the lock-down ward. I pretended to take the pills, and then calmly, once the nurse was gone, dealt with the situation with my roommate and resolved it.

By the time I left this health centre, I was addicted to the SSRI. It didn't clear my thoughts, it didn't overly improve my mood, and it fed my addictive problems because it made everything hit me five times harder than before. I would try to quit, or cut back every so often, only to find myself suffering excruciating headaches and cold sweats.

After nearly a year of taking this pill, I couldn't afford it anymore. I didn't have the time to make an appointment with my doctor to renew the prescription, I didn't even have any pills left to make up a

schedule to wean off the damn things. I had just started a new job, and I was very worried that the withdrawals would affect my performance.

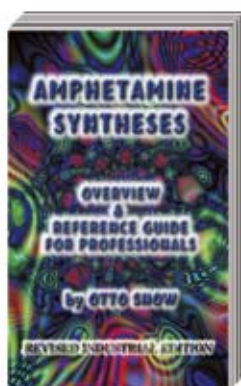
Take the worst hangover you have ever had, and multiply that by three, now take the worst fever you have ever had, and multiply that by fifty, and you have how it feels to withdrawal from an SSRI. By day five of being off the things I was suffering body shocks, feverish sleep, diarrhea, intense cold sweats so much so that sweat was saturating my hair and dripping off the ends. I suffered auditory and visual hallucinations, intense confusion, and constant nausea.

I could not continue working like- this, what could I do? I got home, and smoked a bowl, since I am a staunch believer in not going to work high, and contemplated my possible courses of action. It was then that I realize the only thing that slightly subdued the withdrawal symptoms was, as always, my sweet lady Mary Jane. I then made a large batch of cannabis cookies, letting the butter simmer for over three hours. I would eat half a cookie before work, and half at my lunch break. I was still sweating, and feeling dizzy, but the other symptoms – the hallucinations, the nausea, the fever sleep, the confusion, etc., they were all gone.

I continued this regime for over a week, until about day 17 of being clean. At this point there were just recurrent headaches, but everything else was gone. I still use marijuana to deal with my confused thoughts and rage. And, as far as 'withdrawals' go, I would much rather put up with a few nights of insomnia from not smoking, than go through another 17 days of absolute physical hell.

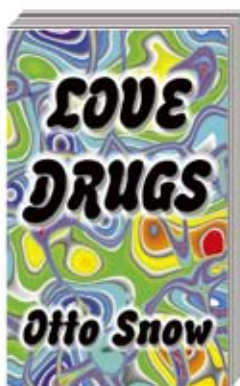
Marijuana is my medication for my mental illness. And it is by far better than anything the medical profession can prescribe. This whole experience has made me disillusioned more so with the medical world, and has only made me more steadfast in my opinion that the public's health is unfortunately in the hands of greedy corporations.

If anyone has to come off an SSRI cold turkey for any reason, I highly recommend the use of cannabis cookies, in conjunction with B12 vitamins – which are good for stress. If one is suffering depression, please try other routes before getting prescribed some pre-processed addictive chemical in the form of a pretty pink pill. Try naturals, try St. John's Wort and a bowl as required, personally I think you would feel much better using the latter.



**Amphetamine
Syntheses
Industrial**

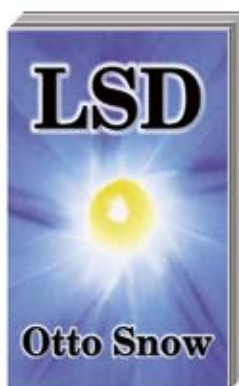
ISBN: 096631283X
List: \$35.00 US



Love Drugs

ISBN: 0966312864

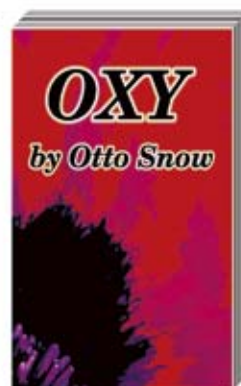
List: \$36.00 US



LSD

ISBN: 0966312848

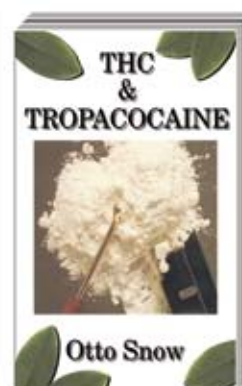
List: \$36.00 US



OXY

ISBN: 0966312821

List: \$31.95 US



**THC
&
TROPACOCAINE**

ISBN: 0966312856
List: \$31.00 US

UV laminated covers, formulas by original chemists, packed w/ illustrations, references & historical data.

PSYCHEDELIC CHEMISTRY BOOKS BY OTTO SNOW AVAILABLE IN FINE STORES. DISTRIBUTED BY:

fsbookco.com
P.O. Box 417457
Sacramento, CA 95841
1-800-635-8883 (US)
1-916-771-4203
Retail Sales
US & Global

Homesteadbook.com
6101 22nd Ave., NW
Seattle, WA 98107
1-800-426-6777
1-206-782-4532
davet@homesteadbook.com
US & Canada



Quick Distribution
3345 Santa Clara #1
El Cerrito, CA 94530
1-510-527-7036
www.qdcc.net
qdcc@sbeglobal.net
US & Global

Baker & Taylor Books
2550 W. Tyvola Rd.
Suite 300
Charlotte, NC 28217
1-800-775-1800
btol.com
US & Global

Cannabis And Hearing Loss

By Anthony C. Brucato

When I was three years old, I couldn't hear my mother vacuuming behind my back while I was watching television. My parents became concerned about my hearing and they sent me to the hospital for some hearing tests. To this date we still do not know why I became profoundly deaf. Following the doctor's suggestion my parents got me a pair of hearing aids and then sent me to speech classes to learn how to verbally talk and identify different speech sounds. I didn't learn sign language until I was transferred to a deaf school at the age of 14; there I was trained by different speech therapists until I graduated from high school. Hearing aids work for me to slightly but I can't have a conversation on the phone. Without my hearing aids I can't hear anything at all.

I was introduced to cannabis for the first time when I was about 16 years old by a group of friends at a birthday party. We were sitting on the couch and passing around a joint. After I took a couple of hits I did not realize I was high until I heard the crispy sound of laughter. I wasn't used to this new world of sounds. I realized I finally could hear three different laughter sounds for the first time! It was an awakening rookie experience for me!

I became more curious about how cannabis might influence my hearing senses so I started experimenting with cannabis through high school. Most of the time my hearing friends and I would smoke a bowl or a joint and sit back to listen to music.

I find it very enjoyable when I get a little high and listen to music by myself. Sometimes I will listen to the same song over and over, picking up new sounds the more I listen to it. Often I will wear headphones while listening to music and close my eyes and visualize the music. Smoking cannabis indeed helps me visualize and hear the sounds and understand music better. It assists me in learning how to distinguish the sound of a guitar from the sound of the drums, or the sound of piano from a bass guitar.

It takes a lot of listening before I fully understand a song. That's why I enjoy smoking a little cannabis to feel the herbal enhancement on my hearing senses which allows me listen to music with more ease.



"Holding Canadian Medical Cannabis"
Picture taken in Canada by Sadie in 2006.

During my college years, I was introduced to different potent cannabis strains for the first time. I decided to experiment with different strains to see how each strain might affect my hearing loss. I realized there are certain strains I prefer because they help sharpen my hearing and visual senses. For academic pursuits I like to smoke the cannabis-sativa strains that work on my mind more than my body. I would still feel much more awake in the classroom while I listen to the professor and watch the sign language interpreter

simultaneously. I learned I only need as little as one or two puffs to notice the change of my hearing senses by becoming more sensitive to sounds without feeling stoned at all.

Curious about how cannabis affects deaf people who are completely deaf and can't hear anything at all, even if they were wearing a pair of hearing aids, I asked several questions to my profoundly deaf friend, for whom I will use the pseudonym Art Hand. Art stated that smoking cannabis helps him improve his eye reception skills as he would be able to catch more sign words at ease.

Art also stated that hearing people who are under the influence of cannabis are better at learning sign language. He said he noticed they become more open in communication; signing words and using gestures, facial expression, and body languages more openly as they become more connected with their feelings.

I'd have to agree with that. Whenever my hearing friends are under the influence of cannabis, they are more likely to use gestures openly to overcome the communication barriers. I believe cannabis helps deaf and hearing people free their mind from linear thinking patterns so they are more apt to try new communicative ideas.

Being a cannabis activist has been a rewarding experience for me. Not once I have felt discriminated in the cannabis community because of my deafness!

I enjoy working with people like Reverend Dustin Fineout, President of Rochester Cannabis Coalition, as well as with all the activists across the border in Canada. In 2005, Ontario activists welcomed me to give a speech in sign language about the New York Medical Marijuana bill at the Highway 420 Cannabis Conference in Niagara Falls. The prohibitionists from both our countries are working together, so should the cannabis activists!

I would like to continue using cannabis for its herbal enhancement on my hearing and visual senses without the fear of getting arrested because of my substance orientation. Let cannabis be taxed and regulated for medical use and responsible adult use.

No extradition for the BC3!

~Anthony C. Brucato



Dolce Vita

INTERNATIONAL

THE NEW ALTERNATIVE
LIFESTYLE MAGAZINE



FREE IN U.K.,
HOLLAND AND
EUROPEAN
HEMP FAIRS.

AZIENDA PRODACTION NETWORK

WWW.DOLCEVITAONLINE.NET
INFO@DOLCEVITAONLINE.NET

The State of MMJ in Maine -- So Close Yet So Far Away

by Anonymous Mainer

As a Mainer, I am ashamed of the fact that we currently have no real system in place to certify, protect and regulate medicinal users, "clubs" or compassionate caregiver grows.

Maine was the very first state after California to pass a citizen initiative recognizing the validity of Medicinal Marijuana and seeking to provide a path for those who need it to get recommendations, be certified by a state organization, and be able to safely acquire, use and/or grow marijuana.

This was a very promising start, but unfortunately that is where things stopped. Our MMJ laws here in Maine are toothless, they provide no protection for doctors, no budget or mandate for a regulatory organization, no room for "compassion clubs" or similar safe-access outlets, no real protection for patients or permission to grow.

This is a terrible situation and the Northern New England MMJ Alliance was formed to fight it. There are a number of such organizations here in New England and we are trying to get in touch with them to work together for our mutual goal -- real, effective reform in the medicinal marijuana laws of every state in the Union as well as on the Federal and indeed global levels.

People around the world are suffering. Here in Maine, we may only have full control over our own laws but we have allowed the technicality of our toothless and useless MMJ law to continue for far too long.

We must implement a full and proper system modeled after -- but hoping to further improve -- the California system with:

- *Protected doctor recommendations, exemption cards, full protection for doctors, patients and all other elements of the infrastructure

- *Compassionate caregiver-growers, compassion "clubs," other safe-access options for patients

- *Affordable access to alternative cannabinoid-based medicines such as Sativex

- *Full coverage with ZERO co-pay for any and all necessary cannabis medicines & cannabis-based options under MaineCare

- *Fast-tracking for people with urgent needs such as severe chronic illness, life-threatening conditions, and any other time-sensitive situations where delay can mean serious harm to those who most need help.

- *Unified statewide standards so that we don't fall prey to the massive inconsistencies found from County to County in California and elsewhere.

- *A patient-, doctor-, and caregiver-run enforcement organization shall be created to help prevent profiteering, illegal activity, and other abuses of the Medicinal Cannabis Infrastructure which could undermine the fundamental and publicly-acknowledged respectable, responsible use of an extremely beneficial and safe medicine that saves lives and relieves horrible suffering.

This is a topic that could easily justify whole books, indeed whole libraries to be written....but there's talk and then there's action. Here in Maine, we've had almost ten years to talk.

It is now time for action -- action without delay. Maine's chronically & terminally ill, people with a broad range of serious health conditions can benefit tremendously from safe and legalized access to one of the most remarkable medicines known to mankind.

To delay any further is an utterly indefensible crime and an act of unspeakable cruelty. The science is there, the safe use methods (vaporization, oral administration, products like Sativex and Cannabrex) are in place, and smoking is not an issue.





The next step is clear....we must merely be wise enough and brave enough to stand up and demand that it be taken. If you have always thought about rising up and participating in Medical Marijuana Advocacy, now is the time.

Don't wait another day! Join us. It's a miniscule risk to you, as an individual; but the risk to patients collectively, if the right people won't stand up for us.....is immeasurable! People in pain throughout Maine and indeed the World are waiting for us to act. Answer the call and be a part of making the inevitable revolution against Prohibition a reality before any more people suffer unnecessarily for one more day! ◀

Attention Federally Authorized Medical Cannabis Users We Want to Hear From You!

In 1999, Canada initiated one of the world's first medical marijuana programs. The program is operated by the Marihuana Medical Access Division (MMAD) and run in accordance with the Marihuana Medical Access Regulations (MMAR). A team of independent researchers (not connected to Health Canada or other governmental institutions) requests your assistance in conducting a survey that should take about 20 minutes to complete. Our main study objectives are to:

- Gauge end-users satisfaction with the MMAD program.
- Identify barriers to the federal medical cannabis program, and potential problems unrelated to access.
- Inform Health Canada and the federal government of overall satisfaction with the medical cannabis program, and any areas of concern to the end-users.
- Influence positive policy changes in regards to safe access to medical cannabis for all Canadians who might benefit from its use.

If you're a federally authorized medical cannabis user and would like to take part in this research project, please go to: http://www.surveymonkey.com/s.aspx?sm=3YEsFbcnw_2bvlcweOfkVF7g_3d_3d and follow the instructions.

If you know other authorized users who may wish to take part in this study, please forward this message to them.

If you would like to take part in this survey but don't have access to a computer, please contact the study co-investigators:

Dr. Andy Hathaway, Department of Sociology, McMaster University,
905-525-9140, ext. 23622, hathawad@mcmaster.ca

Philippe Lucas, Vancouver Island Compassion Society
250-884-9821, phil@drugsense.org

Many thanks for your time,

Philippe Lucas and Dr. Andrew Hathaway

Quality of Service Assessment of Health Canada's Medical Cannabis Policy and Practice Project



CANNABIS: OUR POSITION FOR A CANADIAN PUBLIC POLICY

The report by the Senate Special Committee on Illegal Drugs, 2002

www.SenateReport.ca

What does the Senate Report say about...

THE ORIGINS OF CURRENT CANNABIS POLICY

"The decision to criminalize cannabis was made "without any apparent scientific basis nor even any real sense of social urgency" (Page 274)

THE COSTS OF CURRENT POLICY

"We estimate the cost of enforcing cannabis drug laws to be closer to \$1–1.5 billion per annum. (Page 436)

The principal public policy cost relative to cannabis is law enforcement and the justice system; we estimate this to represent a total of \$300–\$500 million per annum. (Page 436)

THE HARMS FROM PROHIBITION

The continued prohibition of cannabis jeopardizes the health and well-being of Canadians much more than does the substance itself.

THE HARMS FROM CANNABIS

The costs of externalities attributable to cannabis are probably minimal; no deaths, few hospitalizations, and very little loss of productivity." (Page 436)

"Cannabis is widely used in every part of the world, does not have the harmful effects ascribed to it, and poses little risk to public health." (Page 467)

THE BENEFITS OF LEGALIZATION

"Legalization would prove beneficial, not only for users, but also for the federal and provincial governments because of the considerable revenue they might well derive from the sales taxes on such a popular product." (Page 281)

MEDICAL MARIJUANA

"Patients will have difficulty finding a medical practitioner willing to complete the required declaration forms, and even more difficulty accessing the appropriate specialists. This situation has created an unacceptable barrier to access and one must conclude that physicians should not be the "gatekeepers" under the MMAR, a responsibility that they themselves do not desire. Even Health Canada recognizes that there is a problem." (Page 310)

"We are convinced that the government should not be the only distributor of cannabis intended for therapeutic purposes." (Page 313)

Irritable Bowel Syndrome

By Salvatore Messina HD.
Doctor of Homeopathy

Irritable bowel is a common disorder of the intestine and colon, in which recurrent abdominal pain with constipation or diarrhea continues for years without any general or major deterioration in health. There is no detectable structural disease, except the above symptoms and other symptoms which are caused by abnormal muscular contractions in the colon. The cause is unknown but the condition is often associated with stress or anxiety, and after mucous colitis (i.e., inflammation of the colon with excessive discharge of mucus). Moreover, nerves attached to the intestines become more activated, and perform quick functions of absorption of liquid from the intestines and cause constipation or push forward the liquid food with quick muscular contractions of the intestine (peristalsis) and produce diarrhea.

Irritable bowel may have an allergic or emotional component that is often overlooked. A disturbance in this area can have a profound impact in the way the body processes information and other aspects of our being.

IBS- Irritable bowel syndrome is the number one reason that general practitioners refer to a specialist.

In over 80 percent of the cases that are reported reveal the presence of an overgrowth of parasites, fungi or pathogenic bacteria.

A one celled parasite and different species of Candida are the most common microbes seen in IBS.

Treatments with corticosteroids, prescription antibiotics and immunosuppressive drugs may be temporarily life-saving for an acute attack or episodes of symptoms (pain, bleeding and inflammation), this treatment helps for the time being, but does not treat the condition.

Increasing dietary fiber is very important in the managing of this disease. The best sources are vegetables, fruits such as apples, legumes and oat bran.

Kefir, buttermilk or natural unsweetened yogurt can be used with ground flax seeds. You can use two tablespoons of flax seeds to a pint of buttermilk, yogurt or kefir for a beneficial breakfast.

Liquid whey used during the day can restore the intestinal flora that is lost during times of diarrhea and drink plenty of fresh water to prevent dehydration.

These suggestions have been known to help in this condition, the use of vitamins, minerals and supplementation are very important in healing and

restoring the body to a balance state. Calcium and magnesium used at a 2:1 ratio. 100 mg. of "B"-complex with 50 mg. of folic acid: Acidophilus 3 capsules or 1 tsp. per day: 1,000 mg of Bromelain three times per day: Grapefruit seed extract or garlic three capsules per day.

Herbals

Pau d' Arco or Taheebo are the same herb with a different name. This herb is used as an antifungal, Peppermint oil provides an effective treatment for many of the symptoms of an irritable bowel that is not complicated by an infection, dilute 1 drop of the oil in one cup of water or add one drop to a cube of sugar, once per day.

Slippery elm, Marshmallow root and Aloe Vera can also help to heal the intestinal tract.

If parasites are suspected, black walnut, wormwood, goldenseal and ginger root may help. To prepare an herbal tea pour 1 cup of water over 1 tsp. of herbs and let steep for 10 to fifteen minutes. Drink 1 cup three times daily and alternate with chamomile tea.

Homeopathic remedies can be tried for constipation, diarrhea, indigestion or stomach pain, but a qualified homeopath can prescribe constitutionally.

Physical therapies can involve warm packs on the stomach area after meals to help to draw blood to this area and help with digestion.

Take time to eat meals in a relaxed atmosphere and chew food well and after eating go for a slow walk.

Counteract a stressful lifestyle with gentle exercise and take in fresh air and fresh water.

By Salvatore Messina HD.
Doctor of Homeopathy

Office: 905-821-9221, Cell: 416-910-1555, Site: <http://salmessina.hd.googlepages.com>

Bio: Salvatore Messina HD. Homeopathic Doctor. Family Practice since 1998.

Board member of the OHA- Ontario Homeopathic Association.

Modalities: Homeopathy, Reiki, Reflexology, Nutritional Evaluation. EFT- Emotional Freedom Therapy.

Clinic: Sherwoodtowne Natural Medicine Clinic
Address: 4263 Sherwoodtowne Blvd. Mississauga, Ontario. L4Z 1Y5, Suite 303
Tel: 1-888-513-2907 ext.83
Mobile: 416-910-1555
E-mail address: homeopathgta@yahoo.ca

Introduction to Iridology

The eyes are not just the windows to the soul

When people are asked what they look at first when they notice an attractive person, several answers come to mind. Some say they observe how a person walks or what he or she is wearing. Some detect the perfume or cologne they wear, some take in the body type, or the color and style of hair. However, a great proportion of people first notice the eyes of a person, for the eyes are often described as the windows to the soul. When we look into people's eyes, we can often determine whether they are lying, whether they are angry or whether they are in love. We can often tell whether people are tired or not feeling well because eyes appear dull and lack the usual sparkle when people are not in the best of health. However, the eye is not only the window to our soul; the eye is also a map to our body.

Welcome on a journey that will take you to destinations where perhaps you have never been before and through experiences that may change the way you have thought about health and medicine in the past. It is always a risk to be open to new ideas but I know the risk and the journey will be well worth taking.

I would like to introduce to you a diagnostic method that belongs under the branch of alternative medicine and called iridology or as it is commonly known, iris diagnosis. This method involves diagnosis of one's state of health by specific colors, marks, and signs that are seen in the iris of the eyes. I, however, like to think of iridology as not just a study of the iris, but also the pupil and sclera which often reveal a number of other significant health problems.

Have you ever noticed that there frequently appear clouds or marks in the iris of your eye and that these change depending on the state of your health or age? Have you noticed that your left eye is different from your right eye? Many people believe that their eye color remains the same in both eyes all of their lives.

Rationale for the theory of Iris diagnosis

You may be asking - how can the iris of the eye reflect conditions in our body? This is a very reasonable question and I was very skeptical when first introduced to the concept that information in the form of certain signs encoded in the iris can reflect our state of health. But is this really such a bizarre and crazy idea? Think for a moment. We can often recognize an unhealthy person when we see one. How do we know he is unhealthy? Perhaps, we notice his poor skin color or condition, excessive perspiration, unhealthy hair, or glazed, weak and tired eyes.

LOOKING FOR A DIFFERENT APPROACH TO YOUR HEALTH CARE?
LEARN MORE ABOUT YOU AND YOUR BODY, GET TO KNOW YOURSELF.
TAKE CONTROL OF YOUR LIFE.

HOMEOPATHIC MEDICINE FAMILY PRACTICE
MISSISSAUGA ONT. 905-821-9221



Homeopathy

EFT- Emotional Freedom Therapy

Acupuncture- Electro-acupuncture

Nutritional Evaluation

Reflexology

Reiki



Full Body Digital Iris Scan

SALVATORE MESSINA HD.

HOMEOPATHIC DOCTOR AND EMOTIONAL THERAPY PRACTITIONER
BOARD MEMBER OF THE OHA. ONTARIO HOMEOPATHIC ASSOCIATION.

<http://salmessina.hd.googlepages.com>

Those are all signs the body reveals, that tell us something is not working right. In the same way, the iris of our eyes displays colors and marks when something is malfunctioning. So let's take the assumption that if our bodies are not healthy, certain marks or colors appear in the irises of the eyes. Now, this of course doesn't mean that a mark in a certain place in the iris represents a kidney problem. How can we be sure? We can't, but through experience with thousands and thousands of patients who have had the same kidney problem, it has been found that they had similar marks in generally the same place in the iris.

A possible scientific explanation is that the eyes are connected by the nervous system via the optic nerve to our brain. Research shows that the brain records information on every physical and psychological event that occurs in our bodies. If the eye is connected to this human computer we call the brain, it is reasonable to hypothesize that colors and marks in the eyes change in response to changes in our bodies and are recorded in similar places just as certain regions of the brain record and hold information. Through my iris studies, I have confirmed these occurrences time and time again. However, I may be convinced but that doesn't mean that you are.

Another piece of scientific information that might interest you is that the eyeball is not really a smooth surface. When viewed closely under a microscope the surface of the iris is one of hills and valleys and the areas that we see as dark spots on the iris are in actual fact crevices or deeper layers of the eye, while white spots are actually raised areas on the iris. Generally iridologists believe that the greater the degeneration of the organ, the darker the corresponding area on the iris. Again, I have confirmed this occurrence many times as seen in tumors showing up sometimes as deep dark areas on the iris.

Another question that is posed to the classical medical field is why do colors in the irises of the eyes change and why are the colors and marks different in the left and right eyes? So far, there has been no real scientific explanation and there needs to be more research conducted to validate the method of iris diagnosis so that it can become accepted by modern medicine.

There are also other factors that have contributed to the support of the theory of iridology such as the fact that past iris maps that had been developed in different countries consistently showed remarkable similarities even though they were developed independently of each other.

As modern technology and computers develop more inroads into the fascinating world of iridology, I am sure that even more accurate iris maps will evolve and what thousands of iridologists have always known will finally be generally accepted. I know of only one country, Russia that has come close to accepting iris diagnosis into conventional medical practice. Currently, the greatest amount of research on iris diagnosis is being done in countries such as Germany, Australia, and America, as well as Russia.

History of Iridology

We do not know exactly when man first discovered a correlation between parts of the body and the iris of the eye, but we do know that even the ancient Chaldean's had entertained this concept. The first record in his-

tory is from the year 1690 when Philippe Meyens in Dresden published the book "Chiromatica Medica". The book described how the top part of the iris represents the head and the lower part represents the kidneys, spleen and genital organs. It was also then first recognized that the left side of the iris corresponds to the left side of the body and the right side of the iris, the right side of the body.

A few other publications were made, but it was not until the early 1800's that iridology had its official beginning in the modern era. One very remarkable person and one very remarkable incident that occurred changed the face of what we know as iridology today.

That person was Ignatz von Peczely, born in Hungary in 1826, who at the age of 11 accidentally broke the leg of an owl while attempting to let it free from his garden. He noticed that in the lower part of the owl's eye there appeared a black stripe. After he splinted the owl's leg and allowed a period of time for it to heal, white lines appeared where the dark line had been before.

The bird stayed with him in the garden for several years where he had time to notice the changes that occurred in the iris of its eye.

That amazing experience made a lasting impression on the young Peczely and later in his career as a homeopathic physician he had the opportunity to study the eyes of his patients in great detail and was able to confirm his diagnoses by performing several autopsies. He began to diagnose from the eye and soon became famous all over the country. He was accused many times of fraud by the medical profession of the time, who saw his technique as a form of witchcraft. It often seems to me that not much has changed in 150 years as I myself constantly come across people who view iridology as charlatanry and even now iridology in many countries in the world is banned or ridiculed by the classical medical profession. However, it does continue to thrive and recently there has been renewed interest in this method all around the world. I believe that eventually, it will be used to support the methods that we currently use. A change for the good is always a difficult, but rewarding road.

By: Salvatore Messina HD.

Homeopathic Doctor and Iridologist.

Now Available, Digital Iris Scan. Safe, gentle and non-invasive, it only takes several minutes for the scan.

For your Full Digital Iris Scan Appointment Call:

Tel: 905-821-9221 Mobile: 416-910-1555

<http://salmessina.hd.googlepages.com>



HUMAN

HEMP USERS MEDICAL ACCESS NETWORK

www.HumanHempHealth.ca

Toronto Therapeutic Cannabis
Health & Nutrition Products

Compassionate providers to
Ontario's Medical Cannabis
Community since 2003

416-253-1021

info@HumanHempHealth.ca

FAX _ 416_253_1428

"Service with dignity"



CROSSTOWN TRAFFIC

613
234-1210

YOUR
COUNTERCULTURAL
VARIETY
STORE

CDs,
COMIX,
BOOKS,
& BONGS

NEW LARGER
LOCATION!

593c Bank St.
Ottawa, Ontario
K1S 3T4



Home Grown Hypnosis Experience

by Skyelar Pollack

Hello fellow proponents of self treatment. Today I'm going to share a hypnotic script designed to enable you to guide others into trance and hypnosis. You can be the guide, the participant or both. You can read the script aloud to one participant or a group of any size. You can have someone read to you or you could record yourself reading to play it back for yourself. When you read through the script remember to speak in a slow, clear voice. Three dots "... " represent space in between phrases... Slow and steady is the best way to guide people into the desired state of mind.

A Brief Overview of Hypnosis Techniques

This script is designed to provide participants a base from which they can access and hone latent mental powers and abilities.

Hypnotic Intro: The hypnotic intro is intended to get participants into the optimum body position and state of mind

Induction: An induction is a meditation technique that initiates the trance state by simultaneously relaxing participant's bodies and focusing their minds.

Deepener: A deepener is a technique that further focuses the mind and increases the depth of the hypnotic trance state.

Hypnotic Hallway: The hypnotic hallway is a preparatory deepener that enhances the participant's visualization ability.

Virtual Reality Room: The virtual reality room enables participant's to access all of their senses by cueing complex memory associations.

Culinary Banquet Hall: The culinary banquet hall offers the ultimate culinary experience. Participant's can eat, drink, smoke and choose their entertainment, all in the comfort and safety of their own minds.

Awakening: The awakening is designed to bring participant's back into a normal state of waking consciousness.

Hypnotic Intro {Remember to speak slowly and softly}

"Start by sitting or reclining comfortably with your feet flat on the floor... Let your hands rest on your legs or at your sides, not touching... Remember that you can awaken yourself at any time simply by thinking or saying aloud the word "AWAKE!"...

Just relax and follow the sound of my voice as we begin..."

Induction {Time this Induction with the participant's breathing}

"Roll your eyes up as high as you can... And find a point above you to gaze toward..."

In a moment I'm going to count from one to ten... With each number I count, take a deep breath and close your eyes... As you exhale open your eyes... When I say the number ten just relax and let your eyelids comfortably close...

1... Inhale as you close your eyes... Exhale as you open...

2... Take a deep breath... And relax...

3... Inhale and close... Exhale and open...

4... Rolling your eyes up... High as you can...



5... Breathe in as your eyelids fall... Exhale and lift them open

6... With each breath you relax even deeper...

7... In as you close... Out as you open...

8... Keeping your eyes rolled up as high as possible...

9... All the way in as deep as you can... Out and open...

10... Close your eyes tightly...

Let your eyes relax... And allow your thoughts to clear... As you travel deeper into the depths of your mind..."

Deepener

"Imagine yourself at the top of a flight of stairs... Five stairs leading down to a door... Visualize the image of the staircase as clearly as possible... In a moment I will count down from five to one... With each number I count... Take a deep breath and walk one step down the staircase..."

5... Take a deep breath... And one step down...

4... Breathe in... And out ... Take the next step

3... Take another breath and another step down

2... Breathe... And step down... Almost at the door

1... Behind the door there is a long hallway that will lead you into the next phase of this experience... Open the door now and walk through into the hallway..."

Hypnotic Hallway

"At the end of this hallway there is a door... Behind the door is a place where you can create any experience that you can imagine while accessing all of your senses and memories... Walk down the hallway toward the door at the very end... Walk right up to the door and read the sign written on it... On the door is a label that reads "Virtual Reality Room"... The virtual reality room is a cube shaped room, composed of six giant display screens... The screens fully encompass all four walls, the ceiling and floor... In the middle of the room is your custom control chair... When you enter the room, walk along the glowing path over to the chair in the centre and take a seat..."

Open the door and walk into the virtual reality room now..."

Virtual Reality Room

Notice that it is dark, except for a bright glowing path leading to the control chair... Walk along the path leading to the chair... When you sit down your body will sink into the chair... Cradled by soft, form

fitting cushions... As you sit you will simultaneously activate the automatic functions of this virtual reality centre...

Sit down now... Settle into a comfortable position... And relax... It is now time to load full colour into your dream... All of the screens are flickering on... As I list each colour the entire room will change hue to match... You can also associate colours with objects that you relate to...

Red... All of the screens in the room are glowing bright, deep red... Filling the entire room with light... You can imagine a red apple... Red roses... Bright red cherries... Ripe red strawberries... The memory of a red, crimson sunset... Allow each colour to fade into Home Grown Hypnosis Experience

Hello fellow proponents of self treatment. Today I'm going to share a hypnotic script designed to enable you to guide others into trance and hypnosis. You can be the guide, the participant or both. You can read the script aloud to one participant or a group of any size. You can have someone read to you or you could record yourself reading to play it back for yourself. When you read through the script remember to speak in a slow, clear voice. Three dots "... " represent space in between phrases... Slow and steady is the best way to guide people into the desired state of mind.

A Brief Overview of Hypnosis Techniques

This script is designed to provide participants a base from which they can access and hone latent mental powers and abilities.

Hypnotic Intro: The hypnotic intro is intended to get participants into the optimum body position and state of mind

Induction: An induction is a meditation technique that initiates the trance state by simultaneously relaxing participant's bodies and focusing their minds.

Deepener: A deepener is a technique that further focuses the mind and increases the depth of the hypnotic trance state.

Hypnotic Hallway: The hypnotic hallway is a preparatory deepener that enhances the participant's visualization clarity.

Virtual Reality Room: The virtual reality room enables participant's to access all of their senses by cueing complex memory associations.

Culinary Banquet Hall: The culinary banquet hall offers the ultimate culinary experience. Participant's can eat, drink, smoke and choose their entertainment, all in the comfort and safety of their own minds.

Awakening: The awakening is designed to bring participant's back into a normal state of waking consciousness.

Hypnotic Intro {Remember to speak slowly and softly}

"Start by sitting or reclining comfortably with your feet flat on the floor... Let your hands rest on your legs or at your sides, not touching... Remember that you can awaken yourself at any time simply by thinking or saying aloud the word "AWAKE!"...

Just relax and follow the sound of my voice as we begin..."

Induction {Time this Induction with the participant's breathing}

"Roll your eyes up as high as you can... And find a point above you to gaze toward..."

In a moment I'm going to count from one to ten... With each number I count, take a deep breath and close your eyes... As you exhale open your eyes...

When I say the number ten just relax and let your eyelids comfortably close...

1... Inhale as you close your eyes... Exhale as you open...

2... Take a deep breath... And relax...

3... Inhale and close... Exhale and open...

4... Rolling your eyes up... High as you can...

5... Breathe in as your eyelids fall... Exhale and lift them open

6... With each breath you relax even deeper...

7... In as you close... Out as you open...

8... Keeping your eyes rolled up as high as possible...

9... All the way in as deep as you can... Out and open...

10... Close your eyes tightly...

Let your eyes relax... And allow your thoughts to clear... As you travel deeper into the depths of your mind..."

Deepener

"Imagine yourself at the top of a flight of stairs... Five stairs leading down to a door... Visualize the image of the staircase as clearly as possible... In a moment I will count down from five to one... With each number I count... Take a deep breath and walk one step down the staircase..."

5... Take a deep breath... And one step down...

4... Breathe in... And out ... Take the next step

3... Take another breath and another step down

2... Breathe... And step down... Almost at the door

1... Behind the door there is a long hallway that will lead you into the next phase of this experience... Open the door now and walk through into the hallway..."

Hypnotic Hallway

"At the end of this hallway there is a door... Behind the door is a place where you can create any experience that you can imagine while accessing all of your senses and memories... Walk down the hallway toward the door at the very end... Walk right up to the door and read the sign written on it... On the door is a label that reads "Virtual Reality Room"... The virtual reality room is a cube shaped room, composed of six giant display screens... The screens fully encompass all four walls, the ceiling and floor... In the middle of the room is your custom control chair... When you enter the room, walk along the glowing path over to the chair in the centre and take a seat..."

Open the door and walk into the virtual reality room now..."

Virtual Reality Room

Notice that it is dark, except for a bright glowing path leading to the control chair... Walk along the path leading to the chair... When you sit down your body will sink into the chair... Cradled by soft, form fitting cushions... As you sit you will simultaneously activate the automatic functions of this virtual reality centre...

Sit down now... Settle into a comfortable position... And relax... It is now time to load full colour into your dream... All of the screens are flickering on... As I list each colour the entire room will change hue to match... You can also associate colours with objects that you relate to...

Red... All of the screens in the room are glowing bright, deep red... Filling the entire room with light...

You can imagine a red apple... Red roses... Bright red cherries... Ripe red strawberries... The memory of a red, crimson sunset... Allow each colour to fade into the next... Green... All of the screens are changing colour... And are beginning to glow in green... You can imagine a green apple... A green forest canopy... A brilliant green emerald... Or possibly a green grass covered glade... Each colour continues to fade into the next... Blue... All of the screens are changing colour... And are now glowing in blue... You can imagine a clear blue sky above you... An ocean underneath and around you... A Bluebird or Blue Jay... Or possibly a patch of ripe wild blueberries...

Red, green and blue blend together to form every other colour possible... Let these three colours swirl together and merge together into a kaleidoscopic rainbow that shows all of the colours imaginable... Different shades of yellow and orange emerging together... As bursts of purple and pink scatter around... Silver and gold swirls reflect the light ever so often... And as you stare at any of these six screens you can see different patterns and shapes forming within the colours...

Now it is time to load full audio into your dream... Sound is radiating through the walls... You can hear a song playing... It might be your favorite song... A song you don't know... Or a song you haven't heard in a long time... Focus on the sound of the music now as the colours continue to make new patterns and combinations... Play with your comfort levels... Raise or lower the volume... Pump the bass, middle or high notes... Or turn off the volume completely if you want it to be quiet...

Culinary Banquet Hall

Now it is time to move on to the next phase of this experience... All of the screens are shutting down except for one wall-screen... Watch as this one wall-screen transforms into large arching doorway... That is slightly open... Orient yourself to face the doorway... That is opening slowly, more and more... You can smell the strong scent of freshly cooked foods blowing into the room from behind the door... Behind this door is a banquet hall that offers every delicacy that the world has to offer... As the door opens more and more, the smell of fresh food gets stronger and stronger... And you begin to see the faint outline of a table that stretches into the distance...

Stand up from the chair and make your way to the arching door now... Go through the door into the banquet hall... Look around the room... Notice that the main table stretches farther than the eye can see... And that you have a specially designated seat for you at the head of the table... In a well adorned royal dining chair... Take a look at the rest of the room around you... As you begin to move toward your spot at the long dining table...

The table is completely packed to the brim with infinite selection... On this table you can rediscover any food, drink, snack or treat that you've ever experienced and more... In a few moments I'm going to list some suggested culinary options for you to pursue and expand upon... Anytime you hear an option that catches your interest you can instantly gratify yourself by finding and consuming that option... Go to the table and sit in the main chair now... As you sit down all of your senses become heightened... Especially your senses of smell and taste... Get comfortable in

your dining chair... Notice that in front of you, on the table is a empty plate, a drinking glass and all the cutlery you could ever need... Whenever you make a choice of food from you options, memories or imagination it will appear instantly on your plate... When you make another choice, your plate will instantly be clear and clean, ready for the next course... The same effect will happen with your drink... You can safely indulge yourself completely here... Following any sensory experience that you encounter as sensitively as possible...

It's time to choose what you want to eat and drink... Peruse a wide selection of the freshest, tastiest fruits and vegetables... Every type of meat... All kinds of dairy and freshly baked breads... You may also want to start with desert... It's up to you... Scan through your memory to find the culinary options that you want to explore now... As you find what you want, it appears instantly on your plate... Also feel free to take advantage of the wide selection of gravy, dips and sauces...

Now that you have your food... You can choose a drink... You can have any tea or coffee... Vegetable juice, fruit juice or smoothie... Pop or sugary drink... Alcohol of any kind or brand... Milk, chocolate milk or a milkshake... Or you may want to drink water or a different drink that was not mentioned... Scan your memory to find the drink option that you want to try now... As you find the drink that you want, it appears instantly in your glass...

Start eating whenever you are ready... You can smell your food before eating if you like... As you eat you can feel the texture and temperature of your food and drinks... You can taste and smell everything in absolutely clear detail... Every taste is complete right down to the aftertaste left in your mouth after each bite... In a few moments I'm going to be quiet while you enjoy eating... Feel free to find more food and drinks... You may want to spend your time sampling many different flavours or you might want to explore a single choice in increasing detail... Enjoy your free time now...

{2-5min eating break before awakening – Or you can let the participant drift off to sleep}

Awakening

In a moment I'm going to count from one to five... With each number I count you will phase back into a normal state of waking consciousness... You will remember your experience in full detail... When you awaken you will feel refreshed, revitalized and rejuvenated...

One... Prepare yourself to awaken...

Two... Energy is rushing into your entire body...

Three... Becoming aware of what you're resting on...

Four... Becoming aware of the room around you...

Five... Eyes open, fully alert, fully awake...

For more hypnosis scripts and articles by Skyelar Pollack please visit www.balladeer.ca

Or Call (416) 638 – 4104 to book your personal hypnotherapy session.

vaporizers.ca

All New Portable Vaporizer Oxygen 2.0 Mini



*\$114.95 cad
without battery*

*\$144.95 cad
with battery*

Check our website www.vaporizers.ca

Call us 866-35-VAPOR

Email us at sales@vaporizers.ca

Vapir One 5.0

*Improved fan, heater and
better insulated to prevent
vapor loss!*

Many Kit options available.

\$159.95 cad - \$295.75 cad



We're one of the only stores to offer the Vapir stand

Many vaporizers and lots of accessories to choose from

Hidden Jungle / High Times Toronto Cannabis Cup

Story by: Marco Renda

Pics by: Hashimoto

It was never my intention to get involved with the Hidden Jungle / High Times Toronto Cannabis Cup and it ended up happening largely to a break down in communication. Having said this, I don't regret getting involved at all and would recommend attending next year to anyone remotely interested. The event was not without fault mind you but organizing such an event can be a nightmare and these things can easily be ironed out in the future.

It began around the middle of May when Sita, from Green Harvest, contacted me and asked me to support the event. She said that she was one of the sponsors and would appreciate some support. Knowing that the previous years Cannabis Cup had many problems, I was rather hesitant to sign up for this event. Following this conversation, it appeared that I had been added as a sponsor and I learned that the TY logo had in fact been added to the event poster. By this time I decided that the best approach would be to contribute regardless, so I called Hashimoto and offered him an opportunity to come with me.

We began our adventure on June 7, 2007. Hashimoto and I went to get our pictures taken for our



admittance passes and delivered them to the Hidden Jungle. It just so happened that we saw a poster of this event displayed at their shop as well as at Petite Amsterdam, where we called in on our way home. In preparation for the event, we met up with Sita from

Green Harvest and Ron from Hidden Jungle/ Iron Seed Sales and several other activists on June 7 on the gorgeous roof top patio at the Kindred Café. There was a buzz of excitement building and plenty to discuss. On any sunny Thursday you can be sure to find me at this location working on my tan!

The event started the following day at a venue called the Dragonfly. There was much to be done before the guests arrived. Hashimoto



and I set up a display area and helped give out goody bags as people arrived to attend the “meet and greet” session.

It has to be said that those who assembled for the Toronto Cannabis Cup were an interesting and diverse group of people. I had a pleasant chat with Danny Danko and the rest of the folk from High Times and they were extremely impressed with Treating Yourself issue number 8 as well as Stinky’s Dung (Stinky attended too!). It was nothing short of a pleasure meeting the owner of Bamboo Rolling Papers together with other businesses who were also excited about the magazine and the community we support in this neck of the woods. Camel Joe was present along with the BCBD crew who generously gave me a couple of buds from their entry Sweet God (Sweet tooth x God Bud).

Hashimoto and I had the opportunity to meet up with some interesting and fun people from the US. I have to say that many of our neighbors from states came for this event and their support and enthusiasm added a positive element that set a good atmosphere. I laughed as Hashimoto struggled to keep up with the ever-increasing number of drinks two particular members placed in front of him. He was bordering on panic! I was thrilled to be treated like royalty by the bar manager who kept me well supplied with ice-cold, free water at all times. I explained that I refuse to drink because of my liver problems and they were more than accommodating. Overall, we had a fantastic time at this get together and everyone seemed to be in good spirits.



I hate to say it but the next day was pretty uneventful in comparison. The first venue had lost its’ liquor license the day before so we were put upstairs. I busied myself handing out drink tickets while Ron got the buffet ready for the guests. Hashimoto took a great picture of Dan Skye (High Times) and me on the patio.

I then located an electrical socket and plugged in my Volcano Vaporizer. The patio area also had a bar and before long, it got really busy and people enjoyed sampling the entries. The evening looked like it was off to an excellent start until the manager came out and began shouting that all joints had to be extinguished or they would be removed from the premises. The only exceptions were those who had a permit to use marijuana for medical reasons. He then explained that we had to show him our license and wear a wristband if we were going to medicate. This did add a dampener to the event. This was followed up by the next venue also placing restrictions on us and searching people as they





entered. One place allowed us to smoke outside on the up stairs patio only and some people seemed to be visibly uncomfortable. I chose not to stay for too long for these reasons alone.

The High Times Toronto Cannabis Cup ended with a boat cruise. This was a fantastic event and a superb idea. I would have to say that this was by far the best day in my opinion. I took Hashimoto and Desmond Jones with me and we managed to locate Pier 29 where we boarded the Yankee Lady. It was a glorious sunny day and we came across some excellent people from the U.S. once more. From what I could gather, it seemed that the whole event was made up of approximately 75% Americans. In addition to this, there was a smattering

of people who came from other countries, as far away as Spain. The cruise was a fantastic ending up to be an educational and interesting event. There was a great atmosphere amongst the shipmates and overall, many fond memories were created as a result.

Despite the hic-ups, the Toronto Cannabis Cup was an event I would recommend attending. If I was to rate it, I would give a 3 ½ out of five. I will certainly be there next year and would have no reservations in adding Treating Yourself to the list of sponsors. I would however like to change the venues to avoid any restrictions placed on guests and ensure that they are accessible to those who are handicapped.

-Marco Renda



Grow Your Own

By Saeon-tсион

Growing one's own marijuana has always made good sense, especially for the medicinal user. It saves money, can be a rewarding hobby, and can provide far superior -- not to mention custom-tailored -- cannabis for one's needs.

In my case, I am a family man and aside from my two severe chronic pain conditions, I have a pretty good life that I work hard to protect. For me, security and safety are paramount.

Even in California, Oregon and Canada -- foremost in legal & cultural recognition of the validity of medicinal use -- it pays to depend on fundamental protections like proper security, stealth and safety....rather than the whims of politicians & law enforcement.

As I've always said: Stealth is Wealth!

Which brings me to the purpose of this review: to compare three common growing enclosures and the experiences that I have had using them. I have owned a Mills' Pride C13 cabinet home-modified for growing for several years, and more recently acquired two grow-specific enclosures.

The first, purchased with my own money, was a standard-sized HydroHut; the second, provided by its manufacturer through the fine folks of Treating Yourself was a HomeBox XL. The makers of the HomeBox line, and several other cannabis/growing-related products including the CloneBox and DryBox, are sponsors of the Treating Yourself web site as well as TY Magazine.

Although the three different enclosures are of different sizes (the C13 smallest, HydroHut about half again the square footage, and the HomeBox XL largest of all) I have tried to evaluate their performance without focusing on the inevitable differences in yield that the increases in space create.

Out of the box, both pre-built enclosures are light years ahead of a homebrew grow cabinet. For one thing, you're looking at a small, easily carried box full of canvas and frame parts -- not a huge pallet of incredibly heavy particle-board. The average layperson would look at either of these collections of items and not have any idea what he or she was looking at....with the C13, it's obvious you're looking at a cabinet.

And, if one might need to disassemble any of these types of enclosures later on.....the HydroHut and HomeBox both go back to that highly innocuous-looking state; homebrew enclosures like the C13, even

when disassembled (which is of course a far more complex process with homebrew), are a major eye-magnet in any room with their bulk and unusual appearance.

This stealthy take-down is a common feature between the HydroHut and HomeBox, regardless of which model one were to purchase of either product. But beyond this, the two begin to diverge.

For one thing, the manual and entire concept of how the HomeBox is assembled is a bit easier to grasp and start working on quickly....with the HydroHut I felt as though I had to lay everything out with care, and I needed several tools/random items which proved unnecessary with the HomeBox XL. In terms of overall setup difficulty the two grow-specific enclosures were relatively close, but keep in mind that along with their size differences the two enclosures were not quite identically configured with lights, blowers, carbon filters et cetera.

Now, on to the experience of actually using the three enclosures to grow the same strain: G13xBSH, to be specific.

The C13 is tricky to clean, has lots of corners and crevices that can't be opened up nearly as easily as the same areas in the two metal/canvas enclosures. It's incredibly heavy, difficult to keep air/light-sealed, and maintaining the air intakes is also a huge challenge. All of these factors conspired to produce far more seeds and hermaphrodites in the C13 than the others.

Also, while all three enclosures are white on the inside, the poly-plastic on the inside of the canvas enclosures seemed to reflect a higher percentage of light back to the plants. And the grow-specific models had mounting hardware for internal carbon filters, greatly improving stealth and ventilation performance. With the C13, the carbon filter has to be external and this often proved to be a problem. Less ventilation means your plants get less fresh air which is of course never a good thing.

All in all, dollar for dollar while the initial cost of a C13 or similar homebrew enclosure seems less....in the long run, for numerous reasons, I would definitely recommend a grow-specific enclosure.

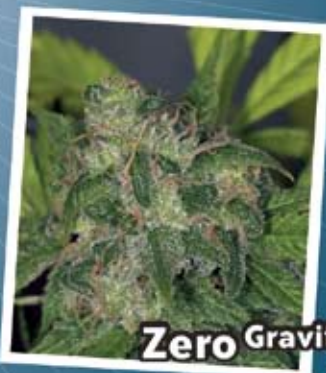
Between the two such enclosures reviewed for this article, the similarities outweighed the differences but at the end of the day, the HomeBox XL won out for reasons that go far beyond its greater size. Its ease of assembly, rugged construction, excellent light-seal and the many other factors make it the #1 product that I would recommend to any grower.



INTRODUCING 4 NEW VARIETIES

Zero Gravity

Don't fight it. She will win every time, guaranteed to keep you floating



Zero Gravity

Burmese Kush

Or as we like to call it **BUKU!** Is a fresh new cross of our now expanded Kush Line. With a energetic buzz, and a now classic Kush flavor.



PG-13: A scientific breakthrough breathing new life into old genetics. A collaboration of two smash hit strains will guarantee you the "feel good plant of the year!" "one hit wonder" medical patient "this stuff smells incredible" J. Herer, author of The Emperor Wears No Clothes "a joy to grow" R.C. Clarke, author of Marijuana Botany



Da Purps

(Purps x Afghan):

Near classic West Coast Purple female joining forces with an Afghan prince: resin encrusted



All these and other Award Winning T.H. Seeds varieties are available through:
T.H. SEEDS | Nieuwendijk 13 | 1012 LZ | Amsterdam | t. +31 (0) 20 4211 762
 f. +31 (0) 20 4945898 | info@thseeds.com | www.thseeds.com

Distribution in Canada: **The Amsterdam Seedco.** | # 4253-349 Wst. Georgia St.
 Vancouver BC V6B 3Z7 | Canada | t. +1 (604) 763 5617 | f. +1 (604) 872 8760

Buy online: www.kindseed.com | www.seedbay.com | www.hipersemillas.com



HAPPY CHIEF

SMOKE WITH THE CHIEF!

Our unique filter system is designed to filter your hand blown glass. Our goal is to enhance your smoking enjoyment by helping to reduce the tar and particulate matter that passes through to you!



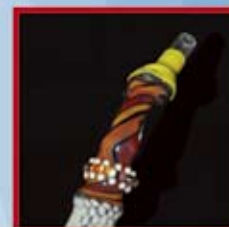
The 3 Happy Chief Sizes



DO YOU WANT THIS IN YOUR LUNGS?



LIFETIME GUARANTEE!



1. Put filter into Mouth Piece
2. Put Mouth Piece into Happy Chief Adapter
3. Fit Happy Chief Adapter over glass pipe

P.O. BOX 277 Somers Point, NJ 08244

1.866.280.3102

Chief@HappyChief.com

www.HappyChief.com

MADE IN USA



Subcool's Super Rich Organic Soil

To me there is nothing like the flavor of properly grown organic cannabis. The subtle flavors and aromas created when using mother earth is overwhelming to the senses when done properly. As with many vegetables, a rich Organic soil can bring out the best in a plant. Over the past 20 years I have tried almost every possible way to cultivate our favorite plant and while hydro is certainly faster and the yields blow soil away, I have developed a soil that performs extremely well and there's very little guess work. I don't worry about ph or ppm I simply have spent a few years developing a sound recipe and in combination with 7 gallon nursery pots I can run from start to finish using only water. Other than a bit of sweat equity every 90 days or so it takes a huge amount of science out of the garden and puts nature back in charge. This recipe is slightly different from my last and from the one so many use as gospel that I have passed around for years from grower to grower.

So let's take a look at the ingredients of this new product:

Roots Organic

Coca Fiber

Perlite

Pumice

Compost

Peat Moss

Bone Meal, bat Guano, kelp meal, green sand, soy bean meal, Leonardite, K-Mag, Glacial Rock Dust, Alfalfa meal, Oyster Shell Flour, Earth worm castings and Mycorrhizae.

Looks like a great product and I will be growing one plant in just this new soil to see how it performs. It would be great not to have to do all this work.





Ok Lets get started.

This one is going to focus on making a batch in the city while keeping it neat and tidy. First we use a tarp and a sheet of plywood under so the shovel will slide easily as we mix and scoop.

Here is the recipe to make concentrate!

You cannot grow plants directly in this super concentrate!

Here are the amounts:

6 Bags Roots soil or equivalent high quality supped-up grow soil

25 pounds Pure Worm Castings

½ cup Azomite trace minerals

2/3 Cup Sweet Lime IE Dolomite

1/3 Cup Epson Salts

1 Kilo Bone meal

1 Kilo Blood meal (I use a bit more bone than Blood in this recipe)

1 Kilo Bat Guano bloom formula preferably Fruit bats

The Perlite and Coco I happen to have and it will make a better mix but it is not necessary.

First we take the tarp and the Lucky rug and lift the edges to form a 2 sided pan.

I place the Roots soil in first making a hill, and then I place the powdered nutrients in a circle around the mound. Then the bat poop goes in and the other additives. The Azomite is a granular product I found at a local feed shop for replacing trace elements in soil after a crop. I use this mainly when I replenish my soil but this is a 100% fresh batch. Then it's as simple as my Skipper used to say, "Put your back into it!" This is hard work and I am kind of obsessed with doing it thoroughly, even breaking up all the clods of soil by hand. I mix for about 15 minutes then I store in large Tupperware bins and a few garbage cans. This will be repeated 2 more times as I like to make sure it's mixed up well.

Once it's placed in the containers I water it slightly adding maybe 3 gallons or water to a large garbage can full. It will make the stirring harder next week but it will activate the Mycorrhizae and I think help all the powders dissolve. In colder weather it will not break down as well so for you guys living in the frozen areas drag the containers into a warm area. I like to stir the soil from time to time but if you have it stored indoors it's not practical so just stir it well before using.

*****Disclaimer****

Warning! This soil is really hot and you cannot plant seedlings or clones directly into it. When I do my final transplant into #10 pots I fill each pot ¾ full with Super soil and the top ¼ I add plain potting soil and stir the top portion. This allows the roots to become used to the soil. After a few days the growth on a transplant is amazing. Jill's Comment was, "most peoples soil plants don't grow that fast."

Using this soil it's not necessary to add any nutrients.

I add Sucanat (Sugar cane natural) and Sweatleaf by AN at day 30 and day 45.

Hope that's helps, it took me about 30 minutes and cost on products was about 125\$

Give it a shot if you're into incredible flavor.

Subcool and Subcool's Seeds can be found at www.cannaseur.com and www.breedbay.co.uk

Tales Of The Toker - Once Upon A Time In Eastern India

By Bhoom Shankar

1985, I was 19 and jobless, a university student with no chance of working part time as it would be frowned upon by my middle-class Indian society, broke as hell with a great yearning to travel and seek myself. This was when globalization wasn't the buzz word. The Soviet Union was in existence, no Coca Cola in India and the Ambassador car was the division between the Have's and the Have-not's.

Ambassadors had to be booked and each state in India had its own taxes. As such for someone from Kerala to buy such a car had to wait for six months and pay dearly for it. This is when Shibu came across the bright idea to buy cars from the factory in Calcutta on a taxi permit and drive them down 2000 kilometers to Kerala and sell them as private cars. He worked out the fine print with the local transportation authorities and realized he would make a neat profit of Rs 30,000 (\$2000 in those days) per car. So on his first venture he approached me to help drive one car back and with all expenses paid he would also monetarily remunerate for my efforts in driving but most importantly my language skills. Shibu only spoke Malayalam while I can speak English, Hindi and understand Bengali in addition to Malayalam.

So we went and bought the cars and began our big drive down to Kerala, five days @ 50 kilometer's per hour maximum speed as these engines had to be run-in. Driving these ancient automobiles through the pre-economic boom in India was quite an experience. The rules of the road were:

1. The bigger vehicle is always right – pedestrians step away from bicycles/scooters, bikes give way to cars and cars get off the road for trucks.

2. In the event of an accident the situation is reversed, the smaller the vehicle the blame rests upon the other, its not uncommon that the crowd which gathers at any accident site instantly, starts beating up the operator of the bigger vehicle, no matter who's fault it is. The cops come after the bloodbath and are usually there to pick up the crumbs. So in most cases of an accident, the unofficial code is "hit and run" – should your conscience start tickling, report it at the nearest cop station.

3. Cows are to be respected at all times – in-case of a cow sitting on a road which is 10 feet wide, the policy is to get out, woo the cow away and then continue.

4. Expect vehicular traffic coming the wrong way even on one way streets.

5. Cops have to be paid off even if you haven't done any wrong. They needed their palms greased just for talking to you.

Smoking weed had by now become a lifestyle for me and the motto was – never leave home without it! Ganja is considered a drug and one is liable to get his ass kicked really bad, if caught by parents or the law. So you can imagine my wonder when as we cross the state of Bihar and into Orrisa, in big white English letters on a blue background was the legend "GOVERNMENT APPROVED GANJA SHOP". Screeching to a stop with dust flying out, scaring the chickens and bringing about a frown from the wizened retailer, I jumped out of the Ambassador and made my way inside. The old man greeted me with glazed eyes and there was a symphony of tiny flies buzzing atop his sparse, grey, and silvery with oil, hair. Wearing a starched white khadi kurta and dhoti, a beedi stuck over one ear and a ball pen over the other. Khadi (homespun) was made famous by Gandhi in his quest of getting rid of the colonial economic strategy which used India as a dumping ground for shoddy products being the aftermath of the industrial revolution of Britannia.

The already exploited cheap Indian labour now had to pay dearly to be clothed, which is why the large population of the country were in rags. Khadi began to change that and for many it was regaining their self respect which was lost for a couple of centuries. It also became a fashion statement with the upper class Indians committed to the freedom struggle. The yarn is simple to make, all that is needed is cotton and a wooden spinning wheel. These days in India, khadi is another fabric, perfect for the hot and humid weather of the Indian plains and coastal areas - being light, porous and an absorbent material.

Saying my salaams to the owner and the four old boys in the shop, each of them peering through dilated pupils, I announced my intention to purchase and imbibe the goodies. There were 3 varieties of ganja – lousy, terrible and passable. The same shop sold chillums (clay pipes), bhang golis (marijuana balls – mix it with milk for an invigorating drink) and beedis. The locals who hung around were all in their latter years, the youngest may have been 60. Me in city clothes and youth, they were intrigued as to why I would be interested in ganja. I hung out, smoked myself silly with them, talked about the life in the village, the crops, the famines, the floods, the horrors of the cities, the movies, the clothes – jeans in particular, religion, death, life, cars, cows and on and on.

By this time it was evening and many, many bouts of chillum pulling had passed when the people who were working in the fields came back, the women went to get dinner ready while the young men came out to the local quadrangle, Gleaming with oil in the setting sun, rubbed into their toned skin, they now took sides and the 'ghusti' began. Ghusti is the Indian form of wrestling made famous by the great Dara Singh who took India into the world championships.

Shri. Chiranjeevi (a.k.a. - pothead old guy in the shop) pointed out that the village champion was his son. I

wisecracked that Pothead Jr. must be the champion because of all the dope being smoked and that was when the lecture started. The old man said " Smoking ganja is not for the young, as a child, the responsibility to oneself is to learn, understand the values of society, master a trade, provide joy to parents and live childhood in its purity. Then comes the time to make a living, working the fields or becoming a craftsman, marrying, starting a family and contributing to society by intelligence and hard work (humorously, he called it the donkey years). Later when the body is frail and the soul is looking for questions, that's when the door to understanding is opened by smoking ganja, when every pore of your skin can feel the slightest breeze, the warmth of the evening sun, the trickle of breaking sweat. When the mature mind is poised to reach for spiritual answers."

This was mind blowing philosophy and very much the Indian way of life in the older centuries. Why had it all changed? Was it the hippy culture that filtered its way to India in the 70's? Was it greed? Why a holy hallucinogen is now being considered a narcotic? I went back and in the libraries, studying to get my Economics degree, I found the fine print in many trade laws, especially trade with the USA where it's a written condition that trade would not be sanctioned with countries where Marijuana is legal.

In Ayurveda (ancient Indian medicinal art), Cannabis Sativa is used in the treatment and cures of many ailments, notably epilepsy, asthma, hypertension and as a pain reliever. So why again is this a big taboo? One guess - Pharmaceutical lobbyists! Need I say more?

The hypocrisy of it all, smoke some weed and be honest about it and the Big Brute puts you on the embargo list. On the other hand kick human rights to dirt for example - Saudi Arabia, a kingdom who's debauched rulers have decreed that women cannot drive, swim, flaunt their bodies and the men cannot drink or wear shorts, beheading and stoning for adultery and pre-marital relationships. This country is considered a perfect trade partner!!! As Marcus Antonius exclaimed to the senate mourning the death of Julius Caesar, "..... but Brutus, is an honorable man!!"

These days in India there are two states where Ganja is sold legally, in the guise of Bhang one is Rajasthan and the other is Uttaranchal. I do wonder when the long tentacle of Power will finally probe and zap that as well. Until then let's all pull a chillum from this god given gift to earth and gel with the eternal Zen.



Earth, Wind & Water

Garden Centre

Organic and Hydroponic Garden Supplies

Donna Potter-Joyner
Owner

577 Division St. Kingston Ont
Phone: (613) 542-5712














- Full lines of Nutrients and equipment from
 - Grotek
 - Dutch Nutrient Formula
 - Advanced Nutrients
 - HydroTek
 - General Hydroponics
 - BioCanna
 - SunMaster
 - Hortilux
 - Hanna Instruments
- As well as: Air & Water Purification equipment
- Fans, Blowers and Pumps
- All types of Hydroponic tables, grow mediums
- Complete lighting set-ups

***Special Discounts for Exemptees**
***Proof required**



The show was held in Telford, U.K. The expo started on May 5 and ran till 7th 2007 at the Telford International Centre. Show hours were 10 AM – 6 PM entrance fee was 5 UK Pounds. I thought that the entrance fee was a bargain, considering that all attendees received a FREE Pack of GREENHOUSE SEEDS while supply's lasted. They still had packs of seeds left over at the end of the show so I figure that attendance was approximately between 6 – 7,000. Now not only did the attendees get a FREE pack of seeds but also received goodies from most of the vendors.

UK Hemp / Hydro Expo 2007

By Marco Renda

On May 2 I boarded my Air Transat flight to Birmingham UK. I must say that I was extremely disappointed in the seating arrangements as well as the meals that were served. I told myself that I will never again travel with this charter airline. You are crammed in like sardines and fed a boxed meal (if you want to call it that). For readers traveling to Europe I would suggest taking a scheduled service airline such as Air Canada, British Airways if traveling to the UK or KLM if traveling to Amsterdam from Canada. Folks need to remember that these flights are very long and you really need to be comfortable especially when you are trying to cope with your ailments. I arrived in Birmingham and had a car waiting to take me to the Holiday Inn in Telford which was about a 1 hour drive.

On May 4 I had to go to the show to make sure that the skid that had TY issue # 7 as well as the latest SKUNK arrived. I had to get both TY and SKUNK banners put up in our booth which only took me a few minutes to get up. While setting up the booth I met with a couple seed breeders who were really impressed with how much Treating Yourself has developed.





I got to meet Howard Marks and Shantibaba and his family. I must say that they're really nice folks and I'm glad that I had the opportunity of meeting them. Shantibaba and I got to discuss the possibility of him coming onboard TY as a contributing writer and I'm happy to say that he said yes! He also told me that he really likes the TY publication and the message it puts out. I got Howard to sign both of his books (Mr.Nice an Autobiography and Senor Nice Straight Life from Wales to South America) for me and I will be reviewing them in a future issue. I will be reviewing 4 other books that were given to me and those books are Cooking With Ganja and Cannabis Café both from Eric's Kitchen, The King of Nepal by Joseph Pietri and Homegrower's Manual by Billy McCann

I can't believe that this is the first time that I am enjoyed myself so much while working a consumer show. On the first day of the expo I gave out 750 copy's of issue # 7 and by the end of day two only 100 copy's of issue # 7 were left. I met up with shop owners and distributors based out of UK and Ireland that are interested in selling our publication. So for our readers in the UK and Ireland be on the look out in the very near future for our magazine to hit the stores / headshops in your area.



UK and Ireland be on the look out in the very near future for our magazine to hit the stores / headshops in your area.

I'm glad that I was able to spend a little time with my half sister Michelle her boyfriend Neil, my niece Kelly and my half sisters mother. We all sat around a table in the hotel lounge and had a couple of drinks and caught up on what is going on in all of our lives.

I accomplished quite a bit on this trip and would participate in this event again if given the opportunity.



Back to the future: Ed Rosenthal Super Bud

Text: Green Born Identity – G.B.I.



It rarely happens, but sometimes old precious genetic gems of the past flash up for the first time in the seed bank scene. What Sensi Seeds released under the name „Ed Rosenthal Super Bud“ in honour of the “guru of ganja” at the end of last year, is a fascinating journey back to the early days of commercial seed breeding. The Ed Rosenthal Super Bud (ERSB) strain is unique genetic material that has nothing to do with the so-called “Amsterdam gene pool” – Skunk #1, Northern Lights and Haze – which provides the basis of 80-90% of commercial seed strains. ERSB’s original name was “Ed’s PEHT” (PEHT = Potent Evolved Hybrid Type 1), available from the Sensi Seed Bank for the first and only time in 1987. The Sensi Seed Bank catalogue 1987 reports on the origin of Ed’s PEHT: “In 1981, Ed Rosenthal gave some seeds to a breeder-grower. They consisted of Afghani-Durbans, Afghanis, Kush, Mexicans, Thais and equatorial Africans. All of these seeds were from pure, potent strains. During the next five years more than 12 generations of seeds were grown. Crosses between the strains were made on the basis of potency and yield rather than configuration. [...] Because of the heterogeneous background of these plants, each plant tends to be a different individual in both growth pattern and high. According to Ed “there’s not a plant there that you wouldn’t want to smoke, and their heterogeneous background makes it possible to discover some real winners.” [...] Only 1500 seeds are available.”

Those 1500 seeds sold out quickly, and Ed’s PEHT disappeared from the public into the holy halls of Sensi Seed’s mystery Cannabis Castle. But although Ed’s PEHT first market edition was a success story, Sensi Seeds preferred to focus their breeding work on numerous stabilized F1 hybrids, because the age of commercial indoor cultivation for supplying the booming coffeeshops had begun and people mostly asked for homogeneous, fast flowering and high yielding strains. But the PEHT program continued quietly in the background. The breeder of Sensi Seeds occasionally gave PEHT infusions of promising new

genetic and after dozens more generations over the years, several refined types of very resinous and high yielding plants had emerged with the most desirable genotype becoming the chosen one that dominated further breeding activities. The breeders focused on stabilizing the finer points of the emerging strain. The Ed Rosenthal Super Bud seed strain neared completion, but at the end of the nineties, Holland’s tolerance for cannabis was decreasing considerably – amongst other things, the government put a ban on drug cannabis seed breeding in April 1999. Under the pressure of prosecution, Sensi Seeds decided to substantially reduce their breeding areas, large test seed crops became a thing of the past, leading to a delay in the completion of Ed Rosenthal Super Bud – the strain name was changed in honour of the original seed source Ed Rosenthal, also a good friend of Ben Dronkers, the director and founder of Sensi Seeds who chose the new name “in professional recognition of all his accomplishments in the cannabis movement and as Ben’s way of saying a personal “thank you” to Ed for his many years of friendship.” On the whole the development of this strain spans decades – Ed Rosenthal Super Bud is the longest breeding project in the Sensi Seed Bank collection.

Here’s what Sensi Seeds says about this living piece of history: “An amazingly succulent flower formation is ERSB’s distinguishing feature. Different individuals show extra Sativa or Indica influence through subtle variations in the development and structure of their resin-soaked buds. Otherwise, phenotype variation is small, with a majority of plants flowering at the same speed and increasing their height by about 150%. A small proportion will show a jump at the onset of blooming, which first widens the gaps between internodes and later gives an even greater yield potential. All females exhibit a flower structure bursting with Indica density that is made even fatter with the running Sativa tendency, resulting in buds that swell upwards and outwards to crazy sizes. A strong and incredibly sweet aroma of pineapple-

punch is the dominant flavour across the strain. The Sativa-leaning females make great multi-stem plants and produce huge oval calyxes which spiral into crooked bud-pyramids large enough to bend branches. The Indica phenotype's flowers are distinct and impressive, building into voluptuous columns of snowy bud with main colas as thick as an arm. Their gorgeous snow-covered effect comes from a unique pistil formation - where the oversized antennae sprouting from each calyx are covered with a visible fuzz of tiny hairs - and (as always with a Sensi strain) from a stupendous covering of full-sized resin glands."

So Ed Rosenthal Super Bud seems to be something really special and most promising. A fresh breeze of superb old genetics that emerges from decades ago and now starts blowing through the world's growing chambers - back to the future!

Green Born Identity - G.B.I.

Photos courtesy of Sensi Seeds



Medical Marijuana Links:



Medicine

Library of Drug Policy
Marijuana and Medicine
Center For Research on Pain
Dr Tod H Mikuriya, MD
Cannabis as Medicine
Human Studies of Cannabis
Medical Value of Marijuana

www.druglibrary.org/schaffer/medical_mj.htm
www.nap.edu/books/0309071550/html/paincenter.huji.ac.il/mechoulam.htm
www.mikuriya.com/
www.acmed.org/
www.marijuana.org/DalesReport.html#foot60
books.nap.edu/html/marimed/ch4.html

Pain

CANNABIS & PAIN MANAGEMENT
Journal Cannabis Therapeutics
Cannabis in Pain

www.mapinc.org/drugnews/v03/n1296/a07.html
www.cannabis-med.org/jcant/rosso_chronic_use.pdf%20
www.montanannorml.org/docs/Russo-AAPM_chapter.pdf

MS

www.medicalmarijuanainformation.com/therapeuticuses/patientGroups.php?groupID=16
www.newscientist.com/article/dn4356-cannabis-can-help-ms-sufferers.html
Marijuana Provide MS Treatment
Montel Williams

www.medpot.net/forums/index.php?showtopic=29498
www.pot-tv.net/archive/shows/pottvshowse-3027.html

Cancer

Study hidden since 1974!!!!
Suppressed That Marijuana
Can Inhibit Cancer
Shoulder-Neck

www.mapinc.org/newscv/v01/n572/a11.html?
www.coastalpost.com/04/11/07.htm
ajrcmb.atsjournals.org/cgi/content/full/24/3/339
www.webmd.com/news/20000508/marijuana-unlikely-to-cause-cancer

Cannabis for anti-cancer treatment
Cannabinoids Anti-Cancer Agents
Cannabinoids destroy cancer
Cannabis – Cancer

i-newswire.com/pr24073.html
www.geocities.com/cannabinoidscience/Cancer.html
www.cannabisculture.com/articles/3254.html
www.israeltoday.co.il/Default.aspx?tabid=128&view=item&idx=657

Cannabidiol Inhibit Breast Cancer
Pancreatic Cancer, Breast Cancer

jpet.aspetjournals.org/cgi/reprint/jpet.106.105247v1
medpot.net/forums//index.php?showtopic=36892

HIV/Aids

Canadian Aids Report

www.cdnaids.ca/web/casmisc.nsf/pages/cas-gen-0112

Crohn's

Cannabis treats bowel disease
Cannabinoids and the gut

www.medpot.net/forums/index.php?showtopic=23964
www.medpot.net/forums/index.php?showtopic=7983
journals.elsevierhealth.com/medline/record/MDLN.11358910

Hep C / Liver

New strategy for liver fibrosis
Marijuana helps with hep C

medpot.net/forums//index.php?showtopic=35839
www.ebar.com/news/article.php?sec=news&article=1180



What Science And The Experts Report

Fibromyalgia

THC Reduces Pain In Fibromyalgia

norml.org/index.cfm?Group_ID=6937

ADD- ADHD

MSNBC Video

[www.youtube.com/watch?v=yj72e5q61Fs&mode=related&search=](http://www.youtube.com/watch?v=yj72e5q61Fs&mode=related&search=130.94.161.3/KortExplores/articles/files/omma3.php)

Marijuana and ADD

130.94.161.3/KortExplores/articles/files/omma3.php

Migraines/Brain

Headache Treatment Pain

www.druglibrary.org/crl/pain/Russo%...ine_%20Pain.pdf

MJ increases brain cell growth

www.peak.sfu.ca/the-peak/2005-3/issue9/ne-mj.html

Heart

www.iol.co.za/index.php?set_id=14&click_id=117&art_id=qw1115010363177R131

www.fosters.com/apps/pbcs.dll/article?AID=/20050430/NEWS40/50406122

Marijuana Slows Heart Disease

cannabisnews.com/news/20/thread20469.shtml

Glaucoma

www.medicalmarijuanainformation.com/therapeuticuses/patientGroups.php?groupID=14

Epilepsy

www.medicalmarijuanainformation.com/therapeuticuses/patientGroups.php?groupID=13

Spinal Cord Injury-Disease

www.medicalmarijuanainformation.com/therapeuticuses/patientGroups.php?groupID=19

Medical News Websites

Treatingyourself.com

<http://www.treatingyourself.com>

Medpot.net

<http://www.medpot.net>

Canadian Media Awareness Project

<http://www.mapinc.org/cmap/>

Marijuana Mission

<http://www.themarijuanamission.com/home.htm>

Cannabis Links Medical

<http://cannabislink.ca/medical/>

Cannabis News

<http://www.cannabisnews.com>

Health Canada Medical Marijuana Application Form

http://www.hc-sc.gc.ca/dhp-mps/marihuana/how-comment/applicant-demandeur/index_e.html

You may check the sites listed here for more information, or help with an illness we have not listed. There is far more information available online than what we can fit on these two pages.

The TRUTH is only a "search" away.

Thank you for your interest and support.

An Examination of Some Popular Medicinal Cannabis Strains

by Saeon

Over the past four years, with the help of the remarkable Treating Yourself community and others in the Medicinal Marijuana movement, I have been fortunate enough to grow an increasing percentage of my own cannabis bud-meds with success.

Though not all provided by TYers, I have been fortunate to acquire almost all of my genetics at no cost. This has been a Godsend, as struggling with two severe chronic pain conditions, and the many outrageous expenses that go with them over the past six years has left my family barely able to feed our children -- no less pay off our considerable debts.

Obviously, in such a situation, it's very important that I get the most out of my investment in growing equipment, pots, soil, electricity, time & energy that I put into growing my own medicinal cannabis. So having the absolute best strains available is a must.

My first home-growing experiences began with bag seed. Obviously, this was far from the best way to make the most of my equipment and effort, and yields were less than impressive.

If you pick the right bag seeds, you can do fairly well. But more often, bag seeds are there because the grower was careless and allowed hermaphrodites or males into the mix (usually outdoors). These are so-called "F2" genetics and are typically lower in quality than "F1" (original cross of two different strains, Hybrid Vigor usually being most evident when the strains are very different from one another) crosses which are usually what you get when you buy from a professional breeder.

Eventually, I moved on to a trio of B-52 Bomber (White Widow x Lionheart, by Atomic Seeds) clones. These were my first "real genetics" grow, and although subjected to many different stresses, yielded quite a decent amount of very potent buds. By this time, my chronic pain conditions had become quite severe and I was very happy to have high-quality meds known for their ability to help manage pain.

But those three plants' worth of bud went all too quickly....and before long I was on the journey to improve my grow setup, undertake my first cloning & outdoor grow, and work with new genetics.

Eventually I moved on to a combination indoor/outdoor grow using a Mill's Pride C13 Cabinet indoors with a 600w Hortilux HPS providing for four flowering plants in 12-inch pots, and roughly 20 plants outdoors in 12 and 16" pots. This year (2004-2005) I was fortunate enough to receive about a dozen seeds of Stardust 13 (Northern Lights #5 x Hashplant x G13), a unique experimental cross by a private breeder who went by "Maliboo" at the time, and was later known as Dracula or Conan The Barbarian. If you're out there reading TY Magazine, Maliboo -- I'd love to hear from ya! You, or any other reader who'd like to contact me, can reach me by emailing saeon@hushmail.com :-)

My results with SD13 were excellent, and although some classically Indica shortcomings did show themselves in some of the plants....all provided me with extraordinarily effective and deliciously citrus-flavored meds that lasted for months. My first and so far only outdoor harvest yielded excellent results and brought in about a half-pound of much-needed cannabis buds.

But alas, I learned that it takes far more plants than I had realized to provide for my own needs year-round. Since my wife also uses our cannabis stash to help her with life's aches, pains & strains both physical & mental....and my needs are considerable because cannabis makes a huge difference in what is otherwise completely intolerable, constant suffering throughout my entire body....I would need to increase our yields while retaining the extreme care we always take with security matters.

Also, I had learned that too much of a good thing can be very frustrating with Cannabis. No matter how good a single strain may be, using it constantly for months on end can create tolerance and reduce the benefits of the meds. So I sought out more variety....and having used up all of the Stardust 13 seeds/clones I had been able to create, when my last mother plant died of pH imbalance I had to seek out a new pure-indica strain for managing my severe pain.

In 2005-2006, flare-ups of my condition and the pregnancy/birth/early childhood of our son left me very little time for growing. Due to those distractions, I managed to kill or failed to germinate many seeds kindly donated to me or acquired from bags of high-quality black market buds. Only a few plants survived to be harvested in 2006, and all were either "bag seeds" or my own F2 seeds produced accidentally from previous grows going "hermi".

Thankfully, in early 2007 I wised up and started becoming a more active part of the TY Web Site community again. With the death of Overgrow.com at the hands of Canadian/U.S. "authorities," I was blessedly left with no reason not to focus all of my online cannabis-related time at TreatingYourself.com and I have been much better off for it.

Thanks to a couple of compassionate & generous TYers who shall remain nameless, I was able to get my hands on a few excellent strains including G13xButterscotchHawaiian, G13xBSHxG13, other G13 back-crosses, Caramella, S.A.G.E. x Chronic, and through the generous support of Subcool/TGA Genetics, their world-class medicinal strains Vortex and 3D.

Caramella, SAGE x Chronic, Vortex and 3D (which is itself an outcross of Vortex) are all Sativa-dominant or highly hybridized -- traits I have been seeking out lately due to several years using only Indica-dominant strains.

So far, I haven't yet had the chance to experience a harvest of these Sativas, which are currently in various stages of vegetation. Flowering is still at

least a month away since I have only one or two good female specimens of each stage and will need to make them into mothers, clone them out, and veg those clones before they can be flowered.

Stay tuned to TreatingYourself.com and TY Magazine (if you don't already have a subscription.... GET ONE! :-)) for more on my ongoing experiences with many different strains of Cannabis Sativa & Cannabis Indica as well as everything in between. There will be more installments in this article series as well as several others I am developing for Treating Yourself -- so if you've been waiting to become a part of this extremely important and effective Medicinal Marijuana community, STOP! ;-)) Now is the time to join us, subscribe to the magazine, register on the vBulletin Forum, and become a part of the solution to one of the world's most painfully obvious problems.

There are lots more where this came from..... and you can be a part of discovering what strains are the best in the world for every ailment out there. If you'd like to share your experiences with Cannabis, or participate in the Northern New England MMJ Alliance's "Silent Strainbase" project, I can be contacted at saeon@hushmail.com.



Afghani Dream, British Columbia Seed Company
Photo courtesy of Greenlife Seed Company.



“Immoral Assholes, there sure are a lot of them to go around....”

In my 47 years of life I have seen many things that were immoral to me. I have also seen a lot of things which are “illegal” but are not “immoral” to me. Who gets to decide what is “illegal” and/or “immoral”?

For instance, the Rastafarian who smokes marijuana on a daily basis is NOT immoral to me, but somehow became illegal. How does that happen? If the majority is by law the “rule of law” then why do we as Americans not get to “vote” on all the legal issues which affect our lives?

As it stands, somehow we vote in assholes who do not really care about what we want, they just want us to believe they do. They are applying for a job, and will do anything they can to convince us that they are the “perfect candidate” for the position. We buy into it and send them to Washington. Then, they do what they can to get \$\$\$\$ in their pockets and live a very hospitable life.

We on the other hand get to adhere to all of their manmade laws. Most of which do not make any sense at all. At any time we can be incarcerated for any such offense that they deem viable. I believe that there should be no more laws than can be incorporated into a “telephone book” style, and delivered each year. Meaning, I want a copy of the up-to- date laws of the Federal and State Agencies, (in separate books), delivered to my doorstep every year. Just like the phone book is updated so should our “Law-Books”.

Every citizen should be able to sit down and “browse through” the “Law Books”, both Federal and State. And be able to access those persons responsible for the laws.

Also, all laws, both Federal and State should have to be voted on by the people themselves. Not other persons who pretend to have our best interests at heart.

Bullshit!

New Federal and State laws should be on a ballot and voted on each year by the people themselves.. If the people do not vote it in then the new law dies where it stands. Old laws could be voted out, of course.

That’s just my opinion, of course...
SMKridner

“How It Started for me”

When I think back on it, I think that the day the war actually came home to me was the night that CNN news reported that Daniel Pearle’s body had been found, and that he had been be-headed. I liked him. It really “pissed me off” that someone would have the gall to actually “be-head” one of our news reporters. Dear God, I thought, if they will do that they will do anything! I had consistently watched the “news” since 9/11. Back then I was sure the “terrorists done it, now I know better.

I remembered that my kids, in the summer of 2000 had said something about the “bible code” making reference to the fact that on that specific date we would suffer some kind of carnage or catastrophe. That date was to be 9/11/01.

I remembered hearing names in my father’s conversations, (he had died in June of 2001), such as Kissinger, Kennedy, Anslinger, all the presidents not withstanding the Bush Dynasty, and Cheney.

Suddenly, I was remembering things I did not even know that I knew!

And then the “conspiracy” bug hit me. What is really going on here? I just had to ask. I just HAD to ask.

Next I accessed the internet, searching for all the information I could find, and then some. At the time I was more interested to see if anything about medical marijuana was out there, since I needed it so bad...But at the same time the 9/11 conspiracy was gaining momentum and I was “interested”.

There is so much information out there, it never ends. The information “super highway” of the new millennium. There is as much information on the internet as your brain will “chemically” hold.

“Jesus!”, “You better smoke one before you start this or you WILL go crazy”. I had thought.”

The information never ceases to compile itself, ever growing and winding down differing paths.

I will never cease to be amazed at what you can find out on the internet. Just don’t type “sex” into your browser, or you will never get done deleting emails and resetting your pop-up blocker. Anyway, that being said, my journey into my primary focus of concern, medical marijuana had begun, in coincidentally of my research into 9/11. I knew more about marijuana than I did 9/11 at the time. Or at least I thought I did. I had smoked it almost all my life, and I credit marijuana with saving my life a couple of times. Depression

with no medication = suicide in Kentucky. I think it is population control. This could lead into a story about how I feel I was jilted by the medical system in Kentucky, but I won't go into that here. My main concern here is the medical marijuana movement which is close to my heart as I, myself only recently realized that it - in fact - IS a medication for me. And if I did not have it, my health would decline considerably. I also have many friends with illnesses in KY which can only be treated with marijuana because they do not have the access to the medical system because of low income and disabilities. Not to mention poor access and low availability.

These are things which also must be fought for. Access and availability to health care. For everyone in the country. There are probably in the thousands of health plans out there now, and still we remained uninsured. Why is that? Because the most needy of us can't afford them to begin with or we would already have it.

So why, is our government involved in an all out "war on drugs" when there are so many people out there in need of them? That does not make any sense to me. At any time you can be stopped on a vehicle misdemeanor and be subject to search and if they find that "one little" pill down in the bottom of

your purse, off to jail you go for controlled substance charge. When in fact, the reason it was in your purse is because someone was good enough to give it to you, since you could not get access to care.

Now comes the next battle for Kentucky. The medical marijuana battle which will undoubtedly be a heated one. I cannot even imagine where this will lead. But it must be done. For ourselves, and to keep in line with the rest of the nation in incorporating and supporting the ever growing Medical Marijuana bills that are being enacted into law. And into our lives. It may be slow, and it may be dangerous. But it has to be done.

In my mind, marijuana is an herbal remedy. It should not be "controlled" by the DEA no more than salt and pepper or oregano. Or how about cat nip!

The laws must be changed. They must become more citizen friendly or face the ever increasing violence that has led our nation astray. Humans by nature are not violent. They must be backed into a corner like a rat before they come out fighting....

But they will come out of that corner.....

SMKrider



BOG

*...once there was a BUSHY OLD GROWER...
...who developed a method for beginners...*

BONANZA OF GREEN
A Fully Illustrated
Guide to Growing the
Highest Quality
Medical Marijuana
Indoors

Available online at
www.fsbookco.com

Nam Myoho Renge Kyo

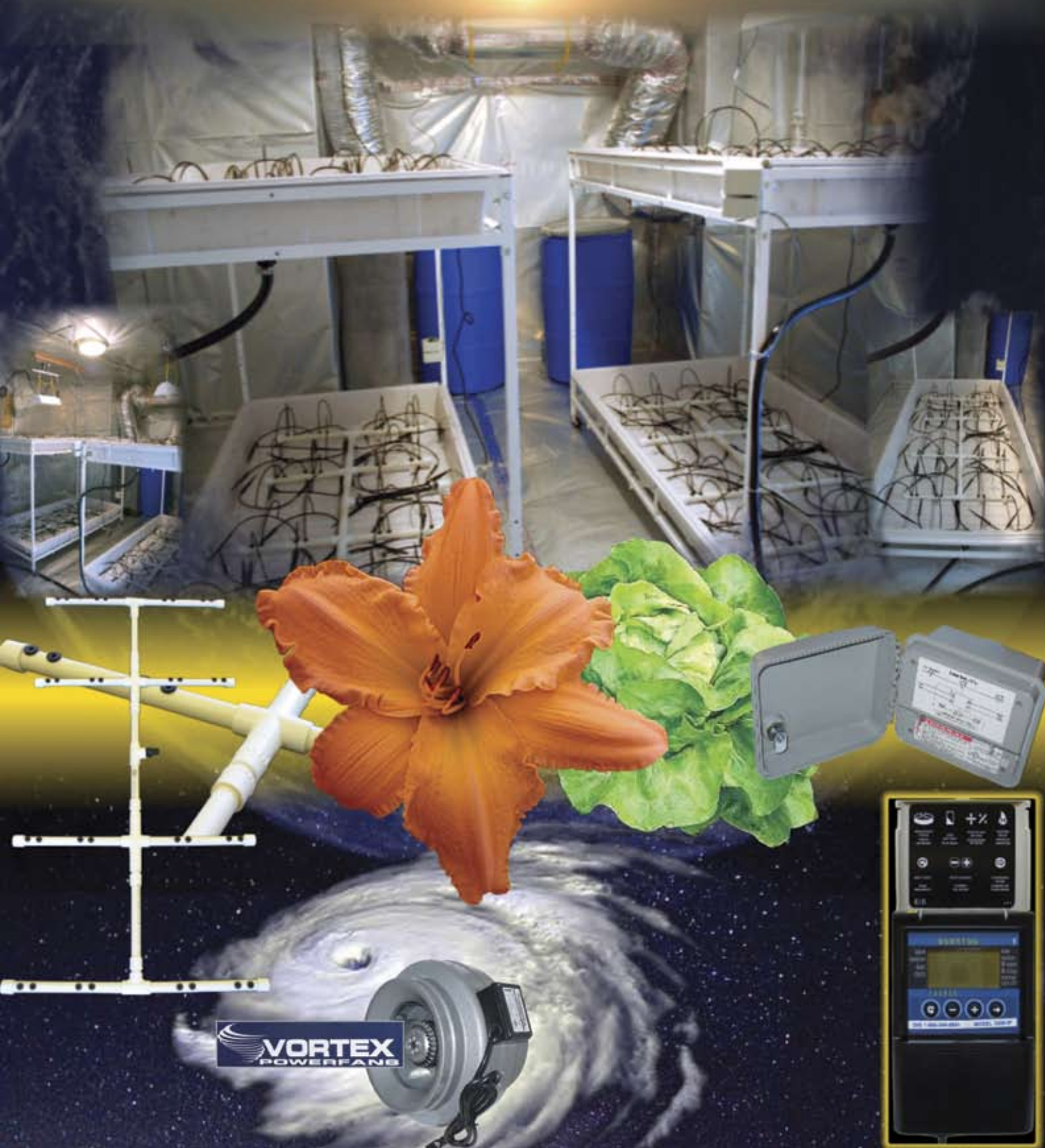
BONANZA OF GREEN
A Fully Illustrated Do-It-Yourself
Guide to Growing the Highest
Quality Medical Marijuana Indoors.
By Bushy Old Grower

WEST COAST GROWERS

COME HANG WITH US
TOLL FREE: 888-924-4769



UNLIMITED OPTIONS....



VORTEX
POWERFANS

WWW.WESTCOASTGROWERS.COM

WEST COAST GROWERS

COME HANG WITH US
TOLL FREE: 888-924-4769



....FOR ALL YOUR GROWING NEEDS.



**BELL LIGHTING SYSTEMS
POWERED BY GLOBAL GREEN**



EXTRACTION KITS



100% NATURAL



READY TO GROW SYSTEMS



**NUTRIENT DOSING
TECHNOLOGY**



**CONCENTRATED
NEEM**



**SOLAR REVOLUTION
ROTATING LIGHT MOVER**



**ENVIRONMENTAL
CONTROL**



**STEALTH
AIR CONDITIONING**



**TRIMPRO
LEAF CUTTER**



**JACKPUCK
PRESS**



**ADVANCED NUTRIENTS
"PREMIUM" BLOOM FORMULA**

TOLL FREE 1-888-924-4769

SAFER keeps fight alive in Denver

By Evan Ackereid

The organization behind the successful marijuana legalization measure in Denver is still fighting to end arrests for possession in the city.

Citizens for a Safer Denver, a project of Safer Alternative For Enjoyable Recreation (SAFER) Voter Education Fund, kicked off a campaign in May. They plan to make marijuana possession the city's lowest law enforcement priority in hopes of compelling police to stop making arrests, and city attorneys to stop taking the cases.

About 4,000 signatures of registered Denver voters are required to qualify the measure for the November 2007 ballot, but in just 30 days the group collected more than 10,500 signatures. The petition was submitted to the Denver Election Commission at the end of June, and backers expect the city council will refer the measure to the ballot in August.

"It is quite incredible that we have to go through so much trouble just to get police to stop arresting adults for possessing small amounts of a drug less harmful than alcohol," said Mason Tvert, spokesman for Citizens for a Safer Denver. "Such cases are a drain on the city's limited time and resources, and the people have made it clear they do not want adults punished simply for making the safer choice to use pot instead of booze."

A majority of Denver voters approved Initiative 100 (I-100) in 2005, amending city ordinances to remove all penalties for private adult marijuana possession. But Denver officials swore to ignore the vote and followed through by directing police to continue enforcing the state marijuana law in the city.

As a result, SAFER and the SAFER Voter Education Fund attempted a statewide legalization initiative in 2006. Although the measure, known as Amendment 44, ultimately lost at the polls, it garnered an impressive 41 percent of the vote and sent a message that Colorado was bound

for change at the state level.

In April 2007, however, statistics were released showing that marijuana arrests had increased in Denver since the passage of I-100. This led to SAFER taking action and introducing the latest initiative, which is modeled after those passed in Seattle and a number of cities throughout California.

The measure would create a new city ordinance designating private adult possession as the city's lowest law enforcement priority, and it would create an oversight committee to monitor and ensure the implementation of the new law.

The campaign is currently collecting the approximately 4,000 signatures necessary to qualify the measure for the ballot, and it plans to turn in about 8,000 or more signatures in the first week of July.

There will not be many other items on the November ballot, so the proponents of the measure expect marijuana to become a major issue this fall.

Evan Ackereid is the membership coordinator of SAFER. For more information or to support the initiative campaign in Denver, please visit www.SaferDenver.com. For more information on SAFER, please visit www.SaferChoice.org.

Photo: Denver voters line up to sign the new initiative petition at the Denver People's Fair in June.



www.SAFERchoice.org



DNA
GENETICS

COUNT CHOCOLOPE AKA D-LINE

Order through
Ontario Seed
Bank
416-255-5355



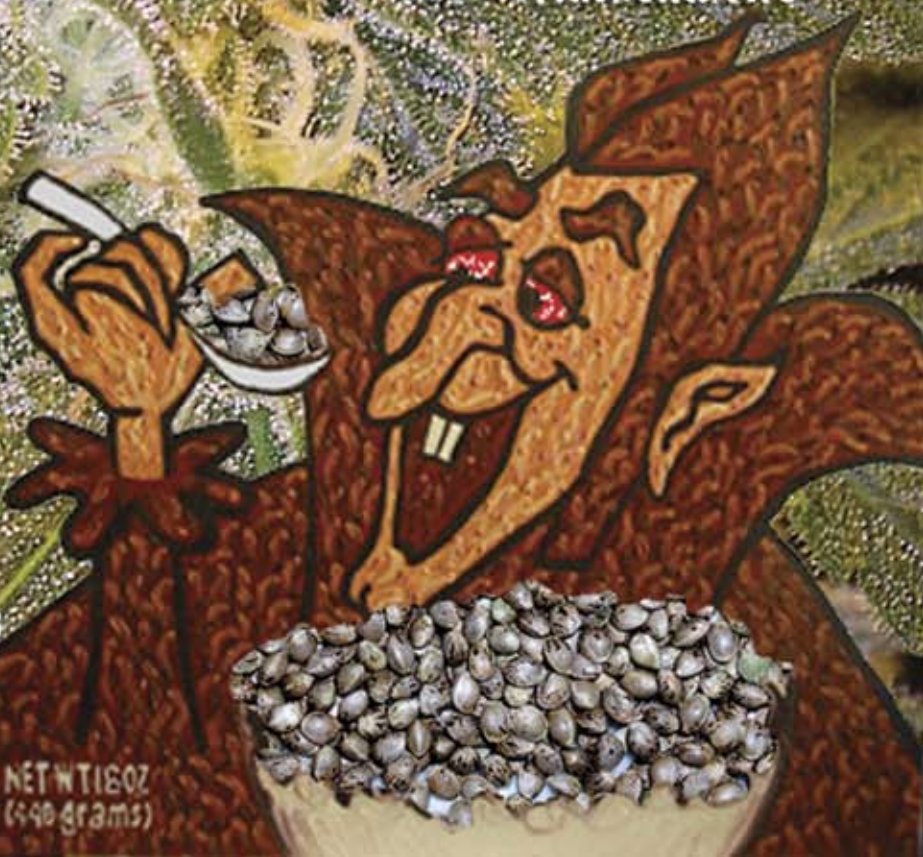
CHOCOLATE FLAVOUR
FROSTED BUDS +
TRICHOME BITS

WWW.DNAGENETICS.NET

Sint Nicolaasstraat 41
1012 NJ Amsterdam
dna@dnagenetics.net
myspace.com/dna_genetics
+31(0)20 778 7220

OPEN 12:00-18:00

NET WT 160Z
(440 grams)



Harvest Master - Grow Like a Pro

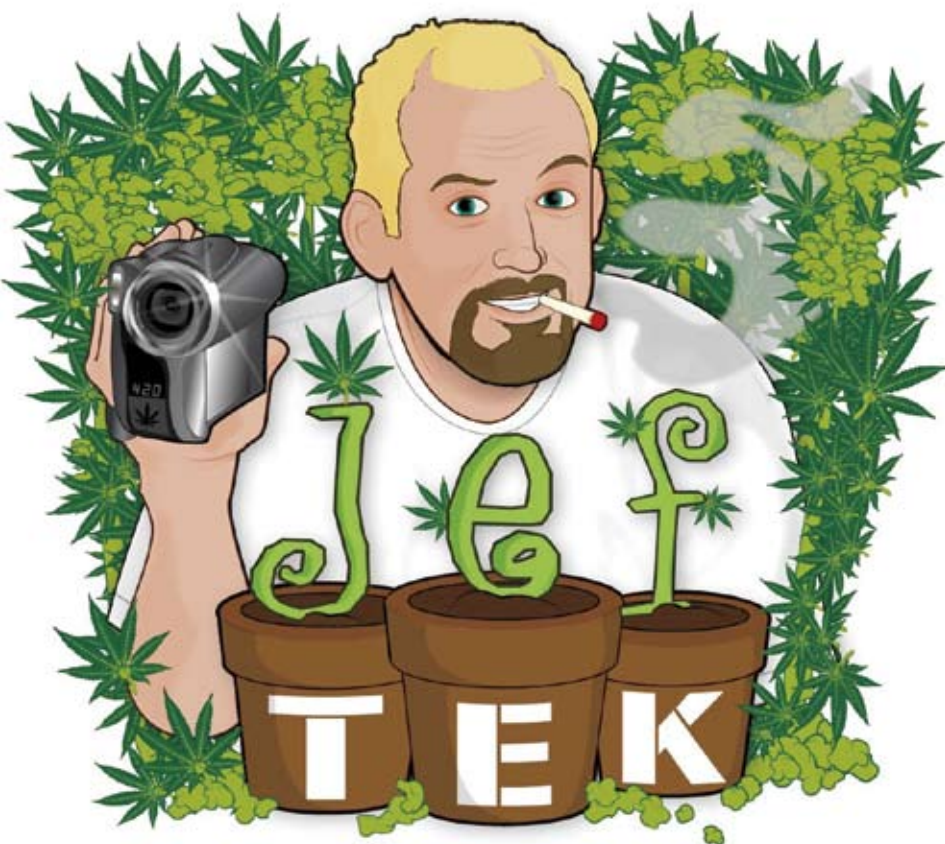
By Jef Tek

In High school when they tried to teach me FORTRAN and COBOL I never dreamed that there would be at least one computer in every productive home in North America.

27 years later, computers are here to stay and now it is even harder for me to imagine life without them. Just as you couldn't dream of making a spread-sheet or E-mailing your mom in Texas without your PC, you shouldn't chance ruining your medicinal cannabis crop by using simple analog timers to control your indoor grow show.

Enter the Harvest Master

Harvest Master is the only climate controlling computer that 'learns' your specific grow room's behavior and tailors its outputs to continuously monitor and adjust any device that you plug in to it, creating the perfect growing environment. It isn't rocket science to turn on a relay with a low-volt signal from a distance but it is growing science, when Harvest Master can interpret and prevent catastrophic failures. One example is the guy who hooked up Harvest Master and went on vacation for three weeks. Just before he left he tripped the air conditioner plug from the wall. It was summer, and without AC his room would shoot up to over 100°F, but Harvest Master simply cycled the lights on and off regulating the temperature safely below 90°F for the duration of Lucky Guy's vacation. When he returned the plants were perfectly healthy, just not as fully-grown as they could-have been. Not destroyed like they would-have been, with his previous timer set to 12/12. Not only did Harvest Master save his crop it saved his home, because if the temperature were allowed to climb above 120°F the plants would have dried out, and a fire could surely result. This is not even an extreme example because it just happened to my friend Med Mark, who went on vacation and his window air-conditioner got plugged-up with Dogwood cotton molting from the trees. The AC failed and the budroom temperature shot up to lethal heights. His crop was



totaled, complete and utter failure that could have been prevented with the integration of a thinking-learning crop-growing computer. How much is your NEXT crop worth to you?

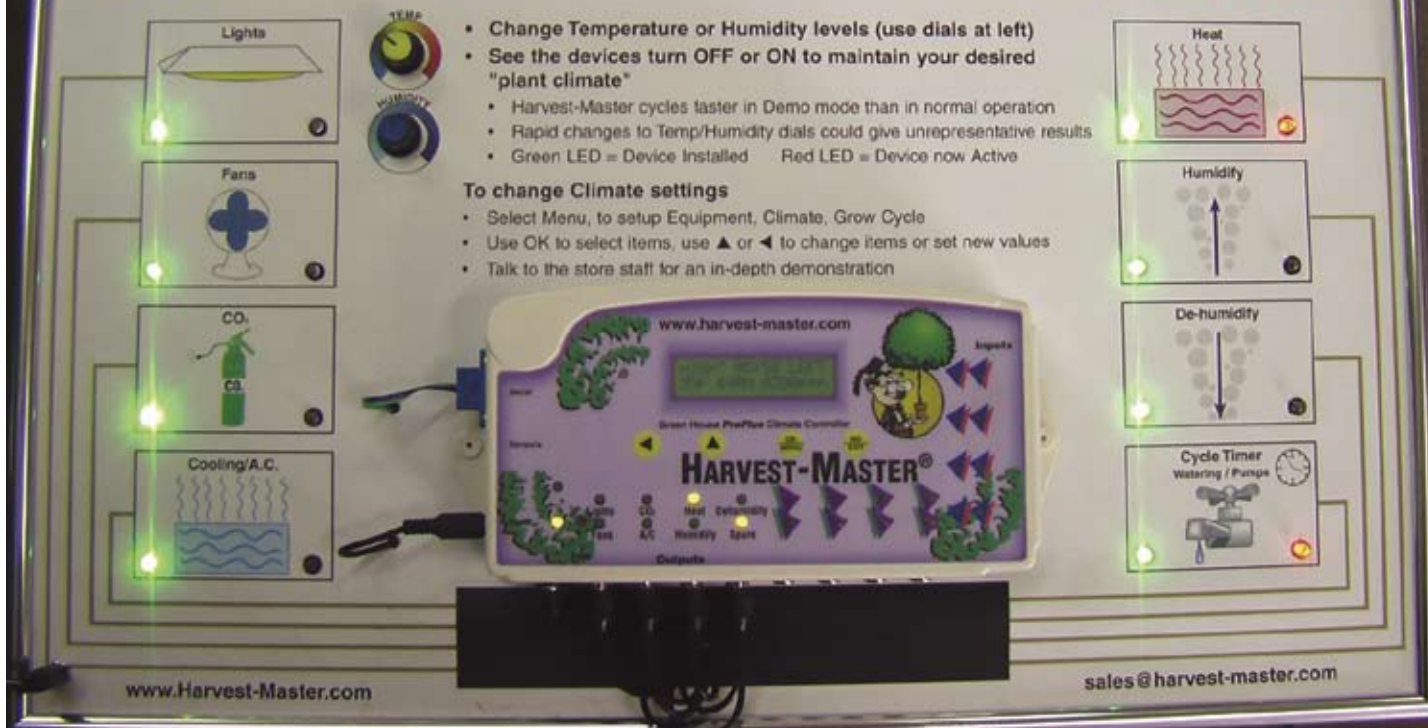
If you consider a basic CO₂ controller costs in the neighborhood of \$1000, at a retail cost of only \$1750 the Harvest Master Pro controller can do so much more than just control carbon dioxide delivery. For simple plug-and-play cost-effective CO₂ control and monitoring, Harvest Master recently released the CO₂ EASi for under \$700. For the connoisseur, there is the Pro Plus controller that has an additional 8 in and outputs to control absolutely any peripheral device, with or without a feedback loop, to ensure proper functioning of each device for unsurpassed protection and reliability. The Pro Plus retails for only \$2300 and is my personal weapon of choice. This unit even has an optional cellular modem, which can send/receive text messages as well as send/receive/execute commands.

Harvest Master is fully programmable for the technophile out there, but it was really developed for people like me, that have no intention of reinventing the wheel. I just want the benefits of all the collective growing knowledge in the known universe, and I want this knowledge to fit nicely into the palm of my hand. Harvest Master's simple instructions actually tell you to hook-up each device (lights, fans, vents, ac,

HARVEST-MASTER®



Automated and Balanced Climate Control



dehumidifier, humidifier and CO₂) and then let Harvest Master learn your room. Go have a beer, or a cup of coffee, or smoke a big fat jay. Harvest master will see/feel what is or is not there, and adjust accordingly. When you come back in an hour or so, the display will tell you everything you need to know about time, temp, humidity, and CO₂ set points, and if these values are climbing or falling. There is an alarm circuit that you could hook-up to a light or a bell to warn you of an exhausted CO₂ cylinder for example. There is a watering program that is comprehensive and easy to use with up to 8 adjustable watering times per day and infinitely adjustable watering time duration. The nighttime temp will automatically drop simulating nature. This stimulates nice, tight buds, and fully finished purple hues in plants that are inclined to turn deep purple and lavender before they finish budding.

Harvest Master's motto is, "Grow Like a Pro." I couldn't have said it better or made a simpler or more elegant device. I would have called it the "Simply Elegant Growing Device," but Harvest Master is the ticket, it says what it does and definitely does even more than it says. Check this out; you could incorporate your alarm system with Harvest Master Pro Plus with the optional modem, and have sensors tell you remotely if someone was in your back yard, at your back door, or even if someone opened the

grow room door. You could text message a response comfortably from the restaurant you are eating in, to either shutdown the room or release the bear spray canister, SURPRISE! Motherfuckers!

Like a Border collie who protects his sheep to the death, the Harvest Master is a perfect, constant companion to my girls. I just couldn't imagine leaving the house without this invaluable insurance policy, my Harvest Master.

Additionally, as if this weren't enough, there's also an energy saving green-friendly and meter-reading-unfriendly setting for budding fine marijuana and it is called "Fast Flowering." Fast Flowering actually uses 33% less energy to produce the same buds by giving your plants fast 6 hour days coupled with regular 12 hour nights resulting in 18 hour days. This will completely screw-up your manual-watering schedule if you are like me, and actually enjoy watering every day at the same time. However, this will actually result in the same yield and quality, in surprisingly less time, using less electricity! Once I got my room established with repeatable results, I switched to Fast Flowering mode on my Pro Plus, to see what the 'real world' results would be. I never believe anything until I try it for myself. Ha, ha!

Fast Flowering Mode goes something like this:

Begin start the first cycle on the first day at Noon. Six hours later, (6pm the first day) the lights will go off for 12 hours. The second day at 6 AM, the second cycle begins and lasts until Noon, are you with me? Six hours earlier than yesterdays start time. From Noon until Midnight, the lights are off, and the third cycle starts at Midnight the third day. This is where it gets more confusing; the lights go off from 6AM until 6pm then on again making two six hour cycles on the third day. Cycle four ends at Midnight the THIRD day meaning every three days you will have four cycles. This is what translates into saved energy and optimum growth. Running a standard 12/12 cycle over 30 days, let us do the math together: $12 \text{ (hours a day)} \times 30 \text{ (cycles/30days)} = 360 \text{ (hours in 30 days)}$ but, when in Fast Flowering mode $6 \text{ (hours a day)} \times 40 \text{ (cycles/30days)} = 240 \text{ (hours in 30 days)}$. Every third day you get four cycles, so in 30 days you'll get 10 extra cycles for free, while using 120 less hours of electricity to boot! That is 720 hours per year less, and will thwart the power company's ability to use software and detect 12-hour surge patterns. This also has a profound impact on residual heat buildup; as well as moss and algae growth on reservoirs and piping, not to mention your air conditioner gets a break when lights are cycling at night. In most places during the summer, it would be foolhardy to not use Harvest Master's Fast Flowering mode. Now you can use Harvest Master in full confidence that it has been approved by one of the most skeptical cannabis consultants, me!

Back in 2004, I needed a CO₂ controller and I wound-up purchasing a Harvest Master instead. I wrote a story about it for Cannabis Culture (CC#57) in 2005, which found its way onto the Internet. I am proud to introduce new technology but even more pleased to report that

in three years, after moving, and many power failures, the Harvest Master has never let me down. It has its own internal clock so it will pick-up right where it left off no matter how long the power is off, when the power comes back on the Harvest Master goes thru its usual diagnostics and if the lights were off, they will remain that way. It uses inexpensive RCA style (speaker wire) plugs to connect to standard 15 amp relays or optional 30 amp heavy-duty relays to control heavier devices. I easily control a 3 ton air conditioner with Harvest Master. Also, there would be no way to get the temperature drop (dif) at night using a regular thermostat. I could not be more impressed with the software and learning technology that they stuck into this shoe-sized device that controls my medicinal budroom with symphonic finesse and precision. I used the term 'fuzzy logic' to try and describe its learning curve in my first report but there is nothing fuzzy about Harvest Master, just my buds! True to the old adage that it is hard to promote a cause you do not believe in, it is impossible for me to not promote causes I do believe in, so much so that I am proud to officially announce that I am now a distributor and offer technical customer assistance for the one and only Harvest Master.

That's right!

You heard it here first; you can now purchase a Harvest Master directly from MichelleRainey.com.

This includes my personal customer service to go with it, no more talking about tomatoes! No more guesswork! More buds. No wasted energy, I'll have it shipped directly to you. You don't even have to leave the house until you have your Harvest Master hooked up, giving you peace of mind.

Peace,
Jef Tek





photos by Jef Tek

photo by Jef Tek



Harvest-Master®

The Ultimate Grow Room Controller



Peace of Mind...

Harvest Master climate controller continually monitors your garden. Harvest Master monitors and maintains the perfect indoor growing environment, keeping your plants Safe and Strong.



CO2 EASI

I am a cost-effective approach to simply add Co2 to your grow. As a bonus, I can also control your fans and A/C.



PRO CONTROLLER

I control everything you need to grow the healthiest and happiest plants imaginable, Co2, Lights, Fans, Heat, A/C, Humidifier, Dehumidifier and a Spare for an alarm or watering circuit.



PRO PLUS CONTROLLER

I have 8 extra outputs for more actions, which can be triggered by my 8 inputs. It is so easy to use me to control your nutrients, PH dispensers or other parts of your growing system. Everything is set using a simple menu.

For ordering information visit www.MichelleRainey.com

For service or technical support questions call Jef Tek at (604) 818-5250 or send an email to jefftek@dccnet.com



*Explore the
Healing and Soothing
Effects of Art*

paddy o'sullivan

abstract art that awakens the soul

paddy@paddyosullivan.com
705.670.8850

www.paddyosullivan.com

Nature's Nectar Organic Food Product Review

Product Name: Natures Nectar
Manufacturer: HIGROCORP
Location: Kingston, ON, Canada
Phone: 1-613-384-8882 / 1-877-5HIGROW
Website: www.higrow.com
Product Test site: www.organaponics.com

Nature's Nectar is an Organic-based plant nutrition that has been certified by the Organic Materials Review Institute in the United States. This ensures that the formula and its components are allowed in organic production. This is not a 2 part food product like other foods. It's a 3 part mix so you actually add your "N" then "P" and then "K" separately, thus allowing you to control each item if you desire to do so.

What makes this food different than other Organic foods? Besides having the blessing of OMRI, the manufacturer also states that their product doesn't require pH adjusting. But the kicker, too many people, is the big red bold print on the label stating "PLEASE NOTE THAT MIXING INSTRUCTIONS ARE THE SAME FOR BOTH VEGATIVE AND FLOWERING CYCLES". When I have told the many medical growers about this they are quite surprised. Some told me that this just can't be done.

When this product became available for me to try, I was just getting started on my journey as a medical marijuana grower. I was a virgin in this business of plant growing and I had only one garden under my belt when this opportunity arrived. I'm a person who wants to grow their medicine instead of taking the pharmaceutical approach. Taking so many pharmaceuticals at the time, I really wanted to grow organically, I was done with chemicals and wanted to find natural medicine.

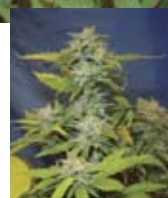
I wanted to make things easy, so the K.I.S. (keep it simple) approach was being applied here. Many manufacturers require you to purchase other lines of their products to help their base foods along. This food manufacturer has other food products to offer, but it doesn't require you to add these other products to boost their base product.

The product is organic and OMRI certified, it doesn't require any fancy pens as organics don't read very well on a PPM/EC pens plus I don't have to have to worry about switching foods are veg/bloom time. This was something I wanted to try and I was very glad to have the opportunity to do so.

I started growing as the instructions said and as well I played with them. The manufacturer recommends feeding your garden twice a week which I stuck to by growing in a feed, water, feed pattern instead of the usual feed, water, water pattern that salt-based fertilizers recommend.

Everything the manufacturer told me was correct. I could feed my garden twice weekly. The food didn't adjust my waters pH and the reduction in yield of 15 to 30 percent could happen and was realized. This reduction was of no concern as I wanted good organically grown medicine. Based on the results of my first medical garden, that I had grown with the salt-based fertilizers, my reduction came out right in the middle of their prediction. This is something that I believe can be made up in your growing technique or by just vegging your plants a little longer.

As an inexperienced grower, I found this food wasn't as easy as adding Kool-aid mix to water but for a grower with a little more experience than myself, I believe they will find this food just what they are looking for. I honestly believe this food has great potential and I still use it. It's an organic-based food with a final product that is a sweet tasting medicine that glistens with crystals. Your friends will smell the difference while you medicate with your naturally organic medication. As the song states "2 puffs and the joint goes brown", while my whole joint doesn't go brown it sure burns with a nice wide brown it ring all the way down.



cartoons • caricatures • storyboards • graphic design • web design

IvanART.net

graphic illustrator/cartoonist

From the west coast of sunny southern California to the lush remote Valley of Muggio in Southern Switzerland, Ivan Art has been freelancing for over 20 years all over the globe.

Ivan Art collaborates with the Italian alternative lifestyle magazine Dolce Vita, CannaTrade.ch Hemp Fair in Switzerland and illustrates for many others in the industry including Mr. Nice, Shantibaba, and Jorge Cervantes.

If you need help finding a new graphic identity e-mail him at ivan@ivanart.net



For more make sure you visit: www.ivanart.net



WamART.net

cartoons • caricatures • storyboards • graphic design • web design

Quintessential

*wholly endorses the cultivation
of hemp for the
health, happiness & prosperity
of all!*



Made from recycled, chlorine free paper, coated with organic (food grade) hemp oil.

48 smooth rolling tips per booklet, made from 100% Pure Hemp paper. Slightly lighter in weight, this Tree-Free and Chlorine Free tip, with natural gum Arabica is a must for the hemp connoisseur.



The original rolling tips made from recycled chlorine free paper.

UK Made

The kindest tip solution for the environment and your health

Quintessential Tips Ltd. Tel/Fax: +44 (0)1872 270799

Email: quintessential.trading@virgin.net • www.quintessentialtips.com

14 Kenwyn Street Truro Cornwall TR1 3DJ • UK

Canadian Distributor: KDK Distributors, 22 Anaheim Bay NE, Calgary, Alberta T1Y 7E2

Tel: (403) 285-1697 • Email: kellyk@valleyofgreen.com

Shantibaba's bag of dreams



Welcome to this new section of the Treating Yourself magazine, my name is Shantibaba; I will be your host for all things to do with the growing of the Cannabis plant. Over the next issues I will be going through some of the basics for cultivation of the Cannabis plant both for outside and indoor growers. Our aim is to help any patients who wishes to take the initiative to cultivate their own medical plants, by answering any questions you have.

To first understand either type of growing we must first comprehend how the life cycle of Cannabis is, so we can explain why we do the things we do.

Cannabis is a dioecious annual herb. This means it has both male and female plants and under certain circumstances can express both sexes on a single (hermaphrodite- monoecious) plant. The cannabis plant produces seed in the female plant after being pollinated by a male cannabis plant. If the female plant does not get pollinated during its development it will produce mature flowers which will be seedless, sinsemilla. Most growers of cannabis are trying to produce sinsemilla flowers as they allow a plant to produce flowers high in levels of different cannabinoid's (molecular acids which are the active ingredients like THC, CBD...). An average mature female flower has over 60 different cannabinoid and terpenes present in its makeup, one of those being THC which most people believe to be the active ingredient that determines how the effect will be when using cannabis for its medicinal effects. Personally, I believe that when it is possible to measure the effects of all of these cannabinoid, we will find out that it is 'the combination of various amounts of various cannabinoid that causes the unique effects that each strain of cannabis has on people and their uses of the plant.

Cannabinoids are found on even the small growing plants, as well as the stem of the plant and even the leaves. However the most concentrated amounts of all these cannabinoids are to be found on the mature female flower. Seeds do not contain any cannabinoids, since they are basically like the unborn part of the plant. So only after a seed germinates can any cannabinoid develop? Seed is therefore a very safe way to store genetic material of a strain without breaking the ridiculous man made laws that are currently trying to police Mother Nature. In fact in Italy, cannabis seed according to the government's laboratory analysis contains less than minute quantities of THC and therefore is acceptable as a legal product. Food oils and bird seed are just two products that originate from seed.

Now we know that cannabis has both female and male plants and the female flower is the most desired part of the mature plant, let us examine the normal life cycle of the plant to be able to understand how certain elements affect the plant such as climate, light soil...

When the amount of hours of daylight in a day are 18 or more and therefore the hours of night are 6 or less, a Cannabis plant will usually only be stimulated to GROW(18hr daylight/6hr night time). It will be difficult to know if it a female or male plant at this stage. However as soon as the amount of daylight hours in a day reduce to 12 hours or less, the Cannabis plant will begin to FLOWER(12hr daylight/12hr night time), also showing us if it is a female or male. Therefore the most important factor of a cannabis plant in determining sex and flowering is the amount of hours of (Dark) night time. The bright sunshine hours determines the GROWING(size) factor of the plant.

In nature in Italy we cannot plant Cannabis seed outside until the end of April or May, otherwise it will not have enough daylight hours to grow, not to mention it being too cold in the ground for small plants to survive. If you live in north Italy it would be good to plant in May and if you live in South Italy you could wait until June since otherwise the plant may get very large due to the warmer climate earlier in the year. The hours of daylight reduce significantly by August and naturally cause the plant to flower after about two weeks of 12 hours light and 12 hours dark. By the end of August you will not only see what the sex



A sativa seedling and flower.



An indica seedling and flower.

is of the seed you planted but you will see the plant racing towards the completion of its ultimate goal of maturity. If you use a fast finishing strain like Skunk, you will only have to wait about 6 – 8 weeks before the flowers are fully mature. However if you are using a sativa based plant you maybe waiting for 12- 16 weeks before the flower matures, from the onset of the 12/12 flowering phase.

In later issues we will deal with the strains that are best suited to different areas in Italy. As a general rule that applies to Italian growers, northern regions are best suited to indica based plants and the south can finish both sativa and indica plants. The reason is that the rains can come earlier in northern Italy as well as the cold which has an adverse effect on the finishing of a plant due to moulds.

Growing cannabis outside in soil make sure you do not over fed the plant with too many nutrients. If you are unsure what soil to use then what ever is sold suitable for tomatoes or cucumbers can also be used for cannabis. Watering is essential for cannabis plants to put their roots down, but once they have established a fully sufficient root system watering is less important. Watering early morning or late night is always a most efficient way to use water on the cannabis plant that is grown outside. The more consistent one is on the small plant will manifest in the mature flower and the strength of the plants' active ingredients like THC. Other factors we will talk more in depth about later that should be monitored are things like air movement around the plant, shaping the plant by cutting it back during its growing phase, and feeding the plant at the changes of the cycles with appropriate minerals and elements that it needs.

To cap off what we now know, it is very important to pick a seed that is practical to grow in your region if you grow outside. The seed should be purchased from a reputable company and do a little research before you buy anything. If you begin with good genetics it will save a lot of work trying to find a good plant from a lucky cheap seed. Then knowing that more than 18 hours light GROWS a plant and less than 12 hours of light per day FLOWERS a plant, you have a guide when to plant and when harvest will be coming. Finally choosing your particular type of growing medium (soil, coco fibre, or hydroponics) and the type of growing environment (inside, greenhouse or outside) will influence the ability of the flower to achieve its potential. Basically, even without anymore knowledge than what has been said here, you could have a very successful plant. The secret is really not to try to be too complicated in your approach to the grow but to balance your love for growing a plant by not over loving it nor under loving it.



Normally this section of TY will be used to answer questions and answers addressed to yours truly in relation to anything to do with before, during and after the flowers are grown. If you have questions both specific and general with relevance to cultivation of your own medicine, and then address your emails to Shantibaba@treatingyourself.com.

The choice of connoisseurs...



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.

WHY ?



WHY NOT ?





BOG SPEAKS

On Growing

By BushyOldGrower

Author of *Bonanza of Green*

A “New Age” is beginning for those who love Cannabis. Even here in America, where the laws are most draconian, progress is being made. The “Medical-Marijuana Movement” deserves credit for recent changes in many Americans thinking. Gradually many Americans are realizing that marijuana is a safe and effective medicine. It’s becoming harder to demonize something that relieves the pain of so many. Attitudes are changing, even in America.

The “War on Drugs” labeled marijuana a dangerous narcotic with no benefits on a par with other harder and more addictive drugs. Remember the “Reagan Era”, when Nancy started her campaign “Just Say No”? Now it is becoming politically unacceptable to deny a suffering person their medicine. Most politicians now run on a platform that the medical user of marijuana is acceptable.

Attitudes are changing and many people are fed up with mandatory minimum sentencing guidelines passed by over-zealous anti-drug warrior politicians. Most judges and prosecutors find these attempts to force mandatory minimums on drug users as irrational. Violent criminals are often released early due to mandatory minimums on non-violent drug offenders filling up our jails. Anyone can see this is crazy when we have bigger things to worry about.

Many polls done recently in America reflect the changing attitudes. To the surprise of many, most Americans are for the outright legalization of marijuana and vast majorities have no problem with medical-marijuana under a doctor’s care. While laws are more liberal in Canada and many other enlightened countries, progress is rapidly being made in America.

Promoting the idea of responsible marijuana use by adults and medical patients has been a reasonable position. We should all be thankful to those of us who made the ultimate sacrifice of their freedom and in some cases even their lives just for their beliefs. In Michigan a third time offender, for even a drug offense, may be sentenced to life imprisonment. Of course, much needs to be done. I believe the true patriots are the people willing to stand up for their beliefs without fear. Repression in America has gone

as far as it can in regard to marijuana. The more unreasonable and unjust the laws, the more certain that those laws will be changed eventually. Americans have always believed in the principle that a man’s home is his castle. Most people feel that what people do in their own home is their business unless it hurts someone. We were taught that liberty means the right to do as you please as long as you don’t interfere with another person’s rights. Americans are sick of losing their freedoms and we will eventually change the way things are.

If you have considered growing a little medicine (marijuana) for yourself maybe you wondered about a few things. There are a few myths perpetuated by law enforcement meant to discourage people from doing this so let me say a few words. Your little closet grow isn’t detectable by the electric company or by government aircraft either. Any double walled space is quite secure. You will not be using huge amounts of electricity or taking up much space. It doesn’t require a rocket scientist to grow good quality marijuana.

You should check your local laws and see if you qualify as a medical user. There are many ailments that marijuana can reasonably be used for. Depression, chronic pain, insomnia, glaucoma, MS, cancer therapy, HIV, appetite depression and muscle relaxation to name a few. Strong marijuana can lower blood pressure significantly. Many medical users find that even a very small amount of marijuana can greatly alleviate their symptoms.

Alcoholics and Tobacco-holics find that marijuana can be a safer substitute for their addictions. My doctor says it is the SAFEST medicine we have. Physicians around the world are seeing the benefits and prescribing marijuana to their patients when allowed by law. Even where not legal many physicians are privately counseling their clients in its use.

What I teach are the basics of indoor organic cannabis growing. By providing information to those just starting out or to people that have just grown outdoors I have gained some credibility as a “Cannabis Guru”. Showing people just how easy it really is to grow your own indoors has been rewarding. My organic growing methods are found in my book “**Bonanza of Green**” and while basic have helped many indoor growers to increase yield and quality.

While many prefer hydroponics I feel that the small grower will benefit from learning organic methods first. Yields can be increased using basic soil growing methods with the use of a simple principle. “**IT’S IN THE ROOTS!**”☺



TIP #1:

Soil Mix and Double Potting

Soil mix is easy. Most of the large retail chains carry what you will need. Which is: Potting Soil, we use HP Pro mix or Black Gold, Bone Meal and Perlite. The Perlite provides aeration and drainage in the mix. The Bone Meal provides the organic basis and is used at a rate of 1 to 2 cups per one cubic foot of soil. Ten percent Perlite by volume is then added to this mix.

Often people don't realize how easy it is to grow cannabis indoors but this mix works very well for many. An important thing to remember is that cannabis roots very fast. People often grow too big a plant in too small a pot before flowering. "Double Potting" was discovered quite by accident by myself some years ago. I was using some old pots with old dirt in them to elevate my plants. Water ran through my plants into the lower pots and the roots followed it. To my surprise the roots became so strong that you could lift both pots off the floor with the upper pot.

This plant yielded considerably more than usual. Even just rooting through the drainage holes the plant had been able to root the entire lower pot while flowering. This discovery while not "Rocket Science", lead me to change my growing methods. At first, I cut off the bottoms of my cheap two-gallon plastic pots and placed them onto larger pots in flowering when sex was identified as female. This works very well to increase overall plant health and yields. The reason was healthy root growth. Cannabis needs room to keep rooting for a while into flowering.

Another way of doing this without cutting off the bottoms of your pots is to do the "Elevated Transplant". Instead of cutting the bottom off the pot you are transplanting, I recommend letting the upper third of the root ball be elevated above the new soil line. This allows more air to penetrate into the upper roots. Try this simple method sometime with whatever soil mix you use but wait until the plant has identified sex in flowering to do it. This saves work and increases yield. As I said before, **"IT'S IN THE ROOTS!"**

TIP#2:

48 Hours in the Dark

This tip will help you get the most out of your plants just before harvesting. Any strain produces the most resins at the end of its' flowering cycle. My advice is that when you think your plant is done and you are ready to harvest you try this. Place the plant far away from the lights or in total darkness for 48 or even 72 hours. Water one last time when you do this, then



This larger than normal plant has been transplanted four times, and you can see the resulting rings. You may notice each transplant was slightly elevated.

leave the plant alone. This period of darkness is a time when the plant will continue to pile on resins in an effort to survive. Many have found this to be well worth the time considering the fact that the plant is no longer taking up light and space in your garden. I believe it is worth your time.

TIP #3:

Germinating Seeds

Assuming you have seeds, we need to soak them in Kleenex in a covered bowl, wet, but not drowning. Keep them at 85F or warmer, but not on direct heat, for 2-3 days until seeds have ½ inch tails. Then we plant. Place one seed in an 18-32 oz. pot or cup. Don't touch the root end and moisten the soil well. Don't plant too deep and be gentle with them. The soil mix for these seedlings is Potting Soil with Fertilizers no stronger than .16 -.10 -.10 or plain potting soil with Perlite added. Make sure your cups or pots have drainage holes in the bottom. Don't place a saucer under the pot or the roots will rot.

TIP #4:

Watering

Make sure your cups or pots have drainage holes in the bottom. Don't place a saucer under the pot or the roots will rot. Watering is a skill that must be learned. It is crucial to the good health of young plants. Too much water and the roots will drown or too little and the plant will wilt. If leaves are curling or drooping or your stems rot, you have insufficient drainage and watered too much. Most new growers tend to over-water their young plants, so go easy. I like to lift my cup or pot and see how heavy it is. Heavier is still wet enough. Light means they are dry and need watering.

Overfeeding, improper pH levels and over-watering are often causes of sick plants. Have your water pH tested and know that when growing in soil the optimal pH level is 6.1 – 6.6. If your water is way off then you should use bottled water for your babies.



TIP #5:

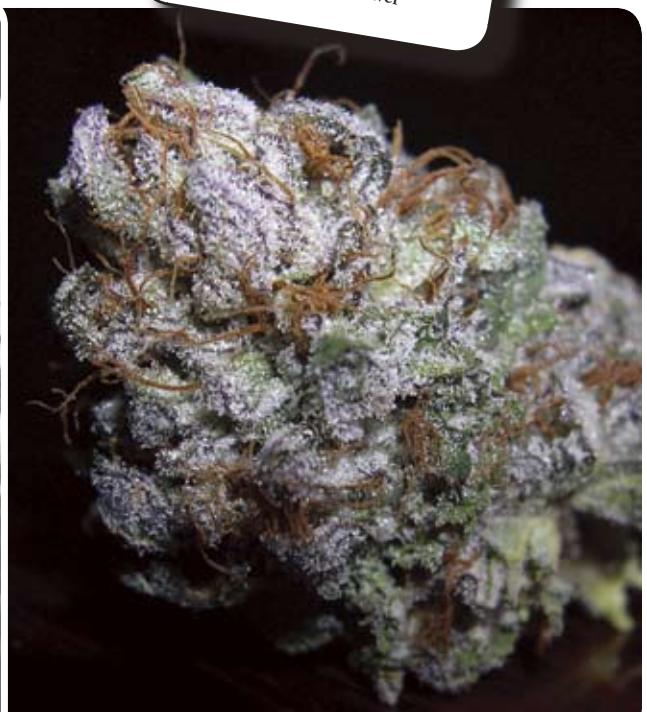
Over-Feeding Seedlings

Feeding seedlings is another problem that new growers often have. They tend to overfeed thinking that the seedlings require nutrition. In reality plants need very little in the way of artificial feeding. Your soil provides nutrients in ample amounts. This is because seedlings begin with a reserve of nutrition to start with. Overfeeding will cause delicate seedlings to die. If any supplemental feeding is done, only commercial starter solutions should be used. These should be used only as needed: even too much of this will stunt your plants. Remember, too much of a good thing is not always a good thing.



In conclusion, our only goal is to help each other learn to grow our own and to provide quality genetics to everyone. For all of our grow methods you can find our book "Bonanza of Green" by BushyOldGrower on www.fsbookco.com

Remember, "Fear is the Mind Killer". By participating in the movement you will help to change attitudes. Freedom never came cheap. By being a responsible marijuana user who grows his or her own, you harm no one. If you believe your home is your castle then perhaps you should exercise your rights. After all, there is a "Higher Law"! ☺



Sensi Seed's Top Five Medical Strains

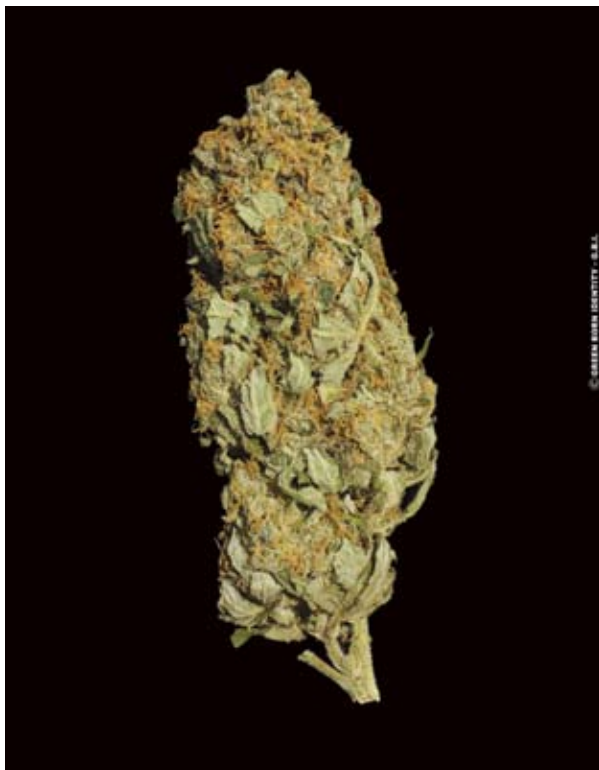
Words & pics by Green Born Identity – G.B.I.

For more than a decade now, Dutch seed bank Sensi Seeds has been actively engaged in the topic of medical marijuana, researching the therapeutic effects of their strains and proclaiming the benefits of medical marijuana. An unforgettable character of the cannabis scene who unfortunately died two years ago was closely involved in Sensi Seed's medical marijuana mission: The legendary Eagle Bill Amato, pioneer of vaporizing and unrest less advocate of marijuana's healing effects. At countless cannabis events, whenever he showed up with his huge glass bowl vaporizer at the Sensi Seeds booth, he tried to convince people of the health advantages of vaporizing and therapeutic effects of marijuana, giving away pounds of weed in the form of free vaporizer hits.



No surprise that Sensi Seeds today is also involved in the production of medical marijuana to be legally sold in Dutch pharmacies, though only in the background: Bedrocan, the only Dutch company with a governmental license to grow and distribute medical marijuana, has been using Sensi Seed Bank genetics since 1994. Back then, Freerk Bruining and Tjalling Erkelens, the two brothers-in-law running Bedrocan BV, were producing commercial seeds on behalf of Sensi Seeds, but when in 2000 the Office of Medicinal Cannabis (OMC) was founded, they decided to apply for a license to grow medical marijuana and received it in the year of 2003. And Bedrocan still base their work on Sensi Seed Bank genetics: Their most popular variety "Bedrocan" (mostly sativa, 60 days of flowering, 18% THC / 0.8% CBD) is nothing else than Sensi Seeds' good old Jack Herer strain! The Bedrocan strain, aka Jack Herer, is the cannabis medicine most of the Dutch patients with a prescription are supplied with in the country's pharmacies. So let's begin Sensi Seeds' top five medical strains list with Jack Herer.

1) Jack Herer



A real classic that was named in honour of famous cannabis activist and author Jack Herer, bred at Sensi Seed's legendary Cannabis Castle in the early nineties and released to the market in 1994. The breeding goal back then was to create a 50 percent Haze cross that

preserved the coveted Haze high while shortening the Haze's agonizingly long flowering time of several months down to an acceptable period of time. Jack Herer is a 3-way cross the exact pedigree of which is kept secret by Sensi Seeds. Due to its rather complex genetic background, there is quite a lot of variation within a group of plants grown from seed; according to Sensi Seeds, three of Jack's four main phenotypes are heavily Sativa-influenced while the fourth has a growth pattern leaning towards Indica - fast-flowering and relatively compact with a dense, expansive, rounded bud structure which is perfect for commercial cash-cropping. But the Jack Herer phenotype Bedrocan has selected for producing medical grade weed is one of the mostly sativa types. A trait common to all Jack Herer phenotypes is awesome potency that combines a cerebral sativa up-high with a slight body-buzz. Jack is highly popular both amongst cannasseurs (sometimes referred to as "champagne of cannabis") and medical marijuana patients.

At first go, Jack Herer won the overall High Times Cup 1994 and then the Cup's sativa category in 1999, with several more victories at diverse cannabis festivals following – Jack Herer ranks amongst the most awarded cannabis varieties in the world. But the fact that this strain is distributed under prescription by Dutch pharmacies as a recognized variety of medicinal-grade cannabis is even more outstanding - probably the biggest and most valuable victory it could actually gain.

2) Ruderalis Indica



The presence of this strain in the top five list might come as a surprise, but it was chosen for good reason. It's an absolutely easy to grow and very reliable plant that is capable of producing buds even in the shortest northern summer, so it's within practically everyone's reach - with Ruderalis Indica, even patients in Scandinavia can grow their medical supply outdoors. Cannabis Ruderalis has a unique property of being auto-flowering, i.e. it begins to flower automatically after some weeks, independent from the light period length – in contrast to cannabis sativa and cannabis indica. Although Sensi Seeds' Ruderalis Indica is a hybrid of Ruderalis and indica, it retains that unique auto-flowering ability. This means it is non-sensitive to so-called light pollution (irregular, unwanted light in a plant's dark phase), what makes it one of the few varieties that reliably flowers also by a window inside the house – normally a location that makes proper flowering impossible due to the artificial light coming from within the house that reaches the plants during their dark period. So Ruderalis Indica can basically be grown everywhere where there is enough light available, without requiring any special equipment, just soil, a pot and some fertilizer – that's it.

Ruderalis Indica is comparatively low in THC while having a high proportion of CBD which is known for having anti-inflammatory, anti-psychotic, antispasmodic and analgesic effects. According to

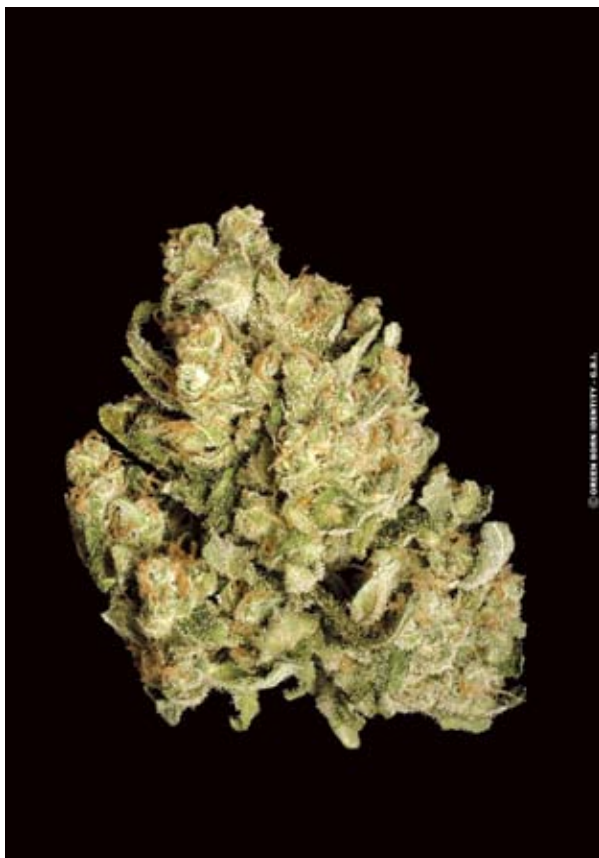
Chris Conrad (1997), CBD has several respective indications, for example dystonic movement disorders, epilepsy, Chorea Huntington, Tourette syndrome or also chronic insomnia. Due to the fact that CBD additionally acts as an antagonist of THC, attenuating its psychoactive effects, Ruderalis Indica is a medical weed strain also suitable for patients that normally are non-stoners and don't want to get too high when using their medicine.

3) Hindu Kush



Another Sensi Seed Bank classic was chosen because of its status as a pure, virtually raw, potent indica cultivar. It originates from the Afghani/Pakistani mountain regions, from the Afghan side to be precise, and was brought to the Netherlands almost three decades ago. It was never hybridized, being the result of many years of selective inbreeding. The crops of this variety are accordingly even and consistent. In addition, its pureness makes Hindu Kush an excellent strain for cross breeding with a sativa. It is furthermore easy to grow and fast-flowering (45-50 days). Medical marijuana patients like Hindu Kush's powerful, calming body effect that in contrast to other pure indicas doesn't necessarily knock the user out – unless this is intended by some heavy tokers. In regular doses, Hindu Kush can stimulate appetite (good for people suffering from anorexia as a result of AIDS or cancer treatment) and in larger doses act as a very pleasant sleeping agent.

4) Skunk #1



Skunk#1 is the evergreen living legend of the cannabis seed strain world. When it came to the Netherlands in 1984, Skunk #1 was the first extremely potent, high-yielding and stabilized hybrid developed for indoor and greenhouse cultivation. It spread like wildfire over the Netherlands, actually giving birth to and becoming the thriving power of the whole Dutch cannabis industry. It was bred from Afghani, Mexican Acapulco Gold and Colombian Gold (75% sativa, 25% indica) in the late seventies in California by Cultivator's Choice, and till this day is the most consistently performing true breeding strain of the world. Thanks to its genetic stability and outstanding cropping characteristics, Skunk #1 also became the world's most popular cross breeding strain, and some of the countless Skunk crosses developed in the eighties and nineties became classics themselves, for example Haze/Skunk or Super Skunk. Populations grown from Skunk #1 seed are very homogeneous and don't get too tall thanks to the Afghani indica influence. Its growth, resin content, potency and aroma benefit from a strong hybrid vigor effect (the result of hybridizing vastly different cannabis strains such as pure cannabis indica and pure cannabis sativa). Last but not least, the fact that Skunk #1 takes only 45-50 days of flowering to ripen has contributed a lot to its popularity. With

Skunk #1, medical marijuana patients have an easy to grow strain at their disposal that delivers reliable large yields along with a high and stable THC content.

5) Jack Flash



Definitely one of the most potent varieties I have ever experienced. But Jack Flash is superb in any respect, whether it's potency, yield, ease of cultivation or flavor and smell. Its creation was the result of adding a little more indica genetics to Sensi Seed's super sativa strain Jack Herer, and Jack Flash consequently has a more body-centered effect than father Jack. But at the same time, it has retained that euphoric sativa high typical of the Jack strains. Its remarkable taste is fruity and has a flash of haze. Jack Flash ripens within 60-70 days of flowering and produces big hairy resinous buds. Its terrific potency and combined indica/sativa high makes it an excellent source of high-grade medical marijuana that has a healing effect on both body and mind. So if you need marijuana medicine, send for Doctor Jack and everything is going to be alright!

Green Born Identity – G.B.I.



Here, There, and Everywhere

This issue I am going to do a special focus on one specific Los Angeles Medical Marijuana Dispensary that has opened in the last year. There have actually been a huge number of new dispensaries opening in Los Angeles as of late, and this is one of the more talked about places. Also, to be entirely honest, some personal friends of mine started the dispensary, so I am a little partial to them because I know them so well. The location itself is simple and even though it is a fairly new place, they have had their share of headaches and obstacles. Located in a very busy area in the San Fernando Valley, they are slowly making a name for themselves and so this week we will take a look at some of their strains and talk a little with the owner. By now you are probably wondering whom we are talking about, well it's The Wellness Earth Energy Dispensary, The WEED.



The WEED is located at 12021 1/2 Ventura Blvd. Studio City, CA right behind the Shell gas station.

Their entrance policies are very strict and they will need you to bring all your verification paperwork with you each and every time you visit. They are a small place, but they offer a wide selection of strains and other things. Ice cream is on offer at all times, and they have a variety of flavors, it's actually very good and fairly potent. They also have a great many other edibles like cookies and candies, as well as blueberry treats and other things. Brownies are also available and everything seems to be of fair strength and quality. They have hash of all different varieties and ranges, with some very good bubble hash and some very good butane extraction hash as well. Their list of strains is also very large.

They have probably around 20 or 30 strains to choose from with almost every one being of very high quality. The strains are color coordinated, with all the Sativa, Indica and Hybrid strains carefully noted on their board. The counterperson usually knows everything you would need to know about each strain and its genetics, especially if it is the owner. They also have all kinds of other tools for their patients, like pipes and papers as well as rolling tools and vaporizers. Special things like a raffle are also part of their appeal. They frequently introduce new strains, but generally they keep the same varieties available to patients. One strain they have introduced has been the King Kush, and it's a very good Indica dominant medicinal strain. They also have other varieties like LA Confidential and a variety of other "Kush" strains like OG and Bubba. They also offer some grape/purple varieties, like Purple Widow and Grape Ape. Sours are also on the menu as well as some other unique varieties. Match all this quality with their affordability, and they seem to have it all.

Surprisingly, the local community has not been as welcoming as one might think, even with all these things going for them. Still to really know everything you need to know about The WEED, you really should talk to the owner, Jeff, who will be more than happy to help you. We had a chance to sit down and talk more with him about all the things he has experienced and where he is planning to take his dispensary in the future.





TY – Thanks for taking the time to talk with me for the magazine today, I really appreciate it and I know you're a busy guy these days.

Jeff – No problem, I am always happy to help out the community any way I can.

TY – Why did you decide to open The WEED.

Jeff – I saw a lack in affordable cannabis that was of high quality in the greater Los Angeles area. We opened so that we could provide the sick people of our community an opportunity to obtain the medicine they need for a more affordable donation. Safe Access also is an important aspect of obtaining medicine that we wanted to offer to patients.

TY – The WEED is a very unique name for a dispensary. Does your name have a meaning behind it?

Jeff – Yes absolutely, our name is The Wellness Earth Energy Dispensary. We dispense the earth's energy for wellness, specifically to people who have physical and mental ailments as well as life threatening diseases.

TY – Have you had any difficulties in running your dispensary during your first year?

Jeff – Well, yes we did I suppose. There have been DEA raids on a number of Los Angeles dispensaries this year and even though we were not directly targeted we still feel pressure from local and federal law enforcement when they raid any of the dispensaries in the community. Also, just being new in an already existing community is somewhat difficult as well. Even joining the local chamber of commerce still has had limitations, as we are not allowed to participate like other members of the community. We are members of ASA (Americans for Safe Access) NORML (National Organization for Reforming Marijuana Laws) and the GLACA (Greater Los Angeles Caregivers Alliance) so hopefully all our problems will be behind us as these organizations work hard in the community.

TY – Is there anything special you offer at your dispensary?

Jeff – Yes there is. One thing we do offer is pre-verification to new patients so they do not have to wait when they come in for their first time. We have a raffle where we give away a special gift to the winning patient. This next raffle is for a very impressive glass pipe. We have organic medicine grown with kelp and guano, free from pesticides and chemical feeding materials. I take a great deal of pride in the quality of our medicine and I firmly believe everything we offer is of quality. We also offer a wide variety of different strains like our staff favorites: King Kush, Sour Diesel,

and Trainwreck. Some of our patients also really enjoy the King Kush saying it is "The best strain they have ever experienced". We are very proud to say our labels are 100% accurate, and we do not re-label strains or make up names for things we are unsure of. The genetics and lineage of our medicine is well known and come from legitimate reliable sources, and we regularly carry mostly the same strains as well, so our patients are not forced to constantly have to search for efficient medicine every time they come in. We also boast an immaculately clean and well-lit dispensing area with glass counters and a magnifying glass among other things. Not only do we have top quality strains, but we have top quality concentrates as well. We carry Granny's edibles, a cannabis cook who has been baking the best goods for 25years. Ice Cream is even on our menu, with a few different flavors. I truly believe we offer our patients the best quality and options for their medical needs and this is confirmed as we develop more and more regular patients who also agree. Come in and see for yourself, we promise you won't be disappointed.



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

Jeff – No not really, we have a number of things in the works but I prefer to wait till they become more of a reality. I will say we are thinking about doing a little remodeling in the future, but honestly I am really pleased with our current situation. Anyone who comes in to visit will be happy, and that is my main goal really so for now everything is going well. Come check us out or go to the website, <http://www.theweed420.com>

Thanks again to Jeff for a great interview, I see why The WEED has become such a well-respected place. Hopefully this helps you find the medicine you are looking for at a more affordable price. Maybe you've been needing a good place for edibles or ice cream, and this info will help you find what your looking for. Next issue is probably going to have some more varieties from up north, its getting to be about time for another visit to SF and Oaksterdam. Also, keep your eye out for my DVD coming soon called "The Battle of the Buds: California vs Amsterdam" more info can be found @ www.AmsterdamDVD.com. Take it easy, have fun, don't believe the hype and find what works for you. Good luck.

Written by Jeremy Norrie – AmsterdamDVD.com



Growing from Seed

By Zany Trails

Cannabis plants can be cultivated in a variety of ways, either from seed or from clone. Growing plants from seed offers the home grower a real challenge, not just because the variety of seed strains now available is so vast and endless, but also because growing from seed allows people a real chance to get to understand Cannabis plants. So let's take a closer look at the practice of growing from seed.

Growing from Seed

Growing from seed is where the real magic of marijuana cultivation begins. Many people, may use many different methods of seed germination to achieve this goal. Methods perhaps best practiced alongside hydroponics include sowing seeds into glasses of water or onto damp paper towels, prior to transplanting them into a sterile growing medium like coco fiber or rockwool cubes. The most natural way for us to sow seed (as organic growers) is by sowing seed directly onto/into fresh beds of soil or compost, in a warm sunny place. Then just sitting back and watching them grow. When sowing seed indoors we sometimes use lamps, which aren't very organic, but this helps us grow from seed at any time of day, in any season of the year, which is a great help.

Cultivated Seed

Cultivated seed can be sown indoors during any season. One reason for this is that programs of force-flowering and hybridization over successive generations, in cultivated varieties, has ultimately reduced the 'survival factor' in lineage (this is the same in any cultivated species not just Cannabis). Germination in cultivated cannabis seed may take place outside what would otherwise be the plants annual or natural growing season. The best time to sow cultivated seed outdoors is in spring. Cultivated seed can be sown outside right up to Autumn in cooler areas (and then bought inside to finish flowering into Winter).

Seed that have been cultivated outdoor are sometimes more seasonal in their overall character, preferring to germinate under a natural photoperiod, often the following Spring. Likewise seed from landrace varieties often prefer to germinate under natural conditions outdoors, rather than indoors under lamps. All cultivated seed (indoor or outdoor) require a natural period of seed dormancy before germination can begin.

Seed Dormancy

Seed dormancy in cannabis is a naturally occurring phenomenon. The length of dormancy in seed is always highlighted in the rates of viability and the overall health displayed when sown out in multiple lots (providing the seed were from good parent stock to begin with). Seed that are old, immature, or kept under poor conditions are often in-viable and unlikely to hatch. All seed must then undergo a period of dormancy before germination can begin. The seed embryo inside the seed shell needs time to develop and over winter before hatching into a young seedling. Keeping seeds in cold storage helps to extend this period of over wintering and may help maintain levels of viability for longer periods of time. In many cases this helps extend seed viability beyond the natural life-span. Many annual seeds including cannabis actual share a relatively short shelf life and are best sown out within a couple of years of ownership for the best results.

Seed Design

Cannabis seed display a combination of physical and chemical mechanisms of seed dormancy in order to survive. The seed shell itself helps keep the seed embryo inside dry, warm, and protected from the elements. In cannabis, the seed shells have a fissure line that is slowly permeable to moisture. The seed embryo inside has a natural chemical inhibitor that helps prevent germination from starting until the embryo is fully developed and external conditions are right. The seed embryo starts to develop during the early stages of after-ripening while the seed are still on the plants. This is followed by a cooler period of hibernation as seeds



are dispersed from mother plant to the ground (or to the shelf). Following these stages of dormancy, and when environmental conditions surrounding the seed show signs of sustained warmth with adequate moisture to support growth, seeds start to hatch, and the magical process begins.

Seed Germination

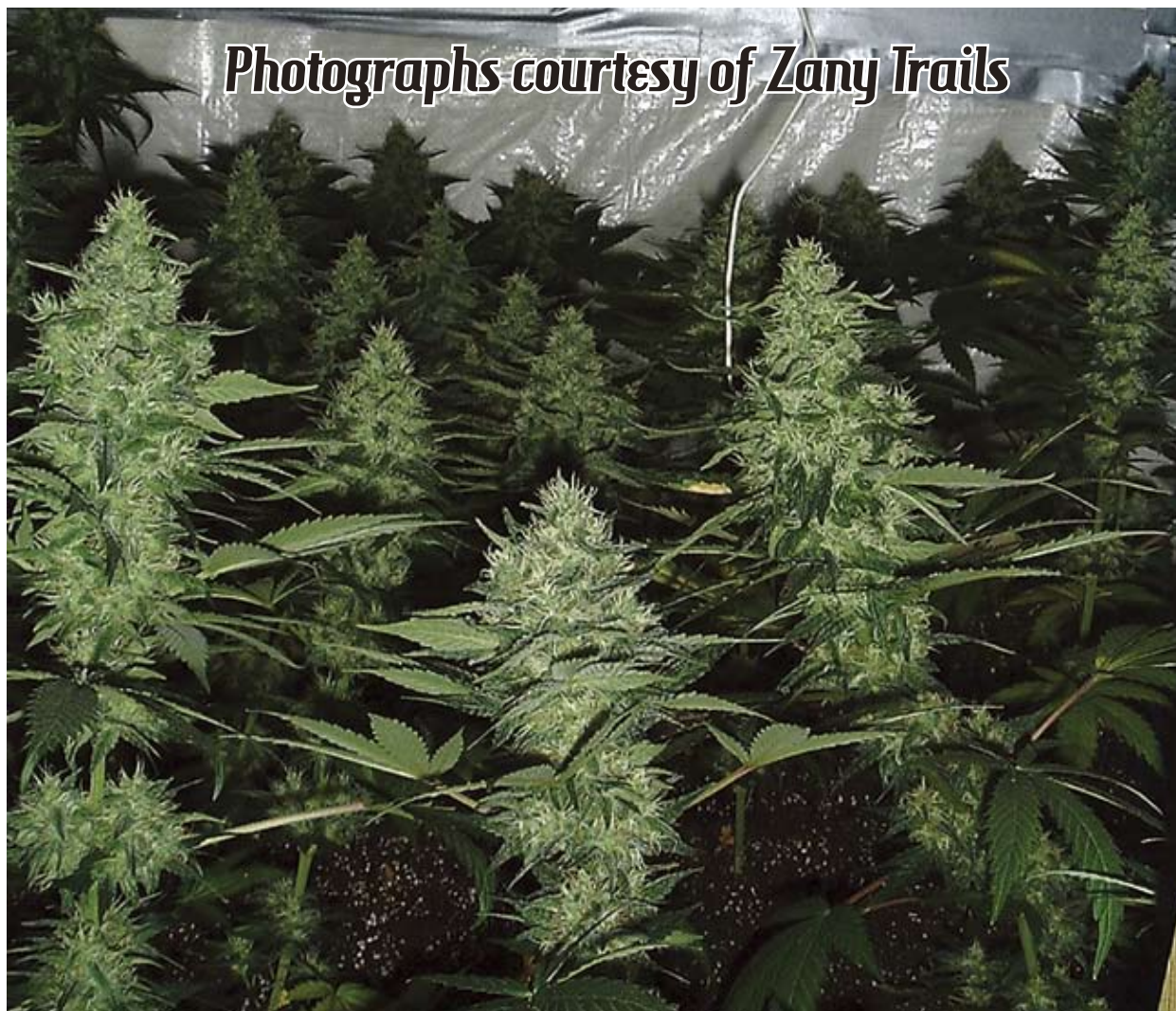
Most varieties of Cannabis seed need a consistent temperature between 15-25c to germinate successfully. Certain varieties of seed will happily germinate at temperatures much lower, between 5-15c. Seed with Afghan heritage might sometimes germinate in the fridge, if overall conditions are too moist, so beware. Different seed then require different environments and conditions to germinate. All seeds require moisture and a period of raised temperature to germ. Keeping seed cool, dry, and dark, is the best way to prevent seed germination from occurring.

Seed Testing

The only way to test batches of seeds is to sow out lots of them. The easiest way to sow out multiple seed-lots is to sow seed into neat rows onto a moist tray of compost. Using this method seeds root themselves nicely without any human intervention. Place each seed tray into a propagator with a lid and provide them with 14-24hrs of light from the blue end of the spectrum. In spring time this can be as simple as scattering some seeds into a plant pot on the windowsill or into a flower bed outside. Sit back to watch them hatch.

Healthy and viable seed should germinate within 12-48 hours. Certain seed-lots (usually those cultivated outdoor) may take a week or more to hatch. Some seed varieties also prefer a thin covering of compost to encourage germination, but as a rule, this isn't as important as the compost that sits underneath the seed. Always take notes when testing seed lots so that nothing is missed. When the majority of seed in a lot have hatched successfully the viability rates and patterns of healthy can be observed. After which the next stages of cultivation begin...

Photographs courtesy of Zany Trails



Medicinal use

Cannabis has always been used as a medicine. Medical patients around the world noticed that the Paradise Seeds varieties are excellent to help relieve pain and suffering, reduce nausea, induce appetite and treat a range of other ailments for people who require medical marijuana.



For a Paradise Seeds catalogue send \$5,- to: Paradise Seeds Postbox 377 1000 AJ Amsterdam Holland
T/F 0031 20 6795422
info@paradise-seeds.com

♀ Feminized seeds

QUALITY YOU DESERVE

Download a catalogue from our website!

www.paradise-seeds.com/index.php

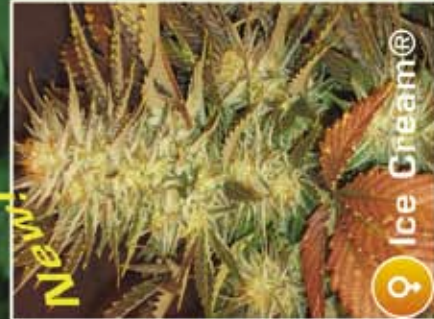
breeders since 1994



♀ Opium®



♀ Jacky White®



♀ Ice Cream®



♀ White Berry®

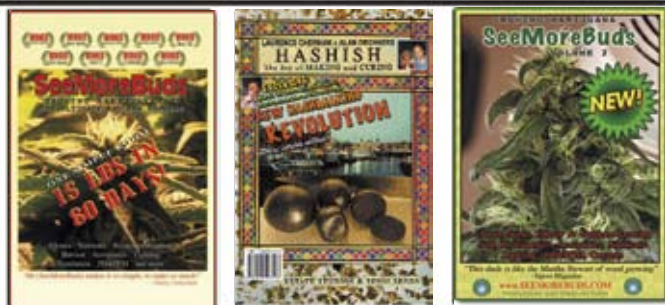


♀ Wappa®



♀ Spoetnik #1®

FS Book Company
P.O. Box 417457, Dept. TY
Sacramento, CA 95841-7457 USA



FREE SHIPPING! FAST SERVICE! SINCE 1985!

SEE MORE BUDS VOL. #1, DVD, 15 Lbs. in 80 Days!, 49 mins.....\$25
 HASHISH, Cherniak & Dronkers, The Joy of Making and Curing, 64 pgs.....\$19
 SEE MORE BUDS VOL. #2, DVD, Clones, Seeds, Indoor & Outdoor, 73 mins.....\$25
 HIGH GROWER, DVD'S Indoors...\$30 Outdoors...\$30 Hydroponics...\$30
 HIGH GROWER, DVD'S The Hash Man.....\$30 Mushroom Growing.....\$36
 READY SET GROW! DVD, High Times...\$30 READY SET GROW #2, DVD...\$30
 THE ULTIMATE GROW, DVD, Jorge Cervantes & High Times, 100 Mins.....\$20
 THE CANNABIS GROW BIBLE, The Definitive Guide, Greg Green, 305 pgs.....\$22
 MARIJUANA NEW SCHOOL, Outdoor Cultivation, Jeff Mowta, 157 pgs.....\$17
 MARIJUANA NEW SCHOOL, Indoor Cultivation, Jeff Mowta, 272 pgs.....\$20
 BONANZA OF GREEN, Do-It-Yourself Indoor Guide, BOG, 136 pgs.....\$18
 CANNABIS CULTIVATION 2, Complete Grower's Guide, M. Thomas, 247 pgs.....\$17
 ORGANIC MARIJUANA SOMA STYLE, Chemical Free!, Soma, 128 pgs.....\$18
 THE CANNABIS BREEDER'S BIBLE, Marijuana Genetics, G. Green, 237 pgs.....\$22
 THE GOOD BUD GUIDE, The Worlds Best Marijuana Strains, Albie, 208 pgs.....\$20
 MARIJUANA GROWER'S HANDBOOK, Indoor Ed., Ed Rosenthal, 261 pgs.....\$19
 THE BIG BOOK OF BUDS, Quick America, Full Color, 240 pgs.....\$18 BBB #2-\$20
 MARIJUANA GROWER'S GUIDE, Color Edition, Mel Frank, 330 pgs.....\$18
 MARIJUANA GROWER'S INSIDER'S GUIDE, Indoors, Mel Frank, 380 pgs.....\$18
 THE CLOSET CULTIVATOR, Expanded Edition, Ed Rosenthal, 128 pgs.....\$16
 MARIJUANA HYDRO GARDENS, The Techno Grow, Tom Flowers, 110 pgs.....\$16
 MARIJUANA BOTANY, Breeding Cannabis, Robert Connell Clarke, 197 pgs.....\$24
 MARIJUANA HYDROPONICS, High-Tech Culture, Daniel Storm, 117 pgs.....\$18
 CULTIVATING EXCEPTIONAL CANNABIS, Expert Breeder, DJ Stort, 102 pgs.....\$16
 MARIJUANA FLOWER FORCING, Designer Growing, Tom Flowers, 110 pgs.....\$16
 MARIJUANA HORTICULTURE, Indoor/Outdoor Bible, J. Cervantes, 512 pgs.....\$25
 HYDROPONIC HOT HOUSE, Low Cost, High-Yield, James DeKorne, 178 pgs.....\$16
 MARIJUANA LAW, How to Avoid Busts, Richard Glen Boire, 271 pgs.....\$18
 MARIJUANA CHEMISTRY, Hashmaking & Oil, Michael Starks, 199 pgs.....\$24
 THE ANARCHIST COOKBOOK, Uncensored Ed., William Powell, 160 pgs.....\$35
 SECRETS OF METHAMPHETAMINE MANUFACTURE, #7, Fester, 213 pgs.....\$35
 AMPHETAMINE SYNTHESSES, Revised Industrial Ed., Otto Snow, 276 pgs.....\$35
 ADVANCED TEC. OF AMPHETAMINE MANUFACTURE, Fester, 189 pgs.....\$32
 TOTAL SYNTHESIS II, Meth. & Ecstasy Manufacture, Strike, 291 pgs.....\$38
 OPIUM FOR THE MASSES, Cultivation & Harvest, Jim Hogshire, 112 pgs.....\$18
 OXY, Narcotic Synthesis From Oriental Poppies, Otto Snow, 264 pgs.....\$32
 THC & TROPACOCAINE, THC From Olive Oil, Otto Snow, 182 pgs.....\$31
 PRACTICAL LSD MANUFACTURE, Thrid Edition, Uncle Fester, 140 pgs.....\$20
 PSYCHEDELIC CHEMISTRY, Lab "Cookbook", Michael Smith, 200 pgs.....\$22
 PSYCHEDELIC SHAMANISM, Psychotropic Plants, Jim DeKorne, 155 pgs.....\$22
 LOVE DRUGS, How To Make MDMA From Scratch, Otto Snow, 242 pgs.....\$36
 CLANDESTINE LABORATORIES, Second Edition, Jack B. Nimble, 124 pgs.....\$20
 SOURCES, Reference of Supply Houses & Resources, Strike, 226 pgs.....\$30
 PSIOCYBIN GROWER'S GUIDE, Easy Guide, O.T. OSS & O.N. Oeric, 88 pgs.....\$16
 FS CATALOG, 300 Titles With Pictures, Descriptions & Prices, 52 pgs.....\$2

Get ONE of the ten books below FREE with your \$60 order!

THE LITTLE BOOK OF ACID, 115 pgs _____ THEY'RE WATCHING YOU!, 112 pgs
 HEAVY DUTY NEW IDENTITY, 105 pgs _____ 21ST CENTURY FRAUD, 155 pgs
 THE HYDROPONIC HOT HOUSE, 178 pgs _____ HEAVENLY HIGHS, 182 pgs
 GROWING EXTRAORDINARY MARIJUANA, 84 pgs _____ STONED FREE, 157 pgs
 GARDENING INDOORS WITH H.I.D. LIGHTS, 164 pgs _____ GASLIGHTING, 113 pgs

www.fsbookco.com

Free Shipping in the USA only, allow 2-3 weeks for delivery, for Air Mail

add \$4 per item, and allow 3-5 days for delivery. Canada add \$5,

Europe add \$10, Pacific Rim add \$15, per item, for Global Air Mail.

BOOKS ARE SHIPPED IN A PLAIN PACKAGE! ALL ORDERS ARE CONFIDENTIAL!

Books are sold to adults only for educational purposes in accordance

with The First Amendment of the Constitution. CA Res. Add 7.50% Tax.

Checks, Money Orders, Visa, MC, AMX, Discover & PayPal Are Accepted.

ADD A \$3 PRO. FEE ON CREDIT CARD ORDERS.

24 HR. CC ORDERS 1-916-577-1226 FOREIGN 1-916-771-4204



QUESTIONS

CREDIT CARD ORDERS

1-916-771-4203 1-800-635-8883

MoHeadRed

JUDGE D AND I, BRO'S FOR LIFE!

HERE'S A LITTLE NUMBER I THOUGHT YOU GUYS
 MIGHT LIKE. IT'S FROM ME AND THE HEART!

WE GOT ONE FIGHT TO FIGHT,
 AND THAT'S FOR THE RIGHT,
 TO TAKE FLIGHT IN OUR MIND'S,
 AND GET OUT IF ONLY FOR AWHILE,
 SET OUR MIND'S FREE,
 AND LET MARY JANE TAKE US WHERE WE CAN SEE,
 WHERE WE NEED TO BE,
 THE PLACE THEY DON'T WANT YOU TO BE,
 THE PLACE THAT'S REALLY FREE,
 DON'T LET'EM KEEP YOU DOWN,
 KEEP YOUR HEAD UP,
 REP THE KROWN IN YOUR TOWN OR STATE,
 AND NEVER HESITATE TO CHANGE YOUR FATE,
 OPEN YOUR MINDS EYE,
 WE ARE GOING FOR A RIDE,
 WE WILL BE RIGHT HERE ON THE OTHERSIDE,
 WHERE FREEDOM AND TRUTH ARE ALL YOU NEED,
 JUST TAKE A LONG HIT FROM THE WEED,
 IT WILL OPEN YOUR EYES,
 AND LET YOU LOOK INSIDE,
 AND SEE WHAT THEY DON'T WANT YOU TO,
 IT'S ALL RIGHT IN FRONT OF YOU!

DON'T LET THEM WIN YOU CONTROL YOUR BODY
 AND MIND!

SUPPORT MEDICINAL MARIJUANA, AND LEGALIZE IT!
 WE CAN DO IT!

BIG MO,
 YOU'VE FUCKED WITH THE REST,
 NOW COME FUCK WITH THE BEST!

HIT ME BACK AND LET ME KNOW WHERE YOU STAND,
 AND WHAT YOU THINK!

**MEDICAL
 MARIJUANA**

Jeffrey L. Williams

It Is What It Was

By: J. Williams

It was a futile start
Of trivial proportions
It was a ghastly performance
A revolting abortion
It was the slayer of souls
The creator of this ball
It was the end of an era
And the beginning for us all

March of the Useless

By: J. Williams

We marched along the streets
Demanding to be heard
But no one came to see us
No one uttered a word
A march means nothing
When there's no one to protest
So we all march in vain
Futile social unrest
Let's move on again
Hoping to be heard
Maybe in another city
We will spread the word

Ed Coet

ADDICT

Petty and ephemeral is the addict
lost in inner space and
devoid of rationality.
A cognitive aberration with listless core;
A captive to lifeless substance.

A begging petitioner of undeserved pity;
wholly blameful for a schism with
all who matter.
A renegade from normality; woefully
Ignominious - a trite revulsion.

A perpetual thief to even kin is this
slug of slight substance.
A ruinous parasite to all, including self.
Such is the essence, the very soul of the addict
lest he rejuvenate and change.

Author Biographical Sketch:

Ed Coet is a retired US Army officer, a professional educator, and a widely published freelance writer and poet. Ed has had numerous articles published on a variety of topics. Ed's short stories, David's Angel, Big Bertha, and Simon and Papa John were published in the popular ezine Bewildering Stories. They also appear in the Author's Den along with several of Ed's other articles and poems. Ed Coet's poems have been published in or accepted for publication in Purple Dream Ezine, Solder Works magazine, Children, Churches & Daddies Magazine, Scars publication, Steller Showcase Journal, Both Sides Now Journal, Because We Write Magazine, Cynic Magazine, Fullosia Press, Author's Den Ezine, and Muscadine Lines, A Southern Journal.

Kenneth Brown

Don't Run!!!

Though it wore no cloak nor carried a scythe
Me and Jim both...we knew it was him.
To see it in person...an ominous fright.
Its eyes close together; a predator like no other
we were locked in his sight.
Us two; his quarry, awaiting his burst.
Me; I was praying...don't go for me first.
Terror stricken...my heart quickened
My feet were like lead. Jim started to gun it
He thought he could outrun it; but the beast won instead.
Grim was on his neck quick...Jim's blood running thick.
My stomach turning; I thought I would be sick.
I was hearing; flesh tearing...I heard his bones break
I wasn't sure, how much more I could take.
The beast gobbled and slurped...made a sickening burp
Grim ate him whole; ate Jim down to his sneakers.
I watched Jim lose his soul...lose his soul to the Reaper.

By Kenneth Brown

The Details

I stare at your picture, just inches away
and I'm comforted by the details of your face.
Your smile and your lips, the curve of your hips
The small of your back, where my hands used to rest
The inside of your thighs that I love to caress.
The taste of your skin, the smell of your hair
how my heart starts to race, when I'm kissing you there.
When I'm doing it right, that sound you would make,
Slow down you tell me, please, make it wait
you try to hold back, but you can't, it escapes.
I stare at your picture, I honestly do
for it always reminds me, the details of you.

By Kenneth Brown



Soldier Tears

One night in Iraq a soldier looked to the sky.
He posed a question to God as to why.
"Why all the fighting; I don't understand".
Was the question he asked, as he stood in the sand
He searched the heavens high above
Thinking "If we truly are one world, then where is the love?"
And that's when he saw it; shining so bright
His question answered...a tear fell from his eye
The kids always known it; now he knew it too
The Little Dipper flies over, the Middle East too.

By Kenneth Brown

Bio: Active Duty soldier currently serving in Iraq

Age: 37

City: Byron GA

Published: Yes -

Soldier Tears www.lostbeatpoetry.blogspot.com



TORONTO STAR

Presents the 22nd Annual

INTERNATIONAL HOME SHOW

Oct. 5-8

INTERNATIONAL CENTRE

6900 Airport Rd.



Celebrate
HOME Life

Enter To
WIN

\$10,000

Shopping Spree!

VISIT:

www.internationalhomeshow.ca

Explore the Amazing



Model Home **décor**

Sponsored by: ALTAIR/CLUBHOUSE PUBLICATION

Learn New Ideas at the SuperHouse Design Reno Theatre

RENO&decor

Sponsored by:

Score in the Ultimate Guy's Interactive Get-Away Room

Save and Conserve in the Green Street Pavilion



Sponsored by: enersource



Pamper Yourself in the Ultimate Innovative New Kitchen, Bath & Spa Showcase

Experience the Awesome **casalife** Condo Project

furniture | accessories

Enjoy a **FREE** "Ask A Designer" Consultation at the Décor Design Gallery



Sponsored by:

CANADA'S LARGEST FALL SHOW!

INTERNATIONAL HOME SHOW
Oct. 5-8 2007
INTERNATIONAL CENTRE
6900 Airport Rd.

Info: (416) 512-1305

www.internationalhomeshow.ca

Email: info@internationalhomeshow.ca

Show Hours:

Friday
12pm - 8pm

Saturday
10am - 8pm

Sunday & Monday
10am - 6pm

\$3

OFF

per couple (\$1.50 off
one adult admission)
not valid with any
other offer
Req. Price - \$12

FREE PARKING!

**FREE
CHILDCARE!**



NOTHING ON TV?
LET **SKUNK**
TURN YOU ON.



skunkmagazine.com

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...

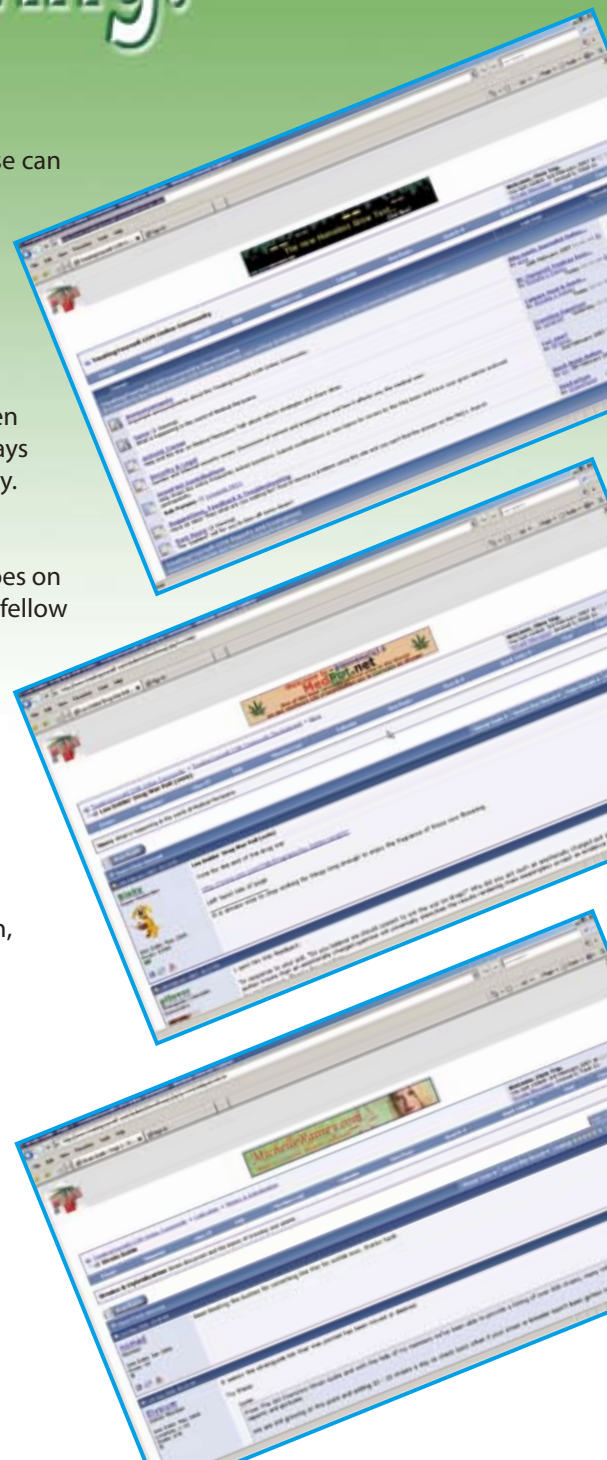
A place that can help you to grow your own medicine and grow it well...

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!



from Freedom Malhotra ~

Reinventing Addictions

Over a century has passed since the earliest self help-book was published by Samuel Smiles in 1859. The book, appropriately entitled *Self-Help*, was the first small step in developing what has now become a gigantic multi-billion dollar industry. This phenomenal growth should be of no surprise to anyone. After all, as our lives get busier, more and more of us are looking for answers on how to cope with the mounting stress, fear and discontent we experience. Yet, co-authors Satyam and Freedom Malhotra believe coping is not enough. They argue that the stress, fear and discontent we experience are symptoms of a much deeper problem that is not being addressed.

"Most of us take for granted that it is desirable to have more and more of what we feel is lacking in our lives. We struggle for more money, more beauty, more spirituality and more of just about everything else. But we rarely, if ever, stop to reflect on why we want these things in the first place. More importantly, we avoid addressing the real problem - that no matter what we do or how much we achieve, we inevitably return to a sense of feeling like it's never enough" explains co-author Freedom Malhotra. In their new book *Born on the Mountaintop: Reclaim Your Life and Unleash Your Spirit* they reveal how most of us have psychological addictions that we are unaware of. In fact, they have diagnosed 12 Major Psychological addictions that affect everything in our lives from our need for approval to the expectations we have of one another.

How, you may ask, are we all addicted? The answer can be found in what the authors describe as the one central belief that has been drilled into our heads since the day we were born. This central belief is that we must prove ourselves worthy of the love and acceptance we long for. In other words, we need a reason to feel good about ourselves. Just how deep does this belief run in our psyches? "Most of us have never experienced love or acceptance in any other way," says co-author Satyam Malhotra, whose background in Prana healing, hypnotherapy and physical therapy have culminated in the insights he shares in the book. "Think of a time when you felt good about yourself. If you are like most people, you probably needed to give yourself some reason to justify feeling this way. Likewise when other people have accepted you, you probably had to fulfill some expectation to gain their approval." Though this may seem normal to many, the authors reveal that as long as we need to prove ourselves worthy of acceptance, we will never find freedom from the fear and stress in our lives.

Born on the Mountaintop illustrates how every condition we place on our self-worth will, at best, gives us temporary highs in life, but always leaves us dissatisfied and in search for more. Since our addictions are being reinforced practically everywhere we go, the authors stress that there is no magic pill to turn our lives around. Their

book originates from an intensive weekend workshop they teach in Toronto. It seems that their unique approach is beginning to catch on. "The *Born on the Mountaintop* approach is liberating," says Monica Vermani, a Clinical Psychotherapist from Toronto. "It leads people to challenge what they do, and why they do it. I think they are doing a great service by helping people break free from these deep-rooted ideas."

Born on the Mountaintop is a refreshing read that challenges many mainstream ideas. The authors illustrate how the need to succeed, to look a certain way or the need to compare ourselves with others can all arise from addictions without us being aware of it. They even go on to reveal how seemingly beneficial activities such as looking for a life-partner, seeking enlightenment or trying to help "save the world" can become addictions that severely limit our experience of life.

"That most of us have these addictions is nothing to be ashamed of. What is most important is that you take an objective and compassionate look at how the need to prove your worth can be dominating how you feel, behave, and interact with others," says Satyam. "Once you become aware of your addictions and how they specifically affect your life, the real fun begins. You can open the door to a realm of new possibilities by challenging the notion that you need any reason to accept yourself. Ultimately, by deepening your awareness of these patterns, you will reclaim the power to live your life, your way."

Freedom and Satyam Malhotra are co-founders of Me Magic, an organization dedicated to empowering people to break free from the chains of their minds and hearts. Combining their distinct backgrounds in health care and business, they show how it is possible to reclaim freedom in our personal and professional lives. For more information visit www.memagic.com. If you would like to have more information on this topic or to schedule an interview with Freedom or Satyam, please call (416) 915-8965 or email publicrelations@memagic.com

Book Details:

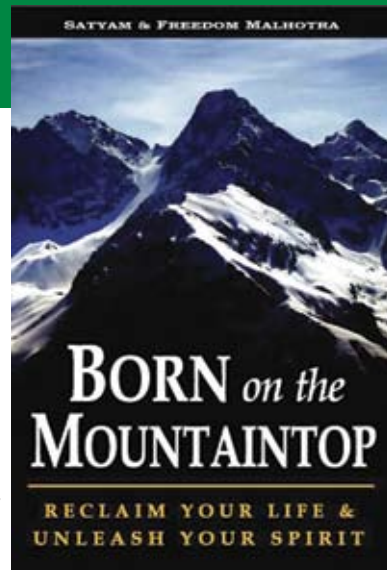
Available online and at select local bookstores

Breakthrough Publishing

Publication Date: July 2006

ISBN: 0-9739329-0-2

Retail Price: 24.95 CAD



Have You Thought of Leonard Peltier Lately?

Do you remember Pine Ridge? June 1975?

If you are one of the millions of people who HAVEN'T, then you should read this book, or visit the website, go online and check out the truth about this. It's important.

You may be asking yourself "why this important to me," and I am sorry to say the answer is yet another question, "do you value your freedom and the truth over what the Government tells you?"

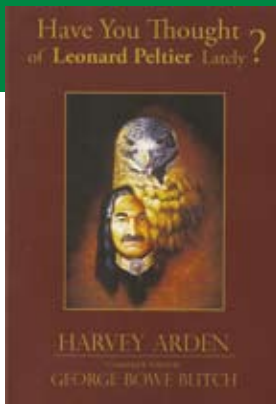
Reading this book was shocking and at the same time you end up feeling numb with anger at the end of this tale. This story is so moving; you do end up asking yourself all sorts of questions about your own complacency and willingness to live a life of corporate consumerism until the very end.

And the end might be quite nearby. Especially if we do not heed the warnings of the elders from around the globe as they shout about the injustices piled upon we the people, and the planet, in exponentially larger numbers day by day. It is time to stop locking up our own Native American peoples just because they stand up for their rights.

The introduction from Arthur Miller is a great summary of the entire story behind Leonard Peltier, and his 30 years of incarceration. Written with his usual crisp investigative style, you will find out the truth about what happened there one day in June 1975, when the Government was in the process of stealing yet more land from Native Americans who had been living there for millennia.

One of the most awesome things you will read about here is the FBI's attitude towards these people, "Indians are a conquered nation and the FBI is merely acting as a colonial police force."

~reviewed by Chris Thompson



Voice of the Hawk Elder
By
Seneca
Wisdomkeeper
(Edna Gordon)
with Harvey Arden

This wisdom-filled volume of spiritual messages is a kick in the pants, as the writer calls for a Broomstick Revolution.



Edna Gordon, known as Ye-o'l-wa (or "Her Words" in English) is a member of the Hen Hawk Clan, and her late husband was from the Wolf Clan. Seneca Wisdomkeeper, as some call her, lives on the Cattaraugus Indian reservation Cattaraugus Reservation which is an Indian reservation of the Seneca tribe, in New York, USA. The population was 23 at the 2000 census. Most of the inhabitants are of the Seneca tribe.

Having written a multitude of volumes, she concentrates on Nature and the traditional ways of life passed down through generations of her ancestors.

Her writings are timeless and fascinating. From topics such as Iraq:

"That's maybe the biggest injustice they've ever done since they tried to kill all us Indian people. But they *failed* when they tried to kill us all, just like they'll *fail* in Iraq and anyplace else they invade us with their bombs."

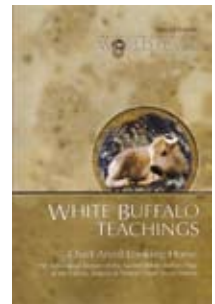
To selections of her beautiful poetry, this book is a delight, a bedtime companion and a teacher all rolled up in one book.

HYT Publishing, \$17.00 USA ISBN Number 978-0-9754437-1-2

Enjoy!

~reviewed by Chris Thompson

White Buffalo Teachings
By Chief Arvol Looking Horse
19th Generation Keeper of the
Sacred White Buffalo Pipe of the
Lakota, Dakota and Nakota Great
Sioux Nation



"We are the watchers. We are the witnesses. We see what has gone before. We see what happens now, at this dangerous moment in human history. We see what's going to happen, and what *surely* will happen unless we come together – we, the Peoples of *all* Nations – to restore, peace, harmony, and balance to the Earth, our Mother."

One of the powerful opening statements sums up this book quite well. This is the tale of Chief Arvol Looking Horse's quest to waken the spirit in us all, and what he went through in his travels. Praying for peace around the planet when and where it is needed is his goal, his quest. Read about his adventures in Iraq, Canada, Europe, Central America and the United States to see what the life of an activist is really all about.

Reading this book will give you a better understanding of how Native Americans think and live on this planet, and it's an eye-opener indeed.

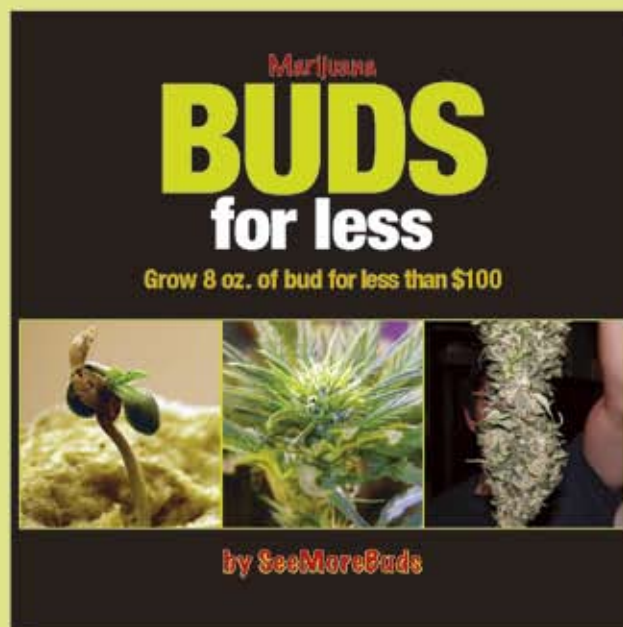
HYT Publishing, Copyright 2005
~reviewed by Chris Thompson

Big Buds for Less-

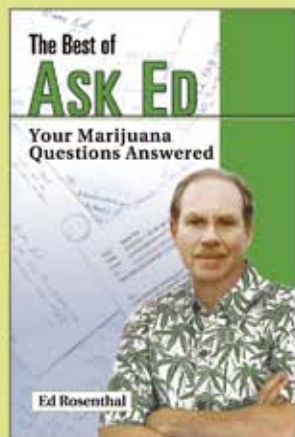


Grow 8 oz. for less than \$100: Marijuana Buds for Less

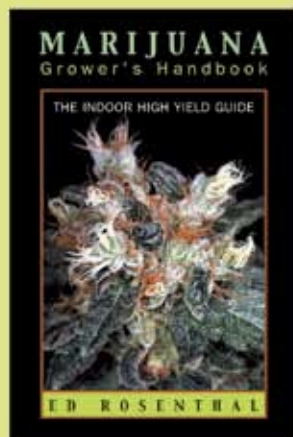
Step by step guide to growing with compact fluorescent bulbs, from seedling to harvest in 69 days—all for less than \$100. Each page shows daily progress, and offers historical, scientific and trivia facts about this amazing plant. Reduce costs and maximize yield. \$16.95



Marijuana gardening—as simple as screwing in a light bulb.



\$19.95



\$19.95

Other bestsellers—

The Best of Ask Ed

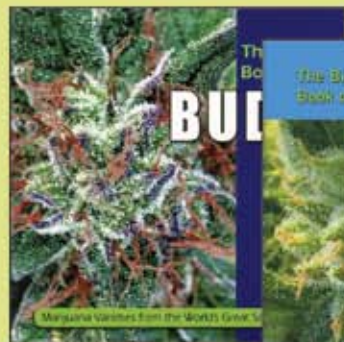
Ultimate troubleshooting guide: "Everyone has questions about set up, light, plant pests, and garden maintenance. Here are over 400 answers, indexed and easy to find. This book contains grow info you can't find anywhere else."

Marijuana Growers Handbook

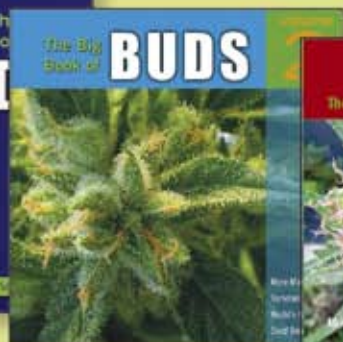
Most reliable indoor advice: "When it's time to plant, my comprehensive guide to indoor cultivation will walk you from seed to buds. Every aspect is covered including hydroponics, lighting and different grow methods."

Big Book of Buds 1, 2 & 3

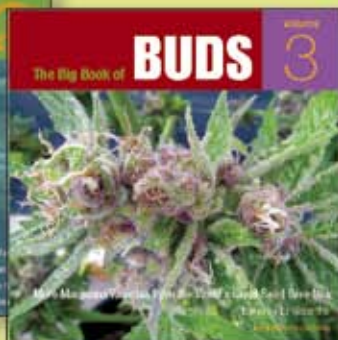
Become a big bud expert: "Here's the world's most incredible marijuana. Each variety is pictured and described so you'll know best growing conditions as well as taste, aroma, and quality of the high. Each Big Book features different varieties from the world's great seed breeders, and where to find them."



\$22.95



\$22.95



\$22.95 Paperback, \$29.95 Hardcover



**ED ROSENTHAL
PRESENTS**

Order online 24/7 @ www.quicktrading.com • Order by phone 1-800-635-8883

Mila's Original



Motorized Dry Trichome Separator



SAVE \$50

WHEN YOU BUY A POLLINATOR
AND A PIECEMAKER

Limited Time Offer

Save time and money. Tumble your leaves and trim quickly and efficiently. No messy bags, water or ice. No more waste. Simply load your material into the drum and let the motor do the work! The P150 can process 150 grams at a time, the P500 can process 500 grams. The entire process takes only 15 minutes!

P150
150 GRAM CAPACITY

\$495 US (+ \$45 s/h)

Includes a 145 micron screen

Extra screens available: 125 micron • \$225us

P500
500 GRAM CAPACITY

\$720 US (+ \$45 s/h)

Includes a 145 micron screen

Extra screens available: 125 micron • \$295us

ICE-O-LATOR

Manual Trichome Separator

The ICE-O-LATOR is a simple water and ice extraction method. The use of a double screen guarantees a very pure end product, dust particles and plant waste will stay behind in the water.

5 GALLON SYSTEM

2 BAGS \$110US (+ \$20 s/h)

3 BAGS \$165US (+ \$20 s/h)

5 BAGS \$270US (+ \$25 s/h)

7 BAGS \$380US (+ \$25 s/h)

EXTRA BAGS \$55US (+ \$15 s/h)

25, 38, 45, 70, 90, 120, 185, 220 mc

20 AND 55 GALLON SYSTEMS ALSO AVAILABLE!
CHECK OUT OUR WEBSITE FOR PRICING!



Bubbleator®

The quickest, cleanest and most effective crystal extraction method there is!

The Bubbleator is the original automatic trichome separation machine using the same technology as the Ice-o-lator. The Bubbleator uses a quick and gentle agitation system to separate the bulk of your crystals in just 5 minutes!

2 BAG SYSTEM \$235US

3 BAG SYSTEM \$290US
(+ \$45 s/h)

EXPANSION KIT \$175US
(+ \$45 s/h)

An add-on for those who already own an ice and water filtration system.

EXTRA BAGS \$55US (+ \$15 s/h)
25, 38, 45, 70, 90, 120, 185, 220 mc



A NOTE REGARDING AUTHENTICITY

The Pollinator, Bubbleator & Ice-O-Lator products have been developed by Mila of the Pollinator Company since 1995. Green Harvest is an authorized distributor of Pollinator products. By purchasing original Pollinator products you are helping support the people that develop these products and ensure that your money goes to continued research and development of new methods and technologies. Support the originators.

PIECEMAKER PRESS

\$245 US (+ \$20 s/h)

Press your trichomes and herbs into compact discs!

\$13.50us
(+ \$4 s/h)

3 designs available: Yin Yang, Pot Leaf, Zodiac



MINI PRESS

\$75 US (+ \$10 s/h)

Machined steel pollen and herb press used to press your trichomes or herbs, forming a hard cake.



BONSAI HERO TRIMMERS

\$660US (+ \$40 s/h)

Runs up to 6 scissors per power supply. Built for high volume trimming.

EXTRA SHEARS \$540us
(+ \$40 s/h)



TESTAROSSA TRIMMERS

\$270US (+ \$30 s/h)

An affordable alternative to the Bonsai for the light user! Features a double bladed cutting mechanism and almost silent operation.



FOR CANADIAN PRICES ADD 10%

GREEN HARVEST.ca

MAIL YOUR ORDER ALONG WITH AN INTERNATIONAL MONEY ORDER AND RETURN ADDRESS TO:
GREEN HARVEST, #29159, DELAMONT RPO, VANCOUVER, BC, CANADA V6J 5C2
CALL: 604-730-9333 • TOLL FREE: 1-866-727-9333 • FOR COLOUR CATALOGUE, SEND \$5



Happy Chief Custom Filter System

Here we have another offering in the "harm reduction" category. This kit comes to us from our friends at "HappyChief.com". The kit includes a small, medium and a large silicon based "adaptors" each adaptor comes with a plastic mouthpiece. As well as the special adaptors there is a supply of natural "hemp" material and a small bag of cigarette filters, this material is used to form a particulate filter. The aim of the kit is to reduce the amount of inhaled tar and particulate matter (pot crumbs and ash). All you need to do is find the adaptor that fits snugly over the mouth end of your favourite glass smoking piece, put a filter into the plastic mouthpiece and insert the mouthpiece into the adaptor.

Then its business as usual... smoke from your pipe as you normally would. I personally like to use "glass screens" in my pipes; unfortunately these allow a lot of particulate matter to get into my pipe

and consequently my lungs. With the "Happy Chief" system installed on my pipe I no longer worry about this, as a matter of fact I have completely removed any screens from one of my "crowd pleaser" pipes (a large pipe with a HUGE bowl) this lets me chuck a big "bud" intact into the bowl... puff puff pass...

I was a little bit leery of using a filter on my medical smoke, and then it occurred to me... I didn't have to use the supplied filters in full size, I could simply cut little slices off of the cigarette filters for use or with the hemp material I could use just a pinch instead of packing the filter tube full. Once I got my head around that I was much happier with the product and found it to NOT diminish my smoking pleasure whatsoever nor did it seem to reduce the effectiveness of my med's to any significant degree. This was of prime importance to me; I will not use more med's to make up for my delivery method!

These little filters work quite well even with just the tiniest bit of "hemp fluff" inside them, change the wad of filter out fairly often... it get's kinda funky pretty quick and that gives your smoke a "taste".

So if you are going to smoke your med's out of a pipe... why not do your lungs a favor and take a look over at "HappyChief.com" they sell a kit with all three sizes of adaptors or they sell them individually size by



size. It's your health and you only come issued with one set of "original equipment" lungs do them as many favors as you can.... They gotta last you a lifetime!

Before we leave "HappyChief.com" for today I have to mention this awesome little glass bead they sent along for me to check out. The first thing I thought of when I saw it was that it would make a great "toke stone" as we used to call them back a while ago (described pretty much anything that was NOT a roach clip but held a roach away from your lips)... so I went and checked out the site. Happy Chief sent me a "Squared Frit Bead", it's smooth on the outside and the inside is "nubbed" with little glass beads... very cool indeed! Yes it is a "toke stone" and fits the "medium adaptor" perfectly and I'm proud to be able to add it to my slowly growing glass collection!

Gord Hume
Partially disabled
ex-CDN Army Mechanic,
legal grower/consumer of medical marijuana



Squared Frit Bead with Medium Adaptor



Square Frit Bead



Small

Medium

Large

Vapir Oxygen 2.0

In this issue folks it is my pleasure to introduce you to a couple of products available from our good friends at "Vaporizers.ca", both are devices designed to "reduce harm" from inhaling anything from medical marijuana to tobacco.



Oxygen 2.0 complete with 1 hour battery pack

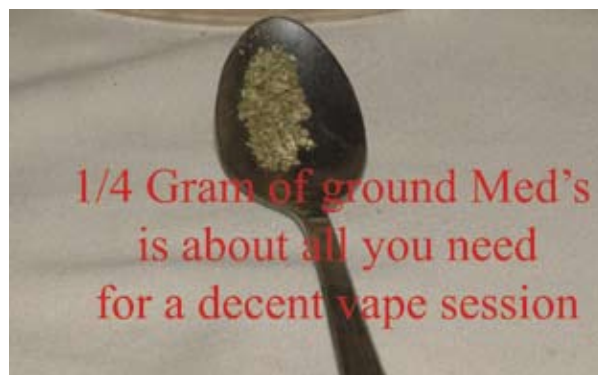
The first device is the "Vapir Oxygen 2.0". The kit that was supplied for our testing purposes was the "Oxygen 2.0 with battery". You can purchase the unit without the battery option... but for the extra 30 bucks I can't see why you wouldn't want the option of going "walkabout" with your vape? All in all the complete portable kit comes to whopping total of \$144.95 CDN + taxes and any applicable shipping (the non-portable kit is \$114.95 CDN). Now I'm not sure where you are getting your vapes... but I can't think of any other PORTABLE vapes that can be had for such a low price!

The unit, at first glance looks a little like a soldering iron, it most definitely is NOT based on a soldering iron. There is a heat shield that is clipped on to keep your hand cool when using the device. When first using the device you need to connect the included AC adapter and plug the unit into the wall and use the temperature up/down buttons to set the desired temperature to 350 degrees then press the on/off button to start heating the unit. This is required to "cook off" any oils or other "scents" that may be present from the construction process (do NOT put your meds in for this one time!). Let the unit run for it's full twenty minute timer setting (yes folks ... this unit comes equipped with a factory set twenty minute "auto-shutoff") , you only have to do this once in the lifetime of the unit so be patient.

OK you've been patient and unit has cycled a full twenty minutes at 350 degrees, while you were being patient you should have been grinding up some med's... you want your marijuana to be quite finely ground for this unit, finely ground pot is ESSENTIAL

for this unit to work at it's best! By now you've found the short length of tubing and the molded plastic mouthpiece, I recommend using them as the tip of the unit can get a little warm for my liking (although the unit can be used with no tubing or mouthpiece at all). Now all you have to do is give the top of the unit a quarter turn counter clockwise and it will come off exposing the med holding/heating chamber. Your meds are heated by a ceramic heater so "it's all good"! There is a little "tubular screen" inside the med holder that prevents your ground meds from plugging the tiny holes in the med holder, these tiny holes allow you to pull air past the heater then past your med's thus vaporizing them. The unit comes with one tubular screen... I'd sort of like to see it come with at least two of these little screens as they do sometimes pop out when you are dumping your "spent" med's and they are quite "crushable"... so forewarned is the case here. Be careful to NOT loose or crush your little tubular screen!

OK enough about the tubular screen you say... let's get medicating! Set the desired temperature for your purposes and press the on/off button. A red light will appear... this means the unit is heating to achieve your desired set temperature. The backlit digital display will alternate between the set temperature and the actual temperature. Watch the temperature climb! This little gem heats up VERY quickly! When the unit reaches your set temperature the red light changes to green, indicating that set temp has been reached and the unit is ready to be filled with med's.



1/4 Gram of ground Med's
is about all you need
for a decent vape session

This cool little unit only needs about a quarter of a gram of ground up med's to accomplish a really decent vaping session for a single patient! Yep that's right folks a measly quarter of a gram can last up to twenty minutes of vaping depending upon quality and temperature setting of course. Personally I like to vape with this unit at around 360 degrees. After you place your ground med's into the unit you simply put the top section back on and give it a quarter turn clockwise to lock it on, start inhaling right away. I find the unit works best if you use long slow inhales as this seems to minimize the amount of time the heater is on

trying to keep up with your demands and you're "set" temperature is more easily maintained.



You will find that there is quite a bit of "flavour" from your meds with this unit and you will soon learn the "taste" of spent med's. When you get no more vapor or you notice the taste of spent med's simply shut off the unit and give it a minute or so to cool... then open the top and tip out the spent med's (watch out for that little tubular screen!). You are ready to go again!



The Power to go "Walkabout"

Now let's investigate the battery pack that allows you to go "walkabout" with this little vape. The unit comes with a 12 volt DC 1500mAh Ni-MH battery pack... "What the heck does all that mean" you say? Well in short it means that you get a rechargeable (recharger comes with the unit) battery pack comprised of 10 nickel metal hydride batteries that are capable of letting you vape for a full hour when on your stroll. Now when you first get your battery pack you should NOT use it until you have ensured



that it is fully charged, you will need to charge it for a full 12 hours. Once in use the battery pack should be charged for 8-12 hours for every hour that you use it. I've noticed from personal experience that I vape at 365 when on battery power, I don't know why... it just seems the unit vapes better at a slightly higher temp when on the battery pack.



I'll give you a little advice here... drink lot's of water while vaping! It's VERY important to stay hydrated as vaping can certainly "dry" your mouth and throat. Second... use your med's sparingly when vaping... a little goes a long way! Third... give the med's a few moments to "kick in", vaped med's act somewhat differently than smoked and it is rather easy to use more than you need until you get used to vaping to medicate.



I've let several medical patients try this unit, the response from all parties involved has been very positive! Everyone liked the "ease of use" (one patient called it "a vaporizer for dummies")... not by ANY means meant to be a detractor, simply put this is a really EASY vape to get the hang of. The next thing my "test group" found to be a definite plus was the great LOW price for a unit that performs so well! Another factor that some of the "test subjects" reacted to positively was the fact that this is an "all plastic" unit and there was no glass to worry about breaking. Also an arthritis sufferer noted that the small amount of heat that actually does reach your hand during normal use was quite "comforting" and made the unit that much more enjoyable to use whilst treating themselves for their arthritis.

Being the "tinkerer" that I am I have made an adaptor that allows me to attach my "Oxygen 2.0" to a water bubbler, thus providing me with "water

cooled" and somewhat "humidified" vapor source. One inspired patient came up with the idea that you could get an old "travel mug" and drill a hole in the bottom to allow the battery pack cord to come through, and then guide the mouthpiece out through the lid of the cup. Hide the battery pack in an inside jacket pocket... run the cord down your sleeve and into the bottom of your "cup" and "sip away" in total anonymity! Use your own ingenuity and I'm sure you will find an innovative way to use this great little vape! My next project is to make an "in car" adaptor that I can use to power my "Oxygen". I must CAUTION you here! Any "device" or "attachment" you make/use that did not come with your unit might VOID your warranty! Be SAFE and use good common sense!

Overall I like this unit VERY much and I find that it "fills a hole" in the marketplace a hole that needed to be filled... NOW there is a very in-expensive, portable, digital vaporizer available for the masses!

Magnetic Filter Kit with filters



Kudos to "Vapir" for answering the needs of the patients! Last but by no means least a big Thank You! to our supporters at "Vaporizers.ca" for supplying the trial unit and for caring enough to "get the product out there" so that our patients can see this little gem for what it is....Worth the money!!

Vapir Cigarette Holder

Now it's not over yet... we still have another entry from our friends at "Vaporizers.ca" as well as coming from "Vapir". This time it's a product aimed at customers such as myself... yes folks I'm one of those "tobacco smokers". It's not a habit that I'm terribly proud of nor is it an "easy kick" habit, to that end I asked "Vaporizers.ca" to supply me with a "Vapir Magnetic Filter System". This device won't "help you quit" but it WILL help you reduce some of the harms from smoking cigg's.

In short it's a little cigarette holder that contains a set of magnetic "disks" and a tiny piece of filter material. This little device shows VERY quickly just how much "GUNK" it removes from even just a single cigarette! Yuck!! I've found that my lungs have felt better since I've been smoking "through" this device and I will continue to use it until I finally QUIT this lousy habit!

On a somewhat "un-related" note, I will also be ordering another of these little filter kits. I want another filter kit for smoking "joints" through. By way of experimentation, I found that if I removed the piece of filter material from the kit and left the magnetic discs in place. I could very easily slip a decent sized rolled joint into the holder and the quality of the inhaled "smoke" was NOT adversely affected. There was however a reasonably "thick" layer of resin and associated tar on the magnetic discs... not "in my lungs"!

I'm a "vapehead" and prefer to medicate myself by way of vaporizer... but I do indeed enjoy a well rolled joint! So I might as well do what I can to reduce some of the "harms" that might be associated with direct inhalation of combustible materials right? I can't "roll to save my soul" ... OK now that you've stopped laughing, I really can't... try as I will my best efforts are LOUSY so I use one of several "rolling machines" I've invested in. I find that my machine for one and one quarter sized papers works great! I make up a little rolled cardboard tube for a "pre filter"... pop that into my machine then fill the remainder of the trough with ground meds and roll up as per usual. Now that I have a "perfect" joint I slip the "filtered" end into my filter kit and toke away! No worries of "weed teeth" or getting a "chunk of hot coal" down the throat on an over-zealous toke.

So once again I take my hat off to the folks at "Vapir" and at Vaporizers.ca" they really ARE trying to look out for our health and at their reasonable prices I'd say they are trying to look out for our wallets as most of us patients have somewhat "slim" incomes. Kudos folks! You are a "friend" to many patients!

Gord Hume: partially disabled ex-CDN Army Mechanic, legal grower/consumer of medical marijuana



Marijuana Policy Project's Party At The Playboy Mansion

Words By David McCullick

(of D&M Compassion Center, Clearlake Oaks, CA)

On May 14, 2007 the Playboy Mansion was the setting for the Marijuana Policy Projects second party at the famed estate. Attended by more than 500 supporters MPP was able to raise over \$150,000 towards their goal of reforming marijuana laws.

Bill Maher of HBO fame received the Public Face of Reform Award from MPP's Executive Director Rob Kampia atop the famed grotto, being joined by host Joe Rogan of Fear Factor. Joe is also a very funny stand up comedian who delivered a great set from the top of the grotto. He was later followed by the band Blues Traveler who entertained the crowd with some of their hit singles.

I spotted quite a few celebrities in attendance including Adam Carolla from 'The Man Show', Christopher "Kid" Reid, "Miami Ink" tattoo artist Kat Von D, Adrienne Curry and Christopher Knight from VH1's 'My Fair Brady', and many more. I even saw some guys from the band Asleep at the Wheel as well as MMJ patient and advocate Angel Raich.

Guests were not allowed to go into the mansion itself but were confined to the expanse of the grounds, pool area, grotto and zoo. I also took a tour of the grounds and the game room with a Playmate named Julie who was very beautiful and very gracious as a tour guide answering all of our questions.

MPP held an auction as part of the evenings benefit with attendees bidding on various pieces of art as well as dinner and lessons from the reigning World Series of Poker Champion Jamie Gold. Topping off the evenings entertainment were fire dancers and music and dancing by DJ pooh.

Adam Carolla



All I can say after having attended this event is that I will be back next



David and the Bunnies



David with the birds,



and Joe Rogan

year. I had a great time while supporting one of my favorite causes and at the same time fulfilling a childhood dream. I was about 10 years old when Hugh Hefner bought the Playboy Mansion and I saw my first pictures of it in one of the first issues of Playboy I ever read. It not only lives up to its awesome reputation, it was a fitting place to hold a fundraiser for the legalization of marijuana. Following in the footsteps of the great Hugh Hefner, I hope we are also able to live our dream sometime in the very near future.





MENTAL FLOSS

The most underrated and overlooked gem I've come across yet is "Mental Floss." A joint project between strains from the breeders Chimera and DJ Short, who brought us Cotton Candy and DJ's original Blueberry.

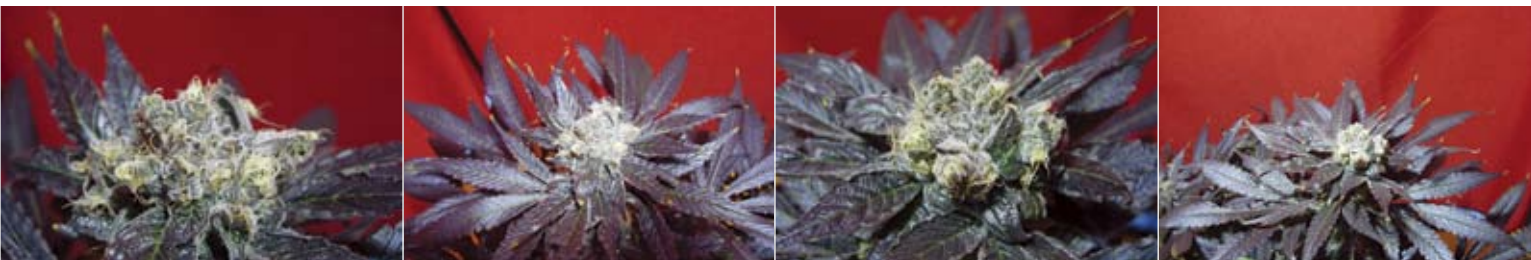
From the time this plant gets its first "true leaves" you can tell there is something special about it, stands with thick stems and nice fat Indica leaves looking proud. About half way through flower you realize that there is no question that it is definitely a special plant. A plant anyone could love. She has it all, big rock hard commercial sized buds dripping with resin, a couchlock stone that seems to render you worthless in your own mind, and a great grapey, berry taste with undertones of hash and incense.

Just when you think it can't get any better, after a week of your favorite high PK bloom booster and a couple of degrees cooler temperatures, Mental Floss begins glistening more, and starts to turn purple on the leaves. As you finish up week 7 and start your 2 week flush it seems to get a darker purple every day, and it spreads to the buds. At the end of week 8, she is nice and dark, begging to have her picture taken. By the time she finishes at 63 days, she is one sexy lady sporting lots of trichomes, and a nice huge purple rack to dream of.

When it comes to growing, she likes a good heavy feeding, but can sometimes mislead growers to think they are overfeeding, due to the leaf claw trait the blueberry passes on. Mental Floss seems to perform well in all styles of grow that I've tried. She grows best when left to veg naturally for about 3 weeks. Then cut away all the branches on the bottom of the plant, while leaving the fan leaves along the main stem. Mental Floss is one of the first strains I've come across where just about every seed from the pack produces a keeper. All plants from the pack were almost identical in all aspects, the only differences being height, and small differences in yield. Other than that, they all seem to smoke the same, with equal effects. All my buddies love it, and remember it by taste and smell every time I break it out, it's now a local favorite!

Bottom line is if your sick of being disappointed with over hyped, over priced strains, give Mental Floss a try and you won't be disappointed, she'll always have a special place in my heart and in my garden.

From One Outlaw to Another,
Outlaw Grower





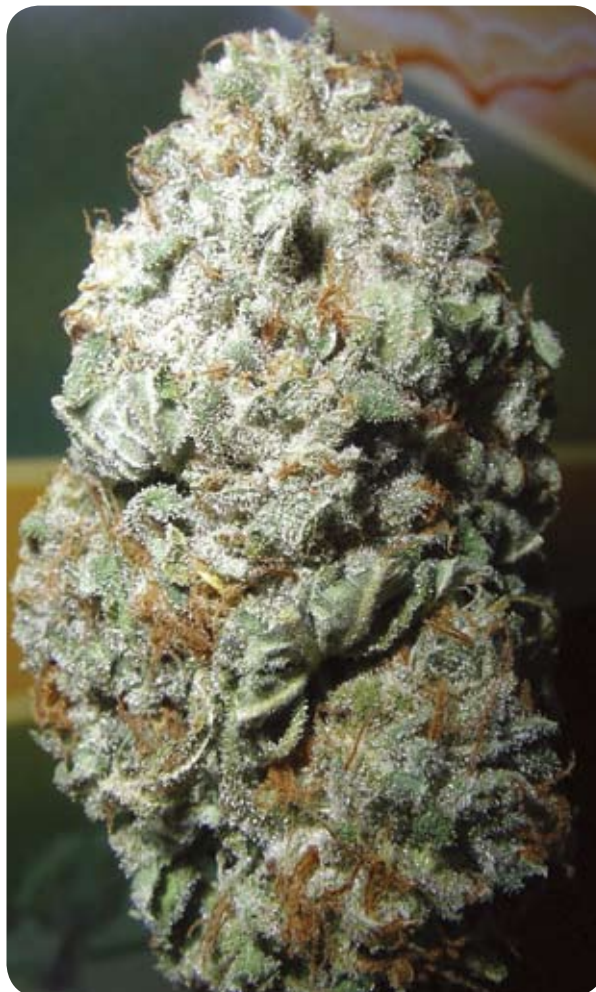


Above: Beesweed courtesy of Greenlife Seeds.

At left: Romulan x Timewarp from Next Generation Seeds, courtesy of Greenlife Seeds.

Below left: Big Blue from the British Columbia Seed Co. courtesy of Greenlife Seeds.

Lower right corner: Next Generation Seed Company Research Menthol Indica.



This wildflower garden is from Next Generation Seeds courtesy of Greenlife Seeds.



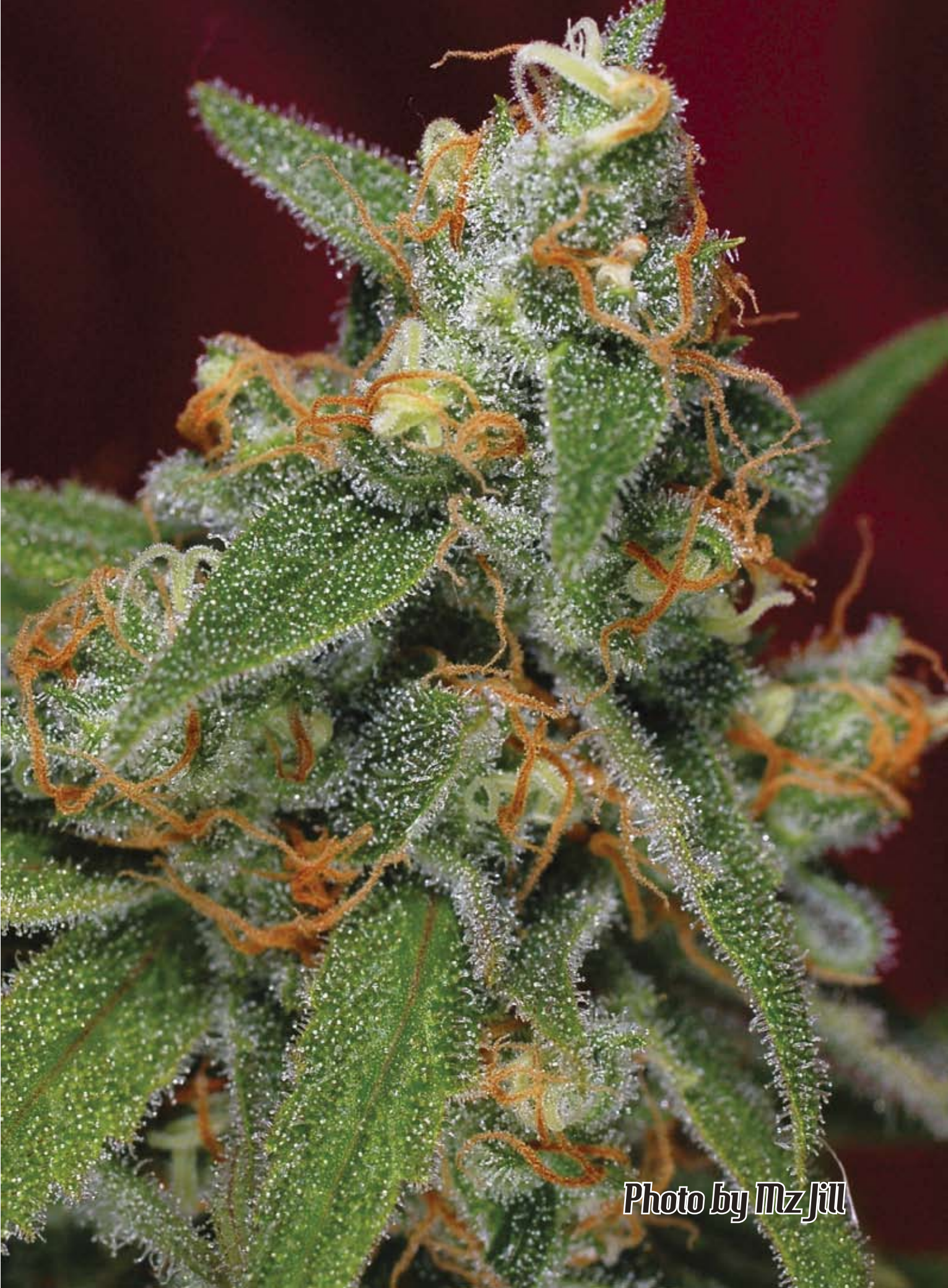


Photo by MzJill



Photos by MzJill







Photos by MzJill



NEW BUDS! THE BEST YET
85 NEW VARIETIES
FROM OVER 20 BREEDERS

Be the 1st to have the new book. Enter to win the Treating Yourself Issue 8 contest!

The Big Book of **BUDS** volume 3

More Marijuana Varieties from the World's Great Seed Breeders

ENTER THE CONTEST!

BIG BOOK OF BUDS VOLUME 3

PAPERBACK \$22.95

COLLECTORS EDITION HARDCOVER \$29.95

To preview and purchase:
WWW.QUICKTRADING.COM
Also in bookstores everywhere

ED ROSENTHAL PRESENTS

**YOUR AD
COULD GO
HERE**

**HELP US
EDUCATE THE
UNINFORMED**

Contact

sales@treatingyourself.com

TODAY!

FREE INFORMATION CENTRE CANNABIS COLLEGE

O.Z. ACHTERBURGWAL 124 • AMSTERDAM

Open daily
11 AM to 7 PM

www.cannabiscollge.com • www.myspace.com/cannabiscollge



Visit our Cannabis Garden inside

**Start your
Amsterdam
experience here!**

**Cannabis garden • Try vaporizers • Hemp products
Wi-Fi Hotspot • Info desk • Free admission**

OMRI™
Listed
Organic Materials Review Institute

Now you can have a certified organic medicinal crop
World's first OMRI listed 100% organic nutrient
for hydroponics, soil and coco gardening



Nature's Nectar is the worlds first all natural certified organic nutrient that is compatible with hydroponics, soil, coco gardening and drip irrigation. Nature's Nectar has also been approved by the Organic Materials Review Institute (OMRI) for food crop production. This ensures that this concentrated formula and its components are certified organic. Nature's Nectar is

Nature's Nectar

the leading natural organic nutrient in commercial food and fruit production. The solution contains no sediment and has been manufactured so all nutrients are instantly available to your plant. Nature's Nectar, for exceptional growth, quality and yield. Please view www.organaponics.com for amazing photos, test results and detailed information for this exceptional line of products.

**To find your nearest retailer,
please call 1-877-544-GROW**



Welcome to my Kitchen...I am Chef Uni also known as Unicorn on the TY website, but you can also call me Maggie. I have had the pleasure of writing for the Treating Yourself Magazine for a year now and it sure has changed my life.

I would like to share a little info about myself with you the reader's. I've been married for 21 + years to my best friend Gord aka zardoz. We are the proud parents of 2 fantastic kids, one girl and one boy. Some would say we have a millionaire's family without the mega bucks. We are originally from Ontario, Canada but now call Nova Scotia our home. I enjoy spending time with my family, photography, taking walks on the beach, reading, chatting (if you didn't know this already), and I love cooking and baking.

Treating Yourself is a big part of this family. Besides my Cooking Corner, Gord writes the D.I.Y. section and product reviews, and our daughter you will all know from the Non Using Teenager section. Our son has yet to join the force, but give him a few years.

I am proud to be part of the TY Family. I've met many members over the years and can say that along with Marco, many have joined our extended family becoming more than just friends. TY has taught me many things and

I am proud to be able to share my knowledge and experiences with others around the Globe, hopefully making just 1 more person's life a little bit better.

I love trying out new recipes and converting recipes into MMJ Treats and Dinners. I have many legal taste testers that I call my guinea pigs and I'm happy to say I haven't killed any of them yet. I will share their reviews with you and in each issue I will feature a quick and simple tip anyone with a little canna butter or bud can make in 30 minutes or with little fuss. I also would love to feature other Member's recipes as Gord and the other guinea pigs will get rather large always being taste testers.

If you have a recipe you want me to create and showcase for you or you have created something yourself and have high resolution pictures or you have tried out one of the recipes in the magazine and have a review, please email them to me at chefuni@treatingyourself.com.

See You In The Kitchen....Hugs Chef Uni

This issue was rather interesting for me to work on. All the recipes that I made seemed to work out great for Medical Marijuana patients and just regular folks that don't partake.

It started with the Canna Carrot Cake. We had company coming over and it just worked out that a double cake mix makes exactly 4 cups of batter. Split in 2 portions, add MJ to one and now you have treats for all your company.

So I continued to create things that everyone in the house would enjoy, as our kids get a little jealous of all the treats their dad gets. So Tropical Smoothies were created, then the Butterscotch Macadamia Nut Squares and the Strawberry Shortcakes. All of these recipes I made so anyone that was visiting could enjoy a wonderful treat.

I believe everyone who knows a little bit about cooking and can get a little creative can make treats for themselves, or check each and every issue of the Treating Yourself Journal for some quick and simple recipes.

See you in the Kitchen – Chef Uni

Recipes from Treating Yourself Kitchens

Quick and Simple Recipe Canna Carrot Cake

Submitted by Chef Uni

This recipe came about when we had company coming over for the evening and not everyone medicates, so I had to come up with a tasty treat for all.

1 Carrot Cake Mix (makes two 8 inch square cakes)
1 Can Instant Cream Cheese Icing

Make the cake according to the package directions. The mix makes exactly 4 cups of batter, separate into 2 equal portions. Bake one cake plain and add 4 grams of ground MJ (you can use more or less) into the batter of the 2nd cake. Bake according to the package directions.

Separate the icing into 2 equal portions. Ice the plain cake with the plain icing. With the other portion of icing, mix in 2 grams of ground MJ, and ice the medicated cake.

This recipe was very easy to make, even though it took a little longer than 30 minutes to create, it was well received by all company.



Butterscotch Macadamia Nut Squares

Submitted by Chef Uni

1 ½ cups firmly packed brown sugar
½ cup Canna Butter or real butter and 2 tbsp kief or ground bud (more or less to taste)
2 teaspoons vanilla
2 eggs
2 teaspoons baking powder
½ teaspoon salt
½ cup nuts (your choice, I used Macadamia nuts)

Heat oven to 350 degrees F. Grease 13 X 9 inch pan. In large bowl, combine brown sugar and butter. Add vanilla and eggs, mixing well. Add flour, baking powder, salt and nuts (add kief or bud now, if using real butter) to sugar mixture; blend well. Spread in prepared pan. Bake at 350 degrees F. for 15 – 20 minutes or until edges are light brown. (Do not over bake) Cool and Enjoy!!!!



Recipes from Treating Yourself Kitchens

Strawberry Shortcake

Submitted by
Unicorn

Biscuit Recipe

2 cups all purpose flour
¼ cup sugar
3 teaspoons baking powder
½ teaspoon salt
½ cup Canna butter or
Margarine with ground
Marijuana (amount
depends on individual)
¾ to 1 cup milk

Heat oven to 450 F. In large bowl, combine flour, baking powder, sugar and salt (and ground MJ if using margarine). Using fork or pastry blender cut in Canna butter into flour until consistency of coarse meal. Add milk; stir with fork until mixture leaves the sides of a bowl and forms soft, moist dough. Lightly press into a 9" X 11" non stick pan. Bake for 8 – 12 minutes or until golden brown. Remove from pan and let cool on a rack. Cut into squares.

Whipped Cream Recipe

Whip 2 – 3 cups of whipping cream with a couple grams or more of marijuana and sugar to taste. Whip until stiff peaks form. Cover and refrigerate. (This can be done 1 hour in advance to let the mixture cure).

Strawberry Mixture

Slice 1 pint of fresh strawberries. Mash about 1 cup of sliced berries and mix with sugar (to taste), and mix with the remaining berries.

Cut one of the biscuit squares in half, spoon whipped cream on bottom portion and top with mixed strawberry mixture. Place the top portion of the biscuit on top, place a dollop of whipped cream on top and garnish with a butterflied strawberry. Enjoy!!!!



Patients choice P.B.J-M.M.J. sticky bars

A Schwab family recipe – submitted by Yrekagrow

You will need:

1 cup flour
1 cup "quick" oats
1/4 tsp baking soda salt
3/4 cup brown sugar
½ cup warmed chunky peanut butter
3/4 cup canna-oil or
canna-butter
1 Tbsp vanilla
1 Tbsp butter
flavoring
1/4 tsp salt

And for the top:

3 Tbsp flour
1 and ½ cup jam, or
preserves of your
choice (strawberry
used in picture)



Pre-heat oven to 350 degrees, combine all the dry ingredients (including brown sugar) and then mix in the canna-oil, vanilla, and warmed peanut butter. Press into a 9x13 baking dish and bake 15 minutes. pull dish out, Mix the 3 Tbsp flour with jelly (or jam etc.) and spread mix over the dish. Now bake another 20 - 25 minutes. Cool 1-2 hours, cut into squares or bars.



Recipes from Treating Yourself Kitchens

Tropical Canna Smoothies

Submitted by Chef Uni

For these smoothies I used Mango, Peaches, Kiwi, Strawberry and Banana. You can use whatever fruit you like though.

Chop up fruit into smaller pieces and place in freezer till ready to use.

In a blender mix $\frac{1}{2}$ cup plain yogurt, $\frac{1}{2}$ cup fruit juice (your choice), 1 – $1\frac{1}{2}$ cups of frozen fruit and 2 grams of powered MJ.

Blend till well mixed and frothy and serve.

For folks that don't like yogurt, I have made smoothies with vanilla ice cream in place of the yogurt. They turned out a little sweeter and creamier, but I have been told they taste just as good as the one made with yogurt. The taste testers say it gave them a relaxing, melt into your chair effect.

Smoothies make a nice summer drink or can be used as a meal replacement as they are quite filling.



Senseless

In fond remembrance of
Joe Paul Womatchka

Over time I have witnessed many senseless acts, Vietnam, Iraq, Bush's presidency and others. I have seen first-hand man's ability to destroy any and all things beautiful to the point that it is now commonplace. Apathy is king!

We all worship. Often going along letting this happen day after day until it happens to us. But by then it is too late for praying.

There are among us a few that do care. Joe Paul Womatchka was one of the few who did care.

As his friend the worst thing I can say about him is that he always put his three son's welfare, safety and interests first. His second love was the Upper Lake High School Soccer Team. One of his greatest joys was being the coach. Thirdly, he loved his family, friends, and community along with anyone needing a hand up or sometimes a hand out.

Joe was always there, always willing to try to make a difference in a world that he believed needed help.

He was right.

This world is not right, and it is our fault.



As we buy the capitalist bullshit, believing the big corporate/governmental lies, willingly living in fear, knowingly and apathetically watching as the world around us dies in front of our eyes – it seems the best amongst us who really care are taken away.

Joe Paul was not rich or famous. He did more than many who are. With little he raised three of the most wonderful children, captured a community's heart, and made the world a better place for his caring.

You may wonder why I have mentioned Joe Paul; the answer is simple. Joe Paul was murdered while taking a drunk who needed a ride home. We may never know what really happened or how. But even in passing he is going to make us all better people.

On his behalf I am challenging each and every one of you to Double Dog Dare Ya.

I dare you to have the balls (male or female), to rise up and be a better person, and to help fix a broken world.

How many more must die senselessly before you accept the dare???!!!

Or will you just simply change the channel...



God

Theirs and Ours

I am sitting here trying to understand at what point did "they" assume that "they" knew more than God?

How can they dare to try to replace the most high with their own ideals?

For their god's ideals are not my God's ideals.

They would have you believe that God is uncaring, warlike and cruel.

Sending the young to die in their Holy War for Oil and the almighty dollar. They will tell you that their god needs money and power, and for you to crawl on your belly like a snake. Not just to their unholy god but to themselves.

Their world is built upon prisons, fear, hatred, anger, prejudice and more fear. Their way is not working and cannot. For it is not sustainable into the future.

The God who created me is fair and kind, believing that we are all equal and have the freedom to do anything as long as your HARM NO ONE or their property. A God that believes we can live without killings, prisons and wars. A God who shows me we can change the world with love and understanding.

I wonder why anyone could turn his or her back to a world where we all get along. No slaves, no wars, no starvation. A world where we are united for the betterment of the whole, yet respect the rights of the individual.

The right to be free, truly free from the infringements of others is a basic human right. A world where you may travel anywhere to rejoice with your brethren, free of fear of any kind for any reason is what we must work together for. Freedom to be who you really are and what you can be. Respected by all as you respect them. This world is possible if we believe in it. If we believe in ourselves the most high and the most righteous things are possible.

If we cannot do this then we are doomed to repeat the insanity that has become our way of life by default.

Will you be among those who deliver unto us all into the Garden of Eden, or will you lose trying to hang onto your material possessions in a world we must leave behind.

It can be glorious.

I as many others do, await you in the one light!



Eddy Lepp with the world-famous Cannabis Poet, Mr. Lee Bridges (RIP), in Amsterdam. These two gentlemen worked together spreading a message of peace and love to many generations.



Fourth of July Freedom Freedom Freedom

While we in California were getting ready to celebrate the Fourth of July with the rest of the Nation, believing in our God given and constitutional rights. The Federal Government was planning another coup, another massacre like the Tillman thing. They will blame others, but the truth is California is falling to friendly fire.

Kinda like this: they are supposed to protect us and to serve us. Instead they have started a new terror campaign in spite of the facts which are against them, in spite of the law which is on our side, in spite of the wishes of the voters.

The Feds are sending terrorist-themed letters to property owners; raiding farms, homes and dispensaries. One of the saddest and most blatant abuses is at the Healing Nation's Collective in Riverside. After receiving a judge's order to remain open, after paying all their state, local and Federal taxes, after doing everything possible to do the right thing, the Feds put in a new DEA Director in Southern California, and they were raided. A wave of raids began.

Arresting the operator Ronnie on drug charges, and his wife for endangerment, and kidnapping their three lovely little girls aged one, three and five, the Feds then froze all their assets. Then the Feds gave

them a public defender paid by them to help them defend themselves. When will this insanity stop?

When will we be able to look at ourselves in the mirror on the Fourth of July again or will we just let it go; believing the lies, and allowing those who represent us to screw us to tears.

They lie to us about "leaks and Tillman." Haliburton and others steal from us, while they get drunk and shoot each other. Getting their dicks sucked while in the Oval Office, snorting coke, popping oxys and having mad gay sex with pageboys and hot woman sex with interns while

man / cheating on their spouses is what politicians and their cronies seem to do best.

I hope those of you on the right are proud of the legacy you have given us.

After thinking about this I realized the rest of the world doesn't hate us for our freedom, they hate us for letting those in power do these horrible, terribly wrong things to the planet.

Those in charge today are ones who didn't go to Vietnam, I know most of you didn't go because Daddy kept you safe at home. But for those of us who did lay our lives on the line, and still do, please do us a favor and quit making the rest of us look so bad.

This was once a great nation, and it can be again, if we take it back and the constitution states when the Government is wrong we should take it into our own hands to fix it!

I hope and pray this will be done peacefully by voting. But I fear we are racing to a war where the oppressed will start fighting back with more than words.

Anyway, the next time the Feds tell you to celebrate your freedom and your independence on the Fourth of July, may be you should ask "what ?\$%^&*@ freedom?"



What About Oregon?

I was busy planning my trip to Eugene, Oregon, to open the Emerald Empire Hempfest when the phone rang. It seemed the DEA had just sent out over 100 letters to property owners in the LA area, explaining that the government could seize their property.

But don't take that as a threat they said!

If it wasn't a threat, then why were only property owners renting or leasing to medical marijuana dispensaries sent these letters?

We decided to go down and speak to the LA Board of Supervisors, and ask them to help us. We were also asking that they delay a planned moratorium on new dispensaries opening in LA County. Many, many folks showed up and spoke for this; and yet the Board ignored the wishes of the people and didn't help us at all, passing the moratorium.

When will this stop?

How long will we have to suffer at the hands of

a few who just do not care about anything but lining their own pockets with our money?

I also wanted to mention that a topic of discussion before the Board that day was whether or not the Board was illegally using taxpayer funds.

I wasn't surprised.

After this display of government insensitivity to the people we went to the Federal Building on Van Ness with a mass of people shutting down four blocks of the city for several hours. I am not sure why, but this day the LA Police decided to be kind, understanding, and even entertaining to some extent. I'm just glad they choose not to live up to their sadly soiled reputation.

The boys from one local dispensary helped us get down there and back again. We thank you so very much for the help, please stop by and see them.

Patrick Duff of the Liberty Bell protest was in the house, and many other superstars.

Turning right around and heading back north to home, and off to Eugene where we arrived about



Lepptomania...

Noon the next day was a trip indeed. Rain clouds threatened, but held off for the event held in a beautiful park, built under the freeway. This may not sound like the best place, but it was in fact very nice. As the vendors set up, and bands arrived, I walked about talking to many and was touched so many times by the folks who knew our story.

Finally after a light sprinkle, I opened the show at 4:20 and spoke for about 20 minutes. Afterwards I signed lots of posters and books, and went back out into the event itself. The rain had passed and the evening was beautiful as the music played. I made numerous new friends and saw quite a few old ones.

As I prepared to leave, I was gifted a beautiful glass ball the size of a large marble. Wonderfully hand-blown, it has inside a whole universe. As I study its beauty and simplicity, I wonder why the One I believe in can't be like the one I hold in my hand. Someday soon.



Oregon's Assisted Suicide Law

The Supreme Court ruled that in accepted state medical practices the Federal Government has NO AUTHORITY to interfere.

What the hell is going on?

According to Wikipedia:

"Under the law, a capable adult Oregon resident who has been diagnosed with a terminal illness by a physician may request in writing, from his or her physician, a prescription for a lethal dose of medication for the purpose of ending the patient's life. The request must be confirmed by two witnesses, one of whom cannot be related to the patient, be entitled to any portion of the patient's estate, be the patient's physician, or be employed by a health care facility caring for the patient. After the request is made, another physician must examine the patient's medical records and confirm the diagnosis. The patient must be determined to not suffer from a mental condition impairing judgment. If the request is authorized, the patient must wait at least fifteen days and make a second oral request before the prescription may be written. The patient has a right to rescind the request at any time. The law protects doctors from liability for providing a lethal prescription for a terminally ill, competent adult in compliance with the statute restrictions. Participation by physicians is voluntary. The law also specifies a patient's decision to end his or her life shall not "have an effect upon a life, health, or accident insurance or annuity policy."

Respect all,
Hurt none,
Love one another,
~Eddy



Trinity Tribal Stomp

We left early, stopping by Area 101 on the way North through the Redwoods. We stopped by to see our dear friend Tim at Area 101, where we had recently enjoyed an evening of poetry read aloud by John Trudell.

After a brief visit in the trees with Tim, we drove further North, and the scenery was beautiful. But then we headed East, inland, and man did it get hot! And it just got hotter and hotter.

We arrived and checked in, then went to the Back Stage Area, and setup camp. Standing Bear, and his son who heads up security had us all setup.

Friday was a joy; Bear, Mario, and Elk Thunder Drum put on quite the excellent show with many songs and prayers.

Saturday began again with Elk Thunder Drum opening the show, and many more people were arriving. Entertainer after entertainer performed through the day and night including Weed Box Gang, Alam Melodioso, Alice DiMichele, D'Arcana, Albino, and Kan'nai closed the show, and Nelly slammed it shut. What a great first day!

Sunday we awoke to the Elk Thunder Drums sunrise ceremony. Believe me it was sunrise, and it was wonderful to wake up to the native drums. You could feel the Creator among us. This was a most spiritual way to begin Sunday.

The ceremony was dedicated to Corbin Harney. We were then treated to a day of music by Kirstan, Elisabeth, Open Heart, Corrine West and the Posse, Lost Coast Marimbas, Lasndale Station, MaBrak, Clan Dyken, and of course, Aphrodesia closed the event.

Doug Green was a great MC.

While I loved the music, the parts I loved the most were the dancers. The Aztec dancers so touched our hearts, the stories they told in dance are our lives, for really very little changes. The struggles they faced are the same struggles we face today. So much can be



learned from this if you open your heart to the Creator and your mind to the truth.

Which brings us to the vendors! There were many, and all had beautiful things for sale.

My favorites were NaturalBlueCloud.etsy.com – their hemp sitting cushions are the BOMB! Their flyers are printed on hemp paper! We love this girl!

Also, the boys from trinityhydroponics.com were in the house. They also have very nice glass at their other store. Thanks for the love and gifts! CHAOS RULES!

Visionary Artwork by AMMA did the poster for the event. For more information on AMMA's work contact Monica at 530 515 9751.

Entertainment for the kids was done by A. O'Kay Juggling – ackclown.com. They were fun to watch and great for and with the children. It was great to see so many kids, watching them learn while having so much fun! It was rewarding for us all. It just goes to show you that we can all learn a lot from everyday experiences.

Sarah Vevoda was another favorite person we met and learned from. Her family works to change the world through fair trade practices that treat Third World artisans with respect and dignity, paying fair prices for their creations. These wonderful pieces of artwork are sold at festivals and gatherings like these to folks who appreciate such things. Artwork from Ghana, Vietnam, Pakistan, Ecuador, and Guatemala is brought here and displayed for you to enjoy, or buy.

One of their featured artisans is a beautiful lady in Ghana who makes mudcloth. This is an ancient way of printing cloth, similar to tie-dyeing t-shirts, except

Lepptomania...

they use mud. After the patterns are made in mud and dries, the mud is scraped away leaving breathtaking art. This lady, Cecilia Sefa-Amoafowaa asks only a very fair price for her work, and is using the money to put herself through college so she can make a difference.

I am told she loves to write, perhaps someday she will write about this and let the world know. Just one person can make a difference and many working together will make a big change happen.

This truly was a great weekend, and I am really looking forward to next year's event already.

Much love, and thanks to Drew, who put together a wonderful event. Join Drew, Nick, Elk Thunder Drums and all the rest of us next year for a really good time.

Trinitytribalstomp.org



Leptomania...







Gay Pride Revisited

A year ago I went to the heart of the Medical Marijuana movement, San Francisco, California. My home away from home. Here as always I went right to Dennis Peron's Castro Cottage Bed & Breakfast where we checked in and went to work.

The work we were doing was checking on the state's fulfillment of Proposition 215, or any part thereof. The answer was no.

Here it is a year later, and sadly the answer is still no!!

I know I say this a lot, but how long will we put up with this. When will we elect those from among us, people who care about our wishes and us? It's time to get rid of the politicians in power who tell us what our wishes are.

Anyway, this year Linda was able to go with me. So we set off wandering the Castro, ablaze with colors, sounds and people from all over the world.

Lepptomania...

Saturday was Lady's Day at the park, with music and speakers. The day began with 600 Dykes on Bikes, marching from the park to the Castro. The Castro itself was jammed with tens of thousands of people, enjoying the many square blocks full of vendors, entertainers and masses of people having a great time.

On Sunday we went downtown to see the parade. It was as always colorful, to say the least. We waved and laughed at and with many friends. Several hundred thousand were there! I never saw a fight or a problem, it was a weekend of love. But that's not surprising as San Francisco has always been the City of Love.

Why is it that we can all get along so well at times like these, when we mingle and talk, and learn about each other. But when we turn around we are killing each other. This must stop. The killings, hating, racism, these things are what the Feds want us to believe are a necessary part of life. Another war? No big deal – BULLSHIT!

Let's have bigger parties and more of them that unite the people not tear them apart.

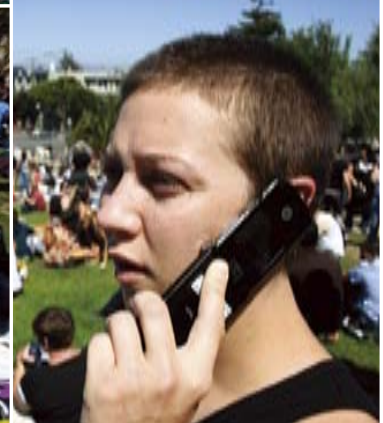
Hope to see you here next year. If you visit San Francisco, contact the CastroCottage.com; ask for Dennis and tell him Eddy sent ya.

Respect all,

Hurt none,

Love one another,

~Eddy



Femi Kuti

Human rights activist and Afrobeat pioneer from Lagos, Nigeria, Femi Kuti is world famous for his political stand on issues in Africa and the world.

It is not surprising for he is the son of the one and only FELA. The man who did more than anyone to stop the madness in Africa. Fela was arrested many times, beaten; his family beaten, homes burnt down. Fela was doing from the outside what Nelson Mandela was doing from inside a jail cell.

I was honored to be compared to those two heros. It was then that I found that Afrobeat was awesome. Fela was the Godfather of Afrobeat; Femi has brought it to the people with his music and his message. Since his father passed away in '97, Femi has worked to bring this to the world. He has become the undisputed King of Afrobeat.

Femi's shows are off the hook. The Sundance Channel has been airing the special "Femi Kuti Live at the Shrine," which was filmed at a spiritual gathering place for the people in Nigeria. Check it out!

I had hoped to speak with this great man, but we were only able to take these photos due to error. However, I believe that when Femi Kuti is in California again I will get to speak with him.

The show began with the drums and bass hopping' and steady, then out came the horn players with a little dance into their places. Next, three of the most beautiful women dancers I have ever seen appeared on stage. How they danced the night away I don't know, they never stopped! Next, Femi himself came on stage in a hush. There was a thunder as he bent to pick up his horn, and then his songs told the stories of the life and death struggle that we all face. One cannot hear the words and not be touched. But with Femi, in some ways the words don't matter. For when you hear the music you start to feel it. And when that happens, Femi has won. Because now you are hooked, and like a fish you can't spit out the



Lepptomania...

hook. Not that you would want to. But you can't.

Femi Kuti's music is a force. A force for good, and it is powerful. Feel the power. Check this out. Fela will rip out your heart. Femi will give it back to you whole.

Thanks to the Fillmore for all the kindness, you will always be the best.

To Femi and his family, thank you so very much, you have made me a better man!





Photograph of Sean Lennon at New York's Fashion Week.
Copyright © 2007 by Jason Dunlap, Hello Jazz Productions.

Sean Lennon

While laying in my room watching John Lennon's *Imagine* when Craig came in and told me we had received permission to do an article on Sean Lennon, and Rufus Wainwright. Sean was the opening act at the nearby Santa Rosa Wells Fargo Performing Arts Center (formerly the Luther Burbank Center).

Just as we were getting ready to leave, Linda's Doctor called with the news that her cancer had gotten much worse. Wanting to stay home and be with her myself, she would have none of it. I had a job to do and do it I must, so off we went.

Having seen many performances here we were indeed eager to attend, as the staff and management are great, and the sound is the best in any small venue anywhere. Our friend Jeremy French runs a great stage and is tops at what he does.

The show opened with *A Fine Frenzy*, a cute trio which we enjoyed very much.

After a trip to the parking lot (I'll let you guess why), we came back in as this very talented young man started to play. I became somewhat melancholy as I thought of Linda, and I became lost in a dream.

What if his dad was alive? Would they have played together? I remember seeing Ringo Starr and his son Zak playing together. It was one of my favorite nights. As Sean played I remembered the dreams of his father, myself, and so many others. A world of peace, love and understanding. I pray some day this will come true.

Sean's music is beautiful. So is his voice. But his work as lead guitarist is over the top.

As he finished, my heart was light and once again full of hope.

Then we took another short trip out back, we checked out all the equipment and got back inside...

(Continued next page...)



Rufus Wainwright

(Continued from previous page)

...For the reason we were here was to about to appear!

From the moment he strutted onto the stage there was no doubt who the star was. Rufus is delightful, charming and beautiful. He is precious, precocious, witty and warm. He lulls you into a scene of complacency, then hits you with "America" telling you of the wrongs in this country.

His is a voice which must be heard.

The show is an interesting combination of a lounge act combined with rock show. And Rufus is in charge every second. He is electrifying as he performs hit after hit.

We were in absolute awe of his talent and energy and charm as we drove home that night. I knew there was a new Diva in town. And based on the show I saw, the Diva will be at the top for a long, long time.

Rufus, thanks for being who you are and for being proud of it.

You are a great example to us all!



Lepptomania...



www.**Balladeer**.ca

Proudly Presents...

Hypnotic Journeys

Virtual Visualization Vacations

The Interactive Multi-Sensory Trilogy

TAO OF HYPNOSIS

Magic of the Modern Mind

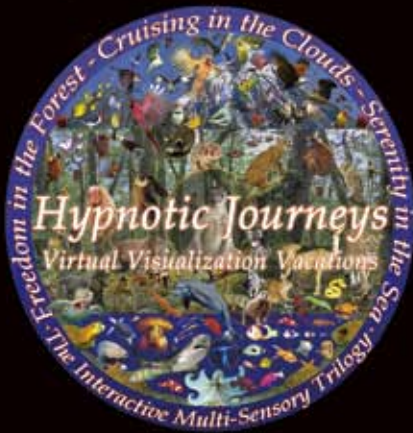
The Official Guidebook & Instruction Manual

**By Author, Narrator and Hypnotherapist,
Skyelar Pollack**

It's time to change the way that you perceive and interact with your own mind, imagination and dream state. This guidebook and three audio CD set combines a mix of meditation, relaxation and self-hypnosis techniques, that enable you to enter a deep self-hypnotic trance where you will trek through the forest, fly above the clouds or swim under the sea as any animal of your choosing. Experience visual, audio, tactile, smell and taste in virtual reality. Use Hypnotic Journeys for deep relaxation, as a sleep aid or as a unique new form of home entertainment and mind exploration.

TAO OF HYPNOSIS

Magic of the Modern Mind



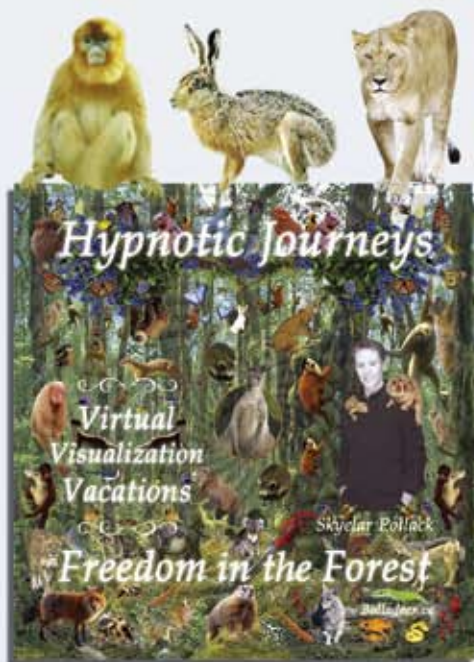
SKYELAR POLLACK

TAO OF HYPNOSIS

Guidebook: \$19.95

Guidebook + 3 CD Trilogy

Full Package: \$69.95

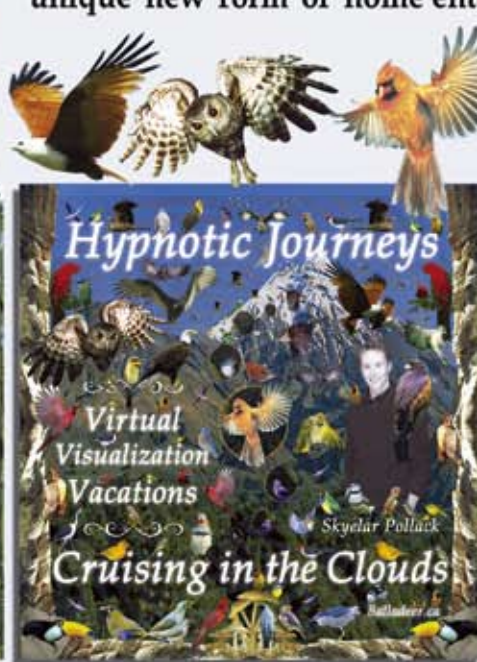


Freedom in the Forest

74 min. CD: \$29.95

Guidebook + Single CD

Earth Package: \$39.95

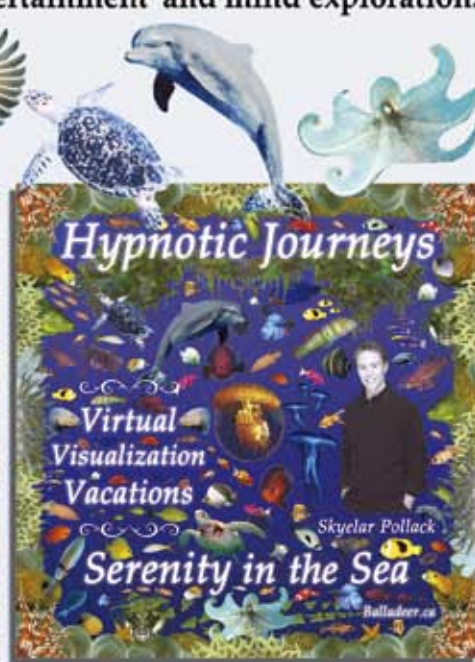


Cruising in the Clouds

74 min. CD: \$29.95

Guidebook + Single CD

Air Package: \$39.95



Serenity in the Sea

74 min. CD: \$29.95

Guidebook + Single CD

Water Package: \$39.95

WEEDWORLD.CO.UK

BONGS ~ SEEDS ~ SCALES ~ BOOKS ~ DVDS ~ PAPERS ~ GRINDERS ~ PIPES

SEEDS



GRINDERS

ORIGINAL WEED WORLD HERB GRINDER!
AVAILABLE IN: BLUE, CLEAR,
GLOW IN THE DARK, GREEN, PURPLE, RED...
£5.99/\$11.40

CRYSTAL TWIST GRINDER S.M.L. £39.95/\$74.90
CRYSTAL TWIST GRINDER MED. £45.95/\$87.90
CRYSTAL TWIST GRINDER LGE. £59.95/\$109.20

BOOKS

CANNABIS CAFE... £15/\$28.50
CANNABIS FOR LUNCH... £7.50/\$14.25
COOKING WITH CANNIA... £7.50/\$14.25
EUROPEAN CANNABIS CULTIVATION...
£12.95/\$24.60
HASTISH... £25/\$47.50
HOMEGROWER'S MANUAL... £6.99/\$13.20
INDOOR MARIJUANA HORTICULTURE...
£12.50/\$23.75
MARIJUANA HORTICULTURE... £17.50/\$33.25
SEX, DRUGS AND APHRODISIACS... £7.00/\$13.65
SPIFFS 2... £8.99/\$17.40
THE CANNABIS BIBLE... £25/\$47.50
THE CANNABIS BIBLE 2... £25/\$47.50
THE JOINT ROLLING HANDBOOK... £7.50/\$14.25

DVDS

£19.95/\$37.90 EACH:
ALL ABOUT HYDROPONICS
HIGH YIELD
HYDROPONIC SYSTEMS
INTRODUCTION TO INDOOR GROWING
MUSHROOM GROWING MADE EASY
THE MASH MAN
OUTDOOR GROWER

PIPES

AMAZED... £25/\$47.50
BULL IT... £28/\$53.20
COFFIN PIPE... £20/\$38
GLASS SPOON... FROM £8.50/\$17
METAL PIPES... £15.50/\$30.55
SILVER PALM LEAF... £25/\$47.50
WOODEN PIPES... FROM £2/\$3.80

SCALES

AKES SCALES... £10/\$16
BLADE SCALES 500... £37.50/\$71.25
CD SCALES... £39.95/\$74.90
MY WEIGHT 707... £35/\$66.50
PALM SCALES 200... £50/\$95
PEN SCALES... £7.50/\$14.25
TRUWEIGH 150... £22/\$41.80
TRUWEIGH 250... £25/\$47.50

HERBAL PRODUCTS

MAD ALICES SMOKING HERBS... £3.50/\$6.65
MOROCCAN ROLL... £3.50/\$6.65
SALVIA SK... £12/\$22.80
SALVIA 10X... £13/\$23.50
SUPER SKUNK... £3.50/\$6.65
TRANCE... £3.50/\$6.65
WILD LETTUCE... £3.50/\$6.65
YOGA GOLD SEAL... £3.50/\$6.65

BLUNTS

ATOMIC BLAST, BLACK CHERRY, BUBBLE GUM,
CANDY APPLE, CHERRY VANILLA, EX-OTIO,
GRAPE, KUSU, PEACH, SENSUAL CHOCOLATE,
SIZUP, STRAWBERRY BANANA,
SWEET CHERRY, TROPICAL PASSION,
WET MANGO, X-TREME BERRY...
FROM £0.99/\$1.89

PAPERS

FROM £1/\$1.90 PER PACK:
15 ROLLS
HEMP RIPS
RIPS FLAVOURS AVAILABLE IN:
CHOCOLATE, COCONUT, GRAPE,
MINT, PEACH, STRAWBERRY
ALEDAN SLIM TRANSPARENT XSIZE
ALEDAN 100% CELLULOSE
ORANGELAY FLAVOURED PAPERS AVAILABLE IN:
BLUEBERRY, CHERRY, CHOCOLATE,
COCONUT, STRAWBERRY
GLASS 100% CELLULOSE XSIZE
OGS SLIM XSIZE
1BACK 100% CELLULOSE
1BACK 100% CELLULOSE XSIZE
RIZLA XSIZE RED
TOP FLAVOURED PAPERS AVAILABLE IN:
VANILLA CREAM, VELVET PEACH
ZIGZAG XSIZE BLUE
ZIGZAG XSIZE BLACK
THE HEADQUARTER XSIZE (INCL. TIPS)
HIGHLAND PAPERS 100% (INCL. TIPS)
HIGHLAND PAPERS XSIZE (INCL. TIPS)

MORE STUFF

AIR FRESHENER (POWERFUL, AVAILABLE IN:
LEMON/LIME/ORANGE
3.5 FL OZ... £6/\$11.40
7 FL OZ... £8/\$15.20
SMOKE OUT AIR FRESHENER
ORANGE CHRONIC... £4.95/\$9.40
CANNABIS MAP... £12/\$22.80
RANGE OF HOOKAHS... FROM £48.95/\$93
HOOKAH TOBACCO, VARIOUS FLAVOURS...
£5.99/\$11.40
ZIGZAG ROLLING MACHINE... £5.99/\$11.40
TOKA COIL... £5/\$9.50
QUICK STRIP... £5.99/\$11.40
CONES... £0.75/\$1.40
VARIOUS TIPS... FROM £0.50/\$0.95
VAPUREYES... £30/\$57
HONEY BEE EXTRACTOR... £25/\$47.50
CATCHING SACS... £25/\$47.50
2 PIECE BUBBLE SACS... £50/\$95
5 PIECE BUBBLE SACS... £110/\$209
ZYDOT URINE CLEANSER... £35/\$66.50
ZYDOT SHAMPOO... £35/\$66.50

BONGS GLASS & ACRYLIC

DAISY AGE... FROM £20/\$38
BABY PINK, BIG PINK ONE,
BUBBLE GUM PINK BONG,
FLOWER POWER, PEACHFUL HIPPIE
KILLER BONGS... FROM £17.50/\$33.25
AZAZ, LADY KILLER, HIPPER,
STRAIGHT SHOOTER, AIR BLACK
ROOR... FROM £34/\$64.60
BONG 100, BONG 1000,
BONG 200, BONG 50, BONG 6,
BONG 800, BONG 17, DEATH'S CUP,
ICE MASTER, ICE PAIR MASTER,
LITTLE SISTER ICE MASTER, BONG 4.2
BLACK LEAF... FROM £115/\$220.5
AZAZ, AZAZA, AZAZU, AZAZO, AZAZO,
AZAZO, AZAZO, AZAZO, AZAZO, AZAZO,
AZAZO, AZAZO, AZAZO
OTHER... FROM £12/\$22.80
B02, B07, B08, B10, B21, B22, B23, B04

P&P

PLEASE ADD POSTAGE AND PACKING
COSTS TO YOUR ORDER.

UK FROM £2.50
USA FROM \$3.50

**WEED
WORLD
.CO.UK**

VISIT OUR ONLINE HEADSHOP
FOR MORE DETAILS

BONGS - GLASS & ACRYLIC

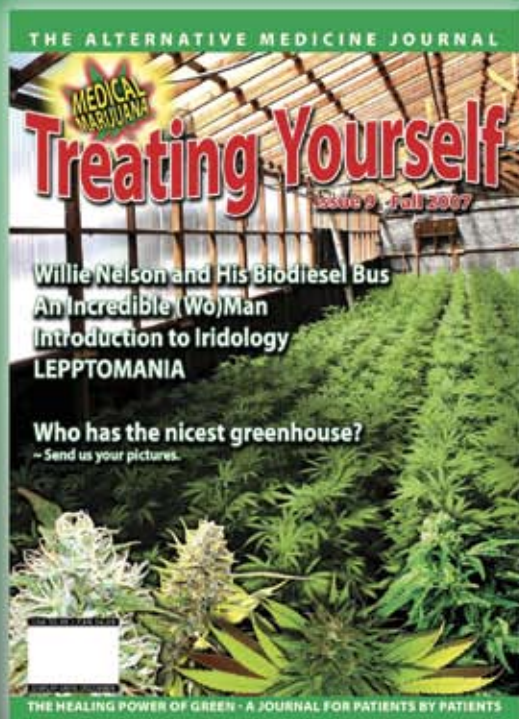
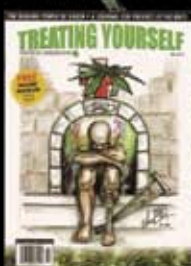
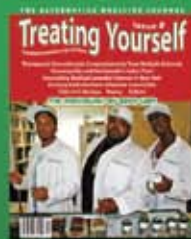


OIL EXTRACTORS ~ ROACH ~ CONES ~ CATCHING SACS ~ URINE CLEANSERS

TEL: 0044 1974 298 052 ~ EMAIL: ORDERS@WEEDWORLD.CO.UK

WEED WORLD, PO BOX 1332, COVENTRY, ENGLAND, CV8 3YA, UK

NOTE: PRODUCT COLOURS MAY VARY. PRODUCTS ARE NOT TO SCALE. PRICES CORRECT AT TIME OF PRINT. PRODUCT PRICES DO NOT INCLUDE P&P



Treating Yourself

The Alternative Medicine Journal

Subscription Order Form

To ensure that you receive your copies of Treating Yourself Magazine regularly, please use this form to subscribe. Send by post, fax or mail it in. You may also call us at the number listed below.

Name

Address

City State / Province

Zip Code Telephone

Payment: Please make checks payable to Disticor, or fill in your credit card details.

Mastercard/Visa - Card Number:

Expiration Date: Name as it appears on card:

Signature: Date

Place in envelope with payment and send to:

US Subscriptions - Disticor Direct PO Box 2165 Williamsville, NY 14231

Canadian Subscriptions - 695 Westney Road South, Suite 12, Ajax, Ontario L1S 6M9

Subscription Prices:

4 Issues = \$20 US

\$ 25 Canadian

£ 15 Pounds

€ 20 Euros

Send Overseas Orders To:

TY Subscriptions

c/o Marco Renda

250 The East Mall

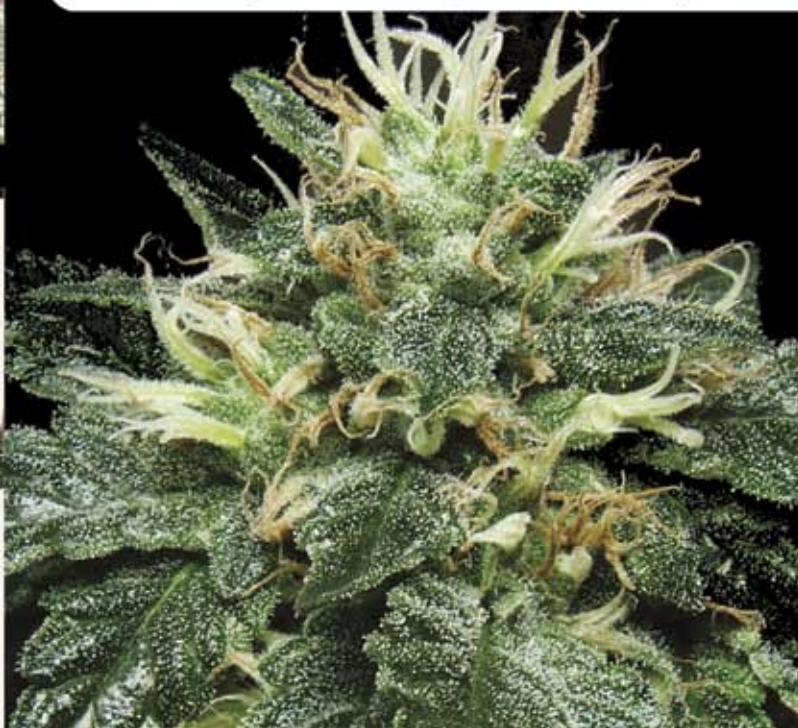
PO Box 36531

Etobicoke, Ontario

M9B 3Y8

Single Issue Price

£ 5 Pounds / € 7 Euros



Winners List from TY 8 Contest:

JS - Nova Scotia, Canada
Volcano Vaporizer

SJ - Norfolk UK
Laplaya Glass

JT - Ontario, Canada
Vapor Tower

SK - New Jersey, USA
Big Book of Buds 3

BT - Ontario, Canada
Vapolution Vaporizer

Congratulations to the winners!

Treating Yourself Contest Page

Caption this! What is on Chef Uni's mind?



Here is the Nova Scotia
TREATING YOURSELF GARDEN crew



Here is Chef Uni
our HOSTESS

CONTEST ENTRY FORM ISSUE # 9

Please Print Clearly – Read Rules on Next Page

Photocopy or Cut this page

Mail your entry to the address below

Entry Must be received by Midnight November 30, 2007

Name: _____

Address: _____

City: Prov/State: _____

Postal/Zip Code: _____ Country: _____

Phone Number: _____

Email: _____

Are you a member of TreatingYourself.com?
YES! _____ NO! _____

What is your TY screen name: _____

What is on Chef Uni's Mind? : _____

Mail entries to Treating Yourself 250 The East Mall P.O.
Box 36531 Etobicoke, Ont. M9B 3Y8

Entries Must be received By Midnight November 30, 2007

Thanks to the following companies for making this contest possible:

East Side Impex, Fresh Headies, FS Book Co, Gravity Vortex,
KDK Distributors, Laplaya Glass, Quick Trading, Vapolution,
Silver Surfer Vaporizer, The Vapor Store and Vaporizers.ca

Contest Rules:

1. You must have reached the age of majority in your state, province or country.
2. No purchase is necessary to enter. Hand drawn facsimiles of entries will be accepted. Mechanical reproductions will be accepted. But only 1 entry per person
3. Treating Yourself and contest sponsors are not responsible or liable for entries that are lost, misdirected, delayed, destroyed or lost in delivery.
4. 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.
5. Winners will be notified by telephone, Email and announced in Treating Yourself as well as online at <http://www.treatingyourself.com>.
6. 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.
7. Chances of winning depend on the number of eligible entries received.
8. 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.
9. Decisions of Treating Yourself and contest sponsors are final in all cases.
10. Prizes must be accepted as awarded and cannot be transferred, assigned or redeemed for cash.
11. Contest sponsors reserve the right to substitute a prize of equal or greater value if the described prize cannot be awarded for any reason.
12. The Sponsors are not responsible for commencing, continuing or completing the contest in the event of circumstances beyond their control.
13. 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).
14. 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.
15. This contest is subject to the laws of Ontario and the federal laws of Canada as may be applicable.
16. By entering this contest, you acknowledge that you accept and will abide by these rules and regulations.

THE WORLD'S LEADING HIGH

Green House
Seed Co.®

SINCE 1985

CREATORS OF CHAMPIONS

ARJAN'S ULTRA HAZE #1:

WINNER OF THE 19TH HIGH TIMES CANNABIS CUP 2006



Great White Shark



White Widow



White Rhino



El Niño



Arjan's Haze#1



Arjan's Haze#2



Arjan's Haze#3



Neville's Haze



Arjan's
Ultra Haze #1



Arjan's
Ultra Haze #2



Super Silver Haze



Himalaya Gold



Big Bang



The Church



The Doctor



Arjan's
Strawberry Haze



A.M.S.



Hawaiian Snow



FEMINIZED SEEDS STARTING
AT 15 EURO

OUT NOW! GREENHOUSE

GROWDVD

THE ULTIMATE PROFESSIONAL
CANNABIS CULTIVATION VIDEO

In English, Spanish, Japanese,
French, Russian and Italian



WWW.KINGOFCANNABIS.COM

WWW.GREENHOUSESEEDS.NL

Green House MERCHANDISE

GIFTS, GRINDERS, PIPES, BAGS,
SWEATERS, T-SHIRTS, STICKERS, CUPS,
CAPS, MUGS AND MUCH MORE NOW
AVAILABLE IN SHOPS WORLDWIDE!
WWW.KINGOFCANNABIS.COM



WWW.GREENHOUSE.TM

Is it time for the **HOME?** Yes, the **HOMEbox!**

So easy...even Grampa can do it.
THE WORLDS NO.1
portable grow and dry room!



HOMEbox
is **easy:**
start **growing**
in 20 minutes!!

- Fits anywhere
- No tools required
- Easy to build and dismantle
- High tech German engineering
- Lightweight and waterproof
- Reinforced zippers and stitching
- Built in ventilation and cable ducts

HOMEbox has a complete product line. Available in all sizes.



Beware of cheap imitations...get the original !

HOME box

www.the-HOMEbox.net