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Publisher/ Editor in Chief

Marco Renda
weedmaster@treatingyourself.com

Assistant to Editor

Jef Tek
jeftek@treatingyourself.com

Copy Editor

Andrew Rininsland
submit@treatingyourself.com

Magazine design & layout

Ivan Art
ivan@treatingyourself.com

Director of Sales & Marketing

Michelle Rainey
michelle.rainey@treatingyourself.com

Technical Writer

Ally a.k.a Pflöver
ally@treatingyourself.com

Q&A Advisor

Shantibaba
shantibaba@treatingyourself.com

Text & photography Contributors

Marco Renda, Ivan Art, Michelle Rainey, Harry Resin, Jef Tek, Andrew Rininsland, Ally, Jeremy Norrie, Shantibaba, Soma, JessE, Jay Generation, Wendal Grant, Chef Uni, Doobie Duck, Georgia Peschel, Trixie, Captain Joint, Zardo, Dieselwood, Johnstone, Professor 420, Sonic Smoke, Black Rain, Sauron, Jah Hoover, Zanytrails, Mark Braunstein, Chris Thompson, British Hempire, tokecrazy, Krysanja, J Angel, Rosanna Mestre, Hody Jae Huh, Frank T.C.C. # 058, Carrie

Cover Pic

Jef Tek

Treating Yourself magazine and treatingyourself.com were created to provide adults with information to assist them in their responsible use of medical marijuana.



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Contact us:

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Spring is in the air and in a couple of weeks folks worldwide will be celebrating April 20. In Niagara Falls, Ontario the Hwy 420 rally is being held on April 18 and it looks like this year's rally is going to be HUGE! I am proud to have been involved with the Niagara Falls rally since it started and hope that the folks who have now taken over the organization of the rally keep focused on the educational aspect and not turn it into just another stoner smoke out. I would also like to bring to our reader's attention the THC Expo that is to be held on June 13 & 14, 2009 at the LA Convention Center, for more info on this event please check their web site <http://www.THCEXPO.com>. This year I have decided to take a step back from all rally's due to my health. I have also decided to limit the number of overseas events as it is taking a toll on my body. I am happy to say that although my health hasn't been the best I have still been able to accomplish most of my goals in educating the uninformed. Many things are in the works one of which is the event that we are putting on in Toronto in July 2010 at the Metro Toronto Convention Center. The TREATING YOURSELF MEDICAL MARIJUANA & HEMP EXPO is going to be an eye opener for many as we have been approved to have a 4,000 sq ft vapor lounge where valid med patients can go and medicate in comfort while at the event. We also have a 6,500 sq ft seminar / theatre area where guest speakers will be addressing the attendees, and we will be screening movies when there are no speakers. On our 67,000 sq ft exhibit hall we plan on having over 150 vendor booths of various sizes as well as a stage area where we will have entertainment. Now the other thing that we are also working on is a court case against Health Canada. Our lawyer Leora Shemesh is putting an application before the court in order to have our seeds released and if they refuse we will proceed with a Constitutional Challenge and this time we will also be looking for court costs and lost revenue. It disturbs me that Canada Customs officials have no problem in releasing the seeds and explain that Health Canada is the one holding things up. Health Canada should concentrate on removing pharmaceutical drugs that have adverse side effects from the pharmacies and expedite the applications sent in by patients wanting to use marijuana as their medicine. By the way things are being dealt with; it seems to me that the folks at Health Canada are trying to sabotage the MMAR program. I applaud President Obama for putting a stop to the DEA raids on medical marijuana dispensaries and believe that Prime Minister Harper can learn a thing or two from him. Let's face it the WAR ON DRUGS is a failure and has been since day one! There are many countries that are now tolerant to possession and use of marijuana and there hasn't been an increase in use. This is most evident in Holland where marijuana use and sales have been tolerated in designated areas for several years now. Prohibition comes at a huge cost to taxpayers, let's stop filling jails with people who choose to grow and use a herb that can actually help not only our economy but also our environment. I say LEGALIZE & REGULATE marijuana once and for all.

Take care and Peace



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 by Doobie Duck
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Ads

- Format:** JPG, TIFF or EPS in (CMYK) **Resolution:** 300dpi at 1/1 (actual print size)
Ad sizes:
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 - 1/2 horizontal: 195mm x 132mm (wxh) / 7.7in x 5.2
 - 1/2 vertical: 95mm x 267mm (wxh) / 3.74in x 10.5in
 - Full page: 203 x 276 (wxh) + 3mm bleed on all edges. / 8in x 10.9in + 1/8in bleed

Articles

Text: submitted in a Word document with photo files attached separately as JPG's, captions to be written in place of name on the photo file
 Photo format: JPG, 300dpi at actual print size. The more pixels the better!

Note

Please take photos of objects or buds with a neutral background (preferably white).

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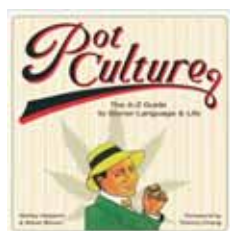


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A Non-Using Teenager's Point of View

There comes a time in everyone's life that something changes. For me, that was moving away from home and starting university. It has been about five months since I've started university and things are finally settling down into

a routine. I enjoy my classes and have figured out that by the end of all of this, I should have my degree in Criminology and a minor in French. Past that, I'm not really sure where I'll go.

School isn't the only thing keeping me busy right now. My boyfriend of three years proposed to me over the holidays and we are now trying to find a place to live together in the spring. Much of my time is also taken up with job hunting and trying to get my handmade jewellery ready to sell in order to help with the ridiculous price of university out here in Atlantic Canada. Due to all of this, I am kept rather busy. Despite my free time going down a bit, I'm still having a great time out here. Unfortunately there has been some sadness in the last little while with a few people that were close to my life passing away; one of them being John. It came as a great shock to many of us and he will be dearly missed.

As this article comes to a close, I regret I'm going to have to say farewell for now. It isn't goodbye, but with my busy schedule at the moment, I am not able to keep up with the bimonthly schedule of the magazine. I hope to be back a few issues from now, maybe even sooner. So as I said, it's not goodbye, it's just farewell for now.

Krysanina, age 19

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Ask



Michelle

2 Dear Michelle,

I was given your contact information by a friend and I have some medical issues which I know are being fixed by the use of medical marijuana. My family doctor whom I have known for years does not believe in the benefits and I have contacted other physicians but found great reluctance to prescribing marijuana. What I was hoping to ask you was if you can guide me to physicians who are compassionate in giving me a legal prescription or if you can guide me where to start asking. I have a range of health issues: Pain from arthritis. Sleep disorder (sleep too much or can't go to sleep). Muscle aches and pains. (This is due to taking cholesterol meds which I don't take anymore). Because of all this I have a high CK enzyme count in my muscles which my doctor agrees is caused from the meds but says I need to continue taking them, anyway. Soft tissue injuries from a motor vehicle accident, and Achilles tendonitis causing calcification which cannot be reversed other than by surgery. Chronic fatigue and depression (which could be a result of all these issues) tops the list. All of these issues were resolved by the use of marijuana but my doctor does not believe this to be true and wants me to be a pharmaceutical statistic.

Warm Regards, SC

! Dear SC,

Everyday I receive correspondence from individuals just like yourself who have had their physicians reject the very thought of cannabis as a medicine. It is a sad reality that you as a patient are not being listened to when you are the one suffering from various ailments - knowing what your body responds too and what it rejects. In my opinion the act of disrespecting a patient's right to alternative medicine is out-right inhumane. Reports and statistics are being published daily about the devastating side effects caused by various pharmaceuticals which were approved by the FDA and are still on the market. Tragically, there is no list of physicians supporting medicinal cannabis in Canada. SC, I encourage you to educate your doctor, provide him with the necessary proof of cannabis's therapeutic value regarding your specific conditions. Here are a few links to articles and web-sites that will get you started.

Cannabis High Eases Joint Pains: <http://www.medpot.net/forums/index.php?showtopic=28236>

Cannabis and Pain Management: <http://www.mapinc.org/drugnews/v03/n1296/a07.html>

If your physician still continues to deny you the right to treat yourself then I would suggest you take your file and start shopping for a new doctor. As daunting as it sounds, taking control and being pro-active with your health is your responsibility. Remember we do pay for our health care system and essentially we are customers paying for our service. Until the Canadian College of Physicians and the Canadian Medical Association accepts the therapeutic value of medicinal cannabis it will be our responsibility as patients to not only educate but demand our right to a less painful life. My Medicinal Cannabis Education Package is in the mail to you SD! It will guide you through the necessary steps to continue treating yourself. If I can assist further please let me know.

XO Medicinal Michelle

2 Greetings Michelle,

I have suffered with migraines for 35 years and found marijuana has finally put a big stop to them. I am wondering if you can send me your information package on getting approved for medical marijuana. Thanks for any information you can send me.

SD, British Columbia

! Dear SD,

Many individuals suffer from chronic debilitating migraines and have found cannabis to alleviate the pain. The prescribed medication for people with severe migraine attacks are triptans. Sumatriptan (Imitrex) was the first drug specifically developed to treat migraines. Related medications include rizatriptan (Maxalt), naratriptan (Amerge), zolmitriptan (Zomig), almotriptan (Axert), frovatriptan (Frova) and eletriptan (Relpax). Side effects of triptans include nausea, dizziness; muscle weakness and, rarely, stroke and heart attack. It would be safe to say that cannabis is a much safer choice. My Medicinal Cannabis Education Package is in the mail to you SD! It will guide you through the necessary steps to continue treating yourself! If I can assist further please let me know.

XO Medicinal Michelle

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Bedrocan

By Harry Resin

Generally when you think of Amsterdam, you think of the coffee shops, but that's not all that's going on. This article is part one of a two part series intended to shine some light on the Dutch Medical Marijuana industry.

In Holland, the medicinal cannabis sold by Dutch pharmacies is manufactured by a company called Bedrocan, with sale and distribution managed by the Office for Medical Cannabis (BMC). Since 2006, the Groningen-based Bedrocan Bv has produced all of the marijuana sold in the Dutch pharmacies.

The founders of Bedrocan have always been farmers, growing endives throughout the '80s. They entered the cannabis industry in the early '90s by making seeds for the Sensi Seed bank, which they did until the Dutch government made seed production illegal in 1998. In 2000, they decided to begin the process of applying for a license to legally grow medicinal cannabis, as at this time there was a lot of talk about starting a program in the Netherlands. In 2002, they were offered the first test grow and delivered their samples in early 2003. That same year, SIMM (Stichting Institute Medical Marijuana), a company started by James Burton and Bedrocan, became the first two legal producers of cannabis in the Netherlands. Both companies began having problems in 2005 when the government couldn't initially handle the quantities these companies were producing, creating an overflow that led to severe financial

issues. As of 2006, Bedrocan was the sole producer of medicinal cannabis in Holland.

Currently, the medical cannabis sold by the drugstores and manufactured by Bedrocan retails for? 9,03 a gram. It is sold in a little plastic container by 5-gram increments. Both the bud and the container can be seen in the photos. One major issue regarding the cost is that Dutch insurance companies won't reimburse their clients for their medicinal cannabis. All this is in contrast to the cannabis available from the coffee-shops, normally sold for around? 6,50 to? 7 at the cheapest end of the scale—usually a PP grown commercially and often not flushed very well. On the other hand, for good herb grown organically in soil, you will pay around? 10–? 12. As a medical user, you are currently limited to those two choices: the coffee-shop, or the Dutch medicinal weed from Bedrocan.

However there was an important ruling made in September 2008 by a Dutch court that gave permission to a MS patient to grow his own cannabis, who argued that he didn't want to smoke irradiated weed and it was cheaper for him to produce it himself. At ?9 a gram, without compensation from an insurance company, costs can add up if your condition requires a more chronic dose.

The question remains which model is more effective, one in which patients or care givers are able to grow their own plants or a system that sees the government provide patients with their medicine, which is thoroughly controlled and monitored. From my own experience, I can only say that usually the patients or care givers who grow do so in a way that best suits what they are looking for in their medicine. It gives them the freedom to choose soil over hydroponics, organic food and pest control, certain curing and drying techniques, and, most important, strain selection. All of this adds to both the quality and effects of the medicine. For me, given the personal choice, I would pick the veggies from the organic farmer rather than the Monsanto-style genetically modified produce.

Bedrocan currently offers three strains of cannabis, all of which are available from a Dutch pharmacy with a doctor's prescription. The strains are: Bedrocan, which is an old Jack Herrer phenotype measured at 18 per cent THC; Bedrobinol, a cross between the Jack used in the Bedrocan strain and an Afghan strain measured at 12 per cent THC, and Bediol, the parentage of which is a closely-guarded secret. It measures 6 per cent THC and 7 per cent CBD. Bediol is also the only sort that is sold in a granular, pre-ground powder—all other strains come in bud form.

These are grown using small 3.5 litre pots on a drip system. I found ▶



it interesting that they use such small pots, considering they yield nearly 150g per plant. They do, however, give their plants a lot of space and airflow. The food used is made in-house and is a mineral-based powder. For pest control, they use only natural products—no chemical pesticides. The lights they use are HPS Phillips green power utilizing 230.000 kWhs of electricity. I will go into more detail about their growing and gardening techniques in the interview next issue. Amongst their grow spaces, they have one veg room and three flower rooms, of which they currently only use two. The reason is that at full capacity, they can produce 400 kg per year, but the BMC needs only 100 kg annually. However, by operating at full capacity, it is arguable they would be able to lower their prices.

Another issue facing medical users is that the BMC adds their cut to the final product. The dried buds are delivered where they are pack-



aged and irradiated by another company. These containers in turn end up in the pharmacies where they are sold to the public. However, in Groningen, the city where Bedrocan is based, there is a special medical cannabis pharmacy that exclusively sells the Bedrocan sorts which are purchased directly from the company, saving the patients nearly 2 Euros per gram.

I personally find it absurd that a government agency feels it has to take a cut when it comes to charging patients for their medicine, especially if those extra costs pay for irradiation and packaging. In fact, if anything, governments should subsidize medicine. This is, after all, why we pay taxes—one would think.

There is definitely something to be

said here about the exemption status available in Canada, or proposition 215 in California. It should be the right of the patient to decide if they wish to grow their own medicine. Recently, while speaking with a medicinal cannabis activist here in Holland, she complained that the strains available from Bedrocan had no positive effects on her. She needed more Skunk-based strains, as she found the sativas to be a bit too racy for her. This then forces her to either buy her cannabis from a coffee shop, which can be expensive for the better sorts, or to grow it illegally herself.

I believe that the best system is a combination of the Canadian and the Dutch. This way, as a patient, you have the choice of either going to a pharmacy or of growing it yourself. I don't think it is fair to create a monopoly-style situation that gives one company the sole rights over what is considered to be medicinal cannabis. It should be the right of the patient to make the choice of what is best for them. Until further strain-by-strain research is conducted, who better to decide what strains are best than the patient actually using them? Hopefully we will see some changes in Holland for the better.

Stay tuned next issue for the interview with the director of the company. Peace, love and light,

Harry Resin ✚





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The little site that could!

J-angel GreenPassion.org I have been asked, "Why would you buy a marijuana site?" The answer is not simple. We wanted to keep the site alive, but we wanted it to go forward in a way that we feel is unique. We felt we must give back to the cannabis community. But there is another, much more personal reason... Recently, I watched a member of my family die from cancer. He was denied the help and comfort our herb could have provided him in his last days. This had a profound impact on myself, and on my family. It was a pivotal point in my life. If, by doing this, I can help even one person in this world to avoid that kind of suffering, then I will do it. It must be done, since our inaction is killing people, slowly and painfully. Our inaction allows many of them to languish in prisons all over the world. It is about our humanity. And what we choose to do with it. Our concept is simple: open up the site to gather knowledge and promote the legalization of our healing herb. We will share that information with any site or person that wants it. One of our goals is to encourage other sites to do the same. We live in a fast-paced world. On hundreds and hundreds of cannabis sites, we have all seen the same idea: **Legalize it!** We wish to create a joining of all sites of our genre in the future. It stands to reason that if we have a common problem, we should combine our strengths and fighting skills to **Legalize our Herb Worldwide**. It makes absolutely no sense to fight each other. We are all on the same side.

But what is said is far different from what is done. Site wars, flaming and juvenile behaviour give us all a bad image. I have been accused of spamming, had posts pulled... out of fear? Scepticism? Mistrust? All of the above? The message is simple. We all have to work together to Legalize Worldwide and share wisdom and knowledge about our herb. Cannabis users are seen as the old stereotype of the lazy, longhaired hippie. But we are not just that. We encompass every walk of life. We are doctors, lawyers, teachers, students, every and any person. We are not just a "type" any longer. We must endeavor to change this impression and we cannot do this if we, as a group, cannot work together. What we propose to do is cut through the drama and politics and get it back down to what this is really all about — sharing our Knowledge with each other and making cannabis available legally to everyone that needs it. Medical Marijuana has proven a lifesaver for huge numbers of people. But time and again, I hear of people not getting approval for medical use, or not having the information to pass to their doctors. Some are arrested for using this non-toxic

herbal medicine.

And this does not even touch on the recreational users thrown in jails all over the world for smoking a little bit of bud. Nor does it tell of the families torn apart, lives destroyed and property "legally stolen" because of this prohibition based on racism and greed. Cannabis prohibition has created a world of fear and paranoia. It doesn't have to be this way. If we work together we can change this, just through sheer numbers. Recently I was invited to come help growers at another site, Canacare, to share my skills and knowledge. Seeing that we had some information that could be well used there, I shared what we had with them. On further contemplation, a new idea grew among the members and staff, which they are now transforming into reality. Below is a quote from their "code monkey" about one of their first planned projects. Much respect to Steve, Elkonmylawn, and all the other staff at Canacare and Sentry for being so open to do this sharing. This is what it is all about: *"It was inspired by the list of medical links that Storm Crow (aka Gran-*




ny) has so diligently maintained over the years. The goal of the project is to make a resource available online that will allow patients to very quickly and easily find articles and studies regarding cannabis which are relevant to their particular medical conditions. So, for example, a patient could quickly and easily click a few buttons and find themselves presented with a list of regular Joe-level resources about how cannabis affects arthritis. It will also give the patient hardcore scientific data that they can refer to their physician — and that might save someone's life some day! That's why this project is so important to us. Not only could such a resource be valuable for patients, but it could also be a boon for medical and legal professionals, as well as anyone interested in broadening their horizons on the subject of medicinal marijuana. It is intended to be communi-

ty-powered, so there's no telling what form it might end up taking. That's the fun part of all this.

We're creating a resource that is seeded with some data. But, the lion's share will come after that, when people start submitting new links and volunteering to be editors and evaluators. Then, we'll really see what's going on! When it is finally online, the general public will be able to submit links and Granny's List will grow and grow! The way it's designed, it will always be easy to navigate and, since it's a custom application, it's screaming fast! We really think the world needs a resource like this and we're enjoying making it a reality." This will be the first project created by our cooperatively sharing of ideas. I can see the possibility of many, many projects. In this global Internet world, everything and everyone is as close as a click of a button. If there is a way to help many, don't

we have an obligation to do this? We have been reaching out our hand in friendship to other sites and the majority of those sites are ready for this. In so doing, we have offered our site, GreenPassion.org as a host for all to come and talk to each other. We have a forum devoted to this sharing of ideas, the Cannabis Activist Idea Interchange. We can offer to be the catalyst for this action but we cannot do all the action. It is up to all of us to join in and cooperate with each other to progress this fight to legalize and share information. Our hand is open and waiting. We are, indeed, just a little site, and many others have said what we propose is not possible. I believe it is.

We just have to dare to do it. So we will indeed be **"The Little Site That Could"**. To Life, J-angel
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2009

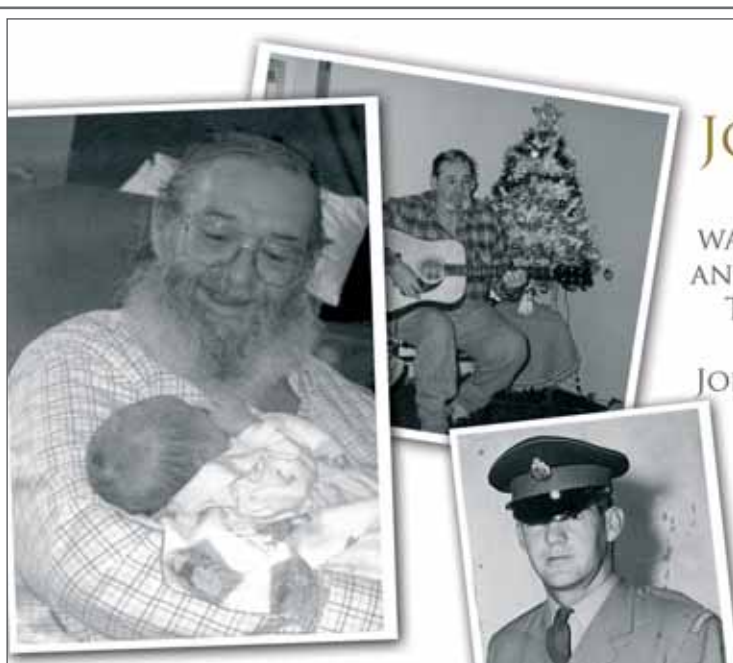
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Forever I have heard about this "OVER GROW THE GOVERNMENT". Well, what is it? When does it happen? Where does it happen? Those were the questions I had. Now it is clear to me what it means. The government officials in office are not listening to the people. Or to what the people want. Stop the war on cannabis and on the people. With that being said, in spring of 2009, what would happen if 1 in 10 cannabis smoking people would go out and plant 10 seeds in the view of the public everywhere? We would send the message to our government officials—we want the war on cannabis to STOP! When spring in your part of the world comes,

go out and sow some seeds. Put them everywhere! By highways, parks, forests, everywhere and anywhere. Sow some seeds and join in the World OVER GROW THE GOVERNMENT 2009. If even 1 in 10 people would sow seeds this spring, the world would turn GREEN in wave after wave! All around the world, government officials would have to listen, as this will be loud! Just think, if 2 people would sow seeds.... And each had 2 friends.... Who have 2 friends... And so on. Pretty simple, isn't it? If you get on board with the OGG, you can do this! 1. Pass on the about OGG to everybody around. 2. Pick out your spots to plant. 3. There will be a

forum on the GreenPassion.org where you can see others who join in the OGG and where they have sown seeds in the 2009 OGG. We will also post info about this on our friends' sites. Get others to join in on your site. Or just accept our hand of friendship and come on by to see what is up, and talk with others about OGG! If we all stand together, we all win. Let us make 2009 the year that we Over Grow The Government. The year we win the war on cannabis and stop the useless prohibition! Spread the word, Over Grow the Government 2009 Spring Grow. Tell everybody go out and plant this spring. Turn the world Green! Peace. 🍀



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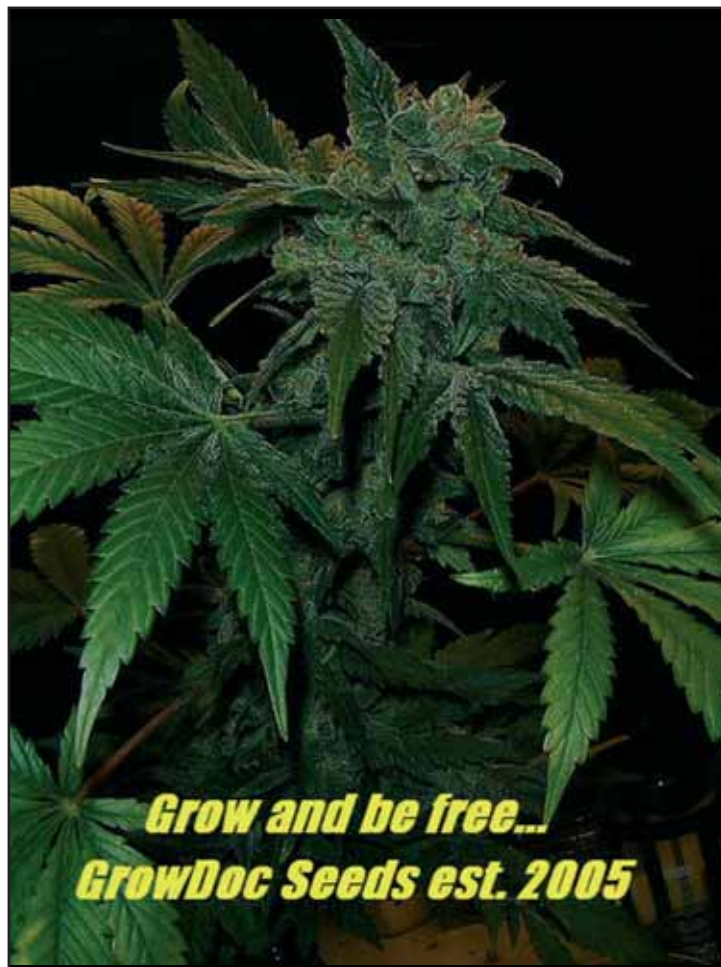
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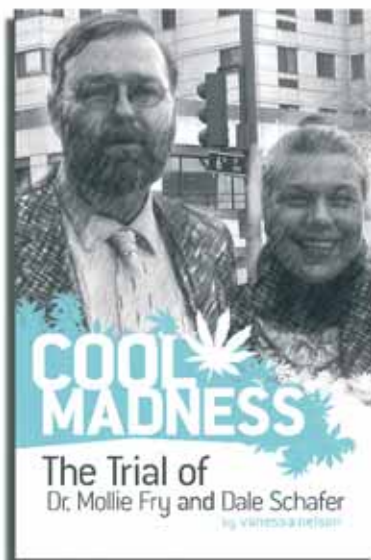
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COOL MADNESS, The Trial of Dr. Mollie Fry and Dale Schafer is the riveting true story of a medical marijuana doctor undergoing a federal trial for the first time in history. The main character of Cool Madness is Dr. Marion "Mollie" Fry, a cancer survivor who learned about the benefits of medical marijuana while enduring chemotherapy and a double mastectomy. After recovering, Dr. Fry set up a practice in the small northern California town of Cool and began recommending medical marijuana to her patients in accordance with state law. However, California's medical marijuana laws are not recognized by the federal government, and this legal conflict put Dr. Fry's activities under the scrutiny of authorities. Law enforcement surveillance on her home led to a raid that netted a meager 34-plant garden in September 2001.

www.MMAPUB.com

BOOKS BY VANESSA NELSON

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



The Radio Reefer Report

By Wendal Grant

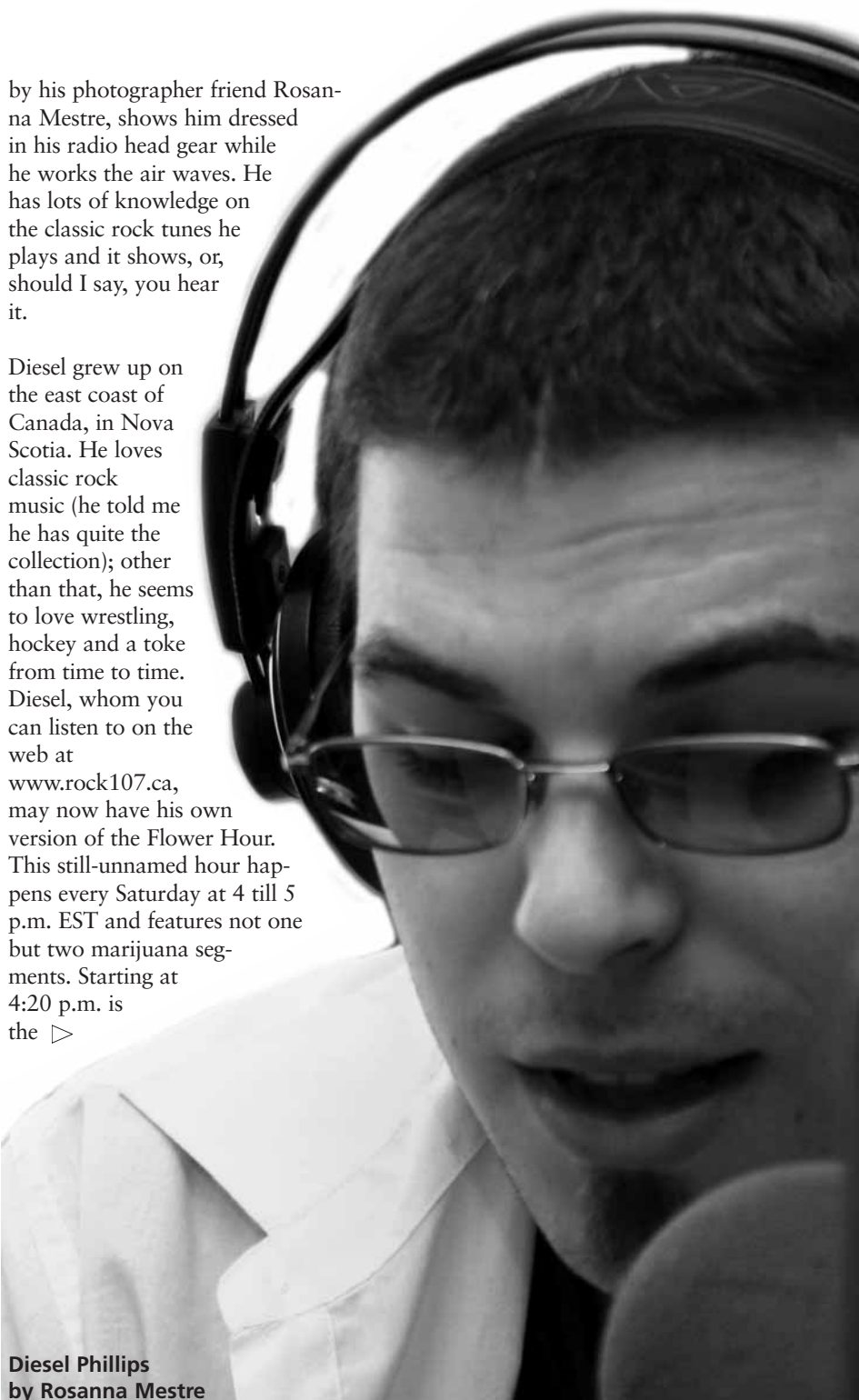
When I first was diagnosed with Crohn's Disease, I quickly found out how much cannabis could help me and I had to let everyone know. The best way to deal with this was to get involved in medicinal marijuana activism. I figured I'd attend some rallies, some parades, maybe do some letter writing to some newspapers, but I didn't figure that someday I would address a mass audience. During 2008, that all changed in a big way. Early on in the year I was asked to address a large crowd at the Niagara Falls ON 420 Rally, but I never thought I'd be able to talk to tens of thousands of people at once.

Writing for *Treating Yourself* magazine allows me to write out my thoughts, ideas and the happenings of our group Medicinal (marijuana) Awareness, MA. The group's writing help to let others within the movement, plus the newbies to it, know what others like us are doing. Our hope is that others will see and read what we are doing and it encourages them to do likewise. These activities, the rallies, the writing, the speaking and the home show experiences, can make one grow in this movement and I can tell you they have all helped me achieve something I never expected.

During the year 2007 a local radio station changed their format. Out went the light and easy music and in came some classic rock. The station hired a young man by the name of Diesel Phillips to do the weekend show. Diesel as you can see in the enclosed photo, taken

by his photographer friend Rosanna Mestre, shows him dressed in his radio head gear while he works the air waves. He has lots of knowledge on the classic rock tunes he plays and it shows, or, should I say, you hear it.

Diesel grew up on the east coast of Canada, in Nova Scotia. He loves classic rock music (he told me he has quite the collection); other than that, he seems to love wrestling, hockey and a toké from time to time. Diesel, whom you can listen to on the web at www.rock107.ca, may now have his own version of the Flower Hour. This still-unnamed hour happens every Saturday at 4 till 5 p.m. EST and features not one but two marijuana segments. Starting at 4:20 p.m. is the ▷

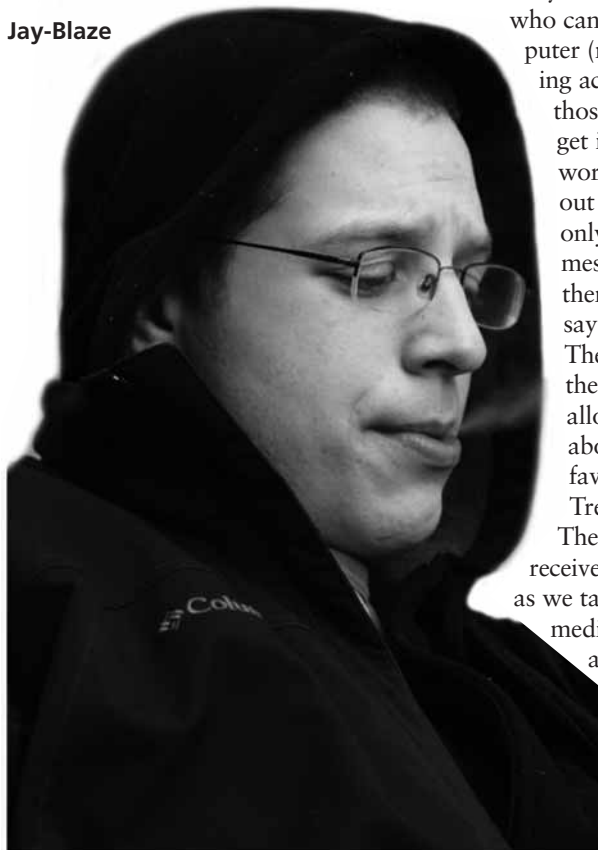


Diesel Phillips
by Rosanna Mestre

Afternoon Blaze with Jay segment where you can hear Diesel talk to his east coast buddy, Jay Blaze. Like Diesel, Jay likes to have the occasional toke as evident in the shot taken by Rosanna Mestre. During this time, the two talk about what's new with Jay and the happenings around him. They'll touch on the latest marijuana movies to the local happenings along the east coast. Jay always has something interesting to say whether he's laying down the weed-facts, just giving his opinion or even telling a story about life.

During the second half of the hour is when the Reefer Reporter airs his news. The Reefer Reporter segment is my newest adventure into educating the people. The three-minute show starts off with some classic reefer tunes from the '30s and '40s. As it fades to some quiet background music, Diesel and I start into our weekly cannabis news segment. The segment is

Jay-Blaze



done live so if there is a blooper, you're going to hear it. I'm really surprised that this is happening as I'm the kid, who while in public school, had to spend 4 years in speech therapy to learn how to speak clearly and was too shy to do his mandatory class speeches. Talk about facing your worst fears! The one thing I remember from those days was to look above the crowd if you are nervous. It worked in Niagara; so, with no one around me, the nerves are pretty good while I do the radio show.

The segment comes on the air about twenty minutes after Jay Blaze finishes up at 4:25 p.m., which puts me on at approximately 4:45 p.m. eastern time. When I started my activism I had no idea that I would address thousands of people in a live conversation but it has now become a reality. It is a way of educating the grassroots, the people who don't buy or can't afford to buy magazines, people who can't afford a computer (never mind having access to the net) or those who refuse to get into the cyber world. I even reach out to the ones that only listen to the message given to them by those that say the opposite. The debut show of the Reefer Reporter allowed us to talk about everyone's favourite magazine, *Treating Yourself*. The magazine received lots of mention as we talked about medicinal marijuana and where you can find medicinal marijuana information. Besides letting everyone know about the TY

website, I made sure everyone knew that they could pick up their own physical copy at their closest Chapters-Indigo bookstore, as well as the many small variety stores out there.

Since that first show I have been able to educate people about the oldest marijuana discovery by Professor Ethan Russo and his colleagues, and I've been updating people on some legal cases in Canada. These legal cases are ones that could lead to the legalization of marijuana. We've also had a long conversation about cannabinoids and how they work medically within the body and how we have receptors to receive these cannabinoids within us. The news also goes international as well. We have touched on the legal status of growing plants in the Netherlands when their courts ruled that their citizens could grow up to 5 personal plants each. I've even filled everyone in on how the new President of the United States feels about medicinal marijuana and how he has stated that the government shouldn't be raiding the compassion centers in California. I also had to tell everyone how marijuana legalization was the top question at the website Change.org, which asked people what they wanted then-President-Elect Barack Obama to change the most when he came to the White House.

In less than 5 weeks of doing the show it has gathered response from both coasts of Canada and all the places in between. We've even gotten comments from as far away as the southern USA. With actual information being used, many have written to say that the show is a very valuable to our movement. Frank wrote me and said "Getting the truth about cannabis to the mainstream is so important. Your initiative deserves praise and support," while Alison Myrden wrote "Thank you

SOOOOO much for what you are doing! We are so pleased for you and that this station has given you this time! You should be SOOO proud!" Keith Fagin from Calgary wrote me and said "I can't thank you enough for such strong support for our cannabis community here in Calgary" when I told him I was planning on talking about his new business, something that I hope catches on.

When the opportunity to talk on the radio about cannabis came, I quickly set a plan into motion. I wanted to start out with education that would establish marijuana as something that is a life plant. By life I mean what many activists say; it's the plant of life. This plant can save us and the planet from destruction. I use to scoff at that, but I no longer do. I also wanted to establish that marijuana is a medicine and has been for many centuries. I brought proof to the listeners by talking about Professor Russo's discovery of the 2,700 years old (27 centuries) cannabis found in the Gobi Desert tombs and then with my discussion on the cannabinoid system. In further shows I plan on pointing out questions and other medical information that will make people think and maybe lead them to discover the truth themselves.

From there I talked about some of the environmental benefits and how marijuana can be used for everything that oil can be used for.

It was mentioned that cannabis can be made into 25,000 different items that would help in saving our world, and then I named off things like biofuel, housing material, clothing and a few other things. As time goes on I'll be bringing other items forward that show how cannabis can improve our environment and our economic situation.

Next up was letting everyone know that our senate has done a report on marijuana. The 2002 report states marijuana prohibition, as we now know it, should end. As well, I made sure I mentioned the other countries that also did reports on our medication. Come this spring we plan on taking the show on the road. I'll be attending rallies and events in the Toronto area and I will be commenting live on the air with what's going on at them.

This whole thing came about by sheer luck and I'm very fortunate to have this opportunity. We didn't know each other before this so I would say it took several months of slowly building a friendship through emails. These emails included some big marijuana news that he had never seen, read or heard from anywhere else. We did finally meet in person while he was a judge in a local music contest. It also helped that he already had the 420 Stoner Salute going so the radio station and his listeners were aware of his marijuana dis-

cussions. I can't thank Diesel and the radio station enough for allowing me to do this. It's such a great opportunity that I would never do anything to abuse or jeopardize it. Thank You.

Now that the show is up and running, I'll have some new, as well as some old stuff that I want to bring to the people. Stuff like actual facts out of medical studies that you can only read if you knew where to look. Perhaps Treating Yourself Magazine giveaways where the listeners have to locate medicinal information or some kind of factual research that will get them started reading and seeing the actual truth for themselves. Once people do this, maybe their research would balloon and become more in-depth. These will be things that I believe are important for the listeners to know about as well as being very educational for in general.

Don't forget:

Saturdays from 4 to 5 p.m. EST, go to **www.rock107.ca** and click on the "listen live" button to get not one, but two reefer segments. Catch "Blazing with Jay" at 4:20 p.m. and the "Reefer Reporter" at 4:45 p.m..

We welcome your input, if you have any comments or a question you can email Diesel at: **diesel@rock107.ca** or me at **ma@treatingyourself.ca** 🍀





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Pancho Villa

and the Mexican Revolution

By British Hempire

Doroteo Arango Arámbula, better known as Francisco or "Pancho" Villa, was a Mexican revolutionary general. He was born on June 5, 1878 and little is known of his early life. According to his own version of his life story, at the age of 16 he shot an older man, the son of a big landowner, who had tried to rape Pancho's younger sister, Martina. Pancho became an outlaw, not an unusual path for a man of the lower classes in Mexico to be forced into during the rule of **Porfirio Díaz**. Judges belonged to the aristocracy and offending an estate owner for any reason could lead to jail, execution or forced recruitment into the Army. Díaz's presidency was characterized by the extreme exploitation of the working class, farmers and peasants. Wealth, political power and access to education were concentrated among a handful of families, overwhelmingly of European descent, who controlled much property in large estates. Most of the people in Mexico were landless. Foreign companies, mostly from the United Kingdom, France, and the United States, also exercised a great deal of power within Mexico.

Díaz changed land reform efforts started under previous leaders. His new land laws virtually undid all



Porfirio Díaz
www.s9.com



Francisco Madero
www.nevadaobserver.com



Emiliano Zapata
www.antorcha.org



Pancho Villa
www.freedomarchives.org

the hard work by leaders such as Benito Juárez. No peasant or farmer could claim the land he occupied without formal legal title. Small farmers were helpless and angry; from this cause, many leaders including Francisco Madero, Pancho Villa and Emiliano Zapata would launch a rebellion against Díaz, escalating into the eventual Mexican Revolution.

Madero decided to run against Díaz in the 1910 Presidential Elections. Díaz thought he could control the election as he had the previous seven. Díaz, however, did not approve of Madero and had him jailed on election day. Díaz was announced the winner of the election by a landslide, providing the initial impetus for the outbreak of the Revolution. Madero's vague promises of agrarian reforms attracted many of the peasants

throughout Mexico and in late 1910, revolutionary movements broke out in response to Madero's imprisonment. The rebels were particularly strong in the north and included Pancho Villa, who captured Ciudad Juárez (bordering El Paso, Texas) along the Rio Grande.

After Madero defeated the weak federal army on May 21, 1911, he signed the Treaty of Ciudad Juárez with Díaz. It stated that Díaz would abdicate his rule and be replaced by Madero. Insisting on a new election, Madero won overwhelmingly in late 1911. Some supporters criticized him for appearing weak by not assuming the presidency and failing to pass immediate reforms. But Madero established a liberal democracy and received support from the United States and popular leaders such as Orozco, Villa, and Zapata. ▷

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Madero was a weak leader and his support quickly deteriorated. His short-lived regime came to an end in 1913 when commander-in-chief General Victoriano Huerta set in motion a coup d'état. Madero and vice president José María Pino Suárez were both assassinated less than a week later. After Madero's murder, Huerta proclaimed himself provisional president. Venustiano Carranza then proclaimed the Plan of Guadalupe to oust Huerta from office as an unconstitutional usurper. The new group of politicians and generals (which included Pablo González, Álvaro Obregón, Emiliano Zapata and Villa) who joined to support Carranza's plan were collectively styled as the Ejército Constitucionalista de México (Constitutionalist Army of Mexico).

Villa joined the rebellion against Huerta, crossing the Río Bravo del Norte (Rio Grande) into Ciudad Juárez with a mere 8 men, 2 pounds of coffee, 2 pounds of sugar, and 500 rounds of rifle ammunition. Villa's remarkable generalship and recruiting appeal, combined with ingenious fund-raising methods to support his rebellion, would be a key factor in forcing Huerta from office a little over a year later, on July 15, 1914.

This was the time of Villa's greatest fame and success. He recruited soldiers (both Mexican and mercenary) and raised money using methods such as forced assessments on hostile hacienda owners, and train robberies. In one notable escapade, he held 122 bars of silver ingot from a train robbery (and a Wells Fargo employee) hostage and forced Wells Fargo to help him sell the bars for spendable cash. A rapid, hard-fought series of victories at Ciudad Juárez, Tierra Blanca, Chihuahua and Ojinaga followed. By the end of 1913 he had amassed an army of 3,000 men and become governor of Chihuahua. He also confiscated the



large land holdings of the aristocracy to finance his army and help the poor.

The new pile of loot was used to purchase draft animals, cavalry horses, arms, ammunition, mobile hospital facilities and food, as well as to rebuild the railroad south of Chihuahua City. Villa signed a contract with Mutual Film Company of New York for \$25,000 for exclusive rights to the revolution. Along with boots and artillery, Mutual Film provided Confederate Army uniforms, boots and fancy guns for the front row so Pancho's scruffy soldiers would look better on the silver screen. Make-up artists supposedly powdered Villa's face to lighten it for certain scenes, his hair was trimmed and combed. Mutual's camera crews accompanied Villa's peasant army when the rebuilt railroad transported his troops and artillery south. Mutual filmed the bloody battles where he defeated Federal forces at Gómez Palacio, Torreón and Zacatecas. *Life of Villa* (1912) and *The Life of General Villa* (1914), the two films made about Villa's life by the Mutual Film Company have been lost, but some unedited film reels of the battle of Ojinaga (January 1914), showing Pancho Villa and his army fighting Federal forces, as well as photographs and publicity stills taken from the original film, do still exist. Villa's good relationship with the American media wasn't an accident, he was well aware of the power of the press and even delayed an attack on Juarez to avoid conflicting with the World Series.



Marijuana the Soldadera

Many of Pancho Villa's soldiers were indigenous Yaqui Indians and they were very fond of smoking 'motas' – marijuana cigarettes. The term *marijuana* is said to have originated with the soldiers of Villa's army. Several stories about the origin of the term have been told over the years, but it is most likely that it began with the female camp followers of Villa's army, known as *Soldaderas*. A popular *corrido* (folk song) written at the time of the Revolution called *Marijuana: La Soldadera* tells the tale of a young woman who accompanies her beloved Juan when he joins Villa's army to cook his meals, but she proves braver than Juan and when he is killed, takes up his rifle and fights bravely, being promoted to sergeant. Some insight into the popularity of corridos celebrating Soldaderas is given by this description from the life story of Zeferino Diego Ferreira, one of Villa's Dorados:

Once I met a colonel named Petra Herrera. She dressed like a man and was very brave. Her troops operated in the north and belonged to the Northern Division. Almost all of them were men. They fought

with grenades made of the sacks from goat testicles filled with shrapnel and gunpowder, with a fuse. They hardly used anything else. I mean they were brave!

Pancho Villa himself is said to have smoked *marijuana* before going to battle to become *mas valiente* (more valiant). There is a picture of Villa and Porfirio Ornelas sitting under a tree, taken at Canutillo in 1920; they are said to be smoking 'motas' but others claim they are eating, it is not clear from the picture, but I would tend to think they had stopped for a spot of lunch and Villa looks to be biting on a piece of food, not smoking a 'mota.' Some have said a photograph exists that was taken in Sabinas while Villa was negotiating his amnesty with the Federal government where he can be seen smoking a 'mota'; newsreel footage of this event also exists and it is claimed that twice Villa can be seen smoking. Author Alvaro Canales has claimed to possess a sequence of photographs taken in Sabinas that show Villa rolling and smoking his 'cigarro de hoja.' There are references about Villa's smoking habits in his early days in the book *El Verdadero Pancho Villa* by Silvestre Terrazas and also in his later years in *Con Villa: Memorias de Campaña* by Jose Maria Jaurrieta.

In his book *Greed, Rage, and Love Gone Wrong*, Bruce Rubenstein describes the use of marijuana in Villa's army of Indians and mercenaries:

A contingent of long-haired Yaqui Indians known as Las Cucarachas (The Cockroaches) smoked marijuana, a habit that soon became the hallmark of Villa's army. Gringo recruits like Ward, Tom Mix (later a movie star), Tracy Richardson and Sam "The Fighting Jew" Dreben turned up their noses at loco-weed and mescal. They drank American whiskey

purchased in Texas, often with the proceeds from sales of marijuana they brought across the river with them.

La Cucaracha

La *Cucaracha* is the Spanish equivalent of *Yankee Doodle* - a traditional satirical tune periodically fitted out with new lyrics to meet the needs of the moment. The origins of the song are obscure, but the Mexican writer Jose Joaquin Fernandez de Lizardi claimed the song was brought to Mexico from Spain by a captain of marines. Lyrics for La *Cucaracha* exist commemorating 19th-century conflicts in both Spain and Mexico, but the most famous verses were written during the Mexican revolution of 1910-1920. Included among the new lyrics were the most famous verse of all:

La cucaracha, la cucaracha,

The cockroach, the cockroach,

Ya no puede caminar;

Can't walk anymore

Porque no tiene, porque le falta

Because it doesn't have, because it's lacking

Marihuana que fumar.

Marijuana to smoke

There are many stories about the origins of this verse, some refer to the 'cucaracha' as Pancho Villa's car, which with his soldiers hanging out of it looked a bit like a cockroach and was notorious for breaking down. Others say that the song is ridiculing the Federal forces they said couldn't fight without smoking marijuana. Some say it was directed at the dictatorial Mexican president Victoriano Huerta who was ridiculed by his many enemies as a drunk and dope fiend who lived only for his daily weed. Perhaps the most accepted explanation of it is that it is a song about a soldadera. "La *Cucaracha*" is a nickname sometimes given to women whose name is *Cuca*, which is short for *Maria de Refugio*, a fairly common name in

Mexico.

La *Cucaracha* became the anthem of Pancho Villa's army, according to *Marijuana - The First Twelve Thousand Years* by Ernest L. Abel:

The song was adopted as Villa's battle hymn after his capture of Torreon and subsequent overthrow of the Mexican government because many of his men had smoked marihuana before going into battle, much like other soldiers drinking alcohol before battle.

Pancho's fall from grace

By December 1914, in conjunction with the armies of Carranza and Zapata, Villa captured Mexico City, forcing Huerta to flee and placing control of the government in the hands of the three rebel leaders. However, the following spring, Villa was forced out of the triumvirate when he lost a power struggle with Carranza. In the ensuing conflict, his troops were badly defeated by Carranza's army at the Battle of Celaya. In his book *Pancho Villa and Black Jack Pershing*, James W. Hurst gives an account of Villa's disastrous attack at Celaya. He describes the behaviour of Villa's encamped army before the battle:

The Yaqui Indians smoked marijuana and danced away the nighttime hours in wild abandon. The peasants drank sotol and whiled away the hours in song and conversation; the Dorados patrolled the area and tried to maintain a semblance of order.

Villa launched a frontal attack at night that foundered on the artillery and machine gun fire of the Federal troops. Hurst describes the action:

The Yaqui Indians who led the attack were stoned on marijuana, and they made no attempt at sub-

terfuge, as they charged into the illuminated barbed wire they were simply slaughtered.

Villa was forced to withdraw to his headquarters in Durango. There he resumed his life as a bandit, raiding isolated American border towns and mining camps as well as Mexican villages. The defeat at Celaya was blamed on the Americans, who had allowed Carranza's troops to pass through U.S. territo-

ry while trying to ouflank Villa's army. Even worse, they had supplied Villa with bad ammunition. Zeferino Diego Ferreira, a cavalry soldier in the Division Del Norte, explained what happened when he told his life story to Laura Cummings in the 1970s:

They killed a lot of our men at Celaya but we didn't have ammunition. If it weren't for the United States, Carranza wouldn't have

won. They sold us ammunition that wasn't any good. It only had a tiny bit of gunpowder in it. Hardly any. Instead, it had sawdust inside. When we fired, the bullet would fall two or three feet ahead of us. The United States helped the federales a lot. When they couldn't take Agua Prieta, they let them pass through U.S. territory to attack the city from the north. A lot of Villa's silver ended up in the hands of the United States.

The Columbus Raid and The Mexican Expedition

Clearly, U.S. President Woodrow Wilson had sided with Villa's rival Carranza. This infuriated Villa, who retaliated against U.S. citizens in Mexico. Sixteen American mining engineers were slain in the Santa Isabel Massacre of January 1916. Two months later, Pancho Villa became the first man to invade U.S. territory since the British in the war of 1812.

At approximately 4:17 am on March 9, 1916, Villa's troops attacked Columbus, New Mexico and its local detachment of the U.S. 13th Regiment. They killed 10 civilians and 8 soldiers, leaving 2 civilians and 6 military wounded, for a total of 18 killed and 8 wounded. The raiders also burned the town, took many horses and mules, seized available machine guns, ammunition and merchandise before returning to Mexico. However, Villa's troops suffered considerable losses, with at least sixty-seven dead, caused mainly by armed citizens in Columbus. About thirteen others would later die of their wounds. Five Mexicans were taken prisoner. The raid may have been spurred by an American merchant in Columbus who sup-



Villa bandits who raided Columbus, New Mexico, caught by American soldiers in the mountains of Mexico and held, in camp near Namiquipa, NARA photo #533443 (April 27, 1916., 1916 - 1917)

www.discoverseaz.com

plied Villa with weapons and ammunition. After Villa paid several thousand dollars of cash in advance, the merchant decided to stop supplying him with weapons and demanded payment in gold.

The U.S. press reacted sharply to news of the Columbus raid. The reaction was especially swift in the Los Angeles Times. Before Villa's New Mexico incursion, the newspaper had described Villa as a "rebel leader." After the Columbus raid, an editorial denounced him as an "outlawed Mexican bandit" and "the vilest kind of ruffian."

President Wilson could not stand idle in the face of an invasion of US territory and sent Gen. John "Black Jack" Pershing to lead an expedition into Mexico. A \$5,000 bounty was offered for Villa's capture and Army posters invoked "The Flag, Old Glory" in calling for 25,000 recruits: "Come on, boys, be ready to shoulder the

trusty Springfield."

On March 15, Pershing led an expeditionary force of 10,000 men into Mexico to capture Villa but Pancho had already had more than a week to disperse and conceal his forces before the punitive expedition tried to seek them out in unmapped, foreign terrain.

Pershing made his main base encampment at Casas Grandes, Chihuahua and divided his force into two columns to seek out Villa. Due to disputes with the Carranza administration over the use of the Mexico North Western Railway to supply his troops, the Army employed a truck-train system to convoy supplies to Pershing's encampment and The Signal Corps set up a wireless telegraph service from the border to Pershing's HQ. The newly adopted aeroplane was used by the 1st Provisional Aero Squadron to conduct aerial reconnaissance of the mountains.

The idea sounded better than it was - gasoline had to come in on pack mules and two planes crashed in the first week, with the other four soon lost to further accidents. The campaign was a logistical nightmare — there were no roads or maps and drinking water was scarce. Many Mexicans undoubtedly misled the Americans, pointing in one direction when they knew Pancho had gone the other.

The Mexican government at first was favourable to the U.S. attack on its enemy, Villa, but Carranza came to resent the U.S. presence and soon Pershing's troops were fighting both Villa's rebels and regular Mexican troops.

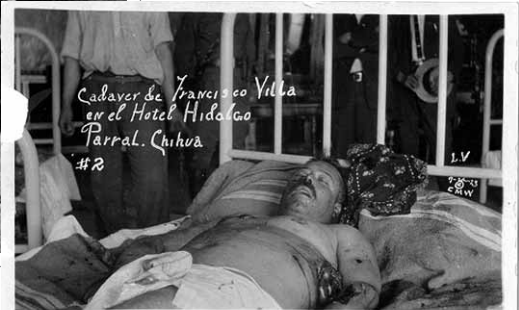
In June, Lieutenant George S. Patton raided a small community and killed Julio Cárdenas, an important leader in the Villista military

organization, and two other men. Patton personally killed Cardenas, and is reported to have carved notches into his revolvers, but Villa continued to elude capture. In early 1917, as war loomed between the United States and Germany, President Wilson recalled the Army. General Pershing gave up the chase with the memorable explanation: "*Villa is everywhere and Villa is nowhere.*"



Above:
Villa ambushed
in Parral Mexico

Below:
Villa's lifeless body at the Hidalgo Hotel in Parral Chihuahua



flickr.com

The end of the Revolution and Villa's Death

In 1920, the Carranza government struck a deal with Villa in which he agreed to halt his raids in exchange for settling down on a ranch in Canutillo and being appointed a general in the Mexican army. However, on June 20, 1923, Villa was ambushed and murdered in Parral by followers of Álvaro Obregón, a former army general, who feared that Villa would oppose their leader's candidacy for president in the upcoming elections. Immediately following his death, the name of Pancho Villa was eliminated from all history

books, children's books and all monuments in Mexico. It wasn't until 1975 (more than a half-century after his death) that both the Mexican and American governments felt safe enough to exhume his body, and when they did, they discovered that someone had stolen his head. After a large parade was held in his honour in Mexico, Pancho Villa's body was sent to the cemetery where many Mexican revolutionary heroes were buried, and he was finally given the proper burial he deserved. 🇲🇽



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12 seeds 64,45 €



NEW YORK
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3 seeds 18,95 €
7 seeds 41,80 €
12 seeds 71,65 €



NEW YORK
SPECIAL
3 seeds 28,50 €
7 seeds 63,00 €
12 seeds 100,00 €



STAR
47
3 seeds 18,95 €
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47
3 seeds 18,95 €
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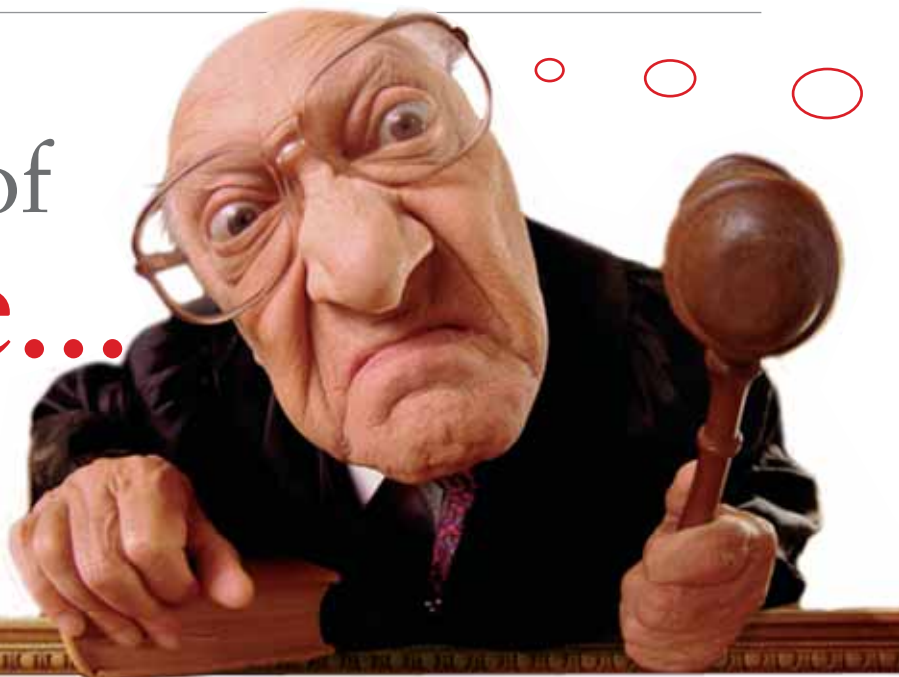
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The Cost of Justice...

By Captain Joint



thescrripturist.com
blog.usssharedparenting.com >

Treating Yourself printed the story of the illegal raid on my Holland, Massachusetts home in TY#12. titled "*Where is Captain Joint?*" Here is what's happened since:

When the police arrest you, it costs you your money to defend yourself.

When you catch the police dirty, you have to bear the cost of proving your case, while the police have the local town lawyers and all of the town's resources behind them for defense. No matter what, it's your money draining into the system.

My case against the Holland, Mass. police was dismissed by a lower court judge during an oral argument for summary judgement November of 2008. Without money for an appeal and more legal fees that I was told would mount up to \$15,000 or more, I was unable to continue with the case, even though lawyers told me I could have a chance to win on appeal, due to the judge ignoring the 1st amendant rights violation claims. This would only mean that another judge would look at the appeal on the case. I could still be denied a trial — a very costly

gamble I could not afford.

At this point, our time for appeal has passed (we could no longer afford the cost of legal help.), but there may still be justice found in this case. I think the two main officers, Agent Scott Haley and Chief Kevin P. Gleason can be charged with perjury (It may be too late on the affidavit, dated 2003, but they again lied under oath in depositions dated 2008), but to do this, I need to force out the name of the "C.I. #62", whom they claim was sent into my home to buy pot with photocopied money from me as they claim they watched from their car.

I believe "C.I. #62" To be Michael Zelonis, who, as a matter of public record, was arrested on my property Oct. 30 2002, and had been only allowed there to get wood to warm his home. He was arrested on gun charges, and for possession of heroin and needles. I had no idea this man had guns, and I don't condone or allow hard drugs around me or my family. He never would have been allowed around my family. He was never allowed back at my home and was in jail when the police claim they made these fictional "buys". The police refuse

to release the name of the "C.I. #62" because they know that to do so would place them in jail themselves.

The fact that this dangerous felon was arrested on my property was not mentioned in the police affidavit. I think an arrest of this nature would be included as "reasonable cause" to believe there is crime going on at the property. They make no mention of this arrest, yet they run my pro-marijuana politics throughout the affidavit. I think the gun-toting felon is more of a threat to the neighborhood, but that's just my opinion...

If I can force "C.I.# 62's" name out and confirm who he is with the help of some other law enforcement agency, and prove the "buys" were lies, I think these officers will also be subject to charges of producing false evidence in the case of simple possession that was brought against my wife and daughter (I was never charged with any crimes). The police produced photocopied money that they claim was sent into my home, yet never recovered. This evidence produced during the discovery phase of the trial was rejected from the courts as

...Way Too High!



not admissible, no sales charges were brought against anyone, only simple possession, and all charges dismissed. So why even produce the photocopied money? There was no trail of evidence to follow the "evidence"?

The question remains: how to bring these cops up on charges by going through the proper channels? They have committed crimes, and I would like to see them charged.

The two recent sworn depositions from Haley & Gleason also differ as to if one or both officers were present at one of the "buys"; the reason these officers can't remember the details of this "drug deal" is because it never happened! These depositions are now posted at captainjoint.com so the public can read them and judge for themselves.

Some of the citizens of Holland, Mass. have put up a web page with more information on Chief Kevin P. Gleason. See 01521.com

This will give you an idea of the type of officer he is. He has been brought up on charges before, yet the system continues to protect him. Considering he said he inves-

tigated me on a "rumor," I have heard "rumors" about him, and maybe it's time for him to be investigated as well...

Also in Agent Scott Haley's deposition, he states that the "C.I. #62" informant was in and out of my home and kept them informed as to my medical condition, that I had "tubes and stuff sticking out of my arms." I had no tubes or anything else sticking out of my arms until after March 25, 2003 (the day the warrant was signed, day I was operated on,) and was still inpatient on March 27, 2003, the day of the raid. I was never in my home prior to the raid with any tubes in my arms, the other "sales" were on emergency room admissions unrelated to the illness I was operated on for. The police were unaware of that prior to their depositions and lied using information on my illness developed after the fact; my medical records bear this fact out. It should be easy to prove perjury.

If the police made three "buys" with a "C.I. #62", wouldn't there be a trail of evidence? Trail of money used in the "buys"? Evidence of three bags of marijuana logged in to be produced at time of discovery? Why was I, the tar-

get of the raid, never charged for the "sales" I made? Did they smoke the evidence?

Finally, though the police did return my family's \$850 taken in the raid, all our other property was destroyed, even though no order was given to do so. In fact, the District Attorney ordered our money and property returned years ago when all the charges against our family were dismissed.

I don't see any good police work here. Am I missing something?

How do charges get brought against police officers that the system seems to want to protect? These guys broke the law and put my whole family, grandchildren included, at great risk. They did much damage to our home and property as they broke the law. They chased us out of our home at great cost to our family.

And all because one judge has the ability to say that a jury can't hear my case, and because the police won't reveal the name of the C.I., I can't face my accuser.

And so they get away with it...again. 🍀



The fog was so dense we could barely see the brilliantly lit Rembrandt Tower except for a glow in the distance as we trooped out of my flat in Amsterdam. Walking across the canal and up the eerily quiet street to Amstel Station, we planned to take the Metro to the Cannabis Cup. I snapped some digital shots of the street signage either glowing or blurred through banks of white cloud. Needless to say it was incredibly difficult to breathe this stuff, especially after sampling about twenty varieties of cannabis in readiness for tonight's activities. It was November of 2003, and I had been living in the Dam for seven years on and off, just another ex-pat enjoying the scene, and the incredible hospitality of the stalwart Dutch. Our little crowd of Americans braved the Metro and observed a few heroin addicts cooking up their doses in the end row seats of the Metro cars. The stench is always nauseating, a cross between ammonia and bleach – which I am sure is quite deadly. Needless to say I was overjoyed to barrel out of the Metro car and lurch up the escalator into the relatively fresh, cold, densely foggy air of other-worldly ancient Amsterdam. This year the High Times sponsored Cannabis Cup was being held at the Arena Hotel. A location I am sure the management of High Times rues to this day as one of their worst. How can one choose a NON-smoking venue for the world's largest smoker's event? Upon arrival I had to go

The Rise and Fall of Eddy Lepp

by Chris Thompson

Lepp•to•ma•ni•a, n. 1. Extreme stubbornness in the belief that state law is sovereign over federal law with respect to medical marijuana.

thru the usual degradation of begging for entry as a member of the press. Of course there was no pre-made Press Pass waiting for me as promised by staff. That would be too efficient for stoners! But having gone down this road seven times before, I was prepared to find whichever stoned-out, blurry-eyed cosmic-partying High Times staff member who was going to let me in. However, I got in almost magically in an instant. The world-famous Cannabis Poet, Lee Bridges, had commandeered three chairs and was displaying his self-published works just inside the front door. Business was brisk for Lee that night, and he had more than a special glow from all the energy swirling around us. I congratulated him

upon his good fortune and great location, and was then swept up in the crowd into the main display hall at the Arena. Weaving and wending my way across the hall, I found the Seeds Direct/Gypsy Nirvana/International Cannabis graphic booth nestled between Bubbleman's and some fellow who looked like a Leprechaun, with a bunch of scantily clad and luridly painted ladies lounging around him on various couches and bunk beds. There was a line waiting to meet with this character named Eddy Lepp, and we entertained a number of the waiting faithful with free bong hits at our booth. Later on I made my way to the Red Light District with our group of friends, to the Cannabis College. Lorna, the



"The dark angels of Babylon are among us and are trying to take one of our own." ~Eddy Lepp

lovely directress, had invited us to come and listen to Eddy speak to us and show some slides of his garden in California, where cannabis for medical use has been legal since 1996. It was great to be informed about the law in California, and to hear of the many efforts folks like he had made to get the law changed on our behalf. The slides he showed us that evening made their way into our hands after the show. Eddy gave us permission to print them in the first ever issue of the International Cannagraphic Magazine. As Editor of the magazine, I was grateful for the wonderful content we had for our Charter Issue. Eddy and his wife Linda expressed many times that we should come and visit their place

in Northern California. After the Cannabis Cup that year, the ensuing long dark and cold wintry months at the high northern latitudes of the Netherlands and United Kingdom were spent working on the International Cannagraphic Charter Issue, enclosed DVD movie, and the new ICMag.com website. In February of 2004 we delivered the goods with a print magazine/DVD and live website with a quickly growing membership. Overgrow.com was at the time the only real grower's website, and when it shut down ICMag.com was there to offer a home for growers on the Internet. The next challenge was upon us, the ICMag/Seeds Direct/Gypsy Nirvana Grow Cup, April 20, 2004 to be held in

Amsterdam. Working frantically we assembled a team and put on a mind-blowing show that no one who attended will ever forget. In May of 2004 I traveled to the United States to promote the Cannagraphic and get some material for the next issue. Visiting Eddy Lepp's Medicinal Gardens in Lake County, California, was a highlight, and I observed his medical patient volunteers preparing some 35,000 seedlings for planting in an open field on his farm. I wrote a story for the second issue of the International Cannagraphic, and filmed enough video for the DVD production. During the visit we discussed the legality of what he was doing, and Eddy showed me the letter of the law that supposedly protected his rights as a medical patient to grow and use cannabis. He also showed me a letter he had sent to a number of law enforcement organizations such as the DEA and the local sheriff claiming it was his right to grow, that he was going to grow, and to please let him know if they had any objections. It seems no body ever answered any of these letters, so Eddy Lepp felt he was completely within his rights to grow cannabis as medicine. Especially for folks who had medical recommendations from their doctors. It seemed the plan was this, to charge around \$500 for each "plot" upon which one plant was grown in the name of the patient. You could buy as many "plots" as you could afford, and I observed many poor folks getting theirs for free. Eddy is very generous and shared his medicine and sacrament freely. At one of his meetings on the farm he made us aware of his passionate feelings that around his place, patients came first, and you were here to take care of them, not yourself. I have to say that in one week, I saw literally hundreds of people sign up for their plots. He had perhaps fifty people living on the



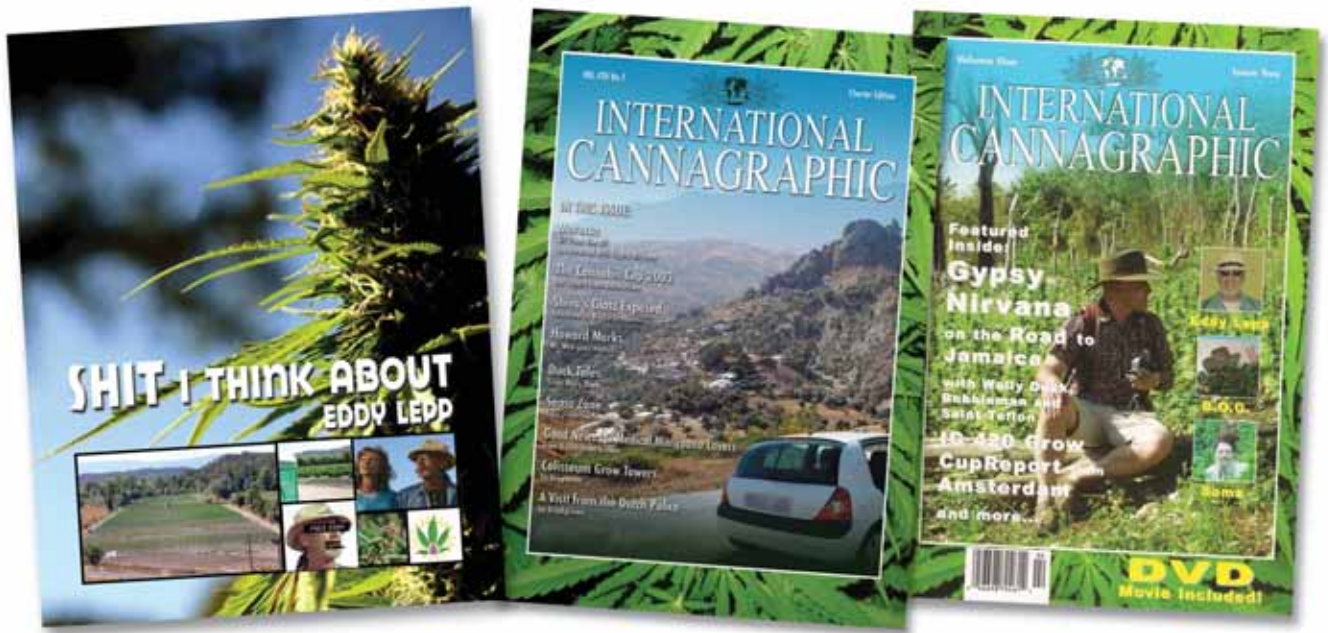
property in caravans, tents and sleeping in the fields to protect the crop. Every single person there was a medical patient with a doctor's recommendation, as well as a member of his church, the Multi-Denominational Ministry of Cannabis and Rastafari. Just a few weeks after returning to Amsterdam to produce the next issue I heard from California that the Feds had raided Eddy's place and removed 32,500 plants from his open field on the side of Highway 20. Eddy Lepp was arrested a second time that year, and eventually charged with conspiracy to manufacture a controlled substance, Marijuana, in excess of 1,000 plants. The long struggle had begun for Eddy, and he spent

at least 90 days in jail at that time just waiting for bail to be granted. Our next annual issue was produced and distributed in January, 2005. This issue included my visit to Eddy Lepp's Medicinal Gardens in California, Gypsy's trip to Jamaica with Bubbleman and Wally Duck and the IC420 Cup. After the publication of Issue Two, we decided to take a break and let the website community grow. This was a wise decision as the world's evil forces at large brought down the largest cannabis site at that time, Overgrow.com. ICMag.com has picked up and carried the torch for truth and freedom for cannabis lovers and users everywhere, and has become the

biggest cannabis site on the Internet to date. Out in California, Eddy decided to defend himself against the Federal Drug Enforcement Agency charges using a religious defense. Aligning himself with an activist from Arkansas, and a formerly twice-convicted Rastafarian, he followed their advice in mounting challenge after challenge to the Feds. This tactic brought Eddy an incredible amount of time, which he desperately needed.

Perhaps as a result of the stress of these events, or maybe it was just a genetic turn of fate, but Linda Senti, Eddy Lepp's lovely wife was diagnosed with terminal cancer in the midst of these happenings.






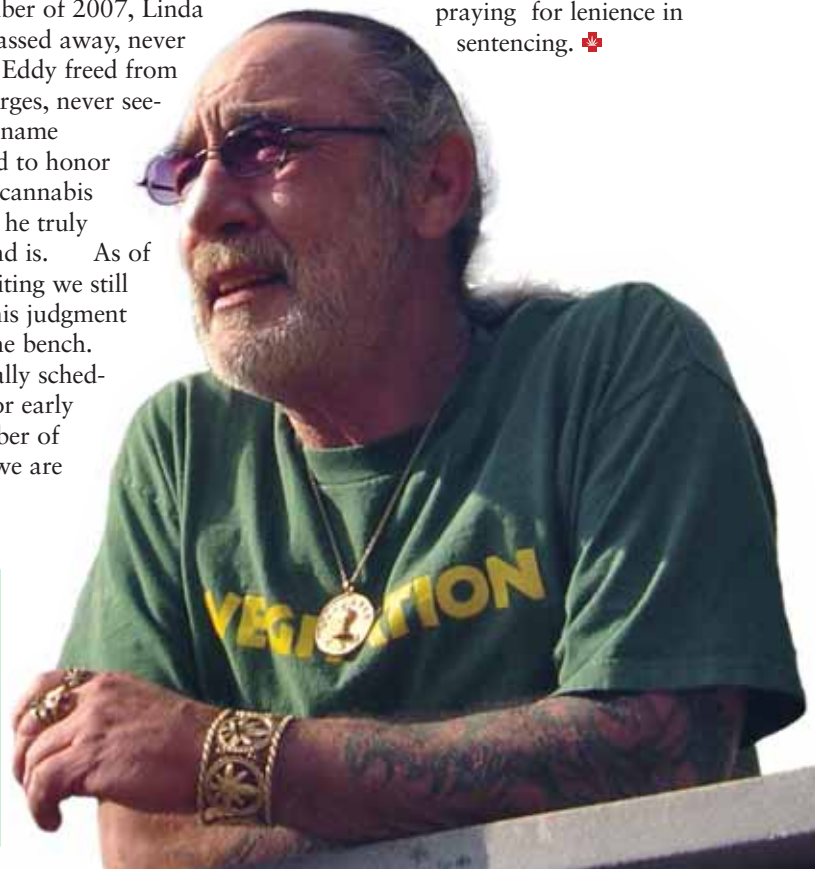
"Respect All, Hurt None, Love One Another." ~Eddy Lepp

Linda was the glue that held Eddy together, his mentor, his inspiration, and the class act at the magician's side as he performed his various miracles. Meanwhile in the courtroom, Judge Marilyn Hall Patel was either bemused by the protestations of innocence from the defense, or outraged at the shenanigans of the prosecution. At one point the judge openly accused Prosecutor Dave Hall of not doing his job, took direct charge of the questioning at hand, and made mincemeat of the defense's argument of the moment. That was just one of many zany moments I witnessed as the government suppressed evidence, warped the truth, and eventually convinced the jury to

convict Eddy Lepp on two charges at the end of a whirlwind two day trial in August 2008. The jury took only four hours to reach their verdict. But meanwhile, in November of 2007, Linda Senti passed away, never seeing Eddy freed from the charges, never seeing his name restored to honor as the cannabis activist he truly was, and is. As of this writing we still await his judgment from the bench. Originally scheduled for early December of 2008, we are

now waiting until late Spring of 2009 to hear what Judge Patel has in store for Eddy. Understandably, there is a campaign to get believers to write the judge praying for lenience in sentencing. 

There is also a website,
EddyLepp.com
that has more information
about donating to his legal
defense fund.
Jah Rastafari!





Is Cannabis Really the Right Drug for HIV/AIDS?

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

We have been officially living with the reality of HIV/AIDS for almost 30 years now. You may think you know how it was transferred to humans but I expect the majority do not. The tale most of us have heard and internalized over the years involves a careless lab assistant and a monkey gone horribly wrong. This, my friends, is nothing more than creative myth. There are two strains known in man: HIV-1 responsible for the majority of cases and originating from the common chimpanzee and the less virulent HIV-2 which originated from a type of a monkey known as the sooty mangabey. Current genetic and epidemiological evidence indicates that the simian immunodeficiency virus (SIV) first crossed from its host to humans around the turn of the last century, give or take 20 years. This process is likely to have occurred naturally/passively like that currently seen with bird flu. Once it had successfully infected humans, it morphed into the human immunodeficiency virus, commonly known as HIV, and began to spread throughout the Congo/Cameroon region of West-Central Africa (1, 2). Indeed, by 1960, HIV-1 appears already to have become genetically diverse in humans in Kinshasa, Democratic Republic of the Congo (formerly Léopoldville, Belgian Congo) (3). One implication of this finding is that the retrovirus could not have

originated from a lab mistake in recent times.

The first known case suspected (in retrospect) of being HIV occurred in England in the late 1950s. A young English printer who had spent a few years traveling with the navy reported to hospital with several unusual symptoms including purple skin lesions, fatigue, and rapid weight loss. Upon his death it was discovered that he had suffered from two unusual infections. One of these, *Pneumocystis pneumonia*, was extremely rare at the time but is commonly contracted by people who have developed the advanced form of HIV, known as acquired immunodeficiency syndrome or AIDS. Although tissue samples were saved from the printer, tests for HIV have been inconclusive. Interestingly, Sir Robert Platt, then president of the Royal College of Physicians, "wrote in the printer's hospital chart that he wondered 'if we are in for a new wave of virus disease now that the bacterial illnesses are so nearly conquered' (4)."

The oldest confirmed cases of HIV-1 date back to samples taken in what was then Léopoldville, Belgian Congo in 1959 and 1960. The 1959 case was found in a sample taken from a man (5), the 1960 case from a sample from a woman (3). It is unknown whether or not these individuals ever developed



Sooty mangabey

full-blown AIDS. Another early case comes from a Norwegian sailor who first presented symptoms in 1969, eight years after spending time in West African ports where he contracted gonorrhea, indicating he was sexually active at the time. In 1976, he along with his wife and youngest daughter all died. Later it was confirmed that AIDS had wiped out his family (6,7). In 1969, a 15 year-old African-American boy died of a secondary AIDS-related infection at the St. Louis City Hospital. Blood and tissue samples taken from the boy, known to medical science as Robert R., were later confirmed to be HIV-1 positive. Although unconfirmed, he was suspected of being a prostitute. Robert R.'s admittance to the hospital in 1968 represents the earliest known case of the retrovirus to be confirmed in the USA (8, 9).



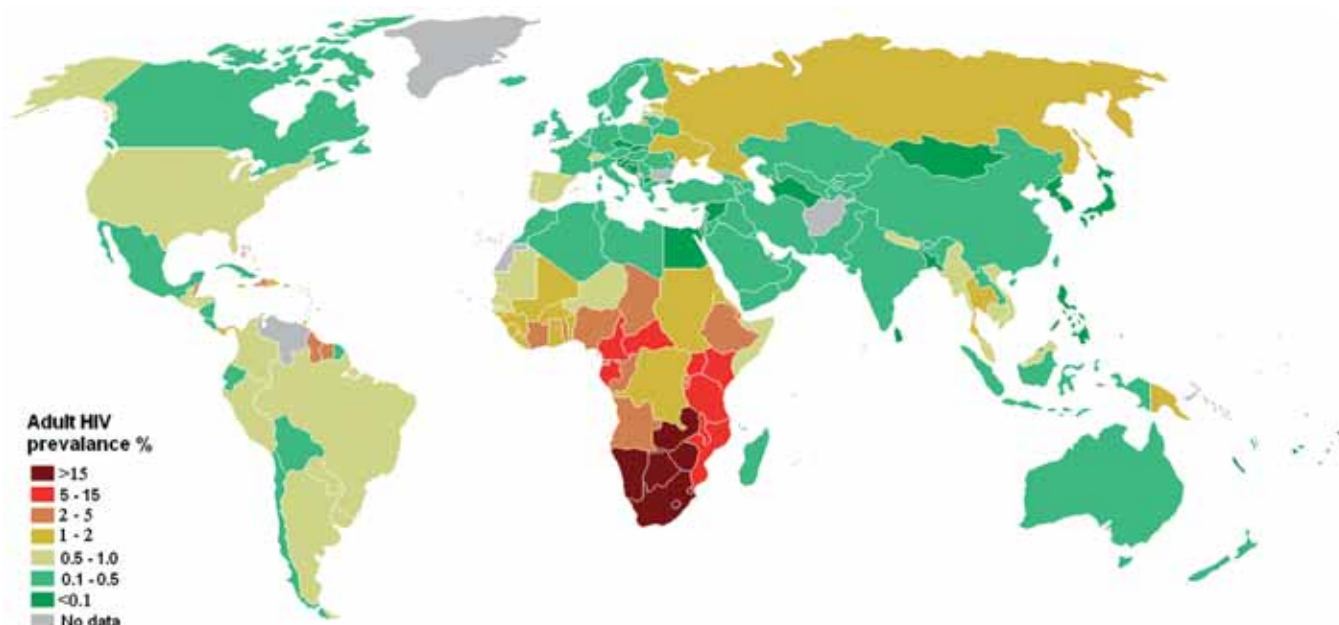
Kaposi's sarcoma

Researchers believe HIV arrived from the Congo to the USA by way of Haiti where it appeared in 1966. The retrovirus was then brought to the USA by a single unknown carrier sometime in the next three years (10). However, this carrier was not Robert R., as there is no documentation of him having left the country during his short life (9).

Today, HIV has claimed nearly 30 million lives since it was first officially documented, making it one of the worst pandemics in human history. As of 2007, as many as 36.1 million more infected individ-

uals are believed to be currently living with the disease. Although the deaths per annum associated with AIDS dropped by approximately 30% from 2005 to 2007, the new infection rate appears to be keeping up with deaths so the total number of infected individuals has remained reasonably stable over the last 3 years or more. More than 75% of women with AIDS live in Africa, with total infected African individuals accounting for at least 64% of the global infected population. South and South East Asia accounts for another 15% of the total infected global population.

The highest number of infected individuals found in one country can be found in South Africa, with Nigeria and India taking second and third respectively. Interestingly, the development of more effective antiretroviral drug combinations known collectively as highly active antiretroviral therapy, or HAART, has led to a decrease in attention given to AIDS in the media. As a result, many in areas where HAART is readily available have developed the mistaken impression that AIDS is no longer a significant threat or is even gone. However, nothing could be further from the



truth. In areas such as this, like the USA, the use of HAART has lead to significantly increased life expectancy and therefore a substantial increase in the size of the infected population (11).

Of those infected with HIV in North America, approximately a third of them use cannabis to help alleviate symptoms of the infection or side effects from the treatments (12). Cannabis preparations are most frequently used for appetite stimulation/nausea suppression and multiple types of pain suppression. Considering the immunosuppressive effects of acute administration of cannabinoids, many have wondered if this practice is “safe.” Is cannabis therapy only palliative (symptom relief without curative properties) for those infected with HIV, or might it actually help fight the infection at some levels? Does cannabis therapy pose any risks to those fighting HIV? What role, if any, does the endocannabinoid system play in the progression of HIV to AIDS? Although far from definitive, the rest of this article will explore what is currently known about the answers to these questions and what this information might mean to the average HIV positive individual.

Cannabinoids in the Treatment of AIDS Wasting

One of the few broadly recognized legal medical uses of cannabinoids is in the treatment of wasting due to AIDS, cancer chemotherapy, and severe anorexia. The primary active constituent of cannabis, THC, has the interesting honor of appearing on the DEA’s scheduling twice. THC is scheduled once in the list of most dangerous drugs with no known accepted medical use (Schedule I) as “Tetrahydrocannabinols: THC, Delta-8 THC,

Delta-9 THC and others” and again as less dangerous with only moderate abuse potential and accepted medical use (Schedule III) as “Dronabinol: Marinol, synthetic THC” (13, 14, 15). A chemical cannot magically change pharmacodynamic or pharmacokinetic properties just because it originates from a man made process and not biosynthesis. On a purely molecular level, our bodies cannot distinguish between the two sources. I don’t know about you, but to me, the current insistence that THC has two legitimate schedules seems like a pretty delusional stance to take. Regardless of this insanity, doctors in the USA are federally allowed to prescribe Marinol to those suffering from AIDS wasting syndrome. Where therapeutic cannabis laws have been enacted, these patients may also utilize preparations of cannabis to help reduce the nausea and stimulate the poor appetite associated with AIDS wasting.

In 2005, Woolridge, et al. collected data from 520 HIV patients attending a large clinic and collected statistics on rates of cannabis use, reported reasons for use, and whether or not the patient felt cannabis improved symptoms. Use of cannabis to control symptoms was reported by 27% (143) of those who completed the questionnaire. Of these 143 cannabis using patients, 97% experienced appetite stimulation and 93% reduced nausea (12). This finding is not surprising considering that anandamide, one of the primary endocannabinoids, helps to maintain healthy serotonin and dopamine levels, feeding behaviors, and cognitive functioning during periods of diet reductions like those seen in wasting syndromes (16). Anandamide is also involved in the initiation of feeding behaviors by means of CB1 cannabinoid receptor activation in the hypothalamus (17). It is this involvement of the endocannabinoid system in the regulation of feeding behaviors that explains

why cannabis and THC stimulate appetite and combat wasting.

Several studies have investigated how effectively both Marinol and standardized cannabis improve signs of wasting in HIV positive individuals. How well cannabinoid-based treatments hold up depends on how one defines success. The recommended dose of Marinol for appetite stimulation is 2.5mg twice daily. Studies prior to 2000 used this dose. In 1995, 2.5mg Marinol twice daily was compared to placebo to treat symptoms of wasting in 139 HIV patients. Patients were randomly assigned to either the drug (88) or the placebo (51) group. When compared to the placebo group, the group receiving the Marinol reported substantial improvements over pre-study baseline in appetite, mood, and decreased nausea. Mean weight was stable in the Marinol group as compared to a small drop in weight for the placebo group. Over the course of the study, only 10% of the placebo group gained 2kg or more where as this was achieved by 22% of those in the Marinol group. These findings lead the authors to conclude that THC was “safe and effective” at alleviating symptoms of AIDS wasting (18). A long term (12 month) trial of 2.5mg Marinol in late stage AIDS patients, which concluded THC was safe and effective in the long run, was published by the same group two years later. Again Marinol was associated with stable body weight and significantly improved appetite. Interestingly, the degree to which appetite improved over baseline was dependant on how long the patient had been on Marinol therapy such that scores during the first four months improved by 50-75% but went up to the 200% range there after (19).

These studies help demonstrated something about the 2.5mg dose of Marinol. It is an effective appetite stimulating dose but does not ▷



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appear to consistently initiate weight gain, a fact that other researchers have used to claim that THC is ineffective when compared to other anti-wasting drugs. A 1997 study compared the suggested dose of Marinol to that of megestrol acetate, the two doses together and a sub therapeutic dose of megestrol acetate and the suggested dose of Marinol together. Both groups using full doses of megestrol acetate gained an average of 6kg over the 12 week period. The group receiving Marinol alone lost an average of 2kg while the sub therapeutic dose of megestrol acetate plus Marinol only lost 0.3kg. The difference between the four groups was found to be highly statistically significant. The lack of weight gain observed in the Marinol group lead the researchers to conclude that THC was not an effective treatment compared to other available anti-wasting drugs (20).

More light as been shed on this controversy since 2000. Haney in 2002 reported that both Marinol and smoked cannabis standardized for THC content effectively increase food intake in a small study population of nine patients. Marinol appeared to produce a greater weight gain, however, smoked cannabis was rated higher for improved appetite and mood. Interestingly, Haney got these results using Marinol doses that were four to twelve times the recommended dose for appetite stimulation (10mg, 20mg, 30mg), indicating that perhaps the recommended dose is conservatively small compared to what might be required for more severe conditions such as AIDS wasting (The standardized cannabis doses used in this study were standard government issue joints of 1.8%, 2.8% and 3.9% THC.) (21). Three years later, Haney and colleagues, published more detailed findings concerning the use of smoked cannabis vs. Marinol in the treatment of AIDS wasting. Using the same

doses as Haney's earlier study, the effects of Marinol and smoked cannabis were compared in 15 HIV patients with signs of wasting and 15 without. For a few patients, the 30mg dose of Marinol was too intense, however all other doses of both Marinol and cannabis were well tolerated. Significant increases in caloric intake were associated with both cannabis and Marinol when compared to placebo for the group with signs of wasting but not those without (22). Clearly the appropriately anti-AIDS wasting dose of Marinol is as much as 8 times that currently recommended for full effect. Furthermore, it may only be effective at increasing weight in those who are already expressing evidence of wasting. This effect is comparable to that observed when cannabis with a low per cent THC is smoked for the same purpose.

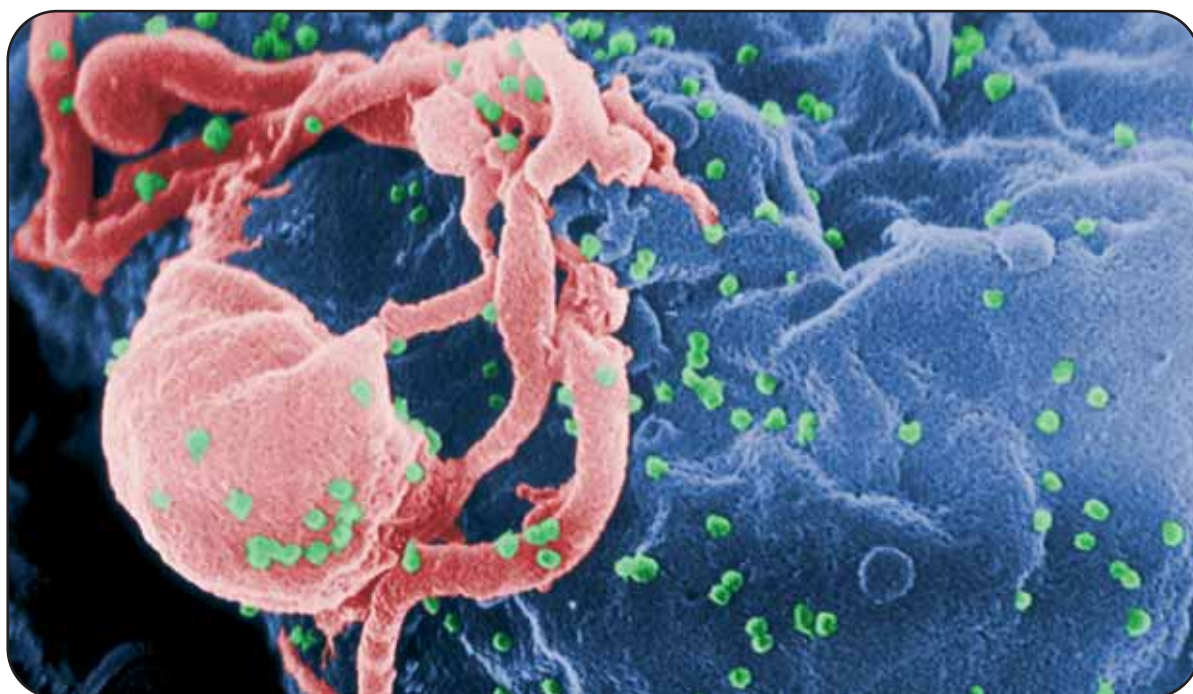
Cannabinoids and HIV-Related Pain

The 2005 study by Woolridge and colleagues into the reasons why HIV patients used cannabis found that 94% of the cannabis using respondents reported that cannabis reduced muscle pain, 90% reported reductions in HIV-related neuralgia, and 85% reductions in paresthesia (burning, itching, tingling or prickling sensations in the skin with no apparent cause). A few studies have begun to confirm what patients have known for years and to elucidate how cannabinoids are able to produce this relief. In early 2007 Abrams, et al., reported that smoked cannabis standardized to 3.56% THC was significantly more effective than placebo (THC-free cannabis) at reducing daily HIV-related pain and did so with a significantly greater degree of reduction. This effect was most powerful for the first dose. Smoked cannabis also reduced evidence of HIV-related hypersensitivity to

mildly painful mechanical stimuli but did not affect response to typically painful high temperatures. The authors concluded that "smoked cannabis was well tolerated and effectively relieved chronic neuropathic pain from HIV-associated sensory neuropathy. The findings are comparable to oral drugs used for chronic neuropathic pain (23)." Ellis, et al., published confirmation of this finding two years later using an even more stringent inclusion criteria and experimental design (24). Use of cannabinoids to treat HIV induced neuropathic hypersensitivity is also supported by evidence from animal models investigation of how HIV is capable of inducing such neuropathic changes. In one such study, the synthetic cannabinoid WIN 55,212-2 (WIN) was able to inhibit HIV-induced hypersensitivity to mechanical stimuli in rats by inhibiting the activity of a particularly toxic HIV protein known as gp120 (25).

Cannabinoids, HIV and the Immune System of the CNS

HIV is able to infect the central nervous system (CNS), enabling it to alter the functioning of the immune cells in the brain. Key changes to the CNS immune system brought about by HIV have been associated with the development of dementia. Cannabinoids are known to modulate the immune system in both the periphery and the CNS and many have attempted to investigate how HIV and cannabinoids interact. One study used monkeys with CNS infections of SIV to examine how this class of retrovirus altered the endocannabinoid system. They found that in particular, SIV caused upregulation of CB2 receptors in three CNS



Above:
HIV budding

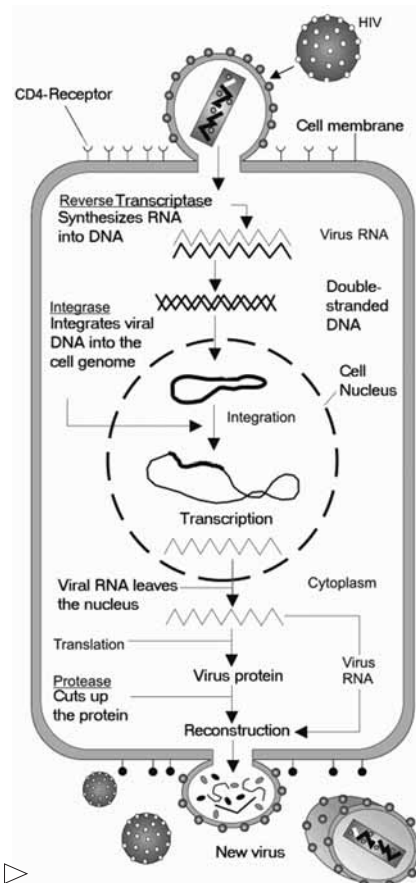
Below:
HIV-replication-cycle

immune cell types. The authors concluded that once CNS infection had occurred its progression might be facilitated by the inhibition of the antiviral properties of these immune cells via CB2 mediated immunosuppression (26). Furthermore, at least one early study on lymphocytes containing both CB1 and CB2 receptors found that treating the culture with HIV combined with either THC, WIN, or CP-55,940, all of which bind to both receptors, resulted in increased evidence of infection compared to HIV treatment alone (27). This finding however has not been replicated in live animals and the concerns posed by the monkey study by and large have not been substantiated either.

In fact, most of the evidence appears to point in the opposite direction. One of the types of CNS immune cells found to upregulate CB2 receptors in response to SIV is microglia. WIN has been found to potently inhibit the replication of HIV in microglial and CD4(+) lymphocyte cell cultures (28), and at least in the microglia this occurs via a CB2 receptor dependant mecha-

nism (29). Morphine behaves rather differently in this test. Suppression and stimulation of expression of the virus were produced by morphine in a time dependant fashion. Nor did morphine behave consistently between lymphocyte and microglial cultures. This finding suggests that when it comes to HIV-related pain management, cannabinoids might be a less harmful choice than morphine.

One of the things microglial cells are known for is significantly contributing to the development of dementia in conditions like multiple sclerosis, AIDS and Alzheimer's disease. Once activated, these CNS immune cells wreak havoc on the brain. Activation of CB2 receptors on microglia has been found to inhibit their activation through inhibition of one of their main activation pathways. CB2 activation also suppressed the release of nitric oxide (NO) and tumor necrotic factor alpha (TNF-alpha) from microglia (30). Both NO and TNF-alpha are known to be involved in activated microglial-related CNS cell damage. Release of NO from macrophages may also play a roll ►



in HIV-induced CNS cell damage (31) and at least one study has found that CP-55,940 can suppress release of NO by macrophages through CB1 and CB2 mediated mechanisms.

Another way in which cannabinoids have been found to potentially inhibit the dementia-inducing nature of HIV is through restoring the blood brain barrier (BBB) after HIV assault. Although HIV does not directly infect the endothelial cells in the BBB it can produce several changes in them which alter their ability to effectively bar entry into the brain. Cannabinoid agonists have been found to block or even reverse many of these changes both in culture and animal models. Cannabinoids also inhibited the ability of the macrophage/microglial precursor cells (monocytes) to move across the BBB (32). The ability to restore the BBB after HIV assault by cannabinoid agonists is likely to suppress HIV infection of the CNS and thus the eventual development of dementia.

Although the concerns posed by Benito, et al. 2005, with their work on SIV-induced changes in monkey brains (26) may not be presented by HIV itself, there is always the concern of secondary infection to consider. Cabral and Marciano-Cabral, 2004, were stimulated by the observation that CNS infections by opportunistic amoebae were more common in AIDS patients to investigate how THC affected infection rates of the amoebae in mice. There was a dose-dependent increase in infection-related mortality rate for mice treated with THC compared to those that were not. The increase in infection-related deaths appeared to be the result of the immuno-

suppressive effects on macrophages and microglia produced by THC. THC inhibited the ability of these cells to fight off the infection in the brain, indicating that it might also make HIV patients more susceptible to opportunistic secondary infections of the CNS (33). However this implication has yet to be confirmed.

Can We Exploit HIV/Endocannabinoid Interactions?

The answer to this question is most certainly yes. Early research on HIV/endocannabinoid interactions did not look promising (27, 34, 35) and it was concluded (36), possibly correctly, that these interactions featured prominently in disease progression and ultimate downfall of the immune system. Some more recent work such as Benito, et al. 2005, with monkeys have added to this concerning knowledge base, finding over expression of not just CB2 receptors in specific cells but also fatty acid amide hydrolase (FAAH) production as well (26). FAAH is responsible for the enzymatic breakdown of anandamide after it has been released. In some cases, these interactions may indicate that CB1 agonist drugs like cannabis may not always be the best choice or may even potentially exacerbate some particular process in the progression of HIV to AIDS. Instead, many cases would suggest manipulating the endocannabinoid system itself may be a more suitable approach.

Research into HIV/endocannabinoid interactions have found many possible targets for therapeutic manipulation of the endocannabinoid system to either aid in the body's natural attempts to fight the drug or counteract the ways in

which HIV alters the endocannabinoid system to facilitate its own spread and development. One of the issues, however, with interpreting how to use these interactions to our advantage successfully is that often the particular action observed is very cell-type dependent. In 2002, Esposito and colleagues found that a line of rat neuroimmune cells when treated with HIV proteins would release high levels of NO resulting in a toxic effect on the cells. This HIV-induced over expression of NO resulted in a down regulation of CB1 receptors and in anandamide transporter activity in the cells. On the other hand, it was found that CB1 receptor activation significantly inhibited the NO release, development of cell toxicity, and CB1 receptor/anandamide transporter downregulation resulting from HIV protein assault (37). Here both direct CB1 activation through exogenous drugs like THC or WIN could be beneficial as well as therapies targeting means of up regulating the endocannabinoid system through FAAH inhibition and stimulation of endocannabinoid production.

In 2004 Maccarrone, et al., found significant changes to endocannabinoid system functioning in the neocortex of rats following assault by a particularly toxic HIV protein. The protein, gp120, was found to induce increased FAAH production and anandamide transporter activity while suppressing levels of anandamide itself. However, the enzyme responsible for anandamide production was unaffected. The activity of an enzyme capable of creating endogenous FAAH inhibitors from anandamide was also drastically reduced following HIV gp120 assault. As a result of this up regulation of FAAH and subsequent down regulation of anandamide in the rat neocortex, a delayed apoptotic response to HIV gp120 protein assault was observed in neocortex cells. Apoptosis is pro-▷

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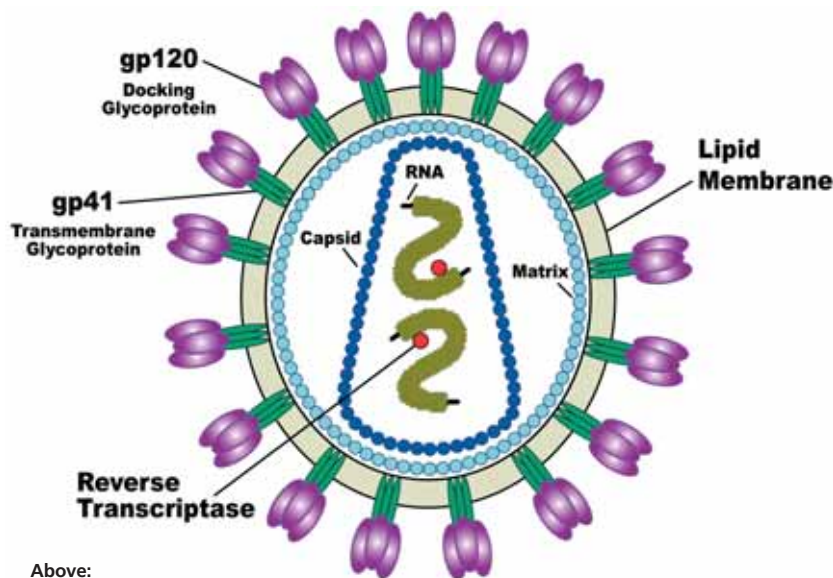
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Above:
HIV Viron

grammed cell death, or a process that once switched on results in the cell terminating its own life processes. FAAH inhibitors were found to effectively attenuate gp120-induced apoptosis, although anandamide transporter inhibitors did not (38). Co-administration of FAAH inhibitors and products which stimulate anandamide production may be especially useful in reducing these effects during gp120 assault. It would also be useful to elucidate the pathways involved in anandamide inhibition of gp120-induced apoptosis in the neocortex as more direct targeting of these pathways may be possible.

Sancho, et al. 2005, found that a lesser-known endocannabinoid known as N-arachidonoyldopamine (NADA) was capable of significantly inhibiting HIV infection of two human immune cell and one brain cell lines. Other endocannabinoids such as anandamide and 2-AG (2-arachidonoylglycerol) did not produce this effect, nor was the effect found to be dependent on known receptors for NADA. This antiviral effect of NADA was found to be additive with at least one other antiviral medication. NADA was able to inhibit replication of HIV by targeting the ability of NF-kappaB to be activated by

TNF-alpha or HIV (39). NF-kappaB is a transcription factor recruited by HIV in the replication of more HIV and inhibiting its activation inhibits the ability of HIV to make more copies of itself. Stimulation of NADA production, inhibition of intercellular removal and breakdown of NADA and/or systemic NADA administration may yet prove to be useful parts of an effective HIV antiviral regimen.

Evidence Against the use of Cannabinoid Base Therapies in HIV Patients

Overall, there is minimal concrete evidence so far to suggest cannabinoids pose a significant risk to those infected with HIV; however, some warnings still should be considered. As stated before, animal studies suggest THC may increase the risk of infection of the brain by opportunistic amoebae in HIV patients (33). Another study has suggested that THC may significantly increase the mortality rate of HIV patients previously infected

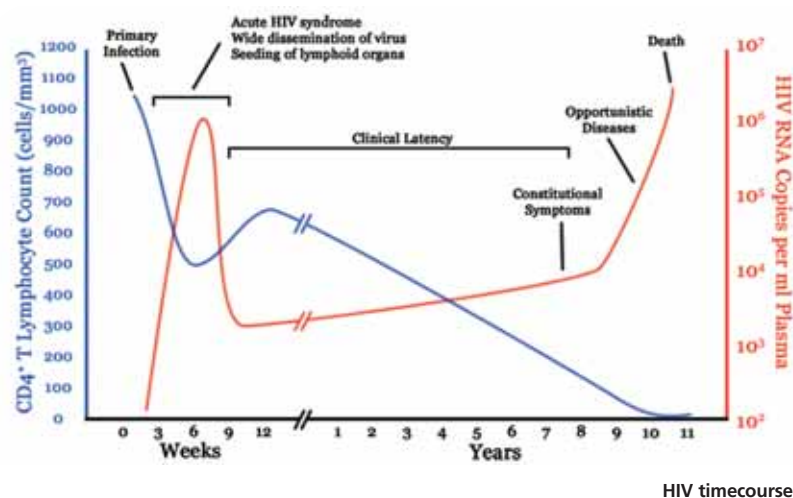
with other viral infections like herpes simplex virus (40). A hybrid study using human immune cells implanted into immunosuppressed mice found that THC reduced CD4 expression in these cells. CD4 levels are used as an indicator of HIV progression in HIV and AIDS patients. In general, CD4 levels and degree of HIV infection appear to be inversely related such that as HIV infection goes up CD4 levels drop. So the finding that THC can induce suppression of CD4 expression in these cells is alarming. Although co-administration of HIV and THC did not reduce CD4 levels beyond that observed with THC alone, HIV infection rates were significantly increased (50 times greater) compared to administration of HIV alone. After five days of treatment with THC, the cells were also found to have up regulated the expression of two of the receptors essential to HIV infection of new cells. This effect had diminished to non-significant levels by 10 days of THC treatment but the damage had already been done. The number of infected cells had been substantially elevated by the period of increased viral receptivity. These findings lead the authors to suggest that there exists a window early on in THC-based therapies for HIV when THC is actually enhancing HIV replication and thereby facilitating the progression from HIV to AIDS (41). Taken together these studies do not paint a positive picture of THC in the treatment of symptoms of HIV. One thing to be considered, however, is that all three are animal studies using mice and there may be something special about the mouse response to THC under these conditions producing the negative results.

There is at least one factor that might warrant real consideration when trying to decide if THC-based treatment for HIV and AIDS-related symptoms is the right choice. One study has found that

Marinol and Cannabis use can interact negatively with some retrovirus inhibitors. In this study, measures of health and disease progression were taken and then follow up scores were taken again a year later. Use of Marinol or cannabis by patients taking azidothymidine or an azidothymidine/dideoxycytidine combination was found to be associated with declining health at year's end. At the beginning of the study, use of cannabis or Marinol by patients taking dideoxyinosine was associated with reduced CD4 levels. However, those on dideoxyinosine are the most likely to have low CD4 counts to begin with, so it is hard to know what to make of this finding. Dideoxyinosine has been associated with the development of pancreatitis. However by year's end, all signs of pancreatic health had substantially improved in the subset of cannabis/Marinol using patients on dideoxyinosine (42). Clearly cannabinoids affect health differently in HIV patients depending on which antiviral therapies they are also taking, something which should be taken into account when either starting cannabinoid-based therapies for the first time or when starting or changing antiviral therapies.

Epidemiological Evidence


By and large, epidemiological studies into the HIV-infected population have not revealed much evidence for concern over the use of THC to alleviate HIV-related symptoms such as pain and wasting. An investigation of the effect of short term (three week) cannabinoid use by HIV patients on measurements of viral load, protease inhibitor levels, and CD4 levels found neither Marinol nor smoked cannabis had any significant effect on these measures of HIV progression (43). Furthermore by the end of the study, patients receiving



cannabinoids gained an average of four pounds and had improved immune systems compared to those on an oral placebo (44). Both smoked cannabis and Marinol were deemed well tolerated and safe based on the measures taken. Another three week study utilizing a different set of measures of immune function also found no statistically significant changes produced by either smoked cannabis or Marinol on the immune systems of HIV patients also on HAART (45).

Conclusion

Although in the past some have raised concerns about the use of cannabinoids in the control of symptoms associated with HIV and AIDS wasting, the majority of evidence, especially the epidemiological studies of cannabis-using patients, has not tended to back these concerns up. Furthermore, cannabinoids have been shown to be effective palliative tools in the fight against HIV and AIDS. Reasonably low doses have been shown to effectively and reliably stimulate appetite, reduce nausea and reduce measures of pain while higher doses may be required to reliably induce weight gain. HIV patients appear to tolerate cannabinoid therapy well and safely and in

some cases even show improvements. This may be especially true when cannabinoid therapies are combined with specific antiviral and antiviral combination therapies. However, this does not appear to apply to all antivirals so some care should be taken when deciding if cannabinoid therapies are the right choice or when starting or changing antiviral treatments. The majority of evidence on the molecular level also looks good for cannabinoids in the treatment of HIV. Cannabinoids may be particularly useful in reducing the impact of the HIV virus on the CNS through suppression of microglia activation and the restoration of the BBB after HIV assault. Manipulation of the endocannabinoid system may also be beneficial in the fight against the progression of HIV, especially in the CNS. FAAH inhibition shows particular promise. However, more studies into the interactions of HIV with the endocannabinoid system, especially in live animals and not just cultured cells, are needed to more fully understand the complexities involved before therapies of this sort are likely to appear. For now, most evidence indicates that, for the average HIV positive individual, symptom management with cannabinoids is well tolerated, safe, and effective and may even improve overall health scores. 



Is Cannabis the right drug for HIV/AIDS

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Cannabis Tinctures

Marijuana in Liquid Form

Basic Cannabis Tincture

One method to make a drinkable form of cannabis is to infuse it in a strong spirit to create a tincture (Marijuana in liquid form). Tinctures tend to taste bitter, so a reasonably sweet drink with a high percentage of alcohol is recommended, such as fruit schnapps. Try 1 part cannabis to 3-5 parts alcohol, or follow the recipe below.

Ingredients

- 3/4oz /22g marijuana leaves and/or flowers (or resin, if that's all you have)
- 3fl oz/90ml alcohol (brandy, flavored schnapps or similar – 40 to 70% proof minimum)

Tetrahydrocannabinol (THC), the main psychoactive chemical of cannabis, breaks down well in fats and oils, but is also soluble in alcohol, allowing a variety of Cannabis drinks to be made.

WARNING Note that excessive oral consumption of cannabis in any form, be it food or tinctures, can have nasty short-term psychological side effects. Ingested cannabis is often more hallucinogenic than smoked as THC is more efficiently assimilated if it has been dissolved in fats or alcohol.

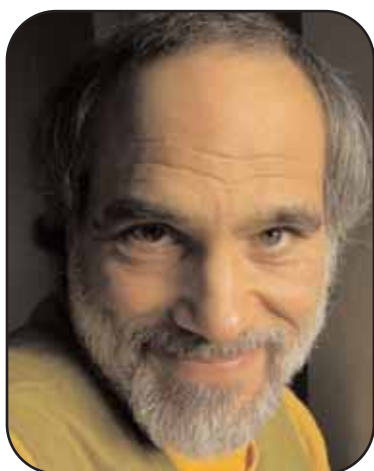
Method

- 1 The cannabis is ground up to make a powder. Plant matter is better than resin because it tends to be purer, and therefore it is easier to filter out the solid bits that remain after extraction.
- 2 The cannabis powder is soaked overnight in warm water. This removes any water-soluble impurities but not any of that precious THC.
- 3 The excess water is drained off and the Cannabis placed in an airtight jar. Alcohol is poured over it.
- 4 The mixture is kept in a cool, dark place for about 10 days and shaken daily. Then it is filtered through a strainer—or, if resin has been used, a coffee filter—to avoid the now-inert bits from getting into the final drink. The filtering process should be repeated at least once – the more it is filtered, the more the tincture will be improved and strengthened.

The green/brown colored tincture should be stored somewhere dark and cold. Most of the THC will have been absorbed within a week, but connoisseurs tend to leave it for a year or more.

The cannabis tincture can be enjoyed neat or dissolved in a drink or in food.

- 6 **Source:**
The Cannabis Cookbook
Over 35 Tasty recipes for Meals, Munchies and More!
by Tim Pilcher



A WALK on the WILD SIDE:

Paraplegia & Marijuana

by Mark Mathew Braunstein

One unlucky day in 1990, I dived off a footbridge into a river and emerged a changed man. I broke my back and injured my spinal cord. Paralyzed. But not everywhere, just below the waist. And not forever—just the rest of my life.

Walking Zombies

Muscles paralyzed by spinal cord injury (SCI) experience involuntary spasms and intractable pains. Such paralysis cannot be cured, but its symptoms can be medicated. Thus many paraplegics daily pop five different pharmaceutical pills, and some quadriplegics ten, with no telling how many of each.

For spasms, there are tranquilizers such as Dantrium and Valium. Some side effects include liver failure, insomnia, and addiction. For chronic pain, there are narcotics such as codeine, Demerol and sometimes even morphine. Some side effects of those are constipation, sedation, and addiction. Paras and quads would be walking zombies, if they could walk.

Before 1990, for 17 years I neither consulted a physician nor consumed any pharmaceutical drugs, not even aspirin. During and after 1990, except for three occasions totaling four weeks, I've again avoided all pharmaceutical drugs, including painkillers. Especially

painkillers. I have a high tolerance to pain.

Upon my induction into the community of cripples, I sought alternatives. I learned of one herbal remedy from the crip grapevine, from testimonies of both doctors and patients shelved in 1988 by the U.S. Drug Enforcement Administration (DEA), and from animal experimentation, the animal being me.

I learned that marijuana relaxes spasms more effectively than do tranquilizers and relieves pains more safely than do narcotics. And it is the one medication for SCI that treats both the spasms and the pains. It does have two side effects: euphoria and paranoia. Euphoria is not a problem. I have a high tolerance to euphoria.

Paranoia about police, however, can be a very real fear. That's fear about surveillance, search, arrest, interrogation, prosecution, attorney's fees, court costs, criminal fines, property forfeiture, prison sentences, parole restrictions and life-long loss of civil rights. And worst of all, they steal your stash.

Gone to Pot

In spite of euphoria and paranoia, my evening meal since 1991 often has included an after-dinner smoke. Also since 1991, I've remained employed full-time as a college librarian, a profession notorious for harboring dangerous criminals. Most paraplegics drop from the workforce; half because of their

disabilities, and half because of their debilitating drugs.

For the past 18 years, I have remained productive not despite marijuana, but because of it.

Society owes me nothing. Social Security pays me nothing. No agency or aide assists me. I live independently, alone in a house in the woods. I prepare all my own meals, and grow some of my own food. I await the day where I can grow my own herb. It's the American way!

My body may be broken, but my life is not broken. I may not be whole, but I still am healthy. Both my naturopathic (ND) and my physical rehab (MD) physicians approve of my medicinal use of marijuana. But here in the State of Connecticut, neither can legally prescribe nor recommend it. Not yet.

So in 1996, to cover my ass, I traveled to Holland, the first Western nation to legalize medically prescribed marijuana. I now possess a prescription for one-half gram daily, which, after sifting, fills the space of the filter of a tobacco cigarette. What a big tiff over such a small puff!

With or without a puff, I have not just sat on my duff. In 1991, at one year post-injury, I began to ambulate with crutches. That includes up stairs and down mountains. Spasms, however, hinder my walking. To keep on trekking, I medicate with marijuana. Marijuana may not have promoted my signifi-

cant recovery, but neither has it prevented it.

A Truce in the War on Drugs

Being very visibly crippled may have some perks. With my crutches as swords and my wheelchair as shield, I have promoted social change, by which I do not mean curb cuts.

A turning point in the United States in its failed War on Some Drugs was heralded in November 1996 when California legalized medical marijuana. Two months later, inspired by Californian voters and emboldened with my Dutch prescription, I declared to the world that I had gone to pot, and I did so on page one of the Sunday editorial section of Connecticut's preeminent newspaper. The Hartford Courant even added a very beautiful and very memorable full-color illustration to adorn my public beheading.

Though the frigid political climate regarding cannabis had begun to thaw in California, in early 1997 the rest of the nation was still besieged by the chilling effects of intolerance. After I publicly confessed my crimes, friends and colleagues praised me as valiant and courageous, while my parents called me suicidal and self-destructive.

In anticipation of the worst that could befall me, I imagined myself the target of a pre-dawn police raid. "Come out with your hands up!" they would shout through their bullhorns. "Either I can come out, or I can put my hands up, but I can't do both!" would be my answer. And I wondered: was the state prison wheelchair accessible? So did the police ever come knocking on my door? Never! Instead the news media came knocking on my

door. For the twelve years since coming out of the cultivation closet, I have served as the State of Connecticut's primary poster child for medicinal marijuana. That makes me half poster child and keeps me half flower child.

A Connecticut Yankee in Judge Arthur's Court

In my role as adult poster child, I have testified before state legislative committees — so often, that many legislators have come to expect my testimony at their hearings. Some proponents even personally apologize to me for having to welcome me back because of their failure to pass the bill the previous year.

Any bill's course in Connecticut requires passage in several committees, of which the most important is the Judiciary. The first committee to schedule its vote also hears the testimonies at public hearings. Then a bill must pass in the House and the Senate, or is rejected either by being voted upon and failing, or more often by not being voted upon and dying. If passed by both legislative bodies, then a bill is signed or vetoed by the Governor.

In 1997, I was one of two patients who testified to the Public Health Committee in support of a bill to legalize medicinal marijuana. The bill passed in Public Health, which at that time was a newsworthy event, but it died in the Judiciary Committee.

In 2001, I was the sole patient who testified to the Public Health Committee, again with no further progress.

In 2003, I was one of two patients who testified to the Judiciary Committee, and for the first time the bill passed there, and all other commit-

tees too, but it died in the House.

In 2004, I was one of the same two patients who testified to the Judiciary Committee. The bill passed all committees, then for the first time passed in the House, but died in the Senate.

In 2005, I was the sole patient who testified to the Judiciary Committee; the bill passed all committees, then for the first time passed in the Senate, but died in the House.

In 2006, the legislative session was short, during which the bill's proponents conserved their resources for next year.

In 2007, I was one of five (count 'em, five!) patients who testified to the Judiciary Committee. The bill passed all committees, then passed both (both!) the House and the Senate, but was vetoed by the Governor.

In 2008, I came to realize that I am not the only one suffering from paralysis.

Two Fallacies Up in Smoke

During past debates on the floors of the House and the Senate, some opponents had loudly called to question the very efficacy of medical marijuana. In 2007, however, such doubts were unvoiced. Their most recent objections instead centered on the tangential issue of marijuana as a recreational drug. Their two main contentions were these: first, that marijuana is a highly addictive drug, and second, it opens a gateway to even more addictive drugs.

I dispute both claims. For living proof, I look to all my friends and to the millions of youths who smoked pot during the Sixties, but eventually tired of and outgrew it in

the decade following. No rehab, no twelve-step programs, no purges. They simply shed it like a winter coat in summer. Now pushing sixty, some of those former pot smokers have infiltrated the ranks of my legislators. Presently as coffee drinkers, those former pot smokers all concede that caffeine is a hundred times more addictive than marijuana, and so they voted for the bill.

Legislators who opposed the bill cited extreme cases of ruined lives gone up in smoke. Some recreational users do become habitual abusers, but they meagerly rank among the rare exceptions, not the far broader rule. Adherents to the gene theory of addiction believe that if marijuana did not exist, born addicts who placate their addictive behavior with marijuana instead would seek far harder drugs, namely tobacco and alcohol.

On a personal note, I can attest that except for one cup of coffee once a month, I abstain from all addictive drugs, whether recreational or medicinal, whether herbal or pharmaceutical. During my lifetime I smoked tobacco only once and got drunk only twice. I must not have been born an addict. Presently, I medicate only once every two or three days. When I refrain from my herbal medication for four days, I experience return of leg spasms and shooting pains that are symptoms of SCI. As for any symptoms of withdrawal from marijuana, I experience none.

Then there's the tiresome gateway theory. It is not true that 99 per cent of all coke, crack, and heroin addicts first started their descent into drugs with marijuana. They first started their descent with caffeine, nicotine, and alcohol. What is true is that 99 per cent of all youths who use marijuana never go on to use coke, crack, or heroin. For that one-percent minority, the relationship of marijuana to other

recreational drugs is associative, not causative. If legislators restricted the sale of milk to only night-clubs and bars, then they could say that drinking milk leads to drinking alcohol.

Again on a personal note, I can attest that I have tried coke only once and never tried ecstasy or meth or crack or heroin. Never. And not for lack of opportunity — during my field research into the drug scene in southeast Connecticut, I have borne witness a dozen or more times while people smoked crack and shot heroin. Indeed they were just people, not monsters nor demons. Demons may or may not lurk in the drugs they use. But demons surely reside in our fears of the drugs we do not use and therefore do not know.

Why Testify?

Sometimes I wonder, why bother to testify? After all, I continue my use of marijuana under the public eye, and yet without any hindrance from law enforcement, employer or landlord. Legal or not, I have used marijuana medicinally for the past 19 years, and legal or not, I will continue to do so.

So I testify not on my own behalf, but on behalf of other patients who use marijuana clandestinely, as their senses of self-preservation are stronger than mine. Also I testify on behalf of future patients, who eventually will include the very legislators who vote against the bill. While they not very likely will suffer SCI or contract MS or AIDS, many indeed will be afflicted by and die from cancer. When they undergo chemotherapy, they will be thankful if given the option of using marijuana to alleviate their nausea and their pain.

The movement to legalize medical marijuana is all about offering patients choices, not edicts. To

express it in the terse lexicon of bumper sticker slogans: If you disapprove of medicinal marijuana, then don't use it.

In 1937, the United States for the first time declared marijuana illegal, a prohibition which seems almost as silly and useless as making the sun and the rain illegal. The medical community, through its American Medical Association (AMA), opposed the ban. At that time, the AMA protested because doctors wished to keep the herb in their cornucopia of prescription drugs in order to retain options.

Freedom is synonymous with choice. In this regard, our campaigns to declare peace in the War on Some Drugs are issues of civil rights and of human rights. Opponents charge that efforts to legalize marijuana's medicinal use are just steps to eventually legalize its recreational use. I speak only for myself, but I am guilty as charged.

My own use of marijuana is medicinal for below the waist, and recreational above. I advocate for its legalization not just for medicinal use, but also for recreational use. Because, who can judge the crippled from the able? Because, how can be discerned the ill from the well? Because what line can be drawn to separate terminal cancer patients who will die in a month or a year from the rest of us who will die in ten years, or fifty? After all, we all get sick, and we all are going to die. 🍀

Mark Mathew Braunstein wrote *Getting High & Staying Healthy: How to Reduce the Health Risks of Smoking Marijuana*, which appeared in the Fall 2008 issue of *Treating Yourself*.

Mark can be contacted at:
cannabis.sativa@sbcglobal.net



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Awakening Your Quality of Life with Medicinal Marijuana



Story and Images by DoobieDuck

Is it possible to arouse your inner self, to beat back depression, to stimulate some liveliness within us once thought eternally gone with medical marijuana? Can a group of pain and depression sufferers get together to improve their quality of life and stimulate their minds? Can individual patients be an influence regarding their physician's opinion about medical marijuana?

I'm not a pain management specialist, a physician, a psychologist, or a horticulturist, but I do have 35 years experience growing one species of plant and over fifteen years of surgical intervention, chronic pain, depression, and a never-ending number of doctor appointments. I also now have many years experience treating myself with medicinal marijuana and learning from others who have also, so I feel at least somewhat qualified to write about the subject my "Quality of Life".

I first heard the term "quality of life" from my spine surgeon years ago. Determined to stay employed, working while enduring pain, my surgeon sat me down and told me, "Your pain is affecting your quality of life." "You are permanently disabled, you can no longer work," he continued, before going further to exclaim, "you need to slow

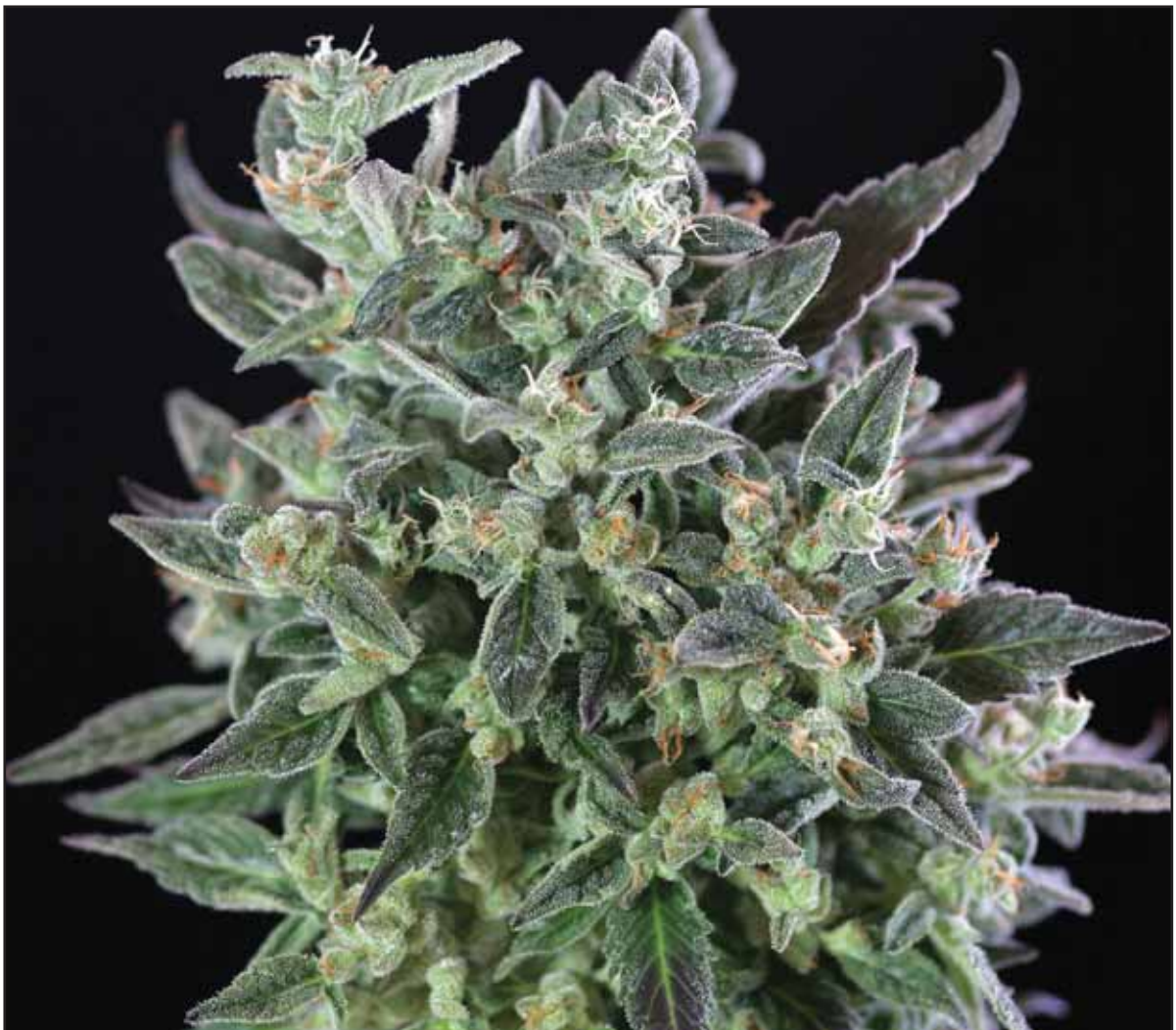
down, you have to completely change your lifestyle!"

I knew this — years before, even. I just did not want to quit working. To just quit working... I guess I was in some sort of denial, I wanted to work. However, he was right; my quality of life was in dreadful shape and I had quit enjoying many of the activities I loved. Fishing, camping, and the live band I performed in frequently. I was no longer enjoying these or any activities; I was only present when they were taking place. The list was enormous, growing weekly, and staring me right in the face. Like many of you, I was having a hard time dealing with the issues I was facing.

I thought about that term for years, and still do. I think it is possibly the most important condition of your health you have! Yes, I think your quality of life is

a health condition. By definition — "Quality" is the degree of excellence, relative nature or kind or character of a thing. "Life" is one's capacity for growth, functional activity, and continual change until death. I really believe medical marijuana can help improve this condition, at least stimulate something within us that can perk it up a little. **So, how does cannabis improve this condition for me?**

I'm an early riser, waking at 5 a.m. every day for the last 30 years with no alarm clock and no going back to sleep. Not that I enjoy this; I'm just stuck with it, I guess. I have somewhat of a routine I go through every day, but every day is different due to my disabilities. My pain dictates how things will go for me throughout the day and that can change at any time. Some days around 10 a.m. I will make a cup of cannabis tea, with one ▷



black tea bag and a small thumbnail-sized bud in a cup of boiling water. This will arouse my attention to an art project I have been working on, causes me to sit and chat on a cannabis web forums, or even allow me to go outside on an important mission and forget “what the hell” I went out there for.

The key word here is “**forgetting**” — no matter how much pain or depression I was suffering when I started these projects, somehow I was able to forget about that pain for awhile when carrying them out. That forgetting thing, for me, does not happen without using marijuana first. The fact is, without the help of marijuana, I would not even begin to attempt these activities. I would sit on the couch depressed, watch television and dwell on how terrible I felt. After sometimes accomplishing something, sometimes not, the pot will leave me tired and I will lie down and catch a half-hour nap. Which is excellent, as I just forgot about my pain again today for two hours while helping another of my health problems at the same time — my lack of sleep. As many of you pain sufferers are well aware, this is another common problem that I also treat with pot.

Hungry anyone? I don’t have to tell anyone here who has tried marijuana about the effects of it in stimulating hunger, but for those who have not and have never heard — you get the munchies. Enough said. I will try and not over-eat but it is noon and I help my wife by clearing the fridge of, oldest things first, leftovers for lunch. Then another nap; I know, it sounds tough, but what I’m getting at is I have now made it to 1 p.m., three

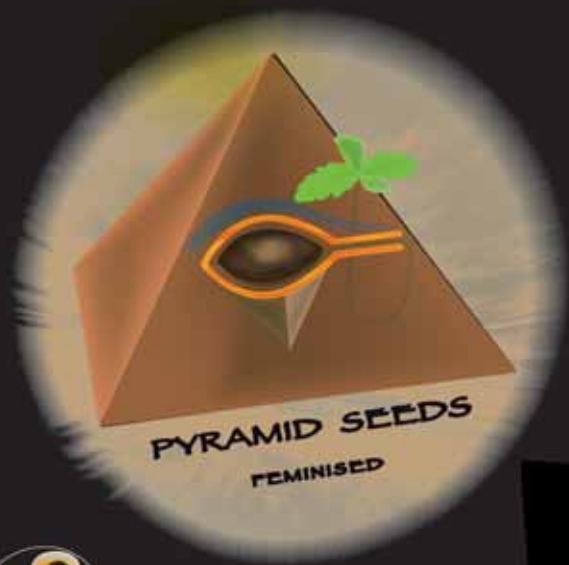


hours of pain management using only medicinal marijuana. The important thing is that my quality of life during the first three hours of the day was good. I had fun, my mind was occupied, I got some good rest. None of this previously achievable without the use of medical marijuana. I usually save smoking cannabis for my afternoon activities. To shorten this story a little, let’s just say my afternoons go much like my mornings except I smoke rather than drink tea. I smoke only a couple puffs off a joint. Some afternoons, like the morn-

ings, I don’t use pot. However, I do need the help of prescription pain medications in the afternoon and evening every day. Cannabis helps in just the same way as it did for me in the a.m. by improving my quality of life in the p.m. If not for pot, my day would have been completely different; believe me, after 15 years of pain management, I have tried many combinations of relief and treatment.

Now that we’ve discussed some ideas about how cannabis can help certain individuals improve ➤

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their quality of life, how can we help the medical community understand and implement this idea? It seems so simple — say you're the treating physician and you have a chronically ill patient that has tried, loyally, every medication and treatment you have prescribed for 15 years. This patient is forthcoming and completely honest in every office visit. The patient sees every specialist referred to, has several major surgeries, and completes all the physical therapy prescribed. He or she, has been taking pain medication for a decade with limited results. You see this person getting more and more depressed with every office visit... and one day that patient tells you, "I found something that helps me." They ask, "Would you prescribe me medical marijuana, please?" You are the physician; what do you do?

In my case, my particular local doc, whom I've been visiting, diagnosed, and treated by for 15

years, does not believe in medical marijuana. He would not prescribe it for me. He told me it was supposedly the cause of premature Alzheimer's afflictions, to which I said jokingly, "Yup, I already have that, but what about my quality of life?" Friends, I just couldn't get through to him, but I wasn't prepared and I wasn't giving up.

I do not want to insult or offend doctors and their expertise. I just would like them to consider when a patient reaches chronic status, when their diagnosis and treatment includes no clinical or surgical solution, would they open up their options to this plant that has so very few side affects? It would be worth a try at bringing back a smile, at just helping patients feel good about themselves, if only for a moment, during one day a week. Many individuals do not feel good about themselves anymore, at all. Your treating general practitioner, your family doctor, should

know you best; shouldn't they be the ones to prescribe this medicine?

Can we as an organized group of concerned, caring, educated patients and activists help change the mind of a physician or two? I did try with my doctor but not too hard, I didn't push it. I just mentioned it twice and, by his reply, I realized I needed additional quality medical information and evidence, studies to convince him. I stopped right there and got my butt over to a physician specializing in medical marijuana for my prescription.

With this publication in hand and some of the great information available to me on the Internet, I think I'm ready now to give it another go, but I haven't convinced myself it is my place to be forwarding information like this to such a well-educated physician. In writing for *Treating Yourself*, I want to help further the knowledge of medicinal marijuana by spreading the word about my treatment and experiences. What's more important, I want to help others who suffer as I do to improve their quality of life. This is possible, and I am a perfect example.

Your doctors are the experts in your unique condition and my experience with medical marijuana is only in addition to their diagnosis and treatment. Please do not expect miracles or sudden pain relief with cannabis. I would like also to add, if this article were to be published, I would be the first one to get a copy and drop it by my doctors office and ask him personally to read it. May many of you think of dropping off an extra copy at your treating physicians' offices as well! 🍀

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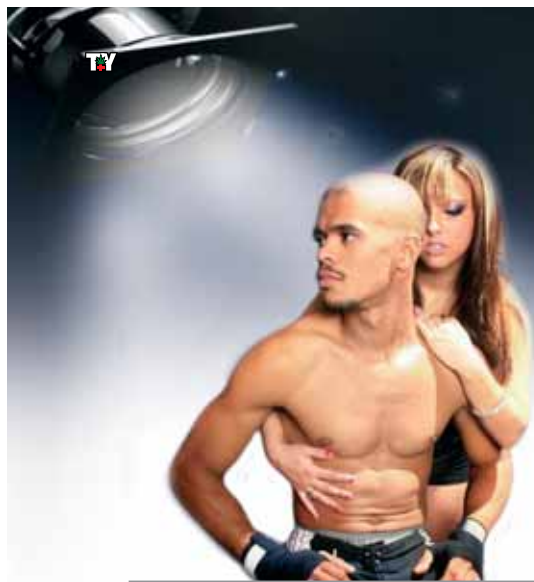
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Interview with Hashshashin

By JeffE

Treating Yourself contributing writer JessE sat down with native Californian and rising mixed martial arts star Jason Drake for a one-on-one interview about proposition 215, medicinal marijuana's role in his life and whether or not smoking cannabis constitutes as an advantage over your opponents.

It's 1993 and the smallest man in the first Ultimate Fighting Championship tournament has just dispatched three other highly-trained martial artists en route to becoming the first UFC tournament Champion. Brazilian Jiu-jitsu is still relatively unheard of at this point, but all of that is soon to change due to the incredible savvy, heart and technique displayed by the 170 pound Royce Gracie, who would go on to be an icon and certified living legend in the sport of mixed martial arts (MMA). Of course, in modern MMA competition, fighting opponents twice your size is virtually a thing of the past, considered a sideshow by most talking heads in all but the most exceptional of cases. The modern sport of MMA finds itself governed by organizations such as the California State Athletic Commission (CSAC) and the Nevada State Athletic Commission (NSAC), which have implemented an entire set of rules virtually unheard of in the sports infancy, including the implementation of modern weight classes eliminating the David vs. Goliath scenarios that made the early MMA competitions so endearing in the hearts of many old school, no-holds-barred fight fans. While the glory days of men fighting opponents twice their size may be a thing of the past in North America, a new battle front has emerged leaving opponents equally as outmatched as any David vs. Goliath scenario. The battle between the state's right to govern the use of medical marijuana for its citizens versus federal law prohibiting the use of cannabis has proven to be today's fight against insurmountable odds. Caught in the mix are thousands of medical marijuana patients, caregivers and providers, who are both legally within their rights as medical marijuana patients in the state of California to grow, consume and provide marijuana for themselves and others, and outlaws in the eyes of the federal government at the same time. According to the former editor of Sherdog.com Josh Gross, during the year of 2007, "In California alone, thirty three mixed martial artists tested positive for drugs in a six-month period." While not all of those positive tests results were for cannabis-related offenses, an alarming number of them were and it brought worldwide attention

to use of marijuana in the mixed martial arts community. Among the casualties of the NSAC testing policy was Brazilian Jiu-jitsu phenom and native Californian Nick Diaz, whose gogoplata submission victory over highly-regarded Takanori Gomi was overturned due to the presence of tetrahydrocannabinol in his system. Instead of a well-earned submission victory over the Japanese ace mixed martial artist, the fight was ruled a no contest (NC) by the NSAC. Treating Yourself contributing writer JessE sat down with native Californian and rising mixed martial arts star Jason Drake for a one-on-one interview about proposition 215, medicinal marijuana's role in his life and whether or not smoking cannabis constitutes as an advantage over your opponents. Born in Ventura, California in 1978, Jason is the son of Art and Susan Drake. Under the tutelage of trainer Mark Lawley, Jason currently has a record of four victories and three defeats. Fighting out of Warrior Spirit Martial Arts team Rampage, Jason first started training in Muay Thai kickboxing as well as the traditional Japanese Martial Art of Gojo Ryu Karate. A medical marijuana licensee and avid smoker, Jason takes the time to explain what it takes to compete in the sport of MMA, how marijuana plays a role in his life and what the future holds for him down the road.





Thank you for taking the time to speak with *Treating Yourself Magazine*, Jason. Let's jump right into the interview and ask some questions for the readers at home. In your own words, who is Jason Drake?

Jason Drake: Jason Drake is a hardworking family man who loves competition and being compassionate to others, helping everyone I can who needs the help I can give.

For the readers who might not be as familiar with the sport of mixed martial arts, can you explain to them what the sport of MMA is all about?

Jason Drake: Well it's basically a mix of every combat sport you can think of, from freestyle wrestling to Muay Thai and boxing. If you're weak in any of those aspects of the sport, you will find yourself on the losing end quite often because people can and will exploit those weaknesses.

Competing against other trained martial artists seems like a potential hazard for your health. What was it about the sport that made you decide that you wanted to compete?

Jason Drake: The feeling you get when the crowd is screaming your name and entertaining people to the fullest extent possible. I like to punch and kick people in the face and not get in trouble for it.

When the phrase "professional athlete" is mentioned, most envision an athlete who trains on a consistently high level in order to compete against other athletes who train to do the same thing. What is a routine training session like for you?

Jason Drake: Wow, man that's a

tough one. Just imagine running in hell and wearing a sweater, with no water.

Do you train full time, or do you have a job in addition to your career as a professional Mixed Martial Arts fighter?

Jason Drake: I train full time but occasionally go to work in between fights.

Can you explain to the readers what the hours and minutes leading up to fight time is like?

Jason Drake: It's like being on a rollercoaster and not wearing a seatbelt, only having your own strength to keep you in the cart.

When and where was your first exposure to cannabis?

Jason Drake: I was 15 at my grandmother's house.

How does marijuana play a role in your life?

Jason Drake: It keeps my ADHD at bay and helps with the pain from my scoliosis.

What is the marijuana scene like in California?

Jason Drake: Wonderful, mostly legal. As long as you're not driving around smoking joints, they pretty much leave you alone.

How prevalent is the use of cannabis in the Mixed Martial Arts community?

Jason Drake: So far, only a few fighters that I know of smoke and it is usually the ones that have had injuries in the past.

Is there a sub culture of habitual cannabis

use in the Brazilian Jiu-jitsu community?

Jason Drake: I'd have to say yes to that. It relaxes you so well without making you retarded like a lot of other stuff does. In BJJ, if you're relaxed but focused, you'll do great.

Does smoking marijuana give you an unfair advantage over your opponents?

Jason Drake: No.

Can you explain to the readers what your feelings are on the criminalization of marijuana throughout much of the world?

Jason Drake: I think it's terrible. I've never heard of anyone robbing or killing or anything like that to get weed, but the money they [use to] tend to bullshit like smokers or dealers could be going to fight hard drugs like meth and heroin.

What is the cannabis subculture like in your area?

Jason Drake: It's good, just about everyone smokes. I've even smoked with a few doctors and lawyers.

What is your favorite strain of cannabis?

Jason Drake: Train Wreck or OG Kush.

What is the best marijuana you ever smoked?

Jason Drake: It was a hybrid strain of OG Kush and AK-47.

You mentioned that you have a prop 215 card; tell the readers exactly what that is and how you got it.

Jason Drake: Prop 215 is the California Compassionate Use act that enables Californians in need of alternative medicine the opportunity to consume and buy marijuana legally, and safe from laced off-the-street stuff. I was diagnosed with ADHD at an early age and it really affected everything from school work to sports, but when my grandma turned me on to it, I made honor roll and first string within a semester of starting. Then in my 20s, I was diagnosed with scoliosis (a curvature of the spine). I've had surgery on both ▷

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knees and ankles and a hip reduction when I broke my femur in a motorcycle accident. Well, morphine was making me retarded, Norco was making me poop blood and vicodins made me not able to take a dump, so my doctor suggested I apply for the card and got it.

What do you do with your prop 215 card? Can you explain the process in which you use the card to get marijuana?

Jason Drake: I present the card to police if I get stopped on my way home from the dispensary and when I enter the establishment where I buy my herb. "No card, no enter" is a very strict rule. It's kind of like a bar; you show your ID, look to see what they have, and make a choice.

How did you approach your physician about obtaining a proposition 215 medical marijuana license?

Jason Drake: He actually approached me when I told him that I smoked occasionally to help with my pain and hyperactivity.

What exactly does the medical marijuana license enable you to do at the local and state level legally? What are the rights granted to those with a medical marijuana license such as yourself?

Jason Drake: We can grow small amounts of marijuana in our homes as long as it's not in public view and secure from theft or we

can travel with it from the dispensary and buy it from the licensed shops.

How would you rate the quality of cannabis available at your local dispensary? Is the quality of cannabis better on the black market or at the dispensaries?

Jason Drake: 10.

How much do you normally pay for the cannabis available at the local dispensaries?

Jason Drake: \$100 a quarter ounce, \$180 a half ounce, \$290 a [full] ounce.

Can you describe for the readers the experience of going to the dispensary and how business is conducted at those locations? Are these dispensaries sensitive to the potential mental and physical health concerns of their clients, or is it an uncomfortable environment?

Jason Drake: The one I go to is great; it's basically like a head shop, but with weed instead of pipes and water bong. It even has a taste test room, but you have to provide your own smoking device.

Do you grow your own marijuana, and if not, do you know people who do?

Jason Drake: No, I don't because I have kids. I know a few who do but they don't grow enough to give me any. Damn it!

What strains of marijuana are they currently growing in their garden?

Jason Drake: Hmm, one of my

buddies just crossed Northern Lights and Juicy Fruit, and another mostly grows Purple Kush.

What is your preferred method of ingesting cannabis? Do you prefer to smoke your cannabis or prepare it in an edible form for example? A bong or a joint?

Jason Drake: Bong for sure, but the occasional joint is nice for a change of pace.

Do you have any sponsors, websites or companies you would like to mention?

Jason Drake: Yeah, for sure! www.Abstraxx.com, www.enyo-athletics.com www.team-ram-page.com and the Tachi Palace's PFC; they're the greatest fight org in the state and possibly country right now, definitely on the rise. Keep an eye out for them!

What's next for Jason Drake?

Jason Drake: I just go where the day takes me, man. Other than that, just spend as much time with my kids as I possibly can.


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2007 will be a year to remember for the wrong reasons.

22 Nov. 2007. Sherdog.com.

20 Jan. 2009.

<http://sports.espn.go.com/extra/ma/news/story?id=3123407> 

Cartoon



The Happy Hippie By Georgia Peschel



Ortega Indica

by Dutch Passion Seeds

We consider Ortega Indica a medicinal cannabis variety.

Ortega Indica is a hybrid of Northern Lights #1 and another strong Indica, both dating back to the late seventies.

Extremely penetrating odour/aroma: earthy, spicy and tobacco.

Our seven-person test team reported that Ortega Indica is a good variety to smoke before going to sleep, a feature present in all Indica strains, but more extreme in Ortega Indica. It works as an effective sleeping pill and tranquilizer.

Ortega Indica is special in that it's "stone/high" does not have a cloudy "morning after effect". In other words, the morning after smoking Ortega Indica, almost no cannabis effects are experienced any more. Smoke Ortega Indica and wake up with a clear mind. This is seldom the experience after taking sleeping pills or tranquilizers.

Ortega Indica plants stay small (dwarf-like) and compact and are quite homogenous. The stoned/high is medium strong.

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Flowering indoor:

8-10 Weeks

Flowering outdoor:

Harvest 3rd week of October



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by Greenhouse Seeds

Genetics

Super Silver Haze, Lemon Skunk

Flowering indoor:

9 Weeks

Flowering outdoor:

Ripe at the end of October (Europe).

Effect:

Narcotic with strong perception alteration

Medicinal properties:

THC, CBD, CBG: not available yet

Awards:

1st price HTCC 2008



Chronic

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The Chronic is a remarkable plant. It was developed by Simon in the early 1990's with as goal the best possible combination of 2 seemingly opposite ends of the spectrum; high yield and great quality bud. Up till then there were plants which grew very nice and resinous, but always small buds. Good yielding plants on the other hand always produced big cola's of rather non-resinous low quality. The Chronic successfully combined the best of both worlds. Even nowadays it is hard to find a seed which grows a plant that comes close in terms of yield, let alone a plant which is able to yield that much of a quality bud able to win several awards. Chronic won all its awards on the aspect of quality, not yield.

The Chronic grows a huge single bud with smaller side buds. If the season promotes grey mold it is advisable to clip. The result is big side buds, instead of much bigger single buds which are more susceptible to a possible mold infection. The overall yield seems not to vary much despite earlier publications.

The scent is a very attractive subtle sweet fragrance, which can be very powerful and pungent if cured right. A common mistake when drying the plant is to put dry crispy buds too soon in a plastic bag. Only to discover the next day that the moist retained inside the buds came out, and made the whole bag 'wet' and soft again. The subtle scent of Chronic is then lost for ever. Only thoroughly dry buds can be put in plastic and will then keep their sweet scent.

Chronic grows remarkable uniform plants from seeds. A field with Chronic seedlings looks like clones from the same plant. It is a medium high, not too dense plant, our most commercial variety.

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1st hydro High Life Cup, Spain 2004
2nd outdoor El Punto Cup, Spain 2005

Genetics

Northern Lights/skunk x Northern Lights / AK-47

Flowering indoor:

9 Weeks

Production indoor:

400-600 gram /m2



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Plant height:

Tall; mostly Sativa

Flowering:

9-11 Week

Harvest:

October

Yield:

Dried grams per square meter in a Sea of Green): 400-500

THC level:

15%-24%

Effect:

Sativa High, Cerebral Buzz

Medicinal properties:

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NL x Big Bud
NL x Haze
NL x Shiva
Northern Light
Papaya
PPP
Shiva
Silver Pearl
Skunk #1

Skunk Red Hair
Skunk Special
Snow White
Super Skunk
Top 44
White Rhino
White Widow

OUTDOOR STRAINS:

Durban Poison
Early Bud
Early Girl
Early Misty
Early Special
Four Way
Hawaii Maui Wau
Hawaii x Skunk #1
Hollands Hope
KC33 x MK
Mixed Sativa
New Purple Power
Swazi
Swiss Miss

100% FEMALE STRAINS:

Kaya
Medusa
Northern Bright
PPP
Snow White
Super Girl
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Venus

THE SATIVA SEEDBANK:

INDOOR:

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White Lady
Mixed Sativa
Paia Hawaiiana
Sativa Mexicana
Sweet Sativa Special

OUTDOOR:

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an interview with

Yamato Damashi

By JessE

*Thou who shed his blood
with me shall always be my
Brother...and thou who
becomes my Brother I have no
problem bleeding for even if it
meant bleeding to death!*

— Enson Inoue

It's nearly one o'clock in the morning when I get off the phone with the charismatic and humble legendary cage fighter Enson Inoue. With a great sense of humor, he speaks fondly of being nearly toe-tagged by the fierce Igor Vovchanchyn, and while there was absolutely nothing funny about the fight, with words unsuitable for publication we both had a good laugh at how quickly he came out of the gate and jumped on top of the Russian bomber. Unfortunately, it would be short-lived as the heavy hitting Russian ultimately claimed victory by technical knockout (TKO) via doctor stoppage after the completion of the first round.

Enson Inoue is a legend in the sport of Mixed Martial Arts (MMA). Having fought some of the fiercest warriors this planet has ever seen in hand-to-hand combat, Enson has defeated some of the greatest fighters of our time including multiple time UFC (Ultimate Fighting Championship) Heavyweight Champion and hall of famer Randy Couture by submission. Born in Honolulu, Hawaii on April 15, 1967, Enson's professional record stands at 20-9 in professional Mixed Martial Arts competition. With a long and storied career in the sport, Enson has literally fought all over the world and in the process has gained the respect, admiration and loyalty of fans from the United States and Brazil to Japan and Canada. With legal issues looming due to a possession of marijuana charge in the land of the rising sun, Enson took the time to sit down with Treating Yourself contributing writer JessE to discuss the sport of Mixed Martial Arts, his thoughts on cannabis and what we can expect next from the man known as a "Yamato Damashi."

Enson thank you very much for the taking the time to sit down with the readers at home, it is a great honor to speak with you. For those at home who may not be familiar with who you are can you tell us a little bit about who the man known as Enson Inoue is?

Enson Inoue: A regular man with a regular life just like all of you.

For many of those at home, the sport of Mixed Martial Arts may not be as familiar to them as other sports such as baseball, football, basketball etc. Can you please explain to the readers out there exactly what MMA is?

Enson Inoue: It's a fighting art that combines the striking of Muay Thai, the takedowns of

wrestling, the throws in Judo, and the ground of Jiu-jitsu with striking.

Which style of Martial Arts did you initially train in?

Enson Inoue: Brazilian Jiu-jitsu.

How long did it take you to achieve black belt in the art of Brazilian Jiu-jitsu?

Enson Inoue: Long. About 8-9 years

What does it mean to have a warrior's spirit?

Enson Inoue: [It] means everything to me.

You've fought in a number of organizations including Shooto, the Ultimate Fighting Championship and Pride FC. Do you have a preference as to which organization you enjoyed working for the most?

Enson Inoue: Pride, because 90 per cent of my fights were there and they treated me like a king.

You've literally fought some of the most dangerous men in the world, walking into the eye of a storm on more than one occasion. What is the most memorable moment in your Mixed Martial Arts career?

Enson Inoue: Throwing down with Frank Shamrock. It was a rush and one of the only times it ▷

Spotlight



was awesome getting my ass kicked.

The sport has a very short history thus far, what exactly drove you to compete against other trained martial artists?

Enson Inoue: It is what I did best and another way to make me the best, strongest man I could be in heart.

Over the past several years, there have been a number of Mixed Martial Artists who have tested positive for having THC in their system. How widespread is the use of marijuana in the MMA community?

Enson Inoue: I think about 30 per cent of the fighters that I know use it.

What is the prevalence of cannabis use in the Brazilian Jiu-jitsu community?

Enson Inoue: Not so sure, I've been out of that scene for years now.

Does the use of marijuana constitute an advantage in combat?

Enson Inoue: No! Not at all.

When was the first time you smoked marijuana? What was it about cannabis that caught your attention?

Enson Inoue: My first time was about three years ago. I loved the buzz and the fact that I could sleep at least six to seven hours. I usually sleep only about three to four hours a night.

What are the differences in the marijuana you've seen in Hawaii versus that of

other countries, such as Japan?

Enson Inoue: Hawaii and Guam have the best. Sometimes the stone is too heavy. Amsterdam was Marijuana Heaven. Japan also has some great homegrown stuff. However, Japan also has some really shitty stuff circulating.

What kind of cannabis sub-culture is there in Japan?

Enson Inoue: Pretty big!

Do you know if the marijuana is primarily domestically grown or imported in Japan?

Enson Inoue: Both.

Do you have a favorite variety or strain of cannabis?

Enson Inoue: I like Jack Herer, and White Widow.

What is your preferred method of consuming marijuana? Some people prefer to smoke joints; others always seem to have a bong handy. Which method(s) do you prefer?

Enson Inoue: Joints!!!

You recently had some legal issues involving marijuana. In your own words, could you explain to the readers at home exactly how all of the events transpired?

Enson Inoue: [I] got caught with about 6 grams, 12 joints and a roach, a total of 16 grams. Took the fall alone without giving a single name.

What were the immediate consequences of your encounter with Japanese law enforcement?

Enson Inoue: Immediate arrest and imprisonment.

Did you spend anytime incarcerated? And if so, what was life behind bars like? Can you give the readers any insight into your daily routines while being locked away?

Enson Inoue: I was held in prison for 28 days. When I was in prison, I realized there are two worlds I never knew existed before. The outside world and the inside world, like black and white, oil and water, and they can't be mixed no matter how much we try. When I first got arrested, I didn't realize there were two worlds. My body was on the inside but my heart and mind was still on the outside. Every hour was painful and there was absolutely nothing good I could find about the inside. I was full of stress and my mind never could feel relaxed, even for a minute. As hard as it was, I slowly but surely began to let go of the world outside. It took me several days to set my mind but eventually I could. Only when I had visitors I would allow my mind back to the outside world, only to turn it off after the visitation was over. As soon as an officer would tell me that I'd be having visitors, it was like a light bulb lit up and it brightened my day. For the short 15 minutes, my mind was back in the outside world. Then, as the visitation

time was coming to an end, it was like the lights were dimmed and turned off when I left the visitation room. I felt like a fish that was taken from an ocean and put into a 10 gallon tank. After I returned to my cell, it took about 10 to 15 minutes for me to slowly make the transition back inside. It was strange, because as long as I had my mind on the outside world, nothing in the inside looked good. We were so restricted and controlled that I can honestly say that I know how dogs feel when they are neglected. Like a dog, I would really get excited before we were going to get our meals. And the appreciation level I felt while I was eating was over five times the happiness I would feel when I was eating in the outside world. If I was in the outside world, you would practically have to force feed me the food we ate here, but there in the inside I

enjoyed every bite. I appreciated the simple things like apple juice, rice, and miso soup. Also before my arrest, you would have to force me to brush my teeth, but inside I actually looked for-

ward to it. Inside you naturally learn to appreciate the simple things. Three days after I posted bail and was released, I went to meet friends in Roponggi and when the night was over we had a long walk to the car. It's a walk we took every week we went to Roponggi but this time things were different. Before my arrest, the walk to the car was like a chore, the distance and all the people... Nothing pleasant. But the other night, with my new outlook, the walk was great! The cool night air on my skin, so many beautiful girls, and no one telling me where to go, how fast and how to walk. When I closed my eyes and took a deep breath, I could almost taste the fresh cool night air filling up my lungs. I could decide where I was going, whether I was going to stop in a store or not, I felt so free and the walk to the car was no longer a chore. For the first time it was actually a really nice walk.

The routine was the same everyday. Shower every 5 days, and laundry once a week.

6:30 a.m.: We are woken up to put our mattresses away and brush our teeth.

8 a.m.: Breakfast.

10 a.m.: 15 minutes of exercise time where you could also cut your fingernails.

10:30 a.m.: Allowed to use a pen.

12 noon: Lunch.

5 p.m.: Dinner.

8 p.m.: Lay mattresses out and brush teeth.

9 p.m.: Sleep (with lights on).

When you were ordered to appear before the court, what was the sentence you received?

Enson Inoue: The prosecutors wanted a 10 month prison sentence but I got off with a 10 month suspended sentence with 3 years probation.

Is Japan trying to deport you, and if so, what legal actions are you taking to prevent your deportation?

Enson Inoue: Yes. I'm just plead-

ing my case and expressing to them why I want to continue living here. Also the immigration office is getting flooded with faxes from fans who don't want to see me leave Japan.

What are your thoughts on the criminalization of Marijuana use?

Enson Inoue: It's the law, so what else can I say? [It's] not even a fraction as dangerous or bad as alcohol, but it's against the law. We have some weird laws.

Do you have any plans on fighting in the future? Are you retired?

Enson Inoue: Yes. Making a comeback this year!

What is life like now on a daily basis for you? What do you spend a majority of your time doing with yourself?

Enson Inoue: Training and writing my book. I plan to be done with my book at the end of this year!

Is there any websites, schools, organizations etc. that you would like mention?

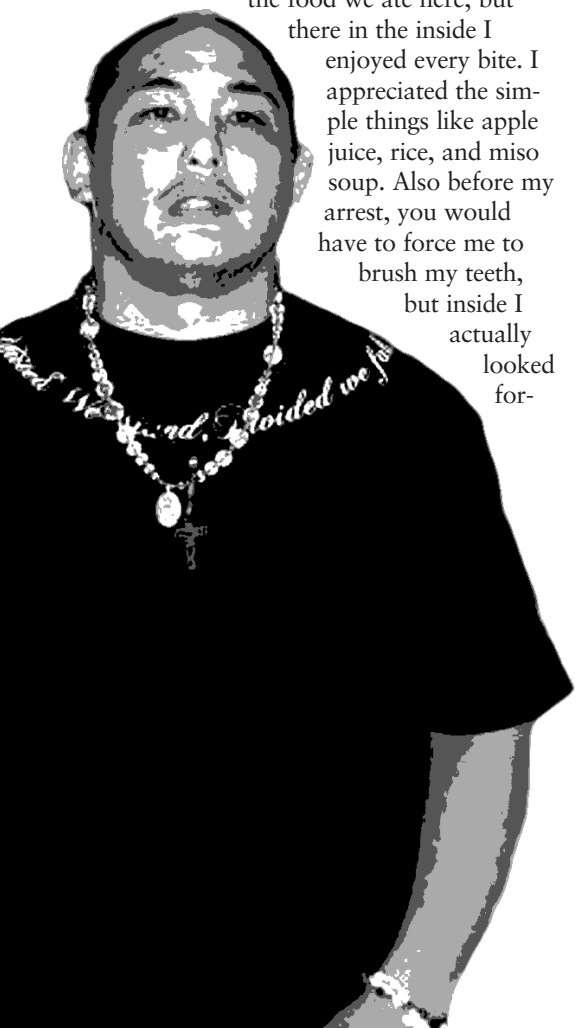
Enson Inoue: Yes check out the apparel page at <http://www.purebredusa.com/> and my blog at <http://blog.goo.ne.jp/enson-inoue/>

What's next for Enson Inoue?

Enson Inoue: An honorable death.



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GROW tips



Some facts about the Hemp plant, which are too quickly forgotten.

Plants are on this planet for a multitude of reasons no matter if you believe in God or Evolution as your main premise in life. So to question or not allow a part of Nature to be used would be against the will of God or against the development of Mankind, so it would seem, if we follow the higher teachings.

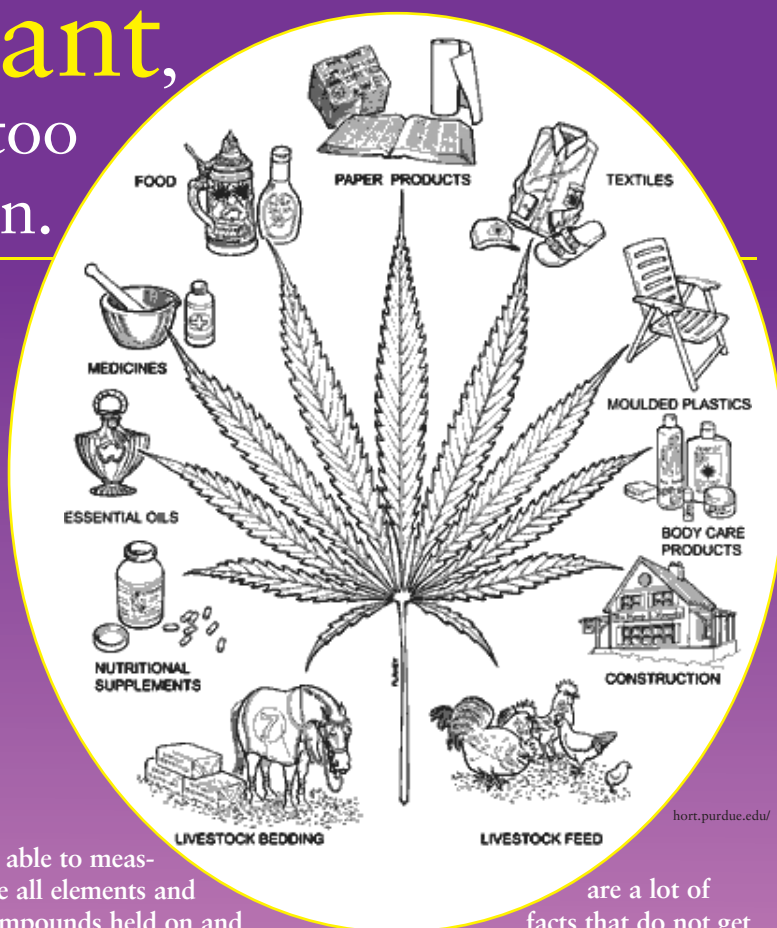
Possibly, Man and his usage of plants should be more the question for law making and let Nature sort out her laws as it has always been the case before Man existed. To make a plant or plants illegal to be cultivated by Man should not be blindly enforced as there are so many ways and so many products that may never be harnessed if the laws of the land remain extremely rigid. The cultural relevance, traditional medicinal uses and religious facets to plants make the blind see that all plants hold special secrets within and to be blinkered in our vision would only show intolerant ignorance and total disregard to Nature and all it does to aid mankind. Therefore it is better to make no decision rather than a positive yes or no before all the facts are adequately analysis and understood. That means we need to

be able to measure all elements and compounds held on and within a plant before we can make a well judged decision on its makeup. This in turn means we need all the help we can get and therefore allowing the common man to persist with cultivating plants till all is totally analysed would be more of a widespread help in gathering information and samples rather than completely disallowing it and making it illegal.

It is easy to conjure up images of hippies, freedom and peace processions when the word Cannabis is mentioned but there

are a lot of facts that do not get to headline like the drug factor but are equally as important to humankind. Modern day agriculture has a history with this plant dating back to 8500 years ago when the Chinese were using it for fiber production, considerably less so as an intoxicant and only in a limited extent as an oilseed crop.

Popular Mechanics magazine in the 1930s touted Hemp as 'the new billion dollar crop' stating that it can be used to produce more than 25000 products ranging from dynamite to cellophane.



hort.purdue.edu/

Class of product	Quantity consumed (tonnes)	relative %
Specialty pulp (cigarette paper, bank notes, technical filters, and hygiene products)	24,882	87
Composites for autos	1,770	6
Contruction and thermal insulation materials	1,095	4
Geotextiles	234	0.8
Other	650	2.2
Total	26,821	100

Table 1 presents the principle products for which the species is cultivated in Europe, all of which happens to be based on fiber.

Most hemp oilseed in Europe is currently obtained from so-called “dual usage” plants (employed for harvest of both stem fiber and seeds, from the same plants). Of the European dual-usage cultivars, ‘Uniko B’ and ‘Fasamo’ are particularly suited to being grown as oilseeds. Very recently, cultivars have been bred specifically for oilseed production. These include ‘Finola,’ formerly known as ‘Fin-314’ and ‘Anka’ which are relatively short, little-branched, mature early in north-temperate regions, and are ideal for high-density planting and harvest with conventional equipment.

Cannabis contains a seemingly unique class of chemicals, the cannabinoids, of which more than 60 have been described, but only a few are psychoactive. Cannabinoids are produced in specialized epidermal glands, which differ notably in distribution on different organs of the plant (high concentrations occur on the upper surface of the young leaves and young twigs, on the tepals, stamens, and especially on the perigonal bract). Given this distribution, the glands would seem to be protec-

tive of young and reproductive above-ground tissues (the roots lack glands).

The resin is a sticky mixture of cannabinoids and a variety of terpenes. The characteristic odor of the plant is due to the abundant terpenes, which are not psychoactive. The more important cannabinoids are shown in figure 1.

Breeding for low THC cultivars in Europe has been reviewed by Bócsa (1998), Bócsa and Karus (1998), and Virovets (1996). Some researchers have claimed to have produced essentially THC-free strains, although at present no commercial cultivar seems to be 100% free of THC. THC content has proven to be more easily reduced in monoecious than in dioecious varieties. It should be possible to select THC-free strains, and there has been speculation that genetic engineering could be helpful in this regard. As a strategic economic and political tactic, France has been attempting for several years to have the European Union (EU) adopt legislation forbidding the cultivation of industrial hemp cultivars with more ►

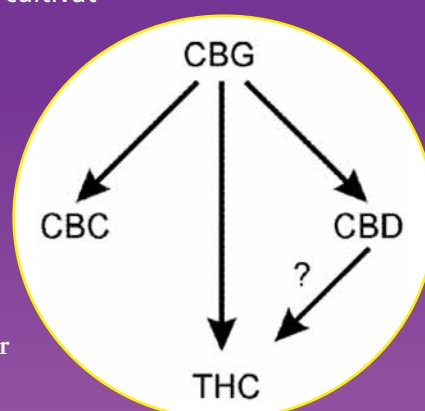


Figure 1: Proposed biosynthetic pathways of the principal cannabinoids (after Pate 1998b).



Honey Bee on Finola



Left to right:
resin glands covering seeds
C-class Mercedes-Benz automobiles have more than 30 parts made of natural fibers, including hemp.

than 0.1% THC, which would mean that primarily French varieties would have to be cultivated in Europe. However, the Canadian government has found that some French material has proven to be excessively high in THC. The largest and most important collection is the Vavilov Institute gene bank in Leningrad. A disturbingly high percentage of the collections have THC levels higher than 0.3%, making it difficult to incorporate these into breeding program.

Hemp seeds contain virtually no THC, but THC contamination results from contact of the seeds with the resin secreted by the epidermal glands on the leaves and floral parts, and also by the failure to sift away all of the bracts (which have the highest concentration of THC of any parts of the plant) that cover the seeds. This results in small levels of THC appearing in hempseed oil and foods made with the seeds. Although most of the western hemp-growing world uses 0.3% THC as a maximum concentration for authorized cultivation of hemp plants, regulations in various countries allow only a much lower level of THC in human food products manufactured from the seeds. Currently, up to 10 ppm THC is permit-

ted in seeds and oil products used for food purposes in Canada. In Germany, more stringent limits were set for food in 2000: 5 ppm in food oil, 0.005 ppm in beverages, and 0.15 ppm in all other foods.

Flax held 2.7% of the world plant fiber market in 1999, while hemp had only 0.3% (Karus 2000). Hemp fiber can potentially replace other biological fibers in many applications, but also, as noted below, can sometimes compete with minerals such as glass fiber and steel. As forests diminish, cultivation of annual plants as fiber sources is likely to increase. While crop residues like cereal straw will probably supply much of the need, specialty fiber plants such as hemp also have potential.

The refinement of equipment and new technologies are viewed as offering the possibility of making fine textile production practical in western Europe and North America, but at present China controls this market, and probably will remain dominant for the foreseeable future.

"Specialty pulp" is the most important component of the hemp industry of the EU, and is expected to remain its core mar-

ket for the foreseeable future. The most important specialty pulp products made from hemp are cigarette paper (Fig. 16), bank notes, technical filters, and hygiene products. Other uses include art papers and tea bags. Several of these applications take advantage of hemp's high tear and wet strength. This is considered to be a highly stable, high-priced niche market in Europe, where hemp has an 87% market share of the "specialty pulp" sector (Karus et al. 2000). Plastic composites for automobiles are the second most important component of the hemp industry of the EU.

Building Construction Products is a market that is growing very fast, and hemp insulation products are increasing in popularity. The fiber of Hemp is being used in reinforced concrete to particle board and a multitude of other applications.

Animal Bedding uses the woody core (hurds, sometimes called shives) of hemp, and this makes remarkably good bedding for different animals. The hurds are sometimes molded into small pellets for bedding applications. Such appears to be unsurpassed for horse bedding, and also make an excellent litter for cats



Left to right:
Natural Hemp fiber
Harvesting Finola

and other pets. The hurds can absorb up to five times their weight in moisture (typically 50% higher than wood shavings), do not produce dust (following initial dust removal), and are easily composted.

"Geotextiles" or "agricultural textiles" include (a) ground-retaining, biodegradable matting designed to prevent soil erosion, especially to stabilize new plantings while they develop root systems along steep highway banks to prevent soil slippage and (b) ground-covers designed to reduce weeds in planting beds.

The cultivation of hemp in the EU is heavily weighted toward fiber production over **oilseed production**. In 1999, the EU produced about 27,000 t of hemp fiber, but only about 6,200 t of hemp seeds, mostly in France, and 90% of this was used as animal feed (Karus et al. 2000). The seeds have traditionally been employed as bird and poultry feed, but feeding the entire seeds to livestock has been considered to be a poor investment because of the high cost involved (although subsidization in Europe allows such usage, especially in France where hemp seeds are not legally permitted in human food).

Food in the form of Dehulled (i.e. hulled) hemp seed is a very recent phenomenon, first produced in quantity in Europe. Hemp seeds have been used as food since ancient times, but generally the whole seed, including the hull, was eaten. Hemp seed was a grain used in ancient China, although there has been only minor direct use of hemp seed as food by humans. In the past, hemp seed has generally been a food of the lower classes, or a famine food. Peanut-butter type preparations have been produced from hemp seed in Europe for centuries, but were rather gritty since technology for removing the hulls was rudimentary

The use of *Cannabis* for **edible seed oil** began at least 3 millennia ago. **Hempseed** oil is a drying oil, formerly used in paints and varnishes and in the manufacture of soap. Present cultivation of oilseed hemp is not competitive with linseed for production of oil for manufacturing, or to sunflower and canola for edible vegetable oil. However, there are remarkable dietary advantages to hempseed oil, which accordingly has good potential for penetrating the salad oil market, and for use in a very wide variety of food products. There

is also good potential for hemp oil in cosmetics and skin-care products.

Personal Care Products began in the 1990s, European firms introduced lines of hemp oil-based personal care products, including soaps, shampoos, bubble baths, and perfumes. Hemp oil is now marketed throughout the world in a range of body care products, including creams, lotions, moisturizers, and lip balms. In Germany, a laundry detergent manufactured entirely from hemp oil has been marketed. Hemp-based cosmetics and personal care products account for about half of the world market for hemp oil. One of the most significant developments for the North American hemp industry was investment in hemp products by Anita and Gordon Roddick, founders of The Body Shop, a well known international chain of hair and body care retailers.

Medical Marijuana

Marijuana has in fact been grown for medicinal research in North America by both the Canadian and American governments, and this will likely continue. The possibility of marijuana becoming a legal commercial ►



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The earliest record of the medicinal use of the plant is that of the Chinese emperor-herbalist **Shen-Nung** himself who, five thousand years ago, recommended Cannabis for malaria, beriberi, constipation, rheumatic pains, absent-mindedness, and female disorders.

crop in North America is, to say the least, unlikely in the foreseeable future. Nevertheless the private sector is currently producing medicinal marijuana in Europe and Canada, so the following orientation to marijuana as a potential authorized crop is not merely academic.

Earliest reference to euphoric use of *C. sativa* appears to date to China of 5 millennia ago, but it was in India over the last millennium that drug consumption became more firmly entrenched than anywhere else in the world. Not surprisingly, the most highly domesticated drug strains were selected in India. While *C. sativa* has been used as a euphoric in India, the Near East, parts of Africa, and other Old World areas for thousands of years, such use simply did not develop in temperate countries where hemp was raised. The use of *C. sativa* as a recreational inebriant in sophisticated, largely urban

settings is substantially a 20th century phenomenon.

Cannabis drug preparations have been employed medicinally in folk medicine since antiquity, and were extensively used in western medicine between the middle of the 19th century and World War II, particularly as a substitute for opiates. There is anecdotal evidence that cannabis drugs are useful for: alleviating nausea, vomiting, and anorexia following radiation therapy and chemotherapy; as an appetite stimulant for AIDS patients; for relieving the tremors of multiple sclerosis and epilepsy; and for pain relief, glaucoma, asthma, and other ailments for an authoritative medical review. To date, governmental authorities in the US, on the advice of medical experts, have consistently rejected the authorization of medical use of marijuana except in a handful of cases. However, in the UK medicinal marijuana

is presently being produced sufficient to supply thousands of patients, and Canada recently authorized the cultivation of medicinal marijuana for compassionate dispensation, as well as for a renewed effort at medical evaluation.

Several of the cannabinoids are reputed to have medicinal potential: THC for glaucoma, spasticity from spinal injury or multiple sclerosis, pain, inflammation, insomnia, and asthma; CBD for some psychological problems.

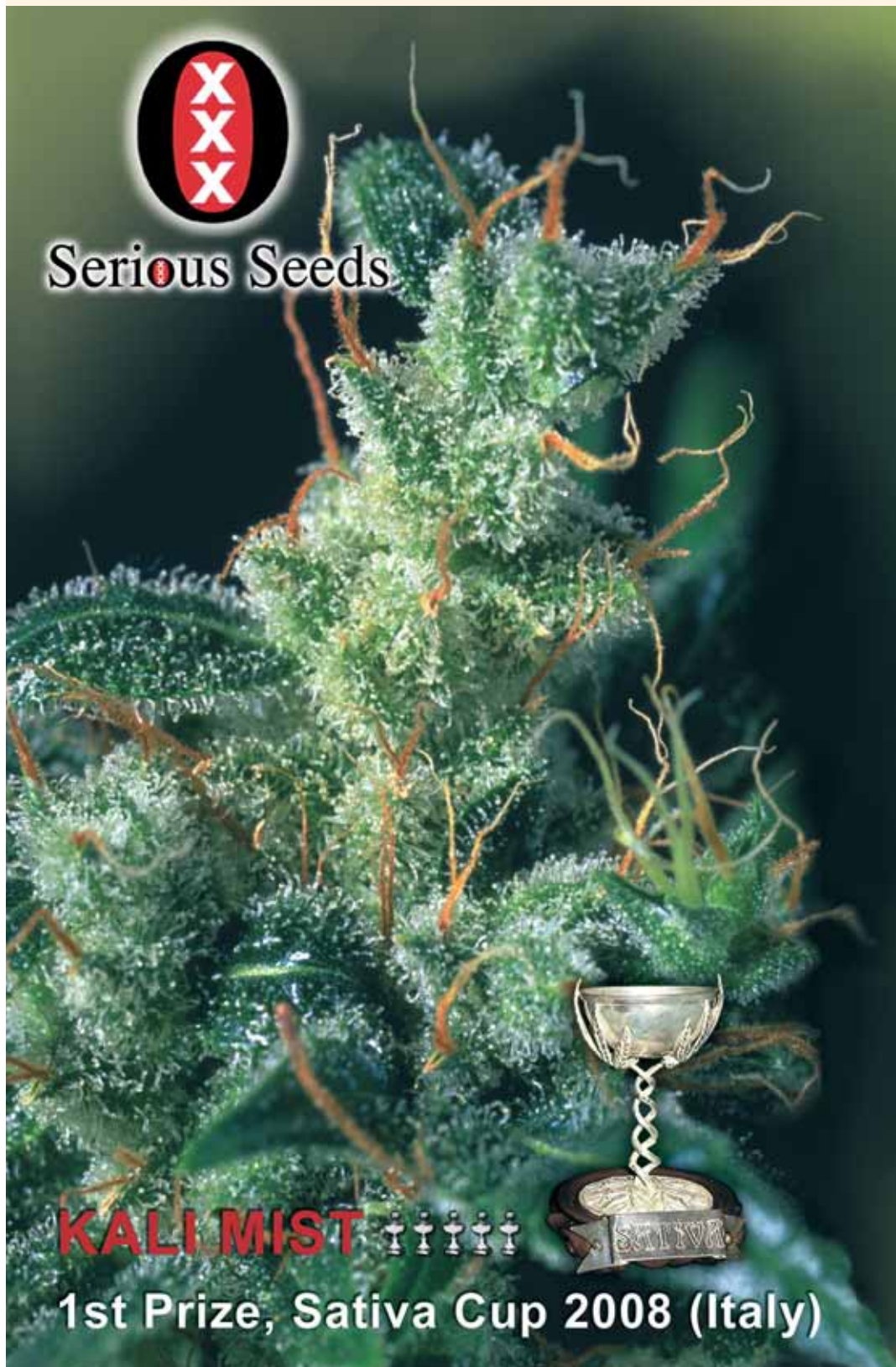
The British firm G.W. Pharmaceuticals is developing medicinal marijuana. In the US, NIH (National Institute of Health) has a program of research into medicinal marijuana, and has supplied a handful of individuals for years with maintenance samples for medical use.

It would seem obvious from a short research into just one plant known as Cannabis which is shrouded in a lot of controversy that there is far more positive uses than negative ones. When there are only few cons verses a lot of pros for a plant, logic should really prevail. Cannabis has a lot of potential value to the communities of the world and we need to push on and discover these traits and share the gifts.

The community of cannabis growers world wide have proven that repression does not rid society of a plant but rather bonds similar minded people together to stand up and be counted, making a counter culture into a commercial venture. It is time we follow the lesser path of resistance. Nature has all the answers and medicines we need as long as we **not only look but we see them.** 🌿



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The Ecology of Guano & Guano Tea

by Lazystrain (aka Zany Trails)

Lots of people always ask us questions about guano as a source of fertilizer, and how to make guano tea. We therefore decided to respond to the subject with an article aimed at bringing both the novice and advanced gardener back down to earth when using guano and guano tea in the garden.

Guano

Guano, from the American Spanish huano, meaning dung, usually refers to, in cannabis circles, the remains or droppings from colonies of cave or rock-dwelling species of animals including birds and bats. Guano can be added to soil mixes directly, used as topsoil or brewed up into a fertilizer tea. Guano is therefore often used as a reliable source of fertilizer in organic gardens. Fossilized guano is formed over long periods of time, sometimes for several centuries, before it is harvested and made ready for use. Fossilized bat guano also contains the remains of the animals that feed on the guano as it breaks down on the floor of the cave. Fresh guano, on the other hand, is collected from fresher deposits. To help understand the whole process more clearly, we need to understand the ecology surrounding the guano that is made and the animals that help create it.

Sea bird guano

Sea bird guano is collected from the cliff ledges, rocks, and caves that support large colonies of gulls and other sea birds. Because sea bird guano is often exposed to the elements, it is usually collected fresh and then dried out before being used as a fertilizer. The contents of the guano naturally represent the diet of the sea birds depositing it, which, for the majority, contain the remains of fish and other marine life. For this reason, sea bird guano is sometimes used as a source of high Nitrogen (N), Phosphorus (P), and Calcium (Ca) by organic gardeners, usually during the vegetative stages of growth.



sciencedaily.com

Bat guano

Bat guano is collected from the caves, roosts, and the old haunts supporting large colonies of bats. Because, as mammals, bats prefer to roost in a dry sheltered spot, the guano that bats produce is usually protected from the outside elements. This allows larger deposits of the guano to build up over many years. In time, it can then support a variety of wildlife. For example, the floor of a bat's cave may be inhabited with a diversity of insects and reptiles feeding directly on the guano, or on the life forces the guano supports. Snakes may also inhabit the cave to feed on the bats! Gradually, over time the remains of the insects, reptiles, bats, and guano all break down together to form a nutrient rich compost.

The only problem is that the bats also produce lots of urine. The top layer of guano or “wet-bar” is then concentrated in ammonia nitrate. Ammonia is a direct source of Nitrogen (N). As the layers of guano build up and break down, they form sediment. The sediment below is no longer in direct contact with the ammonia/urine above. Eventually the lower layer or “dry-bar” becomes ‘fossilized’ in character with time, while the top layer remains moist and fresh. ▷

The contents of the bat guano naturally represent the diet of the colony hanging above it. For this reason, bat guano that is sourced from bats with a fruit diet contains high levels of Potassium (K), whereas guano sourced from bats with a diet of insects is slightly more concentrated in Phosphorus (P). Moreover, those bats feeding exclusively on corn moths, for example, produce guano with higher levels of Nitrogen (N). The diet and lifestyle of the bat and the diet and lifestyle of a bats' prey directly relates to the guano the bat makes.

Guano Fertilizer

Guano may be used either as a top dressing fertilizer when added directly to soil, as an additive to soil mixes and/or as an application fertilizer when made up into Guano Tea. Different gardeners employ slightly different gardening techniques with guano depending on the nutrient content of the guano being used and its overall strength. Guano can be extremely concentrated sometimes, in that only a pinch may be required, while other times the strength of the guano may be less responsive in soil and can be added by the hand full. Much is related to the source of the guano and the treatment of the guano before and after processing. Sea bird guano, for example, is an extremely high source of Nitrogen (N) and should be used little by little until establishing a correct dosage for the soil and the plants.

As a powder-type fertilizer, just like Blood and Bone meal, guano also produces what is called "Nuisance Dust." This dust floats about in the air and should not be inhaled. Just like "Blood and Bone," guano holds the ability to contain many pathogens, some of which are harmful to humans. Colonies of bats from different species often co-inhabit the same space, and some bats feed upon the blood of cattle and humans. Guano should then be handled with care in a well-ventilated place, ideally outdoors wherever possible. Otherwise, it should only be handled using a breathing apparatus or DIY mask to prevent nuisance dust getting into the lungs.

Once the guano has become saturated in water, however, it is perfectly safe to use it in the garden.

Guano Soil

Guano can be added directly to soil/compost to help add nutrients that will be needed later on during the season. A percentage of all Guano is solid and therefore will not dissolve in water alone. The remaining particles are usually soluble and will slowly dissolve. The solid micro-particles will gradually breakdown as bacterium feed on them and are then slowly trans-



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ferred into mineral deposits in the soil. Potassium rich guano added directly to the soil during the early stages of the growing season is usually active around the later stages of the blooming period (depending on crop time). Using guano as a direct soil additive is then a measure of careful timing and planning. For this very reason, many commercial soil mixes contain a percentage of added guano already, which acts like a natural slow-release fertilizer.

Guano Topdressing

Guano can also be used as a topdressing for soil. A topdressing is a thin layer of mineral and nutrient rich compost that is scattered over the surface of a soil substrate. Topdressing with guano is popular with soil-bed growers, but can also be practiced in single plant pots easily. Worm castings and other organic materials may also be added to the topdressing if required. The idea is that, with regular, plain watering afterwards, the layer of fertilizer-rich compost is slowly washed down through the soil and into the plants' root system below. If too much guano is added, however, the roots may suffer from "root burning," which, in the worst case, may entirely over fertilize the soil and ruin the crop. Again, using guano as topdressing involves a measure of gardening skill and some experience in using guano in the garden.

Guano Tea

Guano, when made into tea, is used as an application fertilizer which helps limits the risk of burning the plants by overfeeding. Guano tea is the result of partly dissolving guano into water, and then providing sources of food that the guano can feed on. Given the

perfect environmental conditions, the bacterium within and around the guano will naturally ferment. As this happens, the minerals and fertilizers within the guano are released into the water by natural chemical processes. The resulting guano tea can then be used as a nice and healthy organic source of plant food or fertilizer.



There are literally hundreds, if not thousands, of guano tea recipes out there in magazines and online. All of the most secret Guano Tea methods and techniques have now been shared around by cannabis growers, and so they are no longer a secret. The x2 case studies given below are given as an idea of how guano is used professionally over both cannabis and food crops. It is always important to remember that some of the most ingenious guano tea recipes were developed as a result of experimenting with different types of guano and complimentary foodstuffs, often in conjunction with fellow gardeners. The aim being to provide the best source and balance of organic nutrients for both the soil below ground and the plants above it, in order to produce 100 per cent organic smoke.

Remember to experiment and have fun!



x2 Case studies:

GrowDoc Guano Tea

Here at GDS International, we make guano tea for both growing and flowering stages using Plagron products to the following recipe. To make the tea: To every 7 litres (2 gallons) of lukewarm water we use: 500 ml Guano Peru and a pinch of beneficial bacteria. We mix well every other day for 10-15 mins. The tea will be done after 2 months minimum when left to sit at 25°C Celsius. Until recently, the mixtures were hand-stirred once a day for 60 days. We have now gone over to using air stones at the

bottom of the tub. This speeds up the process. The bacteria breed at a much higher rate and it brings down the finishing time. What used to take us 60 days now takes 2 weeks to complete. We feed at 1 liter of the guano tea to 10 liters of water. Getting to know your plants and your soil mix will help determine when and how much guano tea you should feed.

Lazystrain Guano Tea

Lazystrain also uses guano tea as a source of organic fertilizer over his food crops. The guano used is usually quite strong, so only a small

teaspoon of sea bird guano and a big table spoon of Kenyan/Peruvian bat guano is added to each 5 liter bucket of warm water. Depending on the time in the season, and visible signs in the plants, these quantities may change. Then a small splash (5 ml) of Atami Alga-C and a tablespoon of honey or sugar is added to help fermentation. The bucket is stirred twice daily and kept at a temperature around 21°C Celsius in the glasshouse from spring through to autumn. This helps the natural bacteria generate. To add some extra depth to the tea in early spring (during the vegetative stages), a large tablespoon of wood ash can be added to promote ▷

root growth. This is something still being experimented with since guano is thought to react differently when used in combination with different compounds. Likewise, a small cup of urine (250ml) helps add extra nitrogen to the tea if needed. The urine is sterile when made, although acts as an accelerator and ferments quickly when in contact with the other bacterium in the bucket. The resulting tea is applied liberally when still young, as and when needed. This also acts as a mild top-dressing to the soil.

The Ecology of Guano

The ecology surrounding the collection of guano currently being used by a global base of home-growers as a source of fertilizer, has in fact generated an ethical if not "organic" debate that questions the very morals upon which home growing is based. Guano is often procured from inhabited places, places of beauty, and natural wonder. As and when the bulldozers move in to "harvest" the guano, the ecology surrounding the cave site is often irreparably damaged! The guano is bagged up and shipped away for sale, and the wildlife that the "guano field" once supported is gone forever.

At the rate things are growing, guano may soon become yet another "non-renewable resource." Please think about it for a second. Guano is produced over hundreds, if not thousands of years and the bats can only produce so much guano in one year, a very thin layer. Commercialism is now rife within a global society—supply and demand. Some "entrepreneurs" have moved into the business of "harvesting guano" on a major scale from remote cave sites, wholesale, mainly from Africa, the Caribbean, and South America, often to the direct

exploitation and cultural deprivation of the people that dwell about the cave sites. Not to mention the wildlife that once dwelled within them are gone forever. You can imagine, it's not nice working in bat ssshh.

It's not all doom and gloom, however. Many prehistoric cave-sites of archaeological and anthropological significance are often buried deep beneath millennia-old piles of bat and bird guano. Such sites often gain "National Heritage" status, as a source of interest and learning for academics. These caves are carefully managed. As and when the Archaeological Surveying teams move in and start peeling back the layers of guano and history, the locals are encouraged to "help themselves" to the heaps of guano that need removing from the excavation site below. The top most smelly layers of guano are usually spread back over the site when the archaeologists leave, which helps preserve the site until a later date. In this sense, the collection of guano can be of cultural and economic wealth to local populations of people.

Since organics is about sourcing products from nature, at a benefit to nature, not in abstraction from it, it is always important to remain aware of our own misconceptions. If we are what we claim to be, when we say that we grow under "Organics," then perhaps the issue of "Guano" is the first place we should be looking at. I'd encourage all people to please keep it real on the organic debate, stay conscious, and check that the guano you are using in your garden is procured via an "ethical," preferably "Fair Trade" source. If not, then ask them "Why not?"—action makes change!

Keep Medicating!





Exodus Cheese

by Jah Hoover

The Exodus Cheese (clone only) has been in the U.K for over 20 years and has been very popular around the Bedfordshire region and Birmingham (Midlands) since late '80s.

The Cheese phenotype was first found in the late '80s in a pack of 15 Sensiseeds Skunk#1 that was originally bred by American breeder living in the Netherlands called Sam the Skunkman. The Cheese Pheno was found by a grower from Abbots Langley, who was a Boaty on the grand union canal in a disused garden center situated at Hunton Bridge. Spiral Tribe, a mobile outdoor rave group, were there for a while, fitting a music rig into their coach. During this time, Spiral Tribe received the Cheese pheno from the Boaty, and from there it passed to the Exodus crew, a underground music movement who traveled around the UK, originally from Haz manor Luton, Bedfordshire area. Exodus have kept the original strain to this day in clone format. After receiving the clone, Exodus crew decided to name it Cheese and this was not because it smelt or tasted anything like the edible cheese but because it had a distinctive stench, a smell different from other skunks; a smell which lingers so much, the word which best described it was "cheese," and hence the name. The cheese smell is one of the strongest pungent moorish smells you could ever ►



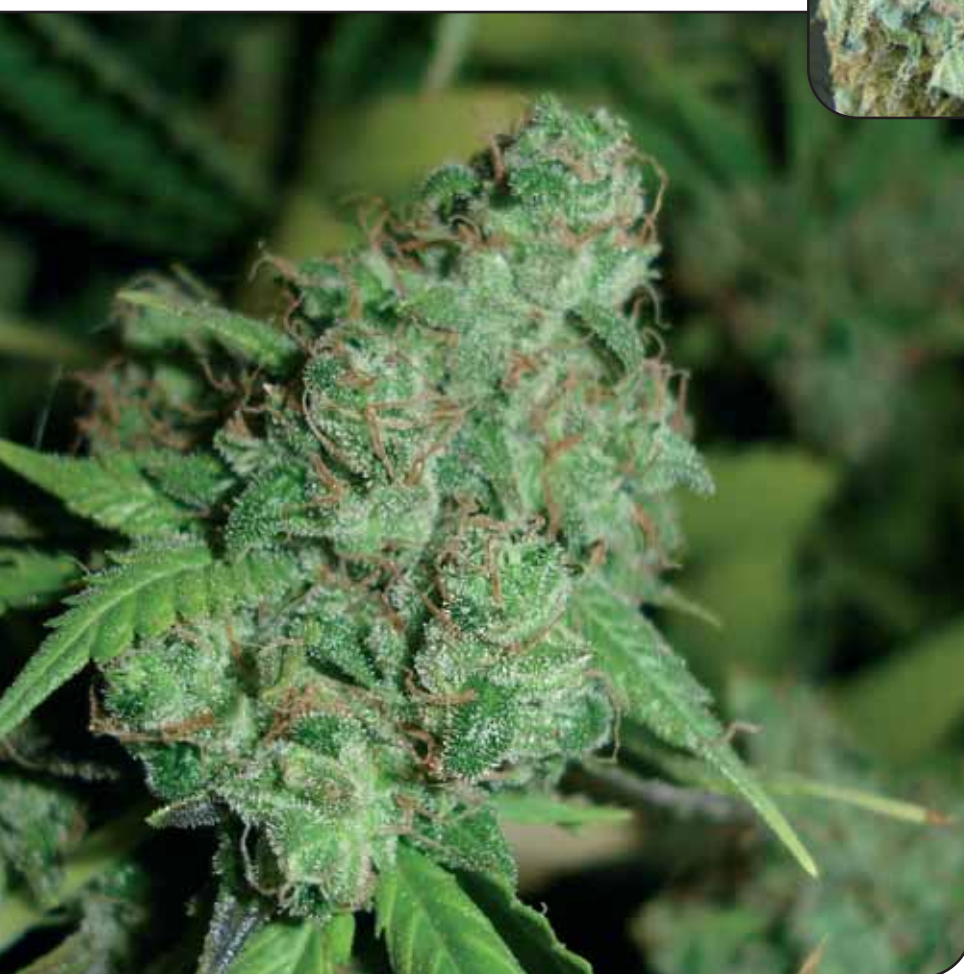
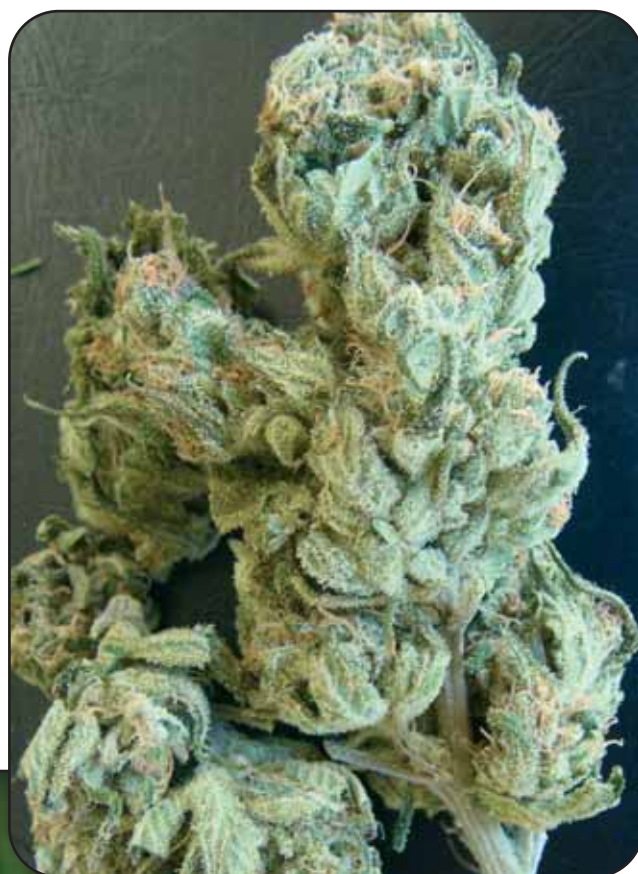
smell, it has earthy musk with a slight fruity licorice taste. With rich skunky smell, its that sublime old school flavour from back in the days ,which is again available for us thanks to the Exodus crew. Exodus Cheese buds look lime green with high calyx to leaf ratio, the buds grow like wispy corn pods, foxtail off nicely and are covered in glistening THC crystals, very sticky and requiring a decent carbon filter. The strength of Exodus Cheese can vary, depending on flowering times and it also depends 100 per cent on the grower's methods and experience, just like with most cannabis plants.

From my personal experience growing the Cheese, I would harvest week 8 to 9 for a trippy high buzz, but if looking for medicinal value, I would flower Cheese for 10-12 weeks for that narcotic couchlock effect. 12 weeks Cheese will give you the effect of extreme lazyness and is very sleepy buzz—good for those with eating disorders, but it will have to be takeaway. I have been growing Exodus Cheese since 2002 and smoking since 1994, it was passed to me by an old Exodus crew member in his early 50s who said he had been smoking it for years and found it to be the strongest skunk going around since the

late '80s. I've had this clone-only plant in my mother room ever since and the only other strains that could compare to this are like OG Kush or East Coast Sour diesel (clone only). I would say Exodus cheese is one of the best elite cannabis strains out there, because you can not say one strain is the best in the world; there are so many flavours and strengths of cannabis out there and i would be ignorant to think that Exodus Cheese is the best strain, but it certainly is one of the best. Before Big Buddha released his cross version of Cheese x Afghan into High Times Cup, hardly anyone had

heard of it except the UK home-grower, so after BB won the cup, every home-grower around the Globe wanted that stenchy, sublime old school Cheese skunk in their garden. But with BB Cheese, you will be lucky to get anything close pheno to the real exodus Cheese—however, this is the only way others around the World will get to taste Cheese unless they somehow manage to obtain the real clone. Just like with ECSD, it is also only available in clone form, but most of us are satisfied with seed version because that will be the closest most of us will get to tasting the real deal.

Exodus Cheese (clone form) is now available around most parts of Europe and I have also heard of some growers in the States and Canada claim they have it now. Also, I have seen so many growers in the UK claim they had the real Exodus Cheese but they had a slightly watered down version. I would like to clear the waters by showing pictures of the real Exodus Cheese and I will also like to invite everyone to come join us at www.thcfarmer.com, home of Exodus Cheese-



heads. You will find so much info on Cheese and we also have a thread dedicated to Cheese in the original Exodus Cheese Gallery. If you look into our Cheese gallery, you will notice the characteristics of the real Cheese: Exodus Cheese leafs are double serrated and you will also notice that, unlike the BB version, Exodus Cheese is more of a lime green colour and also foxtails in week 7. Exodus Cheese is high yielder, but this is totally dependent on the grower's methods and experience. I would also recommend making Bubble/Ice-o-lator hash out of Exodus Cheese as it will taste of moorish Cheese concentrate and the high will be unbelievable, leaving you dazed and confused. If you would like growing advice and help, please don't be shy to pop into www.thcfarmer.com 🇬🇧



Harvesting All Year Long

By Jef Tek

Without a shadow of a doubt, harvesting is the most exciting and rewarding aspect of any farmer's life. When that farmer is growing medicinal-grade cannabis to keep his or her family healthy, it becomes much more poignant and passion filled. I classify myself a realist—not a pessimist or an optimist. I believe the glass has 4 oz of fine wine in it, 1/2 empty or 1/2 full doesn't give me the information I need to know. Realistically, it would be impossible for me to harvest any more than 25 full-sized plants in a day without suffering from spinal arthritis. I never plant more than 25 plants at a time, so I never have to wash more than 25 buckets or throw away more than 25 root balls. You see, this way I don't need any more drying space or curing vessels. By growing continuous batches of **Afghani Bullrider**, I always have a

constant supply of fresh connoisseur-grade medicine and am not forced to harvest early due to a shortage. This method also allows me to fine-tune my grow beds, water and nutrient delivery systems. By carefully tracking and monitoring every single parameter of my crops' healthy development, I can correct imbalances before they happen most of the time.

One great example is the **yellow mushrooms** I accidentally grew in one of my one square meter organic grow beds. *Leucocoprinus birnbaumii*, aka *Lepiota lutea*, the yellow houseplant mushroom grows in organic rich, warm environments. Simple over watering was the culprit. Another superb reason for constant batching is that I don't have to hire trimmers to come into my home and drink my beer and eat my food just so the crop doesn't go to mold. I

could never figure the economics of paying people I hardly know to trim my medicine the way I want it trimmed and separate it into various sizes and grades and cured the way I want it done. I've been a general contractor and a maintenance supervisor for most of my adult life and I know from real-world experience that no matter how well you explain yourself, people will always do it their way anyway! I like to have final quality control and I need to feel the buds to access their density and dryness; here's my simple method for harvesting.

When my plants reach their full girth around week 7 or 8, they will just about tell me when to harvest them by physically falling down! They will be so fully grown and developed that the lower branches, (the ones that weren't staked), will start hitting the floor.



yellow mushrooms
Leucocoprinus birnbaumii,
aka *Lepiota lutea*



With a jeweler's loupe you can see the clear crystal trichomes just busting at their bulbous rims with THC resinousness, and the white hairs will mostly have turned a dark flat red. That is when I chop one down and begin this simple process.

I'll turn on some good music and hang each plant upside down and remove any yellow leaves by hand, then I'll trim off all the water leaves at the base of the stem and let these leaves fall to the ground where I'll dispose of them later. The rest of the leaves that are all covered in downy trichomes will be carefully removed from the freshly harvested bud monsters and get placed on a clean rack to dry for hash-making later. This method creates the cleanest burning medicine by removing any possible nitrogen source from the buds to reabsorb; each plant will then be hung in a dark room with a ceiling fan on low. Twine or fishing line stretched from wall to wall will hang 25 plants with ease. Four to seven days later, depending on the temperature and humidity levels, I will trim each bud

from the main stalk until I've filled 1/2 of a 5 gallon bucket loosely with buds. After, I will turn and dump the bucket several times a day for a day or two or until the buds have their characteristic shape and become slightly crunchy. This is where I'll lose some of you hardcore bud connoisseurs because I hate glass jars! Sure, glass is a perfect seal, but it is also heavy. I've had buds mold in jars many times because I put a jar away before it was completely cured then forgot about it and by the time I found it I just had to throw the whole jar away, moldy buds and all! I've never lost buds put in tins, ever! I love tins, cookie tins, dog-bone tins, Metallica tins, pin-up girl tins, Moon Pie tins, Coca-Cola tins, you name it. I love the tins because they never mold buds, never break, don't weigh much and can be placed all over your home without anyone even guessing they are filled with buds. I think they breathe just well enough to give the perfect cure. Tins rock! They are the ultimate in reliability and recyclability. After a few weeks, you can feel the intensity rise and it will peak

around a month. This is when Buds are perfectly ready to be enjoyed, smoked and savored. This is also the reason that it is imperative that all human beings should have a constant, fresh supply of marijuana no different than dairy, meat or vegetable products that are currently available 365 days a year. Marijuana is a perishable item just like eggs and should be graded, certified and cared for in the same fashion. The image of growing a million dollars worth of weed and retiring to paradise goes completely against the model I've just outlined here. I'm living in paradise now, because my bud room is always 78 degrees and sunny, just like paradise.

Happy winter harvests!!! 🍄

Peace and Buds,



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Getting Sticky with Sauron

STB runs off a few batches of bubble-hash, Chocolate Diesel and UK Cheese



1 Before beginning **gather up all your equipment:** the bubble bags (<http://www.bubblebag.com>), two or three buckets that match your bag diameter, two bags of ice, cold water, hand mixing tools, mixing machines, a few towels, a bowl slightly smaller in diameter than the bubble bags, a spoon and your drying screens.



2 Once you have everything organized, **put the two buckets next to each other, one filled with 3/4 of a 10lb bag of ice, the other with a few gallons of water.**



3 We try to use the coldest water we can find as this keeps the ice from rounding off and smoothing too much which would reduce the effectiveness of ice extraction. You can store water in the freezer for a few hours to get it next to freezing, the colder the more high quality hash you will get. **Add water until the water level is flush with the ice line,** no more water needs to be added.

4 Next we gently add the remaining 1/4 bag of ice on top of the ice/water mixture, we do this because the temperature inside the water is still warmer than the trim, letting the trim sit in the water for a minute makes the heads less rigid and more difficult to separate from the trim.



5 Now it is time for the trim, the key ingredient in the bubble process. You need to have trichomes that are full and intact, this will greatly increase your yield and quality. Having small immature heads from prematurely harvested product will significantly degrade the end product quality and yield. Since most cannabis strains produce resin only in the last few weeks, it is crucial to let them finish and produce as much oil as possible. Running multiple varieties together will also generally degrade the quality, if you have strains that are similar in how they melt between the screens you can safely mix them together without a loss in how it dissolves through a screen. around 200g wet is a good amount for a 5gallon run, much more than that and the trichomes will be ground into the plant material resulting in a greener less melty hash.



6 We **dump the trim right on top of the ice**, then add another half bag of ice, saving the remaining half bag for use in the bubble now run that comes last.

Now its **time to mix** the trim/ice into the icewater mix below and quickly grab your spoons.



7 We like to **use 2 spoons** at alternate angles to maximize my mixing. We try to mix it in an up and down and semi circular motion to get a good mix goin that produces a good sheering effect. Sometimes when you use larger amounts of trim some will settle under the layer of ice. If you dont get that back up into the mixing area you wont get any trichomes seperated off of that material... We dont use my work bags at this stage to save wear/tear on the bags, You should never use power mixing equipment inside of your work bags as this can snag the bag and ruin them.



8 Time to **get mixing!** make sure you mix with enough force to create a fair amount of froth on top, bubblemans catchphrase "if it dont bubble it isnt worth the trouble" applies here as well. no froth on top means you arent aggitating the mixture enough, and your yields will go way down though quality may increase very slightly.



9 Next we get our second bucket ready by putting the work and contaminate filter bags in place. Then we pour the mix into the work and contaminate filter bags and give it a few stirs to help settle the trichomes to the bottom.



10 While that is filtering you want to setup your bubble bags in proper order in the other bucket, then pour the filtered water from the work/contaminate bags into the bubble bags to extract your trichomes.

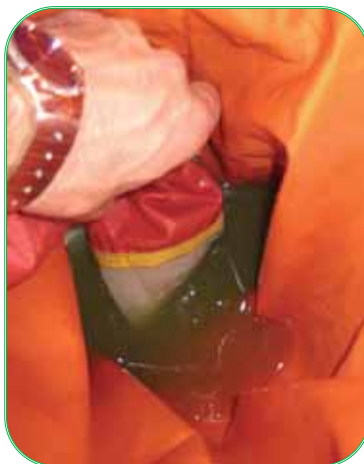
11 At this point you should refreeze your trim and ice mixture for a few minutes to make the trichomes more brittle for a second hand mix run, or for use in a bubble now machine (<http://www.bubble-bag.com>). The bubble now is great and really saves you some time and wear and tear on your wrists.



12 Now at this point we gather some extra tools that make my job a bit easier but are in no way needed. The sprayer is used to clean heads off the bags, and the paint mixer is for a second run of the bubble if you don't have a bubble now machine.



13 After your heads have filtered for 20-30 minutes it's time to grab the bubble bags out one at a time and place them inverted over a bowl to scoop out the goodness. I like to double-dip my bag, just fold the bag into quarters, or clench it with your fist at the seam and quickly dip it into the bubble water and pull it out just as fast, this will get all the hash in the bottom and off the sides. If you're using the one gallon setup you can run water over the *outside* of the screen and achieve the same effect.



14 Alternatively and slightly more messy you can use the sprayer and push them down the sides of the bag into the middle for collection.



15 Gather your heads with a spoon and place them on top of your drying screen. At this point you can let the water drain for a few minutes and then transfer them to cardboard to chop it up with a razor blade for more even and consistent drying.



After about three days you can safely remove it from the cardboard, if it is extremely sticky placing it in the freezer for a few minutes will make it much easier to remove. +

Chocolate Diesel 90u

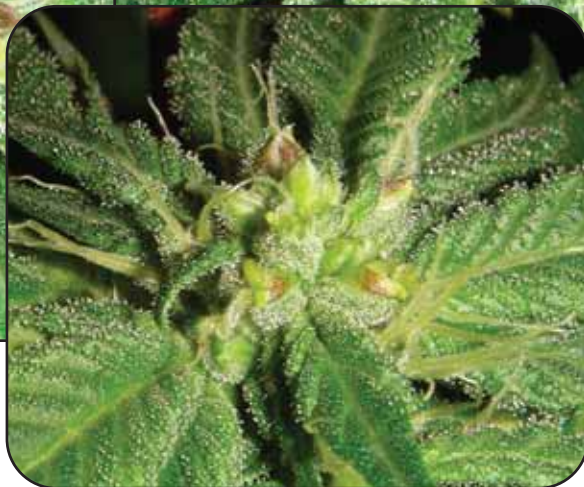
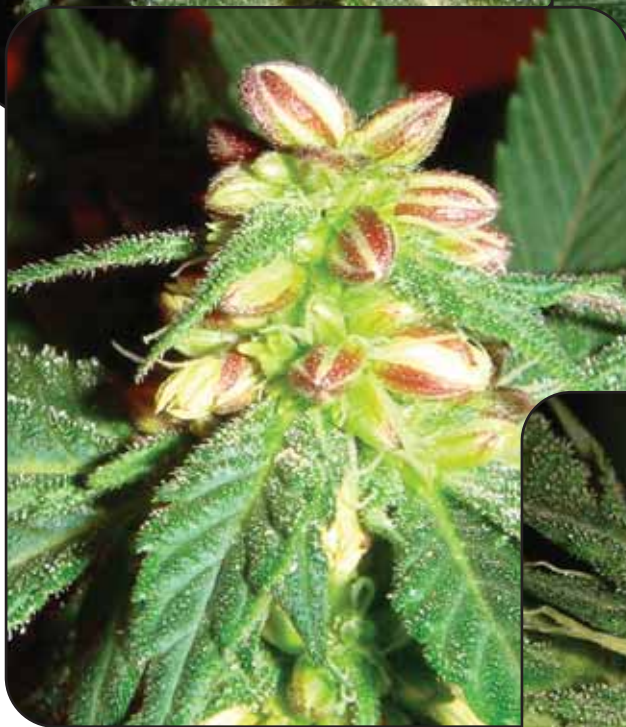
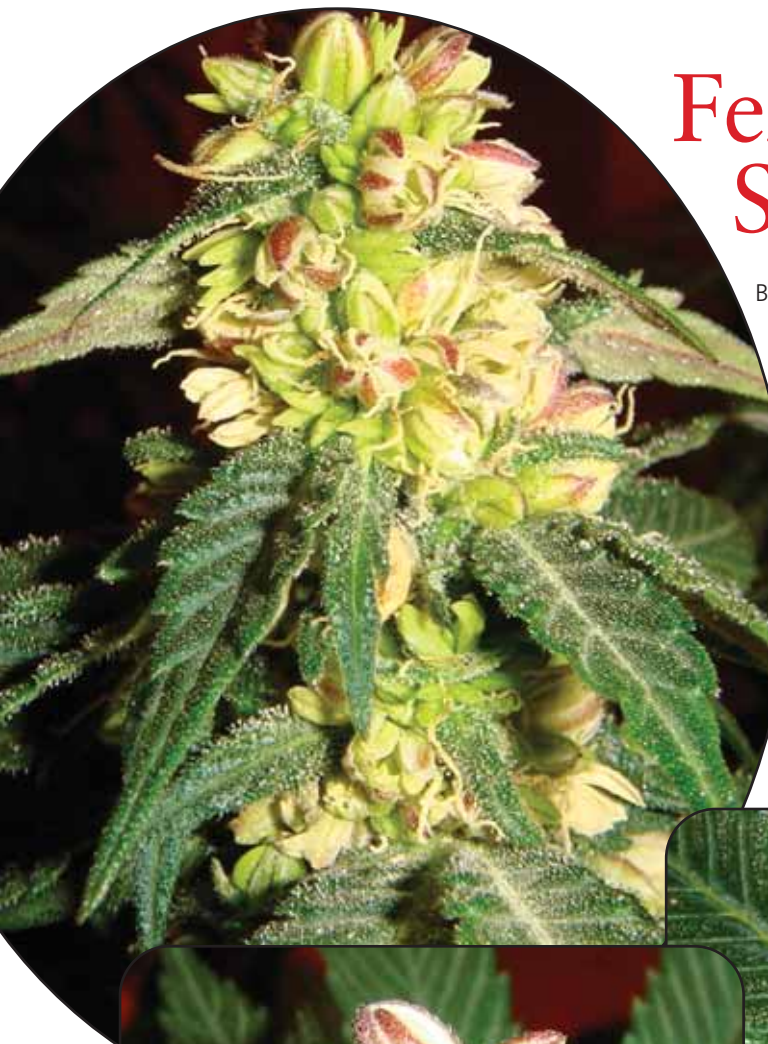


Feminized Seeds

Part 2

By Soma

Making female seeds is getting easier with time. I am starting to notice the difference between Indica dominant varieties and Sativa dominant varieties in the way that they take to the STS spray. Sativas turn sex easier than the Indicas. Many heavy Indicas need 2 sprayings spaced 1 week apart. There are 2 ways of approaching feminized seeds, one is to make an exact phenotype, the other is to make a feminized cross. A feminized cross is taking one type of female genetic, turning her into a male with female chromosomes, and crossing her to a totally other genetic. The result is very similar to picking a keeper from M/F seeds. What happens is you end up



with many phenotypes showing up to choose from, all female. Dominant genes will show up, and recessive genes too. You will still need discretion and accuracy in selecting what mothers you will want to work with.

I have also noticed that when using LED lights in conjunction with a 250-watt HPS, you can get high quality female seeds with little electrical use.

When the female plant is first sprayed it takes a minimum of 25 days to start to change into a male. All that while, the female plants are in flowering mode building up THC crystals. Its not until at least day 35 when the female turned male starts to throw pollen on the other untouched females. Because of the late stage of pollination, the buds are also not to bad to smoke and even better to make water hash from. When seeds are made from males mating with females this process occurs sooner making the buds have much less resin.

As with all seed crops the important thing is to let the seeds fully ripen. The seeds should be hard and dark colored. They will only grow Females.

To me cannabis seeds are real time currency. All other organic seeds of food-oriented plants are currency as well for me. In these times of economic crisis, we could solve a whole bunch of our economic woes by looking to this most sacred of plants.

On a worldwide basis so many unemployed peoples could find a healthy job working in a legal cannabis business made up of small organic cottage industries. We are in a very ripe time on earth for this to become reality.

Storing seeds is also an art, they should be fully dried in a breathable paper container for at least one month after harvest. Then they can be placed in a more airtight container and kept in a cool, dark and dry place. Seeds do not like heat, moisture or heavy sunlight.

Anyone who has only grown cannabis for smoking buds, and never tried growing their own seeds really needs to try it on for size. In the same way that one gets full satisfaction from growing their own smoke, growing your own seeds for the future is equally satisfying.

I thank All the Angels for the Divine plant Kingdom with all its blessings.
Love and Light...Soma

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Feminised packs of 5

The Doctor	\$55
Big Bang	\$55
The Church	\$60
A.M.S.	\$60
Lemon skunk	\$70
Cheese	\$75
Trainwreck	\$80
NL5H	\$80
Alaskan ice	\$80
Kings kush	\$80
Chemdog	\$80
Jack herer	\$80
Sat/ind mix A	\$80
Sat/ind mix B	\$80
Sat/ind mix C	\$80
Sat/ind mix D	\$80
Indica mix E	\$80
Indica mix F	\$80
Indica mix G	\$80
Indica mix H	\$80
Indica mix I	\$80
Black & white J	\$80
Rasta K	\$80
Himalayan Gold	\$80
K-train	\$85
Bubba kush	\$85
Kaia kush	\$85
Sativa mix	\$85
El Nino	\$90
White Widow	\$90
White Rhino	\$90
Great White Shark	\$90
Arjan's Haze #3	\$92
Arjan's haze #1	\$95
Arjan's Haze #2	\$95
Arjan's Ultra haze #1	\$97
Arjan's Ultra Haze #2	\$97
Arjan's Strawberry haze	\$97
Super Silver Haze	\$100
Nevill's haze	\$105
Hawaiian Snow	\$105



Mr Nice

Regular packs of 10

Walkabout	\$55
Shit	\$75
Dreamtime	\$75
Early Queen	\$95
Spice	\$120
Devil	\$120
Shark Shock	\$120
Black Widow	\$140
Critical Mass	\$140
Medicine Man	\$165
La Nina	\$165
Super Silver Haze	\$230



Next Generation

Regular packs of 10

Avalon	\$80
Blue Dynamite	\$80
Bonkers	\$80
Brain Warp	\$80
Dynamite	\$80
Grape God	\$80
Grapefruit Haze	\$80
Grapefruit Kush	\$80
Jamaican Grape	\$80
Northern Flame	\$80
Romulan Hash Plant	\$80
Romulan Island Sweet Skunk	\$80
Romulan Time Warp	\$80



Dutch Passion Seed Company

Feminised packs of 10

Skunk #11 100%	\$100
Brainstorm 100%	\$100
Passion #1 R 100%	\$130
Orange Bud R 100%	\$140
Durban Poison 100%	\$150
Frisian Dew R 100%	\$150
Euforia R 100%	\$170
Power Plant R 100%	\$170
Jorge's Diamonds #1 100%	\$180
Mazar R 100%	\$180
White Widow 100%	\$210
Blueberry 100%	\$230



Finest Medicinal Seeds

List of Feminized Indica Strains

Feminised packs of 5

White Widow	\$75
White Rhino	\$75
Skunk NL	\$75
MediFem SS	\$75
Medi Kush	\$75
Citrus Skunk	\$75
Peace Maker	\$75



Nirvana Growth Solutions

Regular packs of 10

Indoor

B-52	\$80
Big Bud	\$80
Blue Mystic	\$80
Bubblelicious	\$80
Chrystal	\$80
Citral	\$80
Haze	\$80
Haze 19 x Skunk	\$80
Hindu Kush	\$80
Ice	\$80
K2	\$80
Maroc x Afgaan	\$80
Misty	\$80
Nirvana Special	\$80
Papaya	\$80
PPP	\$80
Snow White	\$80



Photo courtesy of Sonic

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Outdoor

Durban Poison	\$80
Early Bud	\$80
Early Girl	\$80
Early Misty	\$80
Hawaii Maui Wau	\$80
Hawaii x Skunk 1	\$80
Hollands Hope	\$80
Kc33 x Master Kush	\$80

Feminised

Kaya	\$140
Medusa	\$140
Northern Bright	\$140
Super Girl	\$140



Paradise Seeds

Feminised packs of 5

Magic Bud	\$75
Bella Donna	\$75
Delahaze Feminised	\$100
Dutch Dragon Feminised	\$100
Ice Cream Feminised	\$100
Jacky White Feminised	\$100
Spoetnik #1 Feminised	\$100
Nebula	\$120
Nebula Feminised	\$120
Opium Feminised	\$120
Sensi Star	\$140



Pyramid

Feminised packs of 6

Galaxy	\$90
Tutankhamon	\$95
Pipi	\$120
Tiburón (Shark)	\$120
Wembley	\$120
Northern Light	\$130
White Widow	\$130
Nefertiti	\$140
New York City	\$140
Lennon	\$140

Feminised packs of 12

Galaxy	\$160
Tutankhamon	\$165
Tiburón (Shark)	\$215
Pipi	\$215
Wembley	\$215
White Widow	\$230
Northern Light	\$230



Nefertiti	\$245
New York City	\$245
Lennon	\$245

Sativa Seed Bank

Indoor

Indigo	\$80
Mixed Sativa	\$80
Paia Hawaiiana	\$80

Outdoor

MSRP	
Cannabis Sativa Slang	\$80
Pakalolo	\$80

Feminised

Daydream	\$140
Eldorado	\$140

Serious Seeds

Regular packs of 10

Bubblegum	\$140
Chronic	\$140
White Russian	\$140
AK-47	\$160
Kali Mist	\$160

Soma Seeds

Regular packs of 10

Lavender	\$180
Buddha's Sister	\$180
Kushadellic	\$220
Sogouda	\$220
NYC Diesel	\$285
Amnesia Haze	\$285
Hash Heaven	\$285



TGA Seeds

Regular packs of 10

3D (Third Dimension)	\$105
Agent Orange	\$105
Jack The Ripper	\$105
JC2 (Jack Cleaner)	\$105
Jilly Bean	\$105
Pandora's Box	\$105
Querkle	\$105
Space Queen	\$105
The Flav	\$105
(Romulan X Space Queen)	



World of Seeds

Landrace Collection

Seed packs of 7	Regular/ Feminised
Afghan Kush	\$50 / \$115
Ketama	\$50 / \$115
Colombian Gold	\$50 / \$115
Wild Thailand	\$50 / \$115
South African Kwazulu	\$50 / \$115

Diamond Collection Feminised

Seed packs of 7

Stoned INmaculate	\$135
AMnesia	\$135

Legend Collection Feminised

Seed packs of 7

Mazar Kush	\$80
Strawberry Blue	\$80
Cronic Haze	\$85
Domina Star	\$90
Star 47	\$95
Yumbolt 47	\$95
New York Special	\$135
Afgan Kush Special	\$135





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1



2



3



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Gardening catalogues available



Bo-bo



Bo-bo



Bo-bo



MEDICAL MARIJUANA



STRAIN EVALUATION

Physical Examination

Strain: Bo-bo
Breeder: Scrappy
Grower: Black Raln
Judge: Black Raln
Date: January 6, 2009

1. Visual Appeal: 8 *Visual appeal of the buds from 1-10 unappealing-excellent.*
 Very heavy buds, great bag appeal.

2. Visible Trichomes: 8 *Visible trichome content from 1-10 none-totally covered.*
 Trichomes all over and very sticky.

3. Colors that are present in the trichome heads under magnification:
 Clear-0% Cloudy-65% Amber-30% Dark 5%

4. Colors present in the buds or on a scale 1-9 light-dark:
 Brown 2, Green 6, White 5, Red 2, Orange 3

5. Bud density: 9 *Bud density from 1-10 airy-dense.*
 Buds are very dense, a little fluffs up really nice in a grinder.

6. Aroma descriptors: *scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.*
 Earthy 8, Berry 4, Grape 6, Musk 5

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

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

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



Smoke Test

1. **Utensils:** 4 inch wooden pipe
 2. **Taste descriptors:** Use numbers 1-9 that apply to the taste where a one indicates a subtle presence and a nine indicates a very pronounced presence
Earthy 8, Musk 5
 3. **Taste:** 7 Impression of the taste from 1-10 unpleasant-delicious.
 4. **State of dryness:** 6 1-10 wet-dry where 5 is ideal.
 5. **Smoke ability:** 9 smoke ability of the sample from 1-10 harsh-smooth.
 6. **Smoke expansion:** 9 smoke expansion in the lungs from 1-10 stable-explodes.
- Smoke Test Comments:**

FOLLOW UP QUESTIONS

1. **Dosage:** 5 hits to reach desired effects.
2. **Effect onset:** 7 Rate of how quickly the effect hit from 1-10 immediate-major creeper.
3. **Sativa influence:** 2 Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
4. **Indica influence:** 8 indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
5. **Potency:** 9 Rate the potency of the sample from 0-10 none-devastating.
6. **Duration of effect:** 2 hours
7. **Tolerance build up:** 4 Rate of how quickly tolerance builds from 0-10 none-rapid.
8. **Usability:** - from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
morning/wake up 3 Day/work 2 Evening/relax 9 Night/sleep 9
9. **Overall satisfaction:** 9 Rate your overall satisfaction from 1-10 poor-Holy Grail
10. **Ability and conditions:** 9 Rate your overall ability to judge from 1-10 low-high.
11. **Do you personally consider this strain a keeper for long term use?** Yes
12. **Effect:** What effect did the strain have check + off if the you got a POSITIVE effect and check - if you had a NEGATIVE effect

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

Extended Medical Survey:

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

FINAL COMMENTS:

A great all around plant; short structure, great yield and awesome indica high. This will be in my garden for years to come



Purple Lemon Kush



Purple Lemon Kush



Purple Lemon Kush

Physical Examination

Strain: Purple Lemon Kush
Breeder: WCC
Grower: WCC
Judge: Professor 420
Date: January 2009

- 1. Visual Appeal:** 9 *Visual appeal of the buds from 1-10 unappealing-excellent.*
- 2. Visible Trichomes:** 9 *Visible trichome content from 1-10 none-totally covered.*
- 3. Colors that are present in the trichome heads under magnification:**
Clear-~~x~~ Cloudy-~~-~~ Amber-~~x~~ Dark - Purple -
- 4. Colors present in the buds or on a scale 1-9 light-dark:**
Green 8, White 3, Rust 3, Purple 4, Black 6
- 5. Bud density:** 8 *Bud density from 1-10 airy-dense.*
- 6. Aroma descriptors:** *scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.*
Earthy 8, Grass/Hay 2, Hash 7, Skunk 9, Spice 3, Coffee 6
- 7. Aroma:** 9 *Aroma from 1-10 repulsive-delightful.*
- 8. Seed content:** 0 *Seed content from 0-10 none-fully seeded.*
- 9. Weeks cured:** - *If known enter the number of weeks your sample has been cured.*



Smoke Test

1. Utensils: Vapolution Vaporizer

2. Taste descriptors: Use numbers 1-9 that apply to the taste where a one indicates a subtle presence and a nine indicates a very pronounced presence
 Earthy 8, Skunk 9, Spice 5

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

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

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

6. Smoke expansion: 9 smoke expansion in the lungs from 1-10 stable-explodes.

Comments: This strain is seemingly a Bubba Kush phenotype. I found it a fantastic example of our kush in Los Angeles. It is a strong indica and tastes excellent

FOLLOW UP QUESTIONS

1. Dosage: 6 hits to reach desired effects.

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

3. Sativa influence: 1 Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.

4. Indica influence: 9 indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.

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

6. Duration of effect: 1 hour

7. Tolerance build up: 3 Rate of how quickly tolerance builds from 0-10 none-rapid.

8. Usability: from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
 morning/wake up 2 Day/work 2 Evening/relax 8 Night/sleep 9

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

10. Ability and conditions: 9 Rate your overall ability to judge from 1-10 low-high.

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

12. Effect: What effect did the strain have check + off if the you got a POSITIVE effect and check - if you had a NEGATIVE effect

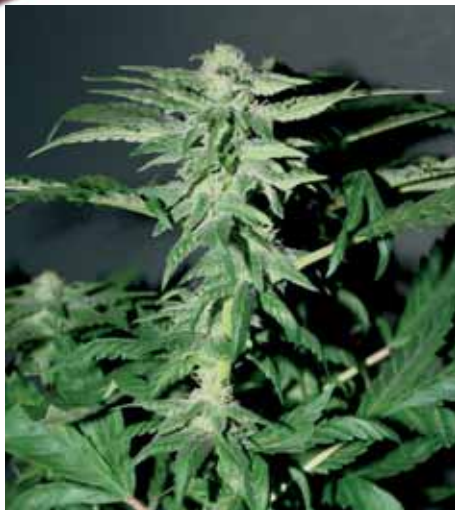
P	Ability to rest or sit still	P	Paranoia relief
P	Anxiety relief	P	Sex drive
P	Appetite	P	Sleep
P	Audio perception	N	Speech process
P	Humor perception	P	Taste perception
P	Imagination/creativity	N	Thought process
P	Pain relief	P	Visual perception

FINAL COMMENTS:

This strain was excellent. Delivers a clean and a clear feeling with great medical effectiveness. Stony and great for pain relief. Sleepy and heavy on the indica side. A great great strain



G-13



G-13



G-13

Physical Examination

Strain: G-13
Breeder: S_H
Grower: Sevens
Judge: Sonic Smoke
Date: December 16 2008

- 1. Visual Appeal:** 9 *Visual appeal of the buds from 1-10 unappealing-excellent.*
 - 2. Visible Trichomes:** 8 *Visible trichome content from 1-10 none-totally covered.*
 - 3. Colors that are present in the trichome heads under magnification:**
 Clear- Cloudy- Amber- Dark -
 - 4. Colors present in the buds or on a scale 1-9 light-dark:**
 Brown, Green Gold, White, Rust, Orange
 - 5. Bud density:** - *Bud density from 1-10 airy-dense.*
 - 6. Aroma descriptors:** *scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.*
 Ammonia 6, Earthy 8, Licorice 2, Berry 2, Floral 5, Pepper 4, Petroleum 6, Bubblegum 3, Pine 7, Cedar 3, Menthol 4, Grass/Hay 7, Mint 5, Chocolate 4, Hash 3 Skunk 9, Citrus 3, Musk 3, Spice 5, Coconut 2, Leather 3, Nutmeg 3, Strawberry 2, Lemon 3, Orange 2, Vanilla 2
 - 7. Aroma:** 10 *Aroma from 1-10 repulsive-delightful.*
 - 8. Seed content:** 0 *Seed content from 0-10 none-fully seeded.*
- Comment:** Beautiful dried buds. Very rich in trichomes. The bud glistens in the light like a dewy leaf early on a spring morning. Aroma is delightful and appetizing.



Smoke Test

1. Utensils: Volcano Digital

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

Ammonia 3, Earthy 4, Licorice 3, Peach 2, Berry 2, Floral 5, Mango 2, Pepper 4, Blueberry 2, Fruit 2, Petroleum 4, Bubblegum 2, Melon 2, Pine 5, Cedar 4, Grapefruit 2, Menthol 7, Cherry 2, Grass/Hay 6, Mint 2, Chocolate 4, Hash 4, Skunk 5, Citrus 2, Musk 3, Spice 3, Coconut 4, Leather 3, Nutmeg 3, Strawberry 2, Coffee 4, Lemon 2, Orange 2, Vanilla 2

3. Taste: 8 Impression of the taste from 1-10 unpleasant-delicious.

4. State of dryness: 7 1-10 wet-dry where 5 is ideal. Coffee grinder to a fine grind

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

6. Smoke expansion: 7 smoke expansion in the lungs from 1-10 stable-explodes. Barely know its there

Comments: Such a smooth and earthy-menthol taste when vaporizing. I thoroughly enjoyed this strain.

FOLLOW UP QUESTIONS

1. Dosage: to reach desired effects. 4 hits

2. Effect onset: 4 Rate of how quickly the effect hit from 1-10 immediate-major creeper.

3. Sativa influence: 2 Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme..

4. Indica influence: 9 indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.

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

6. Duration of effect: 1.5 hours

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

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

morning/wake up 2 Day/work 2 Evening/relax 5 Night/sleep 9

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

10. Ability and conditions: 4 Rate your overall ability to judge from 1-10 low-high.

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

12. Effect: What effect did the strain have check + off if the you got a POSITIVE effect and check - if you had a NEGATIVE effect

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

Extended Medical Survey

P	Crohn's/IBS
P	Depression
P	High blood pressure/racing pulse
P	Insomnia

FINAL COMMENTS:

Excellent strain for pain and IBS. My pain was gone in minutes as if by magic. I would be glad to keep filling my mason jar with this strain for everyday use. I highly recommend this for medical purposes. This was grown in Promix under 4x600w HPS lamps.



Platinum Master Kush



Platinum Master Kush



Platinum Master Kush



MM
MEDICAL MARIJUANA



STRAIN EVALUATION

Physical Examination

Strain: Platinum Master Kush
Breeder: Kind Meds
Grower: Kind Meds
Judge: Professor420
Date: December 2008

1. Visual Appeal: 7 *Visual appeal of the buds from 1-10 unappealing-excellent.*

2. Visible Trichomes: 8 *Visible trichome content from 1-10 none-totally covered.*

3. Colors that are present in the trichome heads under magnification:
Clear-~~x~~ Cloudy-~~-~~ Amber-~~-~~ Dark-~~-~~

4. Colors present in the buds or on a scale 1-9 light-dark:
Green 8, White 2, Rust 4, Black 5

5. Bud density: 8 *Bud density from 1-10 airy-dense.*

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

Earthy 3, Pine 4, Grass/Hay 5, Skunk 8, Musk 6, Spice 5

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

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



Smoke Test

1. Utensils: Vapolution vaporizer

2. Taste descriptors: Use numbers 1-9 that apply to the taste where a one indicates a subtle presence and a nine indicates a very pronounced presence
grass/hay 3, Chocolate 6, Mold 9, Musk 8

3. Taste: 7 Impression of the taste from 1-10 unpleasant-delicious.

4. State of dryness: 5 1-10 wet-dry where 5 is ideal. Coffee grinder to a fine grind

5. Smoke ability: 7 smoke ability of the sample from 1-10 harsh-smooth. Smooth but expand the lungs a bit.

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

Comment: I enjoyed this strain a great deal. It was fairly heavy on the indica side and was very very kushy

FOLLOW UP QUESTIONS

1. Dosage: to reach desired effects. 10 hits.

2. Effect onset: 5 Rate of how quickly the effect hit from 1-10 immediate-major creeper.

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

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

5. Potency: 7 Rate the potency of the sample from 0-10 none-devastating.

6. Duration of effect: 1 hour

7. Tolerance build up: 6 Rate of how quickly tolerance builds from 0-10 none-rapid.

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

Morning/wake up 3 Day/work 5 Evening/relax 8 Night/sleep 9

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

10. Ability and conditions: 9 Rate your overall ability to judge from 1-10 low-high.

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

12. Effect: What effect did the strain have check + off if the you got a POSITIVE effect and check - if you had a NEGATIVE effect

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

Extended Medical Survey

- P Crohn's/IBS
- P Nausea

FINAL COMMENTS:

This strain was a very good help for my medical conditions. It was also affordable and fairly potent for its quality. I also liked the somewhat different genetics and their ability to treat my medical symptoms differently than the typical kush and purple strains.



Pineapple Chunk



Pineapple Chunk



MM
MEDICAL MARIJUANA



STRAIN EVALUATION

Physical Examination

Strain: Green Crack

Breeder: Kind Meds

Grower: Kind Meds

Judge: Professor 420

Date: December 2008

1. Visual Appeal: 7 *Visual appeal of the buds from 1-10 unappealing-excellent.*

2. Visible Trichomes: 5 *Visible trichome content from 1-10 none-totally covered.*

3. Colors that are present in the trichome heads under magnification:
Clear- Cloudy- Amber- ~~x~~ Dark -

4. Colors present in the buds or on a scale 1-9 light-dark:
Green 2, Red 3, Orange 4

5. Bud density: 6 *Bud density from 1-10 airy-dense.*

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

Earthy 4, Berry 8, Fruit 8, Pine 3

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

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



Smoke Test

1. Utensils: Vapolution vaporizer

2. Taste descriptors: Use numbers 1-9 that apply to the taste where a one indicates a subtle presence and a nine indicates a very pronounced presence
Earthy 3, Peach 8, Fruit 8

3. Taste: 8 Impression of the taste from 1-10 unpleasant-delicious.

4. State of dryness: 3 1-10 wet-dry where 5 is ideal.

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

6. Smoke expansion: 5 smoke expansion in the lungs from 1-10 stable-explodes. doesnt expand just hits the spot.

Smoke Test Comments: A nice smoke but could be more potent. The taste and smell are really the best aspects of this strain.

FOLLOW UP QUESTIONS

1. Dosage: to reach desired effects. 15 hits Rate of how quickly the effect hit from 1-10 immediate-major creeper.

2. Effect onset: 5 Rate of how quickly the effect hit from 1-10 immediate-major creeper.

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

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

5. Potency: 6 Rate the potency of the sample from 0-10 none-devastating.

6. Duration of effect: 1 hour

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

8. Usability: 10 from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.

morning/wake up 8 Day/work 8 Evening/relax 5 Night/sleep 3

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

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

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

12. Effect: What effect did the strain have check + off if the you got a POSITIVE effect and check - if you had a NEGATIVE effect

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

Extended Medical Survey

P Crohn's/IBS

P Nausea

FINAL COMMENTS:

I had a great experience with this strain. It was very light and fruity. I felt a good bit of sativa influence and it was nice. Very enjoyable strain, with a little care I think it can be even better.

Morocco

Hash making season...

by J. Generation



Above
Rif mountains
Jay Generation on the hash farm
Below
Bags of hash



It's the month of January and all through the mountains the rhythmic sound of hash-making can be heard. This is the coolest time of year here in the mountain tops around Ketema, Morocco, and it's a few months after harvest, so also the best time to extract the resin from the dried crops. The buds used are always fully seeded due to wild plants everywhere and many of the farmers not cutting the male plants. Finding some sinsemilla was going to be impossible here. At least the hash was plentiful and the guys that were guiding me knew right where to go for the good quality flavours. This is my first time on a tour through the Rif valley of Morocco and I'm glad to be guided by some experienced locals. A more traditional method is still the most common. On the farms that I visited the kif was placed on screens that were stretched over

large bowls, then wrapped in plastic and beaten with sticks by the young men. On almost all the bundles of kif the quality was very low, however they do manage to shake off some pretty nice resin from these low quality buds. I really enjoyed some original Moroccan hashish that was made from their original old genetics, it had not been polluted with outside pollen due to the more remote location of these farms that produced it. This Moroccan hash with its typical reddish color was very nice to taste and had a great tranquil effect. In recent years the introduction of Pakistani seeds has taken over many of the farmers' fields due to higher yields. The hash from Pakistani genetics was also nice but lacked the enjoyable complex high and red color of the original Morocco. In conversations with local farmers I have obtained a collection of these



Clockwise from top left

Moroccan storage room

Bags of low quality Moroccan bud

Chunk of hash

Grow shop in Ketema, Morocco

Pressing a personal piece
in cellophane plastic

Check out the video

of the hash trip and see Moroccan hash being made the traditional way on www.youtube.com/pot-photoguy

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original seeds to store away safely for the future before its changed and lost forever by the mix of pollen floating freely in the air. On the different farms I got to sample many different varieties. This is very rare here because all the genetics end up blending from the local pollen in the air. This group of farmers that I visited was field testing genetics from the Spanish seed company, Elite Seeds. These farmers were very happy to receive professionally breed seeds that out-produce all the locally used strains. And the breeders at Elite seeds are very happy to be able to see thousands of their

seeds grown out and of course to smoke all best hash samples when down on vacation.

Aside from a few problems at the border which delayed my trip home for a few days, it was a great educational trip. It provided me with the opportunity to give a lot of Canadian seeds to a few farmers that I can later come back to photograph and document.



Product Review

CHHC-1 controller



by Gord Hume

partially disabled ex CDN Armed Forces Mechanic.
Federally exempt medical marijuana grower-consumer.



Now here is a sweet little addition to just about any garden! This unit produced by Sentinel is called the CHHC-1 controller. This handy little device was sent to me by our great friends at www.growgps.com. This is truly a multi-function unit and deserves some attention.

This is a CO2 parts per million controller that “sniffs” the air by means of a cleverly mounted sensor on a sixteen foot cable—very cool! But more on this later.

This great little unit is a real powerhouse of control. Not only does it monitor and maintain a consistent level of CO2 in your grow space, it also monitors and controls heating and cooling, as well as relative humidity. Trust me: if you have a grow space, you are going to want to pay some attention to these factors as we all know just how criti-

cal they are in strong healthy plant growth!

The CHHC-1 is hugely configurable, can be set in a multitude of ways and provides a huge amount of data. It can turn on a vent fan or even an air conditioner to help maintain a steady room temperature, and it can turn on a heater to keep your babies warm during the night. Relative humidity is also controllable by means of a dedicated plug in for your dehumidification device. Let’s not forget it also allows for very precise control of CO2 levels in the grow space.

All of these factors can be set with minimum and maximum values and data is collected and logged daily by the unit to help you fine tune your room. There are two modes of CO2 generation, with the first via means of a propane burning CO2 generator. The second is “fuzzy logic” mode, strictly for use

with bottled CO2 gas. There is even the option for a data link so that the unit can be connected to a computer for further control and data gathering purposes.

The unit is very well constructed using heavy-gauge industrial-grade plastic. All factory-provided cables are of very good quality and are well-attached with proper strain relief connectors. The unit is capable of handling a total of 15 amps of current at the outlets. The control box is easily mounted by means of a cleverly designed wall bracket.

Once mounted, all you need to do is place the remote sensor in a location of your choosing. The remote sensor records CO2 in parts per million as well as day or night time temperature and humidity. I put mine right inside the plant canopy, allowing me to monitor the envi-



ronment where it really matters the most—at the plant itself and not on the wall where I don't particularly care what the readings are! Once you have all of your gear plugged in, you need to program the unit. I won't begin to tell you how to program it, but I will tell you that once you read through the included instruction manual, you will have a clear understanding of how you might want to configure the device for your own personal needs. Once mounted and programmed, it is a simple matter to have the unit display what the day's minimum and maximum readings have been for all measured/controlled parameters.

A couple of words of caution are advisable here: please make sure the sensor is well-secured in its chosen location as it is quite fragile and a fall will most certainly damage it. Care must also be taken to remove the sensor prior to any foliar sprays that might be required as the sensor is water-sensitive and can be damaged by spray.

With the CHHC-1 in charge of your room's environment you will notice an overall increase in the performance of your grow space! Again, I would like to thank the great folks at www.growgps.com for providing both the VCG-27 CO2 generator and the CHHC-1 environmental control unit. These are great products and are well worth the investment!

So to conclude: for the folks at growgps.com and the two great products they provided for review, I give a solid double
"Two thumbs up!"

Next issue
Sentinel Generator



My Experiences with the Dominizer

by Dieselwood Johnstone



After reading in TY about a product called the "Dominizer," a vaporizer developed by Dom Cramer, CEO of THC in Yongs-terdam, I thought I might give it a try for the \$20.00. The nice young fellow at the THC store on Yonge Street in Toronto explained how medical ingredients in the herb are partially destroyed by the combustion process and that vaporization preserves a greater percentage of these medicines.

After assembling the glass tubes and filling the smaller of the tubes with a half inch of herb, I set about seeking to heat up the herb by using a Bic lighter. At first I was getting a lot of air and not much "buzz." Sometimes I would be surprised by a nasty tasting blast of smoke. Determinedly I pressed on.

Rather than using a Bic lighter and the associated gases that I would be breathing, I started using a small electric stove-top element as a heat source. The consistent and clean heat source began to yield smokeless and satisfying results. After a few months, I noticed that the draw needed to get the air around the herb seemed to be putting a strain on my lungs. I decided to stop assembling the two-tube system and use only the mouthpeace tube by itself. I simply pop in a screen, pack an inch of herb in front of it and vapourize.

I have been very satisfied with the results as I sit in front of my stove listening to classical music. The pains I used to get from the heavy draw I was experiencing with the two tubes are gone and I'm not worried about gases from the lighter. A Volcano would let me medicate in any room, but for \$10.00 (the price of half a Dominizer) I have as healthy a vaporizer as anybody.

Thanks TY,
 Dieselwood Johnston
 (member 1627 of TCC)

Book Review

by Trixie

Pot Culture The A-Z Guide to Stoner Language & Life

By Shirley Halperin & Steve Bloom

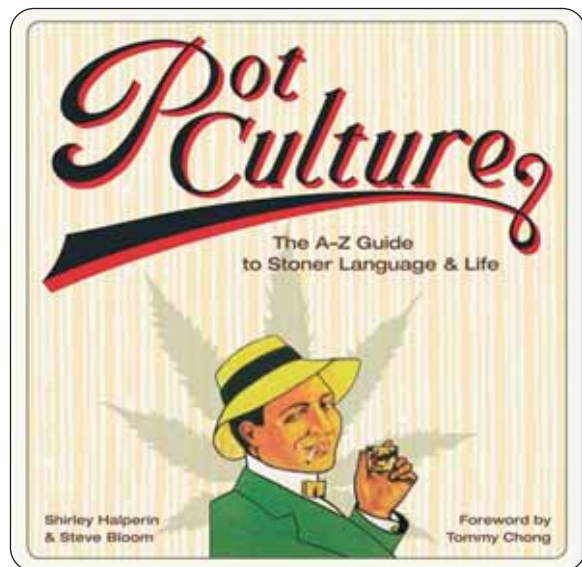
Now here is a book that everyone should possess. I cannot praise this fascinating book enough because of its entertaining style of teaching you everything you need to know about marijuana, cannabis, pot etc. Let me break it down a bit more for you.....

The introduction puts it concisely when Halperin and Bloom point out that “We didn’t want it to read like a deep disclosure on botany or politics, but rather a more light hearted approach to the culture surrounding pot as a past time” in their introduction. They bring to life many different facets of this subject with a sense of humour while bringing new information to light. If you think that you know everything about this subject – think again.

They begin by introducing stoner etiquette before launching into a dictionary style approach to the terminology where everything is placed in alphabetical order. This is then spiced up by including fascinating pieces of information regarding the mechanics of smoking such as how to make a pipe out of an apple which was modeled by Charlize Theron. For those who are lacking in the fresh fruit department, there is an alternative “how to make a can pipe” bit. These segments are wonderfully illustrated through photographs, giving directions step by step so you too can smoke like Charlize!

This book also covers in depth information regarding strains and breeding. This continues to include the marijuana culture of Amsterdam and the strains that sprout up amongst the coffee shops such as GreenHouse seeds strains. There is even a picture of the King of Cannabis himself, Arujan Roskam. It covers the who’s who of this segment of society from the Big Fish such as Cheech and Chong (of course!) and Willie Nelson to Jack Nicholson’s Stoniest Movies. There are bits and bobs on the music industry that reflect marijuana including the references in the Beatle’s songs going way beyond Lucy in the Sky with Diamonds (LSD).

This book intelligently covers Medical Marijuana with an interesting piece on Melissa Etheridge’s battle with breast cancer. This comes in the form of a no nonsense and poignant interview with Melissa herself. It includes edibles for the medical user, which



will make your mouth water together with recipes for those dedicated to turn their hand towards cooking. On a similar note, for those of you who have fallen victim to hardcore munchies, there is a section titled “Smart Munchies” to help ease your guilt a bit. If you find yourself sitting in a cloud of smoke wondering how to hide the smell – then fear not – there are many useful suggestions to help you!

Perhaps the biggest reason why I loved this book soooooo much is because it encompasses all areas of the marijuana culture. The sections dealing with suggested activities to do while stoned tickled me pink. This covers Greatest Smoking Songs, Classic Stoner Dialogues, Fantasy, Comedies and Sci-Fi Flicks to watch while stoned. It brought back fond memories of watching Plan 9 From Outer Space which is perfectly described as being “Ed Wood’s mishmash of an outer space horror flick is complete with cheap effects, utterly baffling editing, and an almost Dadaist script full of zombified performances by a cast full of Z list stars at the end of their rope. It’s so bad it’s good”. It also covers Must see Stoner TV and Cartoons before launching into the Music section. For those of you who like to be a little more daring, it goes on to examining Stoner Festivals, Pot Rallies and Stoner Beaches and Colleges. For those of you who are more retiring, there is a suggested reading list provided that is both extensive and colourful in nature.

Overall – this book has an enormous host of information in it, presented with a tongue in cheek sense of humour, while educating even those of you who believe them selves to be an expert (c’mon – you know who you are!). I love the illustrations and photographs provided and I love to dip into this fantastic book on a regular basis. It makes a great 4:20 gift so rush out and buy one now!

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In the continuing adventures of MA (Medicinal Marijuana Awareness), the group found itself attending the Toronto Compassion Center's (TCC) Christmas party. This was the first year that we had attended the party as a group and we found ourselves quite busy.

The day started out with our usual ride to the big city of Toronto with our directions in hand. With this being an afternoon event, there were no 5 a.m. alarms ringing in anyone's ears to get up and going. Because of this, there were no bed-head awards handed out for sleeping in this time.

We all got loaded up in the van with Rich behind the wheel. Rich loves to drive and is always happy to get us to our destinations safely and happily. Bill, a former courier in the big city, takes up his position of navigator as he climbs into the front passenger seat. Having Bill with us is like having our own GPS aboard. The ride in was normal as we all gabbed about what was new and then we spent time planning on our future adventures.

Just before we departed I had received a message from Marco, Treating Yourself's Weedmaster, asking me to contact him when we arrived in the city. He informed me he had a surprise for us to deliver to the TCC party. I told everyone about this and we all started guessing at what it could be. Marco wasn't the only one playing with surprises as we were also going to surprise him. Shortly afterwards, we arrived at Marco's to get the news.

When we arrived at Marco's, Christmas greetings were passed all around before we got into the reason why we were there. Marco informed us that he wouldn't be making it to the Christmas party but he wanted us to deliver a surprise package to the event. He

The Continuing Adventures of MA The Toronto Compassion Center

by Wendal Grant

Photos by Frank T.C.C. # 058

then told us what this surprise package was and that we couldn't tell anyone, not even the event organizers. Marco informed us that the organizers knew of a surprise package, but not its contents. He explained that we had to hand out the prize when a special t-shirt was awarded to the winner. Because this prize was surely to be a huge surprise to its recipient, I asked him to write the prize information on a business card so I could present it to the winner. This would also indicate to everyone that we weren't joking around about their winnings.

When Marco was finished, we then presented Marco with a gift from our group. This was something we all made sure was done as we are all so appreciative of what Marco has done for us and our group. In appreciation of this, we presented him with a MA hoodie. The hoodie has the oriental symbol for Ma or hemp on the front while the back has a revamped version of the old TY logo. We have the big red cross with a big leaf hanging over it but we removed the TY text, made some modifications to the cross and leaf and then we added our group's name to it. But we wanted TY to still be part of the hoodie, so in the designing stages we added the new Treating Yourself logo to the sleeves and incorporated our email address into it. In the end, the hoodie promotes Treating Yourself, medicinal marijuana and our group.

Since then, we have expanded our clothing to include long and short sleeve shirts. The long sleeve shirts are like the hoodies minus the hood.

Shortly afterwards we were back on the road heading to our destination, the TCC Christmas Party.

We arrived about an hour late but still in the good. We got our coats off and presented our gifts of food for the potluck dinner to our hosts, Willow and Chad. Both of them were so happy to see our group make it to the TCC party. We only get to see them from time to time, usually while we are at the Toronto Home Show educating the public, so it's always great to get some extra time in with them. Both of them complimented us on our new hoodies and believed we looked smashing in them.

After finding some chairs to sit in, we mingled around and spotted Kevin and Marko, two friends that we have worked with at the home show and seen at other events we've attended.

The room had several tables filled with food. You



Vap winner with myself, Chad and Willow from TCC

Christmas Party

could get everything from a vegan dish to pizza to fancy homemade dishes to baked goods. Food just kept on rolling out all afternoon long. Not only did food fill the tables, but also prizes. Wow, there were a lot of prizes to be handed out. There were so many prizes available we had our work cut out for us to find that secret t-shirt. The group figured it would be best to try and locate the t-shirt so that we would be ready. Besides, we would have hated to miss the shirt when it was presented. Last but not least, probably the most enjoyable thing that filled the room was the music. Many different musicians took their turn singing songs of yesterday and today. They weren't the only ones singing, as the crowd picked up the songs and would sing right along with them. It was a joy to watch and listen to. During the afternoon, Chad and Willow would gather everyone off of the balcony and from around the room to do raffle draws. The two of them had a great time up there presenting the prizes to everyone and we believe everyone would agree they are naturals at doing it. During

one of these raffle draws, our hosts stopped the prize giveaways to introduce our group to everyone in attendance. It surprised all of us as it wasn't expected at all. As the afternoon worked along, the intro to

everyone became a way for people to open up to our members. We talked with people we have never met and talked to them about what we do and the magazine. Many talked about their own issues or a friend's issue. All were very happy for our efforts and they appreciated what our group is doing. All thanked us for our efforts and some have offered to assist if required. One of those people was Frank. Frank is photographer and he sure loves his job. His pictures are the pictures used for this article and we'd like to thank Frank for his assistance with this.

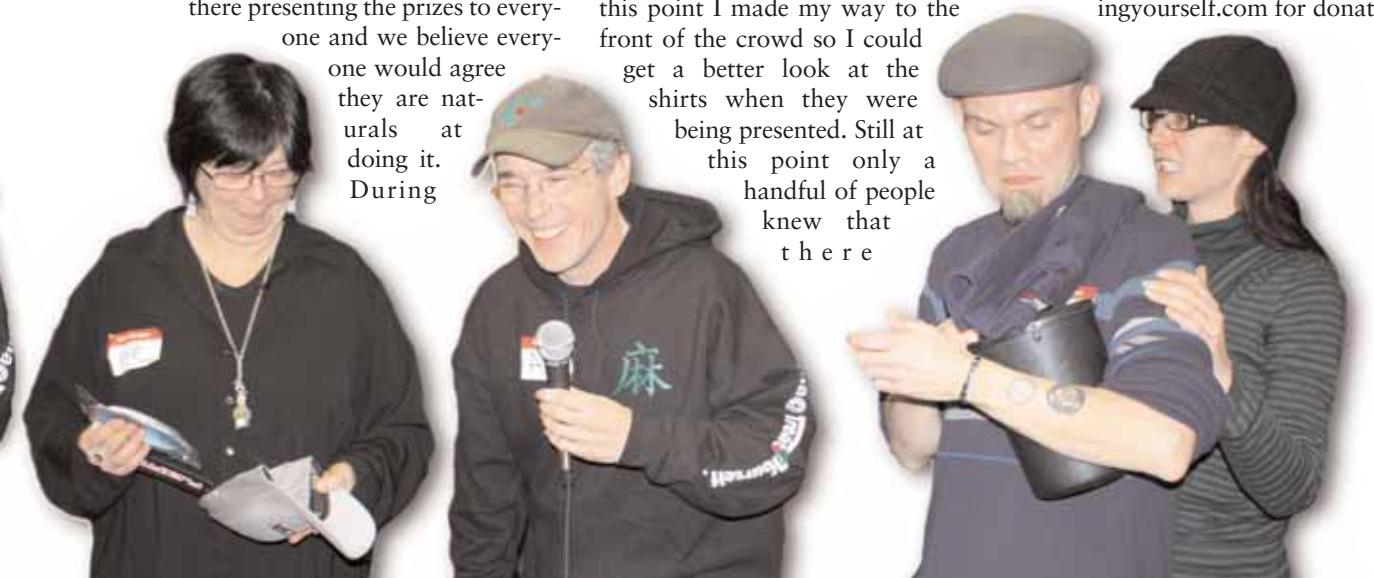
As the afternoon came closer to finishing, the last round of prizes were to be awarded. While talking with Shiva, we noticed that everyone in our group had won something but me. It was good to see that there were almost enough prizes for almost everyone in attendance. Within this last pile of prizes was that secret t-shirt that some lucky person would win. At this point I made my way to the front of the crowd so I could get a better look at the shirts when they were being presented. Still at this point only a handful of people knew that there

was to be a secret prize. For those who knew about the secret prize, they still knew nothing about whom, when or where it would be presented.

When the time came, the secret "Malta" labelled t-shirt was drawn and a lady came out of the crowd signalling she had won the t-shirt. Like the winners before her she made her way to the front and was presented her shirt. Just as she turned to walk away, I spoke up and asked her to come back to the front of the room as I had a surprise for her. At this moment Chad, offered me the microphone as he figured out I was about to present the secret prize. Just then, Grama D stood up and said "Wendal! The floor's all yours buddy!" With the winner beside me, I pulled Marco's card from my wallet and then I read it out to everyone. "The winner of this Malta t-shirt is also the winner of Treating Yourself's secret prize, a Digital Volcano Vapourizer." As the place erupted in cheers and applause I presented the winner, Eve Pollard with the card that had the instructions on how to claim her valuable prize.

Afterwards many of the people in attendance said thank you to everyone for the prize donations. A big thank you goes to Treating Yourself Magazine and treat-

yourself.com for donat- ➤





ing the wonderful Volcano prize as well as other prizes. A thank you also goes to ROOR of Germany. The bong manufacturer donated many t-shirts and they can be found online at www.roor.de. As well, a thank you goes to any other business who may have donated to this wonderful event. All donations were very much appreciated.

With things winding down and our group getting tired, we said our good-byes to everyone. Before leaving though, we got other activists that were in the last issue of TY to autograph their pictures within an article that featured them.

Our group would like to extend a thank you to all who helped organize, run and put on this great day of celebration. We had such a great time we can hardly wait for next year for the 2009 Christmas party.

With the party done our group continued to educate as we handed out several Medicinal Marijuana Information Packages. We've helped some people get their applications started but the single biggest problem we run into is finding doctors who support patients. There is so much information today that tells people about how marijuana deals with pain, yet most of the people who write us are people with chronic pain having problems finding doctors.

Our group has also been going around promoting Treating Yourself Magazine at several stores as we try to get them to start carrying it. These stores so far have been head/smoke shops and small convenience stores. It looks like our efforts are paying off as 4 of them (on top of 3 others we already deliver to) agreed to look the magazine over and we'll go from there.

Next up for us are some more education tours,

as well as attending a fundraiser or two over the next while. From March 19 to 22, we'll be helping out at the Treating Yourself booth at the Toronto Home and Garden Show before it's time to join in one of the spring rallies, whether it's in Niagara or another location. Time will tell. After that we're off to Toronto to attend the world's largest Marijuana March.

MA can be reached at ma@treatingyourself.com 🇨🇦

MAINE VOCALS Revisited

Captain Joint
captainjoint.com

The Maine Vocals had two Harvestfests this year, one at the old Starks Maine location as reported in TY #12 and a second Harvestfest at the Maine Vocals' new location at 420 Carlson Hill Road in Harmony, Maine. Both festivals were well attended, but the number of entries in the Big Bud Contest at both sites was rather low.

You would think that after the public display last year, where pounds of medical marijuana were piled up on the stage, the growers would want to top that act! Not so. The growers were very shy this year, with only a few entries to the contest.

Police harassment at the new site was a bit over the top. Don Christen and the Maine Vocals security kept chasing the cops off the edges of the property, and in one case, sent a bunch of cops packing that were trying to run a sting out of a tent on the festival field.

Don Christen, who was in jail for last year's event due to charges stemming from his extensive marijuana activism, was on hand this year to oversee the show.

This festival season was quite a rocket ride for the Maine Vocals. June's Freedom Fest was very well attended, with topless t-shirt sales



ladies, the rave crowd, and a wild collection of hula hoopers, body painters, drummers, fire spinners, and way too much hoopla to describe. When the Vocals do a show, the circus comes to town.

The Hempstock Show, the next big warm up to the October Harvestfest, was rocking like a hurricane... Just like one. Lightning struck as the band was wiped off the stage by rain and lightning. Electric charge snakes ran through over 3 inches of running ground water. Barefoot hippies got shocks and some folks were struck. The Maine Vocals worked with ambulance crews and the electric crowd to make sure all that needed medical help got it. In all, 15 people were seen at the site for lightning strikes, with 4 taken to the hospital. Among them was vendor and friend, Twisted Sister. (See her account in TY #14.)

Don Christen of the Maine Vocals has worked 18 years on Medical Marijuana Reform in Maine. He has gone to jail for this cause, and has just won a major victory in Maine for Medical Marijuana. He was found innocent of marijuana

cultivation and trafficking by a jury on Dec 19, 2008. His lawyer, Walter McKee stated, "We had raised the affirmative defense that the marijuana was being cultivated or being furnished was medical marijuana." McKee also stated, "Don acknowledged that he cultivated the marijuana and he acknowledged that he possessed it with the intent to furnish it as medical marijuana, for one patient in particular."

Justice William Anderson told jurors Christen met the criteria for medical marijuana under the state statute, and the jury voted for acquittal in his case. These charges stemmed from a raid of Don Christen's home in December of 2004. He was growing plants for a handful of patients at that time, and his home was at that time a medical marijuana distribution center.

Don Christen and the Maine Vocals will be back in action in Harmony in 2009, and I will be there to help man that stage for them. Try and make a show, details will be up at mainevocals.net! 🍀

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Here, There & Everywhere

The Doesha Cup

Written by Jeremy Norrie –
rddvd.com and Futureoffighting.com



The 4th Annual Doesha Cup took place this December in downtown Los Angeles, California, and I must say it was the best yet. Out of all the events I attended in Southern California this year, the Doesha Cup was the most well-produced and I am planning on coming back again next year. This fourth event was also much better than their third the year prior, with much more organization and a wider variety of vendors. The location was decent and safe, with the local authorities and the fire inspectors giving their approval prior to the start of the event. After a little waiting and a little confusion, the party started and everything went very well.

The location was different than last year and was at a huge building in downtown LA. It was home to a number of booths and a stage, as well as some other areas. There were three main rooms with a small VIP section. There was a DJ booth with a number of people also working at computers handling sound for the stage. The music was pretty much all hip-op, with bands like Los Marijuanos and more, but I think I noticed a brief reggae act and a comedian. I would have loved to see much more comedy and also reggae, as that seemed to draw quite a bit more attention from the crowd. There was a section where there were some tables and some lovely ladies serving up food, but it was fried chicken and hotdogs, with some nachos and candy as well. I would really like to see better food for the medical patients.

The booths and vendors this year were much better and I found a number of great things at the different tables. There were a number of tables with people who were focusing on the legal side of the marijuana movement, featuring the Margolin Guide and 420BailMeOut.com, as well as the Marijuana Policy Project. They had flyers and information on

every aspect of the legal battles they are fighting for medicinal marijuana and drug reform laws. Also we saw some famous names that any true cannabis connoisseur would know well.

Jack Herer and Eddy Lepp both had booths. Jack was signing his books *The Emperor Wears No Clothes* and *Grass*, as well as his DVD *The Emperor of Hemp*. Meanwhile, Eddie had a few booths with "Free Eddie Lepp" clothing and his book, *Shit I Think About*. He was signing them also and also had a booth devoted to his edible line 'Eddybles,' where they had some of the best goodies like Lollypops, Bomb Peanut Butter, Brownies, Crumb cakes, Snicker doodles, Chewy Candy, and Marshmallow Treats for only \$5, as well as medicated goldfish crackers for \$1. There was actually a number of other edible tables as well, things like Truffles, Cinnamon Toast Crunk, Cronic Crispy, Crunk Brownies, Crunk-o-lolliipop, Crunkfettie Cupcakes and Crunk Cookies. There was a place called Boo Bear Bakery that even had salad dressing; they had everything edible somewhere there.

On the herb side of things, the medicine they had on offer was very good. Some was great, others were just good and some were just a great value. There was a variety of strains, like LT OG Kush, Organic OG Kush, Sour Diesel, Purple Thunder, Purple Kush x Trainwreck, LA Confidential, Blue Dream, Bubblegum, Shiva Skunk, Afgooey, Alaskan Thunder Fuck, Purple Erkle, White Widow, Master Kush, Lemon Purps, Granddaddy Purps, AOTA, Bubba Kush, Cheese, and many many more. It was really a treat if you had the money to try a few strains. Also, they have a Cannabis Cup with 9 or 10 strains entered, but this was at an additional cost to your ticket and was a little expensive. It is a fun thing to do if you have the

money, but for most people I would recommend just bringing that cash to spend at the tables rather than on the competition.

There was a variety of other booths as well, like the California Bean Bank seed company boasting strains of all kinds; if you're a connoisseur, you will recognize some strains usually only found overseas and in far away lands, such as Caramel Kush, Golden Dutchess, Northern Lights, Mendo Madness, Peak 19, Amnesia Haze, and Mango, among others.

There were T-Shirt companies also, like "Marijuana Saves Lives" found at MedicalMarijuanaPatient.com and others selling wild tie-dye stuff. There was a company called SmokeSession420.com that boasted a few cool designs, but my favorite has to go to the guys with the "Wii'd" logo, very clever. There were a few other cool things to see, like the 420 Energy Drinks and the variety of clones, as well as the table where you could play card games and win back nuggets of some kind bud. Many fun booths were there to find and enjoy.

All in all I would like to say I had a really good time at this year's Doesha Cup. I really enjoyed the various booths and products available. The people who attended were having fun and were a pleasure to talk with. I attend the High Times Cannabis Cup in Amsterdam every year as well as various other events, and I would say there were a few areas I would love to see improved. First the small stuff, like simply having more places to sit down — many more. Also the food, like I said before, should be improved and geared more towards the medical patients who are attending the event. I also mentioned briefly the entertainment could use much more comedy during the day and reggae at night, with maybe a big hip-hop act as the headline. I would also love to see a few pro-



jectors showing some of the marijuana related DVDs or anything people could sit and watch, mostly because the event is long and there ends up being a good amount of time to burn, so to speak. I know most of the people who bought tickets would like to ask if there was any way to get things straight with the authorities the day before, so the show can start on time, which seems to be the main complaint from people who paid to attend. If people do have to wait, provide free stuff like popcorn or some joints or something to keep people happy and that would make it pretty perfect. One last thing — but not least — since the ladies are noticeably absent at the event, maybe there could be a number of tickets that are just given away to ladies for free or at a huge discount at the participating dispensaries. Honestly though, these problems seem to be things they can fix fairly easily and from the look of this event they are really making huge improvements each year. Other than that, I think they have got a

really great thing here and I will really enjoy seeing what they do with it next year. Even with the way it is now, they have the best event in Southern California, so I give them great respect for that already.

Thanks again to all the people at the Doesha Cup, hopefully the article in this issue will help more people get out of their house and take a trip to LA for the next Cup in December of 2009. If you are a medical patient and you want to support events like this one, we really encourage you to go and bring your friends. In the future, these events will become some of the most fun things for a medical patient to attend. Stay with us for the next issue, we may feature some new dispensaries or some new interviews. Also, keep your eye out for my dvd @ www.rlddvd.com and check out my website www.Future-ofFighting.com. Take it easy, have fun, don't believe the hype and find what works for you. Good luck.



PRESS RELEASE



THC EXPO grows larger everyday in Los Angeles. The entire Hemp community is coming together for the first time under one roof. All ages are welcome to attend the trade fair and educate themselves on the wonder of Cannabis. An adult 18 years and older section is also at the Expo to exhibit the adult friendly material. THC EXPO is the largest indoor Hemp fair in the United States with over 96,000 sq ft of Expo space. It is a one-of-a-kind consumer show, with over 300 cannabis related businesses exhibiting their products and services to the Los Angeles consumer. Come see the diversity and unique opportunities involved in the flourishing Cannabis Industry.

Today, Cannabis is California's top crop doubling the sales of wine and all vegetables grown in California. 2006 estimates put Cannabis as a 14 billion dollar crop in California alone. Those estimates don't include the millions of dollars spent on purchasing products that help the growers produce Cannabis. Growers producing Cannabis need all kinds of products and services that help the entire community. First a real estate broker finds a suitable place to grow then they buy seeds, buckets, lights, watering system, nutrients, trimmers and so on. The end consumer of

Cannabis also spends millions on rolling papers, water pipes, vaporizers and hundreds of other products.

Industrial Hemp use is also on the rise again. Industrial Hemp can be used in over 25,000 different products. Hemp can compete with paper, cotton and many other industrial products that are killing our environments. The United States made Hemp illegal in 1937 with the Marijuana Tax Law and the fair competitiveness of capitalism took a huge blow. Today Hemp is still illegal to grow in the United States unlike in Canada where hundreds of companies are profiting from industrial Hemp production.

The nutritional value of Hemp seed shouldn't be over looked. Hemp Seeds are one of nature's

wonders when it comes to a nutritional source of food. That's right Hemp seeds are an exceptional source of complete plant protein. Come exhibit and help educate the world on the value the Cannabis plant has on our world. Come attend as a visitor to learn more about Cannabis and buy some really cool stuff.

Visit us at WWW.THCEXPO.COM



Medicinal Mayonnaise (Blender Method)

Submitted by Chef Uni

Ingredients

- ✓ 1 whole egg or 2 egg yolks
- ✓ 1/2 tsp salt
- ✓ 1/2 tsp sugar
- ✓ 1/4 tsp prepared or dry mustard
- ✓ Dash pepper or cayenne pepper
- ✓ 2 tbsp lemon juice or vinegar
- ✓ 1 cup marijuana infused vegetable oil

Procedure

1. In blender, combine egg, salt, sugar, mustard, pepper, lemon juice and 2 tbsp of the oil.
2. Cover, blend until smooth.
3. With machine running, gradually add remaining oil in slow, steady stream until thick and smooth. Cover and refrigerate.



mayeating-in.com

Devilish Eggs

Submitted by Chef Uni

Ingredients

- ✓ 6 eggs, hard cooked
- ✓ 2 tbsp Medicinal Mayonnaise (or to taste)
- ✓ 1/4 tsp Worcestershire sauce
- ✓ Dash salt
- ✓ Dash pepper
- ✓ 1 tsp finely ground marijuana
- ✓ Dash of curry powder



cooknkat.files.wordpress.com

Procedure

1. Remove shells from eggs and halve either lengthwise or crosswise.
2. Carefully remove yolks and place in medium bowl; mash yolks with fork.
3. Add remaining ingredients; mix well.
4. Lightly spoon mixture back into egg white halves.
5. Refrigerate until ready to serve; garnish as desired.

Sh-pot-bread Valentines Cookies

Carrie's Classic Shortbread

Ingredients

- ✓ 1/2 lb (227 grams or 1 cup) regular un- salted butter
- ✓ 1/2 lb (227 grams or 1 cup) cannabis butter
- ✓ 2 grams hash oil
- ✓ 1 1/4 cup white sugar
- ✓ 4 cups flour (plus more for dusting)
- ✓ 1 tsp. salt
- ✓ 1 tbsp. real great vanilla

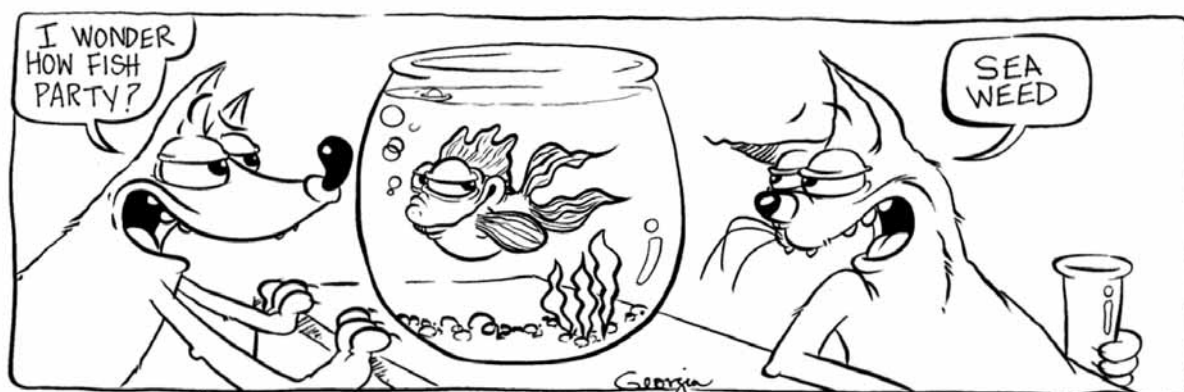


deviantart.com

Procedure

1. Sift together flour and salt into one bowl. Put both butters into the bowl of the mixer and beat until fluffy, 3 to 5 minutes, scraping down sides of the bowl while gradually adding sugar. Beat until pale and fluffy, about 2 minutes. Reduce speed to low. Add flour mixture all at once. Mix until just combined.
2. Pre-heat oven to 300°F/150°C, with racks in the middle shelves.
3. Roll out 1/4 inch thick and cut into shapes. Put all cookies on lined baking trays and put trays of cookies in fridge for an hour.
4. Bake until edges are golden brown. Check after 15 minutes, let cool fully, decorate.

Cartoon



The Happy Hippie By Georgia Peschel

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HIMALAYAN GOLD
EL NINO
SUPER SILVER HAZE
NEVILL'S HAZE
GREAT WHITE SHARK
LEMON SKUNK
TRAIN WRECK
ARJAN'S STRWBERRY HAZE

FEMINISED 5 PACKS

THE CHURCH
A.M.S.
CHEESE
BIG BANG



FEMINIZED 10 PKS

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WHITE WIDOW
MAZAR
POWER PLANT
JORGE'S DIAMONDS

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BUBBLE GUM
WHITE RUSSIAN
CHRONIC
AK 47

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CANNADENTIAL
CANNALOPE HAZE
CONNIECHUNG
CHOCOLOPE FEM
LA CONFIDENTIAL
SOURCREAM
KUSBERRY
LEMON SKUNK
PURE AFGHAN



MAGUS GENETICS

WARLOCK

NIRVANA

WHITE WIDOW
AK-48
B52
BIG BUD
BLUE MYSTIC
BUBBLELICIOUS
CALIFORNIA ORANGE
EARLY BUD
EARLY MISTY
WHITE RHINO
ICE



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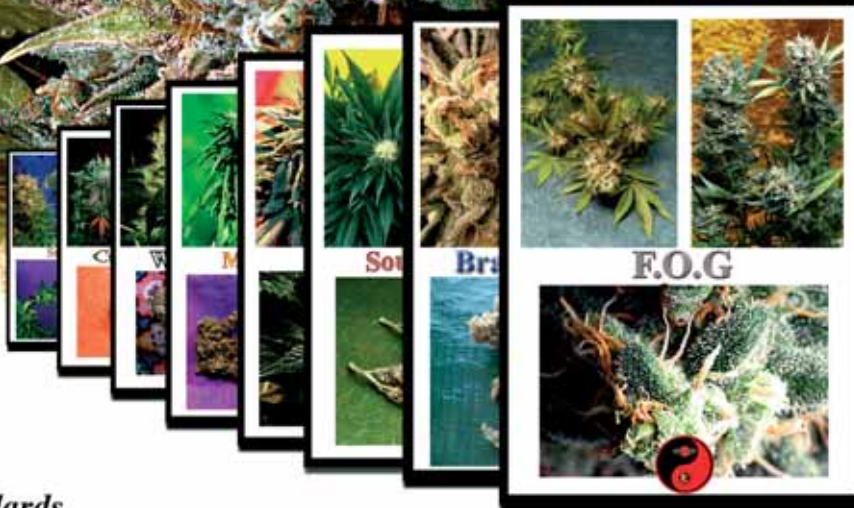
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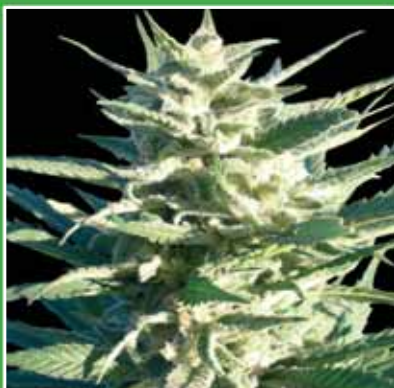
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White Rhino

Genetic origin:
Afghanistan, Brazil, India
Flowering time indoors:
8 weeks
Production indoors:
up to 2.5 oz per square foot
Flowering time outdoors:
harvest end September-begin October
Production outdoors:
up to 1.8 pounds per plant,
depending on size
Smell and taste:
sweet, fruity smell. Taste is very intense,
sweet and floral
Effect:
narcotic, very stoned
Medicinal properties:
used with great success as pain relief,
against ms, and as a sleeping aid



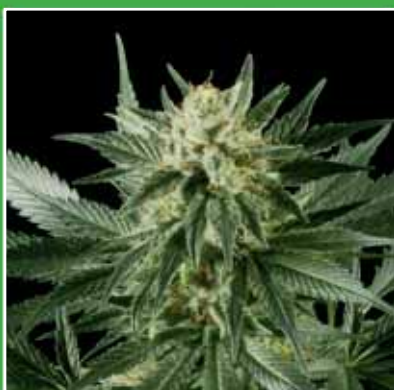
Citrus Skunk

Genetic origin:
Citral x Skunk #1
Flowering time indoors:
8 weeks
Production indoors:
up to 1.8 oz per square foot
Flowering time outdoors:
harvest end September-begin October
Production outdoors:
up to 1.8 pounds per plant,
depending on size
Smell and taste:
sour, citrus-like skunky smell,
pungent tangy lemony taste
Effect:
strong hit, high cannabinoids content
Medicinal properties:
pain relief, depression



Skunk NL

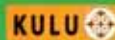
Genetic origin:
Skunk #1 x Northern Lights #5
Flowering time indoors:
8 weeks
Production indoors:
up to 1.5 oz per square foot
Flowering time outdoors:
harvest end September-begin October
Production outdoors:
up to 1.5 pounds per plant,
depending on size
Smell and taste:
sweet apple smell, fruity taste
Effect:
mild high, mild stoned
Medicinal properties:
the high CBG content makes it very good
against high blood pressure



White Widow

Genetic origin:
Brazil, India
Flowering time indoors:
8 weeks
Production indoors:
1.5 oz per square foot
Flowering time outdoors:
harvest end September-begin October
Production outdoors:
up to 1.5 pounds per plant, depending on size
Smell and taste:
pungent, spicy, peppery indica smell,
with a sweet and a spicy side taste
Effect:
very intense, fast flowing, high and stoned
Medicinal properties:
indicated for appetite stimulation, anti-depressant
and pain relief

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MediKush

Genetic origin:
Kush x Sage
Flowering time indoors:
9 weeks
Production indoors:
up to 2.3 oz per square foot
Flowering time outdoors:
harvest mid-end October
Production outdoors:
up to 2 pounds per plant,
depending on size
Smell and taste:
sweet and musky, with a very moss-like
background. Intense kushy flavor.
Effect:
stoned, yet creative and social
Medicinal properties:
pain relief, depression, insomnia, ms



G13

Genetic origin:
US government secret labs
Flowering time indoors:
11 weeks
Production indoors:
up to 2 oz per square foot
Flowering time outdoors:
harvest end October-mid November
Production outdoors:
up to 2.5 pounds per plant, depending on
size
Smell and taste:
mint, fresh smell. Strong forest and musk
flavor, spicy background
Effect:
very high, creeps up fast and lasts long
Medicinal properties:
depression, appetite stimulation

MediFem SS

Genetic origin:
Sour Diesel x Sage
Flowering time indoors:
9 weeks
Production indoors:
up to 2 oz per square foot
Flowering time outdoors:
harvest mid-end October
Production outdoors:
up to 1.5 pounds per plant,
depending on size
Smell and taste:
sour and tangy, smells like kitchen
herbs, thyme and sage. Pungent flavor
Effect:
fast hitting, long lasting, mild stoned,
creepy high
Medicinal properties:
appetite stimulation, arthritis, pain relief



Amnesia Haze

Genetic origin:
Super Silver Haze x Cambodian
Flowering time indoors:
10 weeks
Production indoors:
1.8-2 oz per square foot
Flowering time outdoors:
harvest end October
Production outdoors:
up to 2 pounds per plant,
depending on size
Smell and taste:
nutty, spicy, peppery sativa smell.
Taste very incense-like and musky.
Effect:
high, very cerebral
Medicinal properties:
depression, appetite stimulation

Peace Maker

Genetic origin:
India, Brazil, Skunk #1
Flowering time indoors:
7-8 weeks
Production indoors:
up to 2 oz per square foot
Flowering time outdoors:
harvest end September
Production outdoors:
up to 2 pounds per plant,
depending on size
Smell and taste:
sweet, fruity smell and a peach-apricot
flavor, with a chemical note to it
Effect:
strong body effect, long lasting,
very stoned
Medicinal properties:
ms, arthritis, insomnia



Northern Lights 5 Haze

Genetic origin:
Northern Lights #5 x Haze
Flowering time indoors:
10 weeks
Production indoors:
1.6 oz per square foot
Flowering time outdoors:
harvest mid-end October
Production outdoors:
up to 1.6 pounds per plant, depending on
size
Smell and taste:
chemical and hazy smell, with a softer
taste of moss and forest dew
Effect:
high, long lasting, very social
Medicinal properties:
pain relief, appetite stimulation

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Seeds



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Treating Yourself
The alternative medicine journal

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Home Phone # : _____ Best time to call? _____

Email Address : _____ Write answer here: _____

Please mail completed entry form to:

Treating Yourself,
Attn: RooR contest,
250 The East Mall, P.O. Box 36531,
Etobicoke, Ontario.
M9B 3Y8 Canada

Only 1 entry per person. If more than 1 entry is received then you will be disqualified from the contest.

Deadline for contest entry is

June 1/09 Winners name will be announced in Treating Yourself issue # 18

Winner will be contacted by phone / mail / email so please be sure to provide your contact information in full .

ALL INFORMATION WILL BE DESTROYED IMMEDIATELY AFTER A WINNER HAS BEEN PICKED AND CONTACTED

TY issue 14
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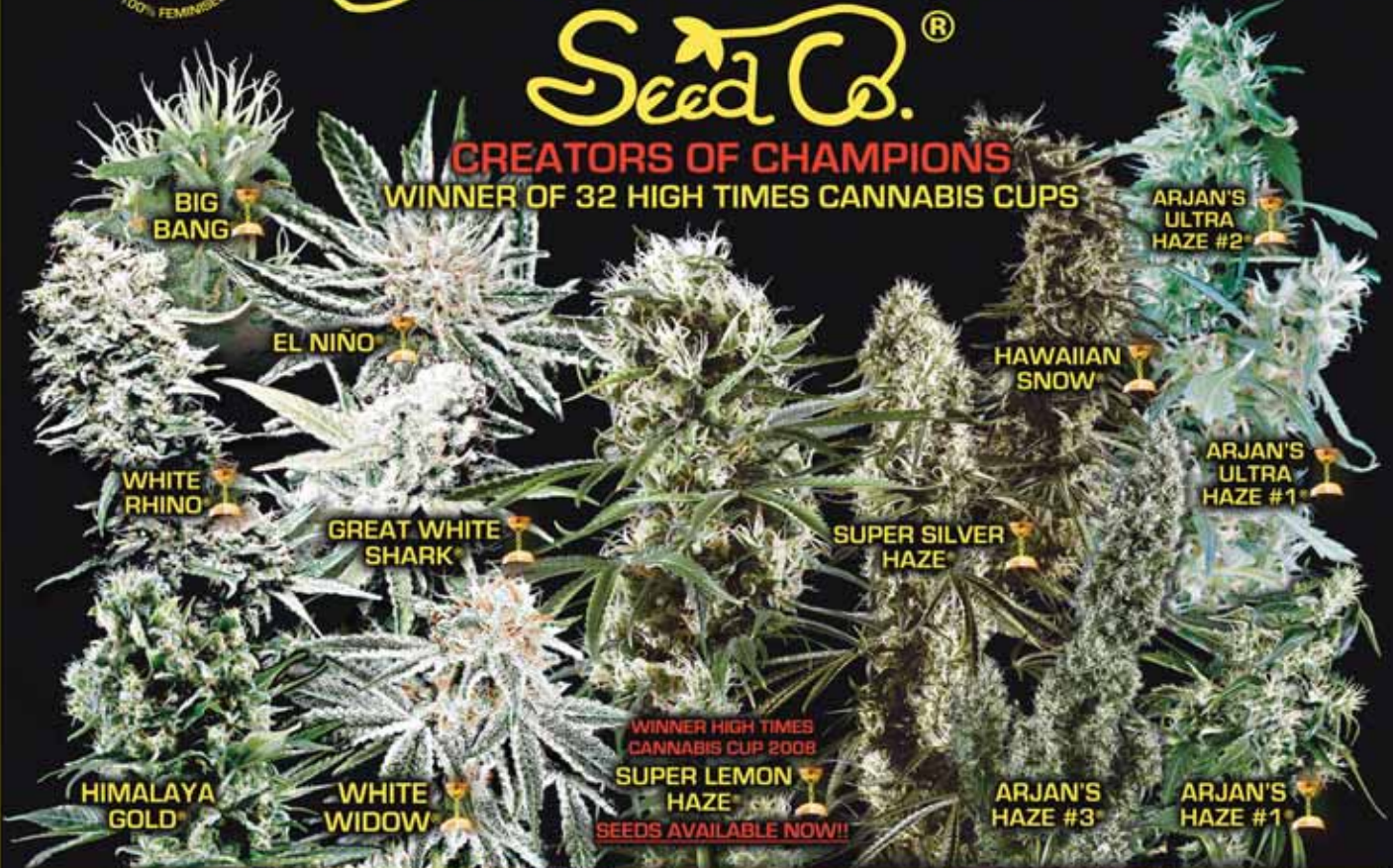
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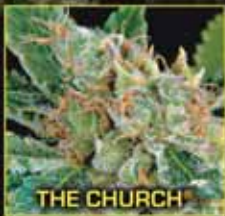
NEVILLE'S HAZE



NL5 HAZE MIST



ARJAN'S STRAWBERRY HAZE



THE CHURCH



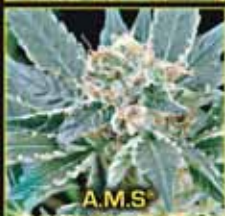
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ARJAN'S HAZE #2



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