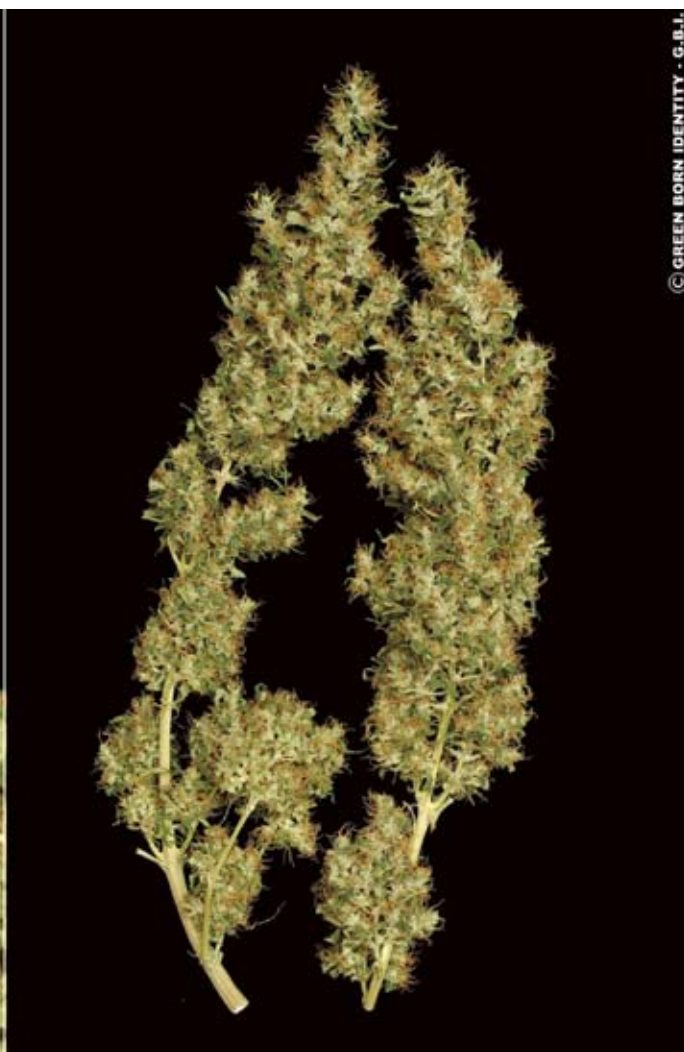
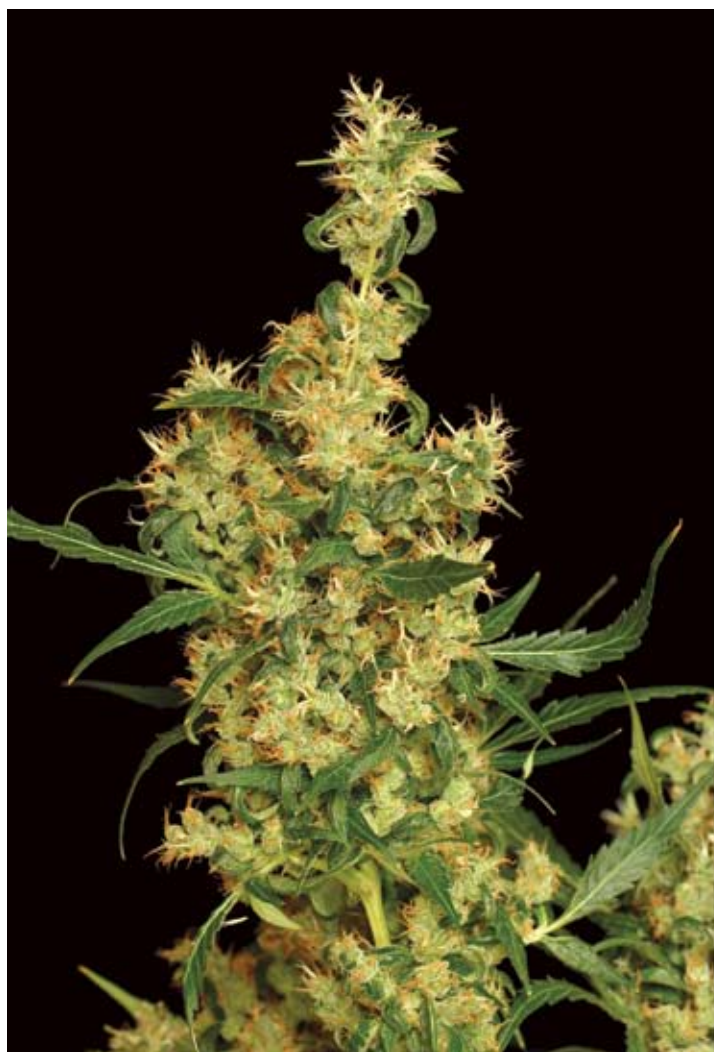


Five popular medical cannabis strains at a glance

Basically every kind of cannabis has medical potential, even industrial hemp which can possibly contain a lot of CBD. Studies suggest that CBD for example has a pharmacological profile similar to that of atypical antipsychotic drugs. Open case reports of schizophrenic patients treated with CBD and a preliminary report of a controlled clinical trial comparing CBD with an atypical antipsychotic drug have confirmed that this cannabinoid can be a safe and well-tolerated alternative treatment for schizophrenia. However, in most cases of medical cannabis application, patients make use of the beneficial effects of THC on various disorders. While it is the main active ingredient in cannabis, its effectiveness

builds up in interaction with other cannabinoids such as CBD or THCV. For example, CBD increases some of the effects of THC and decreases other effects of THC. High levels of THC and low levels of CBD deliver a cerebral, energetic head stone. Marijuana with high levels of both THC and CBD will produce a heavy stone that feels almost dreamlike, but also have a strong physically sedating effect. THCV increases the speed and intensity of THC effects, but also seems to cause the stone to end sooner. There are even more cannabinoids contributing to the overall medical effect of cannabis, the cannabinoid profile of a potent cannabis strain is highly complex and individual so that its medical benefit may fully take effect only in certain cases of disorder. Patients may try several kinds of marijuana until they have found the type acting as perfect medicine for them. Let us have a look at five high-grade commercial strains that are well-known for their medical properties.



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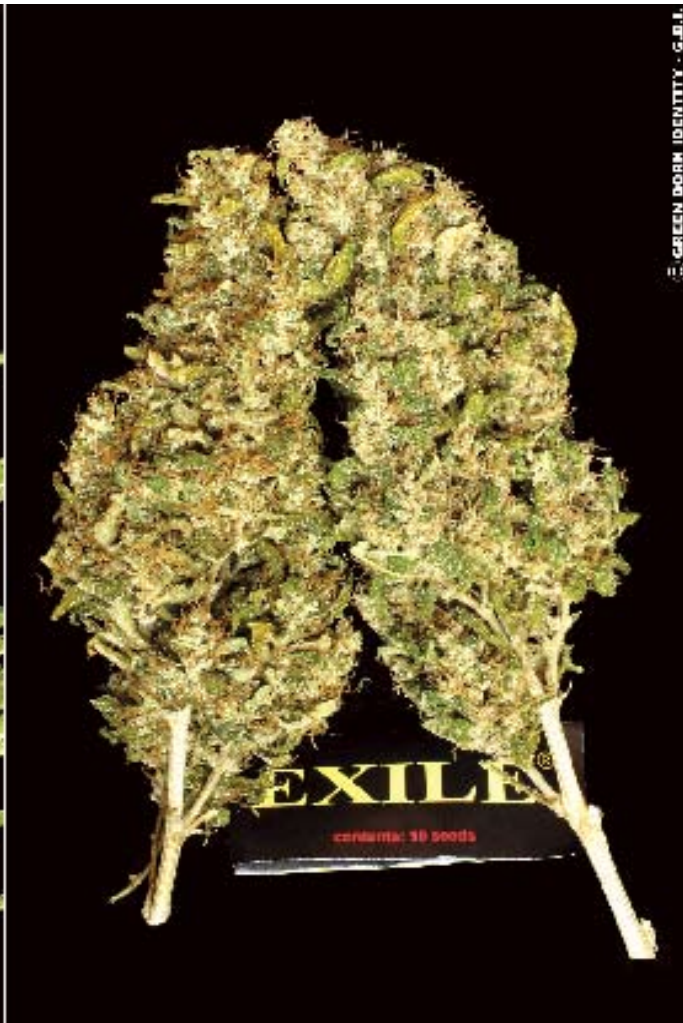
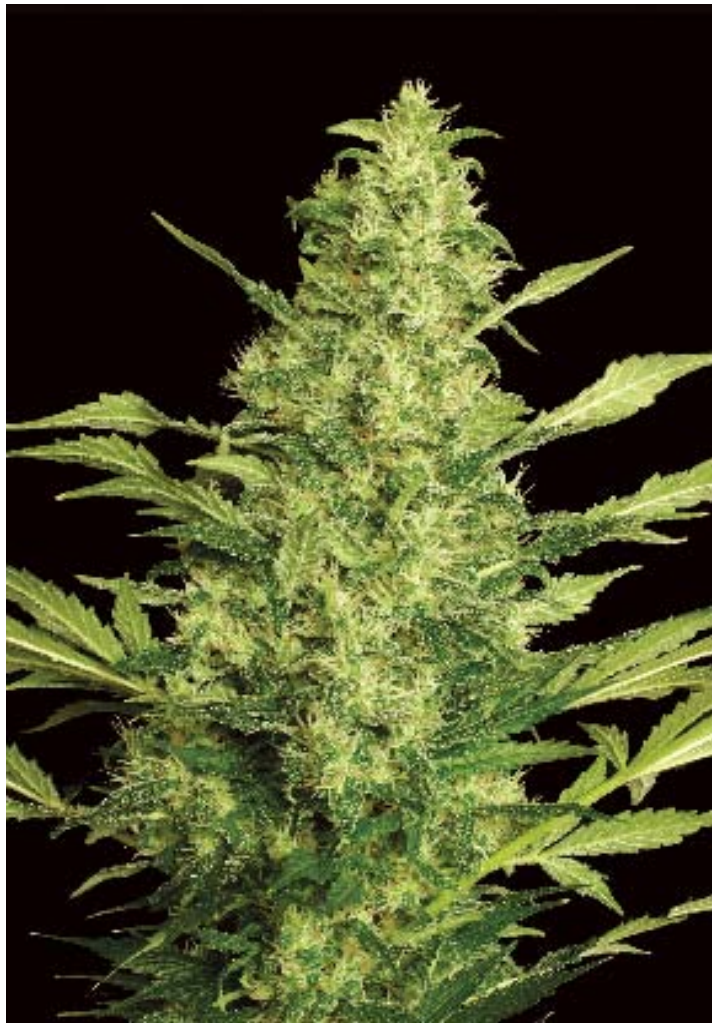
Kali Mist (Serious Seeds)

Kali Mist was bred by Simon, the breeder and owner of Serious Seeds, in 1993. It's a polysativa hybrid with a strong Southeast Asian background, consisting of Cambodian, Colombian, Thai and Afghani genetics, taking 70-90 days of flowering to ripen. Shortly after its initial appearance in the cannabis scene in 1994, Kali Mist won a first harvest festival award when being elected best hydro weed at the High Times Cannabis Cup 1995 in Amsterdam. At the High Times Cup 2000, the celebrity judges responsible for the sativa category were exclusively women, and these prominent cannabis ladies came to an unanimous decision: Kali Mist was the strain with the most uplifting high, the most attractive look and the best aroma. What an awesome comeback: Five years after its first Cannabis Cup success, Kali Mist finally became the world's official sativa champion, a victory that really had been overdue, after years of permanent boring Haze dominance. Simon confirms that Kali Mist is very popular amongst women in general, also because of its medical benefits: "Next to the

sheer pleasure of smoking it, we received several reports that it works great against menstrual cramps." In addition, the effect of Kali Mist has proven very beneficial for medical users suffering e.g. from multiple sclerosis, fatigue and chronic pain. Because of its activating cerebral effect, it can be used as all-day weed. Kali Mist is highly recommended for hydroponic cultivation and clones can be flowered directly after root formation. Yields are medium to high (300-500 g./m²), depending on the growing conditions.

Exile (Magus Genetics)

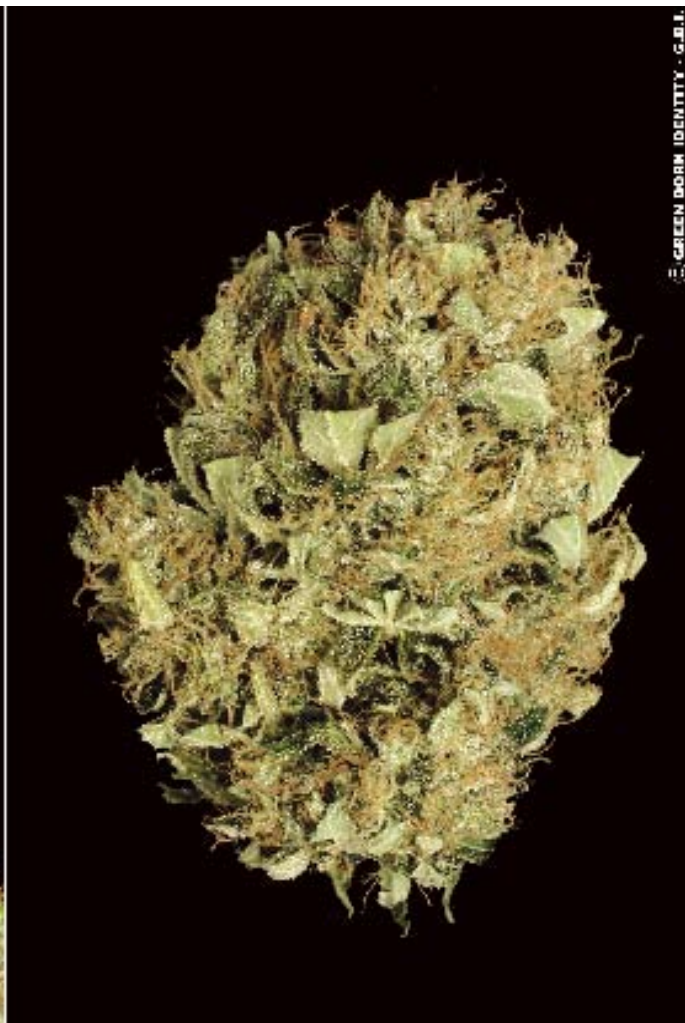
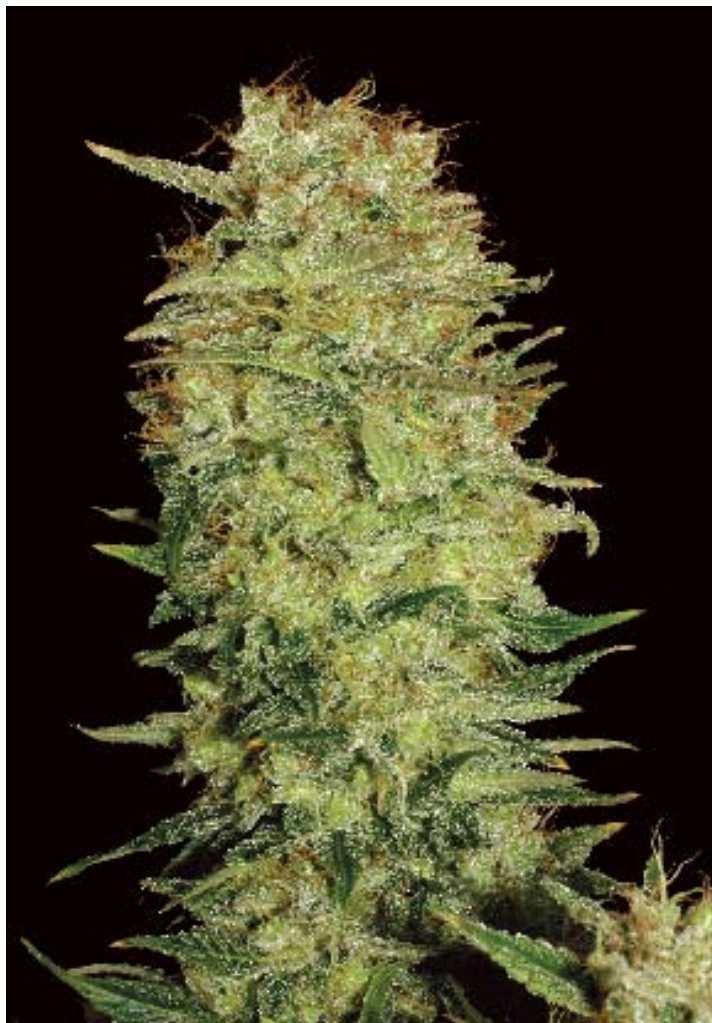
The Exile strain (70% indica, 30% sativa) is the fourth cornerstone of Magus Genetics' precious seed selection. After several years of testing different genetic lines, Exile was combined from 50% Warlock, 25% Northern Lights and 25% White Widow in 1999 and put onto the market in November 2000. While the components Northern Lights and White Widow are representing classic neoclassic



genetics in this hybrid, a good deal of genetic extravagance is brought in by Magus Genetics' own Warlock, a unique and very charismatic strain that clearly sets its stamp on Exile. Warlock's genetic type is mostly indica, based on Skunk and Afghan genetics. The strain's name "Exile" shall of course not signalize any kind of punishment, but hint at the idea of mental escape, of temporarily being completely released from encumbering and stressing thoughts and feelings. So the message is: Exile as escape agent for mental exiles. This mental "wadding effect" is brought about by a mighty indica stone high of almost hypnotic dimensions which seems to wrap the brain windings in soft wadding all over. This narcotic effect has a big medicinal potential. According to Gerrit, the owner and breeder of Magus Genetics, patients successfully use Exile as medicine against insomnia or muscle spasms caused by multiple sclerosis. But not only the effect, also the aroma is very strong. The breeder has managed to bring about the sweet'n spicy pine aroma in both the living and dried buds. Exile takes 60-67 days of flowering until maturity. It's a very good yielder, 400-500 g./m2 can be achieved.

Sage'n Sour (T.H. Seeds)

Although T.H. Seeds for a long time had taken the view that they would not cross any plant with their favorite strain, the S.A.G..E., they eventually came across a special variety that they considered as being worthy of becoming the S.A.G..E.'s hybridization partner: Sour Diesel. So the queen was finally allowed to copulate. This historic cross-breeding – T.H. Seeds crossed a female Sour Diesel with a male S.A.G..E. – resulted in an exciting new strain with a lot of medical potential: Sage'n Sour, another highlight of T.H. Seeds' fine collection. Sage'n Sour (75% sativa, 25% indica) mostly consists of highly individual US genetics and therefore constitutes a pleasant change from the boring Amsterdam gene pool. The father's name S.A.G.E. stands for Sativa Afghani Genetic Equilibrium, the genetic balance of sativa and indica (Afghani). The Sour Diesel, also known as East Coast Sour Diesel, actually is a clone originating from New York City. Sage'n Sour gained third place in the sativa competition of the High Times Cup 2004. With a flowering time of 63 days, it delivers big yields (up to



Green Born Identity

600 g/m²), clearly out matching both its parents. Sage'n Sour produces a cerebral euphoric high with a very quick onset, it's very good for socializing and can act as anti-depressant. The delicious aroma is dominated by the sandalwood and hazey tones of the S.A.G.E., but also contains a sour lemon note coming from the Sour Diesel.

Sensi Star (Paradise Seeds)

Being introduced to the market in 1995, Sensi Star has already celebrated its 11th anniversary. It has gained highest honours at many cannabis competitions in the past and is considered a modern standard in cannabis cultivation, remaining as vital and potent as ever. The exact genetics of Sensi Star are kept secret, but a quite high percentage of Afghani genetics is for sure, supplemented by a hint of sativa which is clearly noticeable in the high. After its introduction,

Sensi Star quickly became the flagship of Paradise Seeds, thanks to its outstanding potency and other favourable characteristics such as its stout height, dense white bud formation, enormous potency and spicy-minty floral notes. In 1999, Sensi Star took the indica crown at the High Times Cannabis Cup, numerous prizes followed in recent years. It produces reliable yields (350-450 g/m²) in 56-63 days of flowering. THC levels have been reported at 16-20% for this strain. Sensi Star's high produces a strong body sensation, but also a certain degree of energetic cerebral effects, thanks to the slight sativa influence. Being smoked, it proves to be a one-hitter that lasts for hours. The taste is complex, quite pungent, but also somewhat sweet with minty and metallic undertones. Many patients swear on Sensi Star due to its outstanding potency and wide field of medical application.



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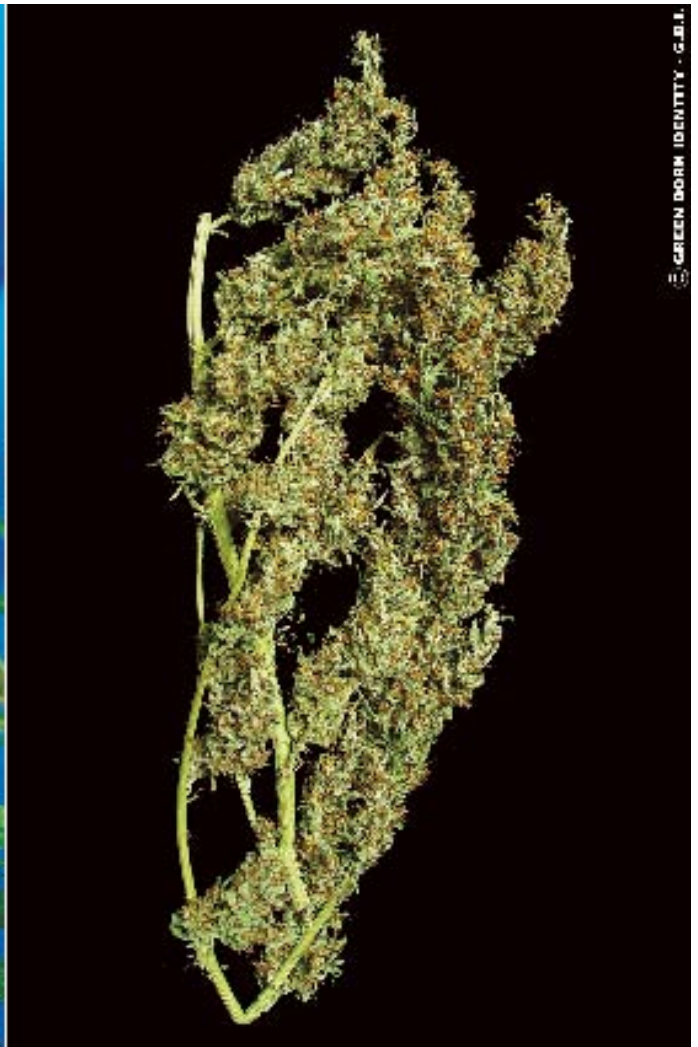
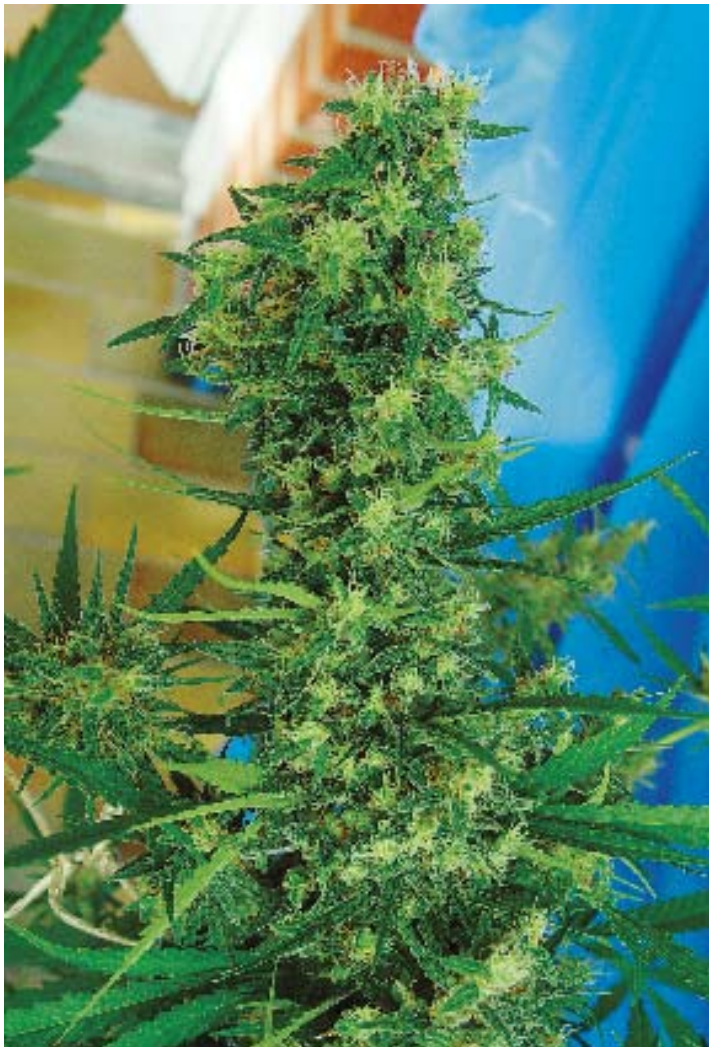
Thai-tanic (The Flying Dutchmen)

Thai. The sound of this four letters alone lets many growers and smokers click their tongues, thinking of those trippy cerebral sativa effects resulting from good home-grown Thai weed. But then they may wrinkle their brow, thinking: "No doubt about that special high... if only it would not be have to be grown with such effort, stretch like hell, yield that low and take ages for ripening..." Legitimate concerns, because that's quite exactly the typical indoor Thai plant profile, sometimes made even worse by hermaphrodism problems. And, yes indeed, experiencing a pure Thai that takes 18 weeks or more for flowering until harvest scissors can be pulled out is a grueling task. The Flying Dutchmen seed bank promises to offer a solution for all those Thai growing problems: "Thai-tanic", a Thai/Skunk #1 cross that features a shortened flowering time of 9-11 weeks, high yield and moderate height,

characteristics that are brought in by the dominating Skunk#1 traits of the father. The other trick about Thai-tanic is the fact that it preserves that typical chocolate Thai smell taste and soaring sativa high, here the Thai mother could win through. Thai-tanic produces marvellous buds with a high calyx-to-leaf ratio and lots of resin. It's a good yielder, easily producing 1 g per watt of HID light. The high makes you look deeply into the eye of the Thai tiger... an intensive sativa energy rush quickly comes over you. Best of all, this crystal clear up-high is of long duration, and you won't be able to spend that time without starting any activity, since the straight sativa kick pushes you forward. Thai-tanic promotes appetite and is reported as highly suitable strain for relief of nausea and menstrual cramps for example.

These are only five popular strains with a big medicinal potential. But there are so many more... find out for yourself!

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PTSD; Endo-cannabinoid Deficiency Disease

By Otto Snow

Post Traumatic Stress Disorder (PTSD) is non-discriminatory, people of all ages, races and ethnic backgrounds who are exposed to terror, torture or extreme incidents are at risk.

Victims of war, rape victims, victims of terrorism (eg. the war on drugs), torture in hospitals, and sexual assaults by priests are only a partial picture of the more common causes of trauma.

"The estimated lifetime prevalence of PTSD among adult Americans is 7.8%, with women (10.4%) twice as likely as men (5%) to have PTSD at some point in their lives." Source: PILOTS Database

PTSD is a disease of multi-neurotransmitter systems. It has been called hypothalamic-pituitary-adrenal axis paradox (see Watson 1989 and others) as receptors do not down regulate when exposed to elevated neurotransmitter levels. It is the flight-fight reaction gone haywire.

Endorphin levels are elevated in PTSD patients when exposed to stress. The symptoms of high endorphin levels are chronic constipation, numbness in the lips, depersonalization (freezing) etc. (Baker 1997; Glover 1992) When patients are removed from the stressful environment, the endorphin levels plummet and crippling pain follows resembling opiate withdrawal. Rage reactions and aggression can result.

d,l-Phenylalanine blocks the breakdown of endorphin (Ehrenpreis 1982; Fox 1985 and others). A simple test for PTSD patients is to take 500 mg of d,l-phenylalanine an hour prior to stress exposure. When the patient is removed from the this environment, the decrease of endorphin occurs slower and does not cause severe endogenous withdrawal symptoms; rage. Propoxyphene (Darvon) and narcotics work in the same way, except both are addictive and have their own toxic effects.

All three substances only work for approximately 3 days before the body over rides the neurochemical stabilization.



Low doses of naltrexone have also been found to be effective at blocking endorphin, and are effective in reducing the symptoms of Obsessive Compulsive Disorder (check literature, there is a debate with the use of naltrexone and PTSD), yet can cause severe diarrhea.

Recurring nightmares are also a major component of trauma; horrendous nightmares that leave the person shaking with fear and constant insomnia. L-tryptophan (1 gram) prior to bedtime will slow down or stop these nightmares as long as there are no stressors to initiate the nightmares. Sometimes it takes a couple of nights for L-tryptophan to work.

L-tryptophan may increase panic attacks in individuals susceptible to them.

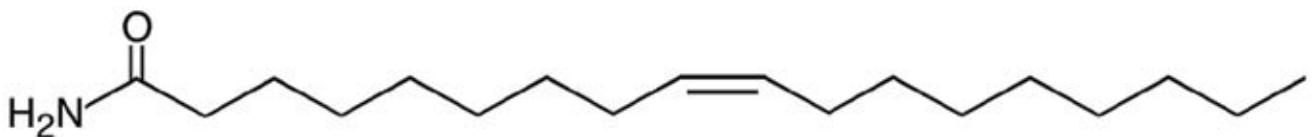
Both Marinol and marijuana will help patients with sleep disorders (trauma or severe allergy induced) if taken 2 hours prior to sleep. Both are much safer than conventional benzodiazepine sleep aids and tranquilizers. Marinol is extremely effective in the treatment of allergies for those that can not tolerate conventional and sometimes worthless anti-allergy medications.

Inderal has been used to treat aggression and fear in PTSD patients. Many people can not tolerate Inderal as it can cause weakness. Rapid withdrawal of Inderal results in a remarkable increase in aggression. Individuals who want to stop taking Inderal should reduce the dosage over a period of a week while simultaneously understanding the aggressive thoughts are a result of unstable neurotransmitter receptors and will subside.

Drugs such as SSRIs (Marshall 2002) are only partially effective. Zoloft appears to be one of the safest if individuals can tolerate diarrhea.

Any drug that interferes with memory is beneficial to PTSD patients eg. scopolamine, Effexor, cortisone. (Cahill) Yet all have toxic effects which make them unsafe for many patients.

THC interferes with memory (Lane 2005). It causes memory dysfunction which is beneficial to these individuals. In order for individuals to concentrate, memory must allow new thoughts to enter the mind without being blocked by previous memories. In PTSD, trauma runs in the mind and THC allows these memories to cease and new thoughts to enter the mind (Marsicano 2002). Both cannabis and Marinol will help with short term memory in PTSD patients.



Oleamide (THC Agonist)

Made from Olive Oil and Urea

THC & Tropacocaine © 2004 Otto Snow



In PTSD patients, multi-symptoms can be temporarily shut down with cortisone. They are super-suppressors when challenged with the dexamethasone suppression test (Yehuda 1993; 2002). Unfortunately, many patients can not tolerate and are very sensitive to cortisone (glucocorticoid drugs) (Sapolsky 2002). Cortisone is a toxic drug that is too readily prescribed as a panacea by physicians unwilling to look further into a condition other than scratching on a prescription pad.

THC partially binds to endogenous glucocorticoid receptors and down regulates them (Eldridge 1990). PTSD patients experience a profound reduction in sleep disorders, obsessive compulsive thoughts, and flashbacks.

Many PTSD patients constantly feel that they are climbing out of their skin. THC works by blocking an enzyme that breaks down anandamide. The anandamide family of neurotransmitters control sleep, inflammation and memory (Snow 2004). The first effect that a PTSD patient will feel after consuming a THC containing medicinal (Marinol, Cannabis) is a profound reduction in stress. THC differs from sedatives (eg. benzodiazepines) in that it has a calming effect on the nerves instead of a sedated, drugged effect.

Both Marinol and marijuana do not produce euphoria in PTSD patients. Marinol can be obtained legally from any physician, marijuana can be easily obtained (illegally) across the US.

Anandamides (fatty acid amides; endogenous cannabinoids eg. oleamide) are very slowly being developed. Oleamide is one member of an infinite family of highly psychoactive molecules. These molecules bind to the THC receptor and are made from common household vegetable oils. Fatty acid amides may turn out to be the next designer revolution. Cannabis is not being made legal for patients, as this might interfere with sales of addictive, chronic and toxic drugs which are the bread and butter of the American Pharmaceutical Industry.

Victims of torture/terrorism with PTSD can react violently (Hoppe 1971; Feldman 1988), the use of marijuana reduces this aggression (Myerscough 1985; Ree 1984). THC is the only drug available which is safe and effective to treat some of the multi-afflictions of PTSD patients. Marinol can produce short term benefits. The dronabinol (THC) is mixed with sesame oil which has a laxative action. Laxatives can produce GI disease. Patients have found marijuana to be a more tolerable and effective medication with no GI side effects.

Only in the past few decades have officials begun to understand that marijuana is much safer than originally claimed in depression era propaganda and bigotry. Using marijuana (CB1 agonist), post-trauma, protects neurons. PTSD is an endo-cannabinoid disease.

Recently Congress voted to continue discrimination and persecution of patients who grow or use marijuana. A Congressman remarked that he felt that patients should be allowed to grow marijuana for medical use, but that he instead had to vote for his constituencies. His constituencies being pharmaceutical companies profiting from the sale of toxic ineffective drugs.

I have friends in law enforcement who are against the persecution of patients. It appears that the intention of the Bush Congress is to create a pharmaco-facist state in which law enforcement is the authorized enforcer

for the pharmaco-oligarchy. Law enforcement is being placed between both oppressors (pharmaceutical interests) and the victims of oppression (patients) defending their right to life.

The United States is a violent revolutionary democracy. When the government persecutes or enables the persecution of individuals; historically violent public unrest results. How long would the Vietnam War have gone on if it were not for bombings, riots and marches? A nation on fire; at war with itself. Would there still be slavery if it were not for the Civil War? A nation divided. Would Blacks have any rights if it were not for riots in the 1960's? All people need to be represented and treated as human beings. Today, patients are second class citizens to Congress.

In any war or struggle for justice, it is the lives that are lost, the needless human suffering that I find most disturbing. Most politicians could care less, unless it affects their own personal slush fund directly; it is much easier for them to accept bribes and represent the pharmaceutical oligarchy than the American people. In a decision by the Supreme Court, the federal government has the right to stop patients from growing cannabis as this marijuana may enter the interstate market place. Instead it appears that the Supreme Court, in its great wisdom, wants patients to buy street grade marijuana from interstate organized crime.

Although to many, Congress and the Supreme Court have a paternal role in protecting the American people, except the problem being that they are abusive parents when it comes to our medical rights.

There is a lot that peace, love, compassion, kindness and science can do. It is important that all Americans write to their legislature and Congressional representatives demanding an end to discrimination and persecution of patients. Photocopy this article and mail a copy to every member of your state legislature. Someday everyone will be touched by torture, terrorism and trauma including politicians and their families, its time for healing to begin.

Sources: National Center for PTSD; National Library of Medicine; University of Southern Florida Libraries.

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Otto Snow: I want to thank my physicians and my mom (Marie-Paule Snow 1924-2006) for assisting me with this study and Uncle Sam for picking up the tab for the Marinol. There are many more references that I have packed away in boxes. Check the online databases for more journal articles on the subjects described.

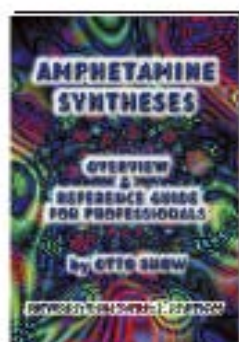
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About the author: Otto Snow has suffered with PTSD since 1985. He is the author of a series of drug chemistry books used by students, law enforcement and government agencies across the globe. Love Drugs in 2005, THC & Tropicocaine in 2004, LSD in 2003, Amphetamine Syntheses in 2002 and OXY in 2001. Books maybe ordered from fsbookco.com or homesteadbook.com



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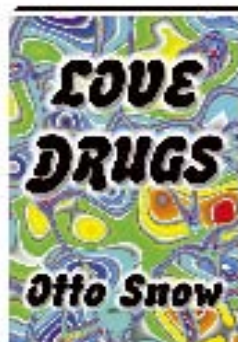
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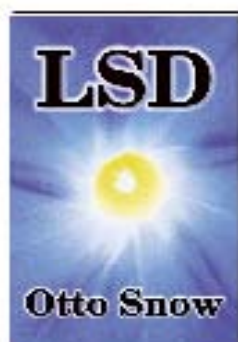
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Peak Pot, Ready or Not

By Stephen Kerr

Users of medicinal marijuana should pay close attention to an issue that will soon affect their access to a secure supply of cannabis, the equipment used to grow it, and the supply chain linking growers and medicinal users.

That issue is called Peak Energy.

Simply put, oil, coal and gas fuels are finite, limited by geology. Geologists have discovered that the “peak rate” at which we can produce fossil fuels occurs after 50% of the total fuel in the ground is used up. Many people think we are finding lots of new oil. That’s not true. Discovery of new oil peaked in 1963 and has declined steeply ever since. Because one must discover oil before one can produce it, peak oil production must follow peak discovery after a few years. More and more geologists think that peak discovery has arrived. From now on, energy will be more expensive, and less available.

The whole industrial economy, including the cannabis economy, depends on cheap energy from fossil fuels. There is no substitute energy source that can keep our economy going in its present form. Scarce energy will have the biggest impact on agriculture, including cannabis cultivation. It takes 10 calories of fossil fuel energy to make one calorie of food energy in the western agricultural system. The energy equation for hydroponic cannabis cultivation may be even higher.

Many people think that solar energy will simply replace fossil fuels, and that life as we know it will simply continue as usual. These folks are mistaken, because renewable energy sources are far less powerful than oil, gas and coal. We will need to re-think how we do everything, including cannabis cultivation, distribution and use.

Medicinal marijuana users should think about the hidden role of fossil fuels when contemplating their future relationship with cannabis.

Fertilizers are mostly made from natural gas. Canada has a ten year supply left. Gasoline provides transport. Natural gas fired electricity generation powers the media connecting growers and users, and often the growing itself. 1000 watt grow lights that mimic the energy plants get from the sun will soon have to be scrapped for the real deal, or nothing. We’re going back to the economy we had before oil and gas; the solar economy.

Solar Solutions

Many of the first “off grid” solar installations in the 1970s went up at various alternative communities, some of which grew their own herb. Living “off the grid” also meant being off the radar screen of a cynical and unjust legal system.

As the availability of fossil fuels declines, and the price of fossil fuel energy goes up, going solar will quickly change from a lifestyle choice to absolute necessity.

A single kilowatt of solar electricity with battery backup costs about \$16,000.00 to install today, and this will barely cover the energy needs of the smallest DIY home grower, never mind the fridge or the AC. If you

can afford it, go for it! You’ll be happy you did in 2010 when your lights could be the only ones working on your block. But the up front cost to achieve true energy independence is beyond the reach of most people.

That said, solar energy can also be used in low cost, efficient applications today.

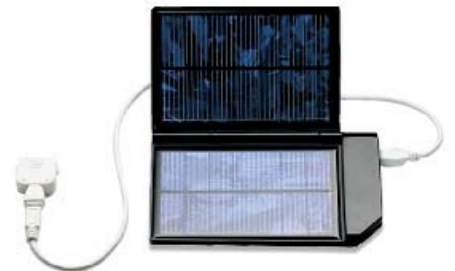
Solar cookers and dryers can be used in Canada to cook food and dry various herbs and food plants. These cost as little as \$350.00.

Solar cell phone chargers and radios can keep you connected to the outside world, without being connected to the grid. Yours for \$125.00.

You can even use the sun to light up, with a new product that simply focuses sunlight onto the end of your smoke. At ten bucks, it’s the cheapest solar energy product out there.

Yes, I’m biased. I started my company Sun Baked to provide the best of these lower cost solar energy solutions to ordinary people who can’t afford a full blown off grid house, but who want to use solar energy in their daily lives. My goal is to help ordinary folks achieve some energy independence, and live more sustainable today. I’m also proud to publicly support the use and legalization of marijuana.

Stephen Kerr is the president of Sun Baked, a small business providing affordable solar energy products to ordinary people. www.solarcooking.ca. He also provides off grid solar electricity systems and solar hot water systems. info@solarcooking.ca 416-465-8189.



No Stopping the Growth of the Marijuana Music Awards!



2006 was a blazing year for the Marijuana Music Awards. Even the council's ban of the UK Hemp Expo, the venue of the GMMA, couldn't slow the growth of the MMA popularity!

The Global Marijuana Music Awards had 223 entries from 7 countries including US, UK, Australia, Holland, India, Austria & Germany.

Music styles ranged from Punk Rock to Texas Country Music, from Chicago Gangster Rap to Calypso from India, all with one thing in common, The Herb!

and <http://www.myspace.com/marijuanamusicawards> to find out all the results and hear the winning tracks of 2006!

And don't forget to keep an ear out for the 2007 MMA. At this stage the 2007 GMMA will be in Sydney, Australia and the 2007 AMMA will be held in NYC

KEEP ROCKIN & ROLLIN!!



The American Marijuana Music Awards was keenly entered by artists from east to west coast, and from the deep South. Over 90 entries in the 2006 AMMA in its inaugural year. The 2006 AMMA winners were announced at Seattle Hempfest by Texas pot poet and winner of GMMA & AMMA Best Poetry, Paul Bullock.

2006 GMMA Song of Year and Album of Year winners are the spunky smokin band, Herbal Nation. Their smoker's anthem 'We Love the Herb' cleaned up in Song of Year for both the 2006 GMMA and the 2006 American Marijuana Music Awards.

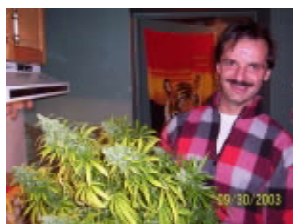
THE INDIVIDUALS walked away with 4 MMAs Best Blues and Best Rap in the 2006 GMMA and AMMA. This makes them the all time record holder of the most Marijuana Music Awards, now with seven to their name! THE INDIVIDUALS recently confirmed their success by having their track 'Let a Thug Smoke' played on the hit US soap 'Weeds'.

Another MMA success story is Rich Hardesty, the 2005 MMA winner has his track 'All My Friendz R Stoners' featured in the new National Lampoon movie 'Totally Baked'

Check out <http://www.marijuanamusicawards.com>



Hempfest Report



Hello, Pothead Pete here. A little about myself. I have been a long-standing member of Treating Yourself.com for more than three years now. I found out about Treating Yourself.com on-line and have found a new home there. I am an exempt grower licenced by Health Canada to legally possess 300 grams of cannabis at all times. I am allowed to grow 49 cannabis plants indoors. I also have a doctors recommendation that calls for 10 grams of cannabis a day . . . thus the high amount of plants I am permitted to grow. I like to vaporize my medication using the "Volcano" vaporizer, as I feel far fewer side effects than from smoking(which leaves me winded and coughing). I occasionally will ingest cannabis through eating, but do so rarely as my liver feels as though it has been through a war the next day. If I am having a really bad day, nothing compares to the intense feeling of eaten cannabis to quell away those pains. I have a heavy regimen of pills I must take on a daily basis to keep my H.I.V. levels undetectable. Cannabis has allowed me to take my pills on time, with food, every day. Thus, I am still alive today because cannabis allows me to stay on my highly active anti-retroviral therapy on time every day without fail, as I said, with food. I have seen my CD4 cellcount(the amount of immune system cells in the blood) go from a near death 20 or 4% to almost 600 today. I feel great and

have a positive outlook on my position in life.

The purpose of this article is to let everyone in on a little secret. It's called HEMPfest!! I have been to 2 Hempfest's so far and thoroughly enjoyed both. I missed the first year I was exempt three years ago as I told Pothead Sabby(the woman in my life), "Well, we have our own Hempfest at home every day!!!". I have been totally self sufficient for some time thanks to Treating Yourself.com and the wealth of knowledge the site possesses. I never run out of meds anymore. Well in 2005 we went to the Hempfest "7 Leaf Reunion Bash." We met a lot of fellow Tyer's there and again at the 2006 edition.

The 2006 edition of Hempfest was truly a memorable experience. I had a great time and wished it had lasted longer. Anyway my journey began in Toronto on Wednesday night and we arrived at Bruce Mines(the small town near Hempfest) early Thursday morning around 7am. A friend and member of TY named Clear Head C was supposed to get us a prime campsite for the TY gang, but by Wednesday night all the good sites were taken. Our spot from the year before was long gone so





we decided to make the best of it and set up in a nice little area behind the trees and close to the outhouse!! Never know when nature is going to call!! It is important to note that in the future these prime campsites are only going to get scarcer as Hempfest grows in popularity. My first year in 2005 there were approximately 900 in attendance. 2006 blew that out of the water with over 1,500 happy and stoned people in attendance.

We set up our tents, I love camp-

ing . . . nothing compares to some good nights sleep in the fresh country air! We started a small fire to get us warmed up..... it does get a tad chilly in the early morning, and then headed off into Bruce Mines for supplies. There you will find a fairly decent supermarket with a lot of the supplies one would need for five days in the woods. I also found it great that there is also an LCBO store where you can stock up on alcohol for your stay in the woods. Just remember...NO GLASS of any kind is allowed on the Hempfest grounds. We want to keep the site of Hempfest as pristine as possible. Thus, the glass ban seems to make sense.

Upon our return we were met by the Hempfest on site security. A cool bunch of lads riding around on their little ATV's so as to cover as much ground as possible. Only thing is...slow down guys!! he he...Rob from Planetary Pride did another outstanding job as usual, acting as both security and co-emcee on the main stage. His emcee sidekick, TY member fdrlxmptee Robert Neron, had me in stitches throughout most of the weekend. Anyone want some free weed? How about a marijuana pipe? Who wants a pot pipe? I heard this all weekend as the free giveaways seemed endless. Another successful event pulled off without a hitch, except for the lads who STOLE the ice and coolers that were to be used by TY member Sonnyboy for the hashmaking demonstration!! Justice was swift as the reward of a case of beer, 1/2oz. of Sonnyboys' Juicy Fruit, and some cash got the job done. The offenders were all ejected from the site and told to never return. No room for thieves at Hempfest! I feel safer already, he he..

Well on the way back into Hempfest from town we picked up a couple of hitchhikers because they had made a sign "Hempfest." We knew then that the party had started!! One of the hitchhikers was named "Max". Well Max had all he needed for his Hempfest trip. He had a backpack full of his supplies and a small tent in which to stay in. He was welcomed into the TY

campsite with open arms. On the other hand the other hitchhiker named "Indra" came totally unprepared. I referred to this guy as the "guy on the couch". Ever see the movie "Half Baked?" Well this guy seemed to be the guy on the couch personified! What a mooch. After an entire day of mooching and then with nowhere to sleep I had it with him. I asked where he was going to sleep? His reply . . . in Soulmates dining tent! I told him that he would have to either wake up the man and ask for his permission or find another place to camp out. I did not want to bear the wrath of my TY family, if for some reason this strangely acting person had robbed us blind during the night. So off he went. Missing a few cards from his deck, he was.

Back to the festivities. I personally brought all kinds of cannabis laced foods for the TY medusers to enjoy. Needless to say I was very popular. I brought Killer Fudge, Cannabis Brownies, Cannabannatrailmix muffins and cannabis spaghetti sauce. We had plenty of treats to go round. Mammahawk sure enjoyed my muffins. Green Girl and Green Guy had also brought cannabis candies and we indulged all weekend. Delicious. Nardwarz also brought some regular homemade spaghetti sauce and since mine was XXX I decided it would be best to add the two sauces together. Well, the Saturday night TY spaghetti dinner was awesome. I was baked . . . not fried! Soulmate told me he had been up at 4:30am for the past 30 years. Had never slept in. Needless to say he was up at 9:00 a.m. and couldn't believe how long he had slept!! he he...spaghetti with a kick!! And my poor Yorkies were comatose for 24 hours after they ate a little offering from Pothead Sabby. Told you not to feed them the XXX spaghetti sauce, he he...

When going to Hempfest, it is imperative to bring plenty of things you are going to need for the experience in the woods. You need medication, food, water, shelter, money and anything else you may think you will need. Needless to say the TY site had it all. We were going to do a shot of all the Volcano's present but the weather did not co-operate. I had a Volcano, Green Girl, Marco, Nardwarz, Clear Head C, and a few others had theirs too. Sonnyboy had his in action by the front booths all festival.

Another thing, when running a fair sized campsite is co-operation. I was the cook. People threw all their garbage into the fire. Some were asked to roll joints, or set up the Volcano's, or keep the fire going. All in all it is a community effort. I also made Tiki torches which came in very handy at night. I awoke Friday morning to two giant tarps over our site which were so graciously put up by TY members Raton and Clear Head C. This made staying dry and being able to cook so much easier.



Every morning about 10:30 I awoke to make country breakfast for all. We went through 4 pounds of bacon and 2 dozen eggs every day. A loaf of toast complemented the meal. And then for dessert cannabis muffins and cannabis! We smoked in joints, vaped, and bonged in all sorts of ways. Lunch and dinner was the same. Chicken, steak, hamburgers, hot dogs, baked potatoes, corn on the cob, well you get it. A community effort to bring all sorts of good eats to the table. This was a daily occurrence. Boy I must have gained 10 pounds.

Now the music at Hempfest is truly outstanding, Exodus was the Head liner for Saturday night. Guns N' F'n Roses opened. I truly love both types of music so I was very excited. Puff Mamma puts on a hell of a Wayward comedy show. On Friday the Killen'Time Band performed and they did a great job as usual. They have changed their name from Paleface Boogie to The Killen'Time Band. Great job guys.

The booths near the stage were full of excellent displays. Marco Renda from Treating Yourself.com had a nice booth set up displaying TY gear and TY magazines. I myself bought two TY windbreakers and Marco graciously through in a TY dew rag. Remember Marco works tirelessly in his efforts to promote the responsible use of medical marijuana for all!!!

Al from LaPlaya Glassworks had a nice booth set up where we could

see him in action. I especially enjoyed watching this glass master work at night. The colours produced during his work are incredible. I actually got myself a nice glass pendant that changes colors in the sun when you tip it. I wear it with pride. A beautiful piece and not too pricey either at \$10.

I also scored a nice bubbler from the CHILLS Canada booth. Very thick glass, almost marble thick. And the price was right \$30.

And don't forget the ever present TY member Sonnyboy, who was busy as usual doing his Hashmaking demonstration. I learned a few tricks from the master of hash himself. He had to have been surrounded by 20 to 30 people all weekend. He certainly gets the most trichomes out of his trimmings possible. You have to see the size of hash he pulls off to believe it!! And I was lucky enough to have tried some of the finished product and boy does it ever taste and vape yummy!!!

TY's Lady Di was also present selling marijuana themed nicknacks and such. Anyone need a pot leaf scarf? he he

Puff Mamma's bakery was well represented with Brian doing a stand up job manning the "mushroom booth." Cannabis cookies anyone? he he.....that mushroom flag was up all Hempfest. I myself tried a couple grams and actually found the experience quite enlightening. There may be some merit to the medical uses of mushrooms. I sure laughed a lot. And what a nice bong Brian had too.

At the Vaporizer.ca booth I scored a nice portable pocket grinder that looks like a flashlight. It is silver, so it's a perfect match for my Volcano when on the go. I did have to add better batteries but once I had the good old Duracells in it there was no stopping this grinder from grinding

If I forgot to mention anyone at the booths, I am sorry as I was actually ROASTED the whole time, in a good way though. The fresh air just makes you feel great.

At the Cannabis Olympics Treating Yourself was well represented by Green Girls' Junkyard Bong for the "Junkyard bong Wars." A cool little device utilizing a large peanut butter

jar with a smaller ice-filled jar inside. Add this along with some regular pipe parts and a new form of "Ice Bong" was born. To be honest at first I did not feel anything when I first tried inhaling meds from it. But upon exhaling, a large plume of smoke was not to be denied. What a great bong!! It almost felt as if I was vaporizing, it was that smooth!! Needless to say we brought home the SILVER with the gold going to some guy with a BONG HAT!!! Although not as "eye catching" as the gold medal winner, I feel that TY's junkyard bong was far more useful and innovative.

If I don't add your names please don't be offended but I am only human and my task at Hempfest was to have as much fun, and get as stoned as possible. Nancerella was there from Michigan. Thanks for the authentic American Miller Light Beers Nance. Twistaspliff was also in attendance at another campsite. Yo surfer dude...nice ta meet ya. My friend Kristian had a wonderful time and did a great job driving me to where I needed to go. Thanks bro!! ..And it was also nice to meet the TY "jack of all trades"....Soulmate....a.k.a., . Al and his lovely wife Robin. Robin said I made the best chicken EVER! I have to mention the venison Soulmate brought . . . delicious on the grill. Thank you. Duck was all around here and there with his dog Daisy. Thanks for the late nights Duck . . . us troopers need to get as medicated as is humanely possible . . . even if it is only for four hard days of partying!!

In closing, if you ever just want to get away from the city, have a laid back, stoned weekend, with the best friends, food, entertainment and medication, then Hempfest is for you!

PotheadPete reporting, your Hempfest "Cannacheff!!!"



Medical Marijuana Boosts Hepatitis C Treatment in New Study

UC San Francisco Researchers Find Marijuana Users Three Times More Likely to Successfully Eliminate Virus

CONTACT: Bruce Mirken, MPP director of communications, 202-215-4205 or 415-668-6403

SAN FRANCISCO, CALIFORNIA -- A new study from the University of California, San Francisco, just published in the *European Journal of Gastroenterology and Hepatology*, suggests that medical marijuana boosts the success of treatment for the hepatitis C virus (HCV). Untreated HCV can lead to liver failure and death, but in the new study, marijuana users being treated for HCV were three times more likely to have a "sustained virological response" -- i.e. HCV could not be detected six months after they completed treatment.

While extensive research has shown that marijuana can provide symptom relief, this is believed to be the first published study linking marijuana to improved cure rates for a life-threatening illness.

HCV treatment utilizing the drugs ribavirin and interferon is notorious for its severe side effects, including nausea, vomiting, weight loss, sleeplessness, and depression, which cause many patients to discontinue the long, demanding regimen prematurely. In this study -- which focused on a difficult patient population: seventy-one recovering drug users receiving methadone maintenance while simultaneously being treated for HCV -- those using marijuana were significantly more likely to complete their treatment regimens. The researchers, with UCSF and OASIS in Oakland, California, theorized that marijuana relieved the patients' medication side effects sufficiently to allow them to complete treatment, and concluded, "our results suggest that moderate cannabis use during HCV treatment may offer significant benefit to certain patients."

Overall, 54 percent of marijuana users had a sustained virological response, compared to only 18 percent of non-users.

The study was published alongside a commentary by a separate team of Canadian researchers describing the evidence that marijuana relieves debilitating side effects of treatment for HCV, cancer and AIDS, and calling for patients to be "legally permitted" to use it.

San Francisco patient Brian Klein, 48, (not a participant in the study) credits medical marijuana for enabling him to be successfully cured of HCV in his second attempt at treatment, in 2003-4. "One of the main reasons treatment succeeded was that I was able to stay on my medications," he said. "The first time I tried treating my HCV, in 2001, the nausea was so bad I couldn't even keep water down, and I had to stop after two months. Medical marijuana allowed me to successfully treat my hepatitis C and clear the virus."

"This is a landmark study, showing that medical marijuana can literally save lives," said Rob Kambia, executive director of the Marijuana Policy Project in Washington, D.C. "Every day that our government continues punishing the sick for using this medicine is literally a crime against humanity."

With more than 20,000 members and 100,000 e-mail subscribers nationwide, the Marijuana Policy Project is the largest marijuana policy reform organization in the United States. MPP believes that the best way to minimize the harm associated with marijuana is to regulate marijuana in a manner similar to alcohol. For more information, please visit <http://www.mpp.org>.

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Grant Krieger

Court dates scheduled for July 4, 5, 6 / 2006 9:30 AM Provincial Court Trial Calgary, Alberta Room 413

Crown Prosecutor: Scott Couper (Grant has had court dealings with this man in the past)

Defense Counsel: John Hooker

Provincial Court Trial Judge: William Pepler

The two trafficking charges stem from two separate shipments to medical needs consumers via UPS courier in December 2003 and FedEx courier in January 2004.

July 4

Spectator attendance in the court room was very small. Marie and Ryan Krieger, Hugh and Keith Fagin, Daryl Slade (reporter for the Calgary Herald).

The prosecutor and the defense lawyer had worked together prior to the trial to work out the details of the case they could agree on. Three thick volumes of documents were produced by the two lawyers and submitted to the trial judge before the trial was to begin. The prosecutor claimed they saved the court two and a half days of the courts time.

Both lawyers asked the judge to continue the trial the next day rather than in the afternoon as they both wanted to attend the funeral of a colleague in the afternoon. Both lawyers also agreed the trial could be finished the next day. The defense counsel stated he would only be calling two witnesses and Grant Krieger to the stand to testify. The judge granted their request.

After both lawyers finished their opening statements Grant was called to testify before the court.

The defense counsel brought to the courts attention the need for a clean quality and affordable supply of medical marijuana. Issues in regards to the Health Canada's current undesirable supply from Prairie Plant Systems. The fact that the current ever changing Health Canada MMAR is making it very difficult for all involved. The inability of doctors to sign Health Canada application MMAR forms due to malpractice insurance reasons. Insurance is telling the doctors if you sign the Health Canada application MMAR forms the doctor will not be insurable.

Details as to how and why Grant started to use cannabis were brought out by the defense counsel. Grant testified he first came in to contact with medical marijuana when he was in the hospital after he attempted suicide. Grant had taken a large quantity of prescription drugs to end his horrible suffering. Pharmaceuticals were not easing Grant suffering. Grant testified he had no control over bowel or bladder movements, at times could not see and uncontrollable spasms and pain due to suffering from MS. Grant continued to testify a visit in the hospital by a friend that educated Grant about the medical value of marijuana. This happened in the early 1990's.

Grant testified he wanted to find out if the marijuana was actually helping to rid him of his horrible suffering or was it just a placebo effect. As luck would have it Grant was introduced to another person suffering horribly from the affects of MS. Again it worked! Now with Grant armed with knowing for a fact first hand the suffering marijuana could rid people of, having gone through such horrible suffering himself he had to bring clean quality medical marijuana to the people suffering from medical conditions. The Grant Wayne Krieger Cannabis Research Foundation was born out of a dire need for medical marijuana.

Grant also testified that recreation consumers are making it more difficult for medical consumers to get a affordable, quality supply of medical marijuana.

Why....

The problem with so called recreational cannabis consumers is they can work, equals more income. Supply and demand comes in to play. The recreational consumer can afford higher prices, driving the price up on the black market. The medical needs cannabis consumers have to compete in the same black market with much less income and less product to chose from as a result.

July 5

Donna (Sedativeocean) was first to testify on the stand for the defense. Donna suffers from a number of medical conditions and medical marijuana helps reduce her suffering. Sadly Donna was having a bad day, nasty headache, she was pale, she did not look well. The judge asked Donna if she needed to sit in a chair Don-



na immediately accepted the offer of a chair to sit in. The defense counsel brought to the courts attention the fact Donna has made a number of attempts to get a doctor to sign the

Health Canada MMAR application forms all to no avail to date. Donna continued to testify that many of the doctor prescribed pharmaceutical drugs made her feel ill and unable to function at all. Very unlike the medical marijuana she gets from the Krieger Foundation which helps her to function due to the fact she does not need the doctor prescribed pharmaceutical drugs that do make her ill and unable to function at all.

Donna had a large medical file with her which included dates, doctors names, steps she had taken and the doctors refusals to sign the Health Canada application MMAR forums and why. Again the fact that the inability of doctors to sign Health Canada application MMAR forums due to malpractice insurance reasons.

Donna continued to testify she was very concerned about getting marijuana from the black market drug dealers. Reasons included, price, quality, fear of arrest and the criminal element involved in black market sales of marijuana. No choice of the strains you can purchase and unreliable supplies.

A man with a work related disability was next to testify for the defense (for this article I will call him Joe). Large tire broke lose from the steel rim and hit Joe in the left side of his chest.

Joe testified he has tried to get a doctor to sign the Health Canada MMAR application forums. Joe was told by the doctor he could not sign due to the fact the doctors malpractice insure would be revoked. Joe tried a few other doctors and was then accused of doctor shopping. Joe was unable to lift both his arms, could not sleep laying down, physiotherapy did not work and the pharmaceutical drugs were making him ill.

Joe testified he make Grant by chance in 2004. After a short period of time, massage and cannabis products (raw cannabis and cannabis butter) Joe started to see improvement in his condition. Major improvement in the last year. Joe testified due to Grant's wisdom and experience, I am sleeping properly, I can move my arms again and I have quality of life once again.

The lawyers final arguments are heard by the judge.

The prosecutor stated Grant has taken it upon himself to be modern day robin hood. Grant has no official medical training nor does anyone who helps Grant was also brought out by the prosecutor. There needs to be a controlled gatekeeper (Health Canada in this case).

Physicians participation in the application process is appropriate.

Defense Counsel stated he is not asking for a change in legislation, just as stay on the charges.

The current Health Canada MMAR is manifestly unfair and difficult to work through.

Judges comments

Grant alone currently makes the decision who gets medical marijuana. (a issue the judge was not keen on) Agrees some maybe even many doctors are not signing the Health Canada MMAR application forms. The gatekeeper appears to be keeping the people out.

The judge asked both lawyers to submit written arguments with verbal arguments to follow. Court was adjourned. Back in court September 25 / 2006.

Grant is expecting a desion from the Supreme court of Canada trial on January 12 / 2006 by September or October 2006.

September 21 / 2006

Grant was convicted of two counts of trafficking by the Provincial Court Trial Judge: William Pepler.

Presentence report has been ordered. Sentencing date is February 13 / 2007.

Grant has been assigned a probation officer. Debbie and I are on the probation officer interview list among others.

Keith Fagin



Product Reviews

Even within the canna-market, there are good and bad products, values and rip offs, and a variety of quality levels and customer service. Whether you're buying for yourself or trying to find a gift for a patient or recreational user, the following list can help ensure that you—or your gift recipient—are happy with your choice of product.

The following list isn't comprised of flippant company endorsements. I personally own or have extensively used these products. Each is one of my favorites within its respective category. I recommend these products with the best interests of you, the patient, in mind.

LaPlaya Glass

Price: \$10-400

Category: Glass Pipes / Beads

Info: laplayaglass@sympatico.ca

My LaPlaya glass necklace beads and pipes are among my most prized possessions. Made with love by a family of glass blowers from Northern Ontario, LaPlaya features Canadian quality and a personal touch not found in the cheap imports from India and China (you're not buying glass with no idea where it's made, are you?). Like Vapolution and One Drop Design, LaPlaya is a wise choice because the company supports Treating Yourself and a variety of pro-cannabis events and activism throughout Canada.

LaPlaya also does work on consignment and will design you a pipe or bubbler that's exactly what you want. There's no better way to support the movement and add some beautiful glass to your collection than LaPlaya.





Livity Hemp Clothing / Accessories

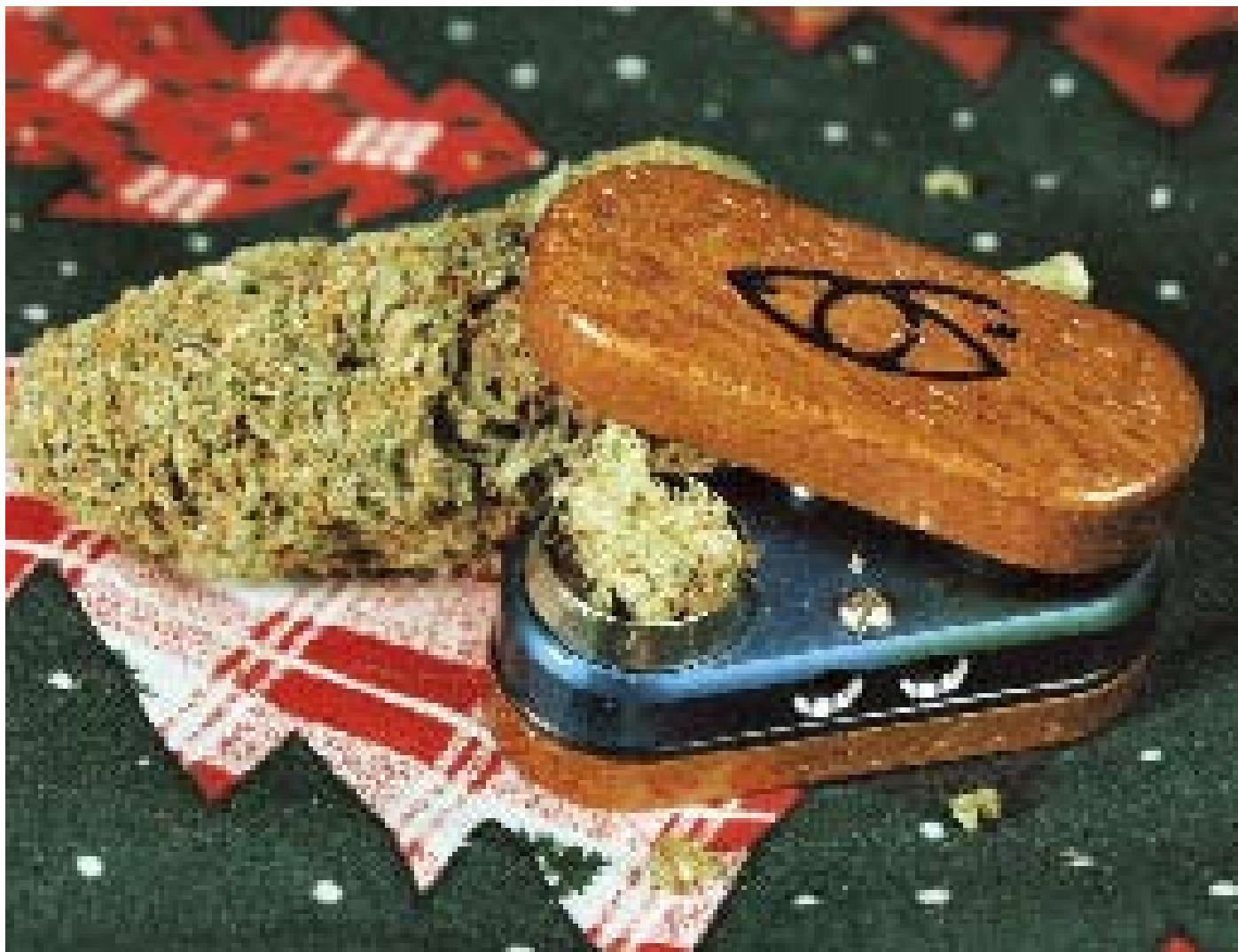
Price: \$10-160

Category: Hemp Clothing / Accessories

Info: www.livity.org

Specializing in hemp and earth-friendly clothing and accessories, California's Livity is a sincere and spiritual company putting out soulful products. From CD wallets and computer cases to hemp scarves and beanies, Livity's products are high quality and unique.

My hemp saddle bag (Livity's 7" Record Bag), which I use daily, has endured much and held up well during travel throughout North America. Attention to detail and reasonable prices (for hemp, at least) make buying from Livity a wise choice that supports the cause.



Monkey Pipe

Price: \$20-25

Category: Mobile Medicine

Info: www.monkeypipe.com

Monkey Pipes are high quality wood and metal smoking implements. Sporting pocket-friendly rounded corners and a nice organic feel, they're made to precise tolerances (at 1 ¾ inches long, 1 of an inch tall, and about ¾ of an inch wide). It's dimensions and form factor make the Monkey Pipe easy to conceal.

It unfolds to about 2 ¾ inches in length, providing a surprising amount of cooling power to your smoke for such a small pipe. When closed, the Monkey Pipe deprives your herb or hash of air, extinguishing the ember (economical and stealthy). The Monkey Pipe is especially functional as a mobile hash pipe, giving you the maximum mileage from your portable medicine.

Monkey Pipe nearly went out-of-business after the DEA's 2003 Operation Pipe Dreams rash of paraphernalia busts, but is back on the scene. New models include a stylish modern treatment of the traditional tobacco pipe and a larger double chamber model that includes a hidden protected storage chamber, allowing you to mix and match and take twice as much medicine on the road. Don't be fooled by inferior quality silver and black aluminum or colored plastic imitators. For authenticity, look for the Egyptian eye logo and the URL imprint.



One Drop Design Stash Box

Price: \$15-45

Category: Stash Boxes / Medicine Grinders

Info: www.1dropdesign.com

Waterproof and smellproof, One Drop Design's grinders and stash boxes are downright sexy and feature some of

the best quality on the market. Made from lightweight anodized aluminum and featuring rubber O-rings and your choice of artistic engraving (you can select from a full catalog of designs at no extra cost), my \$15 Novus stash box would be a bargain at \$30. One Drop Design will even custom engrave a Novus stash box or Contero grinder for an extra \$20.

Expandable and customizable, the Novus and Contero can be combined or expanded individually via the Uniter and Extender (\$12 and \$18, respectively). Made in Eugene, Oregon by likeminded fans of the culture who take pride in their work, One Drop Design's level of quality is difficult to find in a marketplace run over by cheap cookie-cutter products made in China. Like Vapolution and LaPlaya, One Drop supports the movement and Treating Yourself Magazine.



Sweetleaf Grinder

Price: \$30
Category: Medicine Grinder
Info: www.sweetleafgrinder.com

This might be the best \$30 I've ever spent. Light, high-quality, and very efficient, Toronto-based Sweetleaf is famous for its aluminum grinders that feature a nylon liner that does an excellent job of preventing sticking and jamming. Sweetleaf aluminum grinders provide smooth operation, even after months of chopping the gooiest herb. But the smooth

grinding action is more than a luxury; it's good for patients with arthritis or neurological/movement disorders who may be frustrated by the physical challenges of a sticky grinder.

TightPac Containers

Price: \$9-22
Category: Smell-proof Containers
Info: www.tightpac.com



TightPac's containers are the bomb, emitting zero smell by employing a simple vacuum seal mechanism (they're also waterproof). While the hard plastic isn't very sexy, it is effective for storing medicine with confidence and stealth. These cylindrical containers are available in sizes ranging from 0.29 to 2.35 liters and in clear plastic or solid colors. Made in a small workshop in Watsonville, California, TightPac's unique containers are perfect for storing the sacred herb. Forget burping Rubbermaid; TightPac is designed for cannabis.

Price: \$125

Category: Vaporizer

Info: www.vapolution.com

Vapolution Vaporizer

I love my Volcano, but my Vapolution vaporizer excels in areas my Volcano doesn't. It has the Volcano beat when it comes to mobility and stealth. When I go camping, I take my California-made Vapolution. With resin extraction rates as good as the Volcano and the herbalAire and a price of only \$125, the Vapolution is the best vaporization deal on the market. Vapolution even discounts the unit to \$80 when purchased in quantities of five or more (perfect for group purchases through compassion clubs and dispensaries).

The unit's mobility will be enhanced in early 2007 when the company introduces a two-hour rechargeable battery. If used sparingly, a single charge could provide a full weekend of medication. Owned and managed by activists who support medical marijuana and Treating Yourself Magazine, you can't go wrong with Vapolution.



Eddy Lepp says I love this! It's a great value.

Volcano Vaporizer

Price: \$550

Category: Vaporizer

Info: www.storzbickel.com

The German Volcano continues to be one of the finest vaporizers money can buy, offering both convenience,

quality, and resin extraction rates that are among the best on the market. Featuring the famous customizable-size inflatable bag system that's perfect for leisurely puffs of harm-reducing vapor and group sessions, operating the Volcano won't stress you out as you try to de-stress by consuming your medication.

Spent herb (post-vaporization), which is called "duff," can even be used in cooking, further extending the utility of your precious medicine. Storz & Bickel, which now has an office in California to better serve North American customers, currently offers stylish replacement domes in a variety of colors for \$60.



The Bubbleator

Well folks here we are with a whole bunch of trim left from the "TrimPro" experience, we've dried it thoroughly and placed it in 150 gram bags then into the freezer it goes! This is where "The Bubbleator" comes into play! The Bubbleator is a VERY handy way to turn "trash into Treasure!"

I would like to take this moment to thank our great sponsor over at "Green Harvest.ca". They have thoughtfully donated the "Bubbleator" as well as the "Piecemaker" (trichome press). If you are looking for quality products... they should be among the first stops you make in your cyber shopping trip! I have thoroughly enjoyed evaluating every one of their products to date! Medical cannabis users require value for their dollar... these folks deliver on that promise!

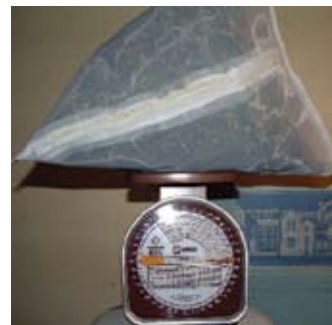
My first impression upon opening the box was "this looks like a students dorm room washing machine", when you look further though you'll soon see that you can't just buy a portable washing machine and make some hash.



What you get for your money is a machine that has already gone through some rigorous testing to ensure that it will stand the stress, you also get everything else that is required to make your hash.... except the trim, water and ice... a 5 gallon bucket is also required ! Included in the kit (5 Gallon kit) is a special "pyramid" shaped mesh bag with a fairly rugged zipper, you also get a three bag bucket filter kit (these go into the 5 gallon bucket) as well as a thermometer and a mesh colander.

Get ready by locating your Bubbleator on firm footing (there's a whole lotta rockin and rollin about to go on)! The Bubbleator should be plugged into a grounded receptacle (preferably GFI) and located near a source of COLD water. Now set up the "catch bucket", it MUST be located BELOW the Bubbleator! (* insert bubbleator and catcher *) First put in the finest mesh filter bag, use the provided string "cincher" to firmly

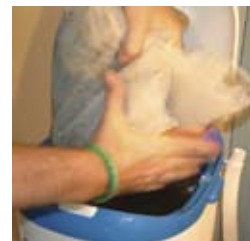
hold the bag to the bucket lip. Then place the middle bag and likewise secure it. Now place the "coarse" bag inside the first two, secure this bag as well to the bucket rim (you will notice that this "coarse" bag is the same mesh size as the pyramid bag, this catches any plant matter that is forced from the pyramid bag... do NOT leave this bag out).



Following the manufacturers directions I placed 500 grams of (frozen) trim into the pyramid shaped bag... at a glance you will swear it won't fit... it will! (* insert pyramid bag *) I then put this back into the freezer in a plastic bag until the final moment it was required. I ran my tap until it reached its coldest temperature, then filled the "Bubbleator" with 10

liters of water. Now add a bag of ice cubes (* insert ice and water *) and close the lid, set the timer for 3 minutes... sit back and wait (agitating the ice and water will chill it quickly). You want your water temp to be at least -4 degrees (* insert temp *) (do NOT leave your thermometer in the machine while running!).

Now you've got REALLY COLD water and some ice left... go get that pyramid bag now and toss it in! (Take it out of the plastic bag first ;)) OK now set your timer for approximately 8 minutes, if you know your Bubbleator is on "firm footing" and can't fall or vibrate off of it's perch go and roll yourself a joint... or fix yourself a coffee. GONE are the days where you have to stand and hold a paint mixer mounted on a drill to agitate your trichomes! GONE are the days where you have to stop every 2 minutes to clear the mound of wet, cold trim from the paint mixer! RELAX! Hash making should be FUN! Not a chore....



OK you've waited your 8 minutes... the machine has stopped smashing ice and trichomes together... the timer has ceased it's ticking... it's time to see how we did! Lift the lid and pull out the mesh bag.... squeeze this bag very well to ensure that you get as much water out of it as possible! (* insert squeeze bag *) Place the pyramid bag into a large bowl for later use. Now take the drain hose from it's hook at the back of the Bubbleator, with a quick motion place the end of the hose into the catch bucket (* insert drain *). The Bubbleator will empty FAST leaving only a few plant particles and ice inside, place the drain hose back on its hook when the machine is empty of water. Here's a tip... put the pyramid bag back into the





machine with the ice... it will help keep the trim COLD.

Now lift out the first bag from the catch bucket, this is the "trash bag" take a look at what's been released from the pyramid bag (* insert trash catch *). Time to lift the middle bag! The water should drain fairly fast from this bag, when you have the water drained off it's time to remove your first load of trichomes! (* insert first goodies *) I prefer to use a stainless steel bowl to any other method I have tried... simply place the filter bag into the bowl (* insert stainless bowl *) and pull the bag "inside out" over the bowl (* insert mm mmm goodness *). Do NOT stretch the bag tightly!!! This will "open" the mesh of the bag and almost assuredly get the mesh plugged with resin before too long! Now with the mesh lightly stretched over the bowl you will see how easy it is to use a credit card to scrape up and collect your trichomes!



Repeat the same procedure with your fine mesh bag, you will find that this bag drains much slower. I find this is speeded up by gathering the top of the bag in one hand and gently "massaging" the fine mesh on the bottom of the bag. Gather the trichomes the same way as before. You can repeat the agitation and filtering stages as long as you think you are getting useable product, remember to keep topping up with fresh ice now and then. I ran my first test batch 4 agitations and received about 21 grams dry weight for my troubles :) Further experimentation has shown me that a superior product is had with 3 runs or less... more agitation equals more plant matter making it to the final screens, more plant matter equals harsher smoke.

Here is where my own personal approach differs from that directed by the manufacturer.... I have a large piece of filter mesh (ultra fine) I use this as the first step in drying my product. I simply collect my trichomes from the filter bags and place the blobs of wet trichomes on the centre of my "pressing cloth" (extra piece of filter mesh) I collect ALL of my trichomes and combine them as I prefer a single grade of hash rather than several grades. I fold the mesh over the gobs of trichomes and use a bath towel to absorb the excess water that is then squeezed out (lightly roll with

a rolling pin or similar round object). Then I place the somewhat drier trichomes onto "parchment paper", spread it nice and thin with your credit card. I use a food dehydrator set on its lowest temp setting to dry my trichomes to a dust/powder consistency... usually a day or less in the dehydrator will do it. (* insert dehydrated trichomes *)

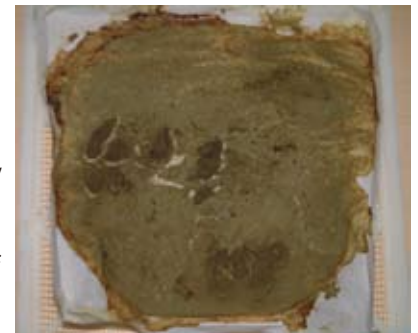
Bubbleator recommends that you dry your hash (slightly) in the mesh filter bags then force the hash through the provided "Stainless Steel colander"... I say keep the colander for your brussel sprouts or green beans. When I followed the instruction for the colander portion of the kit I ended up with a bunch of hash all stuck in the mesh of the colander :(

Other than the "colander" trouble I experienced, I found this machine to be a treat to use! It takes most of the mind numbing work out of cold water extraction!

The Bubbleator donated to us by "Green Harvest.ca" has since been passed on to a patient who is not capable of processing his own trim by any other means, this machine will make his life much easier I am sure! :)

Now that your trichomes are all dusty dry... what now? (* insert 21 grams of crumbly *) Well you can store them "as is" in a dark cool place or you can PRESS them into a gorgeous chunk of hash with a hash press! What's that? You want to know about hash presses now? Well OK ... but you are going to have to suffer along with another of my product reviews ;)

Gord Hume; partially disabled CDN Army veteran legal grower/consumer of medical cannabis



The Piecemaker

A Product Review by Zardoz



The "Piecemaker", from the moment you open the box and first set eyes on its gleaming machined surface you know it means business. No... I'm not talking about the legendary handgun by a similar name. The "Piecemaker" I am referring to is a Trichome Press provided to us by our sponsor "Green Harvest.ca".

Inside the box is a gorgeous all Stainless Steel tube style press, a small tube of grease for threaded fittings and a few "foils" (small circles of waxy paper that let the "piece" release from the press). Our review kit also came with the optional "personal-



ized stamps". The "stamps" come in three patterns so far, a pot leaf, a "Ying/Yang" sign and a zodiac symbol wheel.



Take a few minutes and chop your dried trichomes into dust. If you've read my review on the Bubbleator you know I like to fast dry my trichomes on parchment paper in a food dehydrator, when done this way the trichomes literally peel off of the parchment in a "sheet". I put the sheet of dried trichomes on a clean dry surface that can be scraped with a card to collect any Trichome dust. I use a large sharp kitchen knife to chop the Trichome sheet to



pieces (rocking the knife back and forth along it's length is very effective) the finer the pieces the more homogenous the resultant piece will be.

Time to prep the press! I like to give all threads a tiny touch of grease to ensure the product functions with ease. Remove the base from the press and unscrew the threaded handle far enough to accept your dried kief (look inside and see that the stamp/piston is all the way back and in contact with the screw). If you choose to "customize" your piece do it now by placing the stamp of your choice into the press (make sure it is flat against the piston), now place a small "foil" into the press... again making sure that it is flat. Finally place a large "foil" into the base.

Now we load the "Piecemaker"! Turn the unit upside down and drop about 20 grams of crumbly Trichome dust into the open chamber. Now screw the base on (no need to get it crazy tight).

With the "Piecemaker" fully loaded and closed it's time to begin pressing! Begin by spinning the "T" handle down until gentle pressure is required... NOW you are pressing! Following the instructions is best here; you want a long slow steady pressure to make your piece. The instructions recommend a 10 second count between handle movements; I do my best to raise the temp of the "Piecemaker" a little bit with body temperature. Once you have compressed the "Piece" as much as you can it's a simple matter to remove your "Piece"; back off the screw slightly to release tension... now unscrew and remove the base. All you do now is simply screw the handle down towards the open end of the press and your "Piece" will be forced out. The "Piece" will seem to be adhered to the stamp but a little delicate coaxing with a tiny knife will soon see it pop free!

OK folks it's that easy! The "Piecemaker" has taken a long and arduous task of "hand pressing" and made it possible to achieve superior results in twenty minutes or less... if you have a hash connoisseur on your shopping list this unit will be sure to please! Now go enjoy some of that nice fresh pressed kief ;)

The Volatizer

This product was supplied to us by “Chiro-Tec Inc.” in the USA (www.volatizer.com).

It is a water cooled/filtered vaporizer that is capable of vaporizing just about anything you might choose to inhale; from cannabis tinctures to pressed kief or good ol BUD! The kit comes complete with a carrying case with lock, a wall adaptor, a “Volatizer” wand complete with a large bowl and screen and last but not least a “Pyrex” filter flask with a hose. (* insert kit *)

OK first things first... the “Volatizer M2” was delivered with a piece of surgical tubing to breathe the vapor through (no mouthpiece provided). Personally I don’t find the taste of surgical tubing to be all that great... so I replaced the tubing with some food grade clear plastic hose complete with a glass mouthpiece... much nicer!

Time to see what this baby will do! First I fill the flask up to the 450 ml mark (too full and you get water up the hose), then put the rubber stopper in the top of the flask. Now place the large bowl into the glass slider that passes through the rubber stopper. Make sure the screen is secure in the bottom of the bowl... then fill with your choice of meds. You won’t need much product to achieve your desired results... what you will need is a comfortable place to sit down ;)

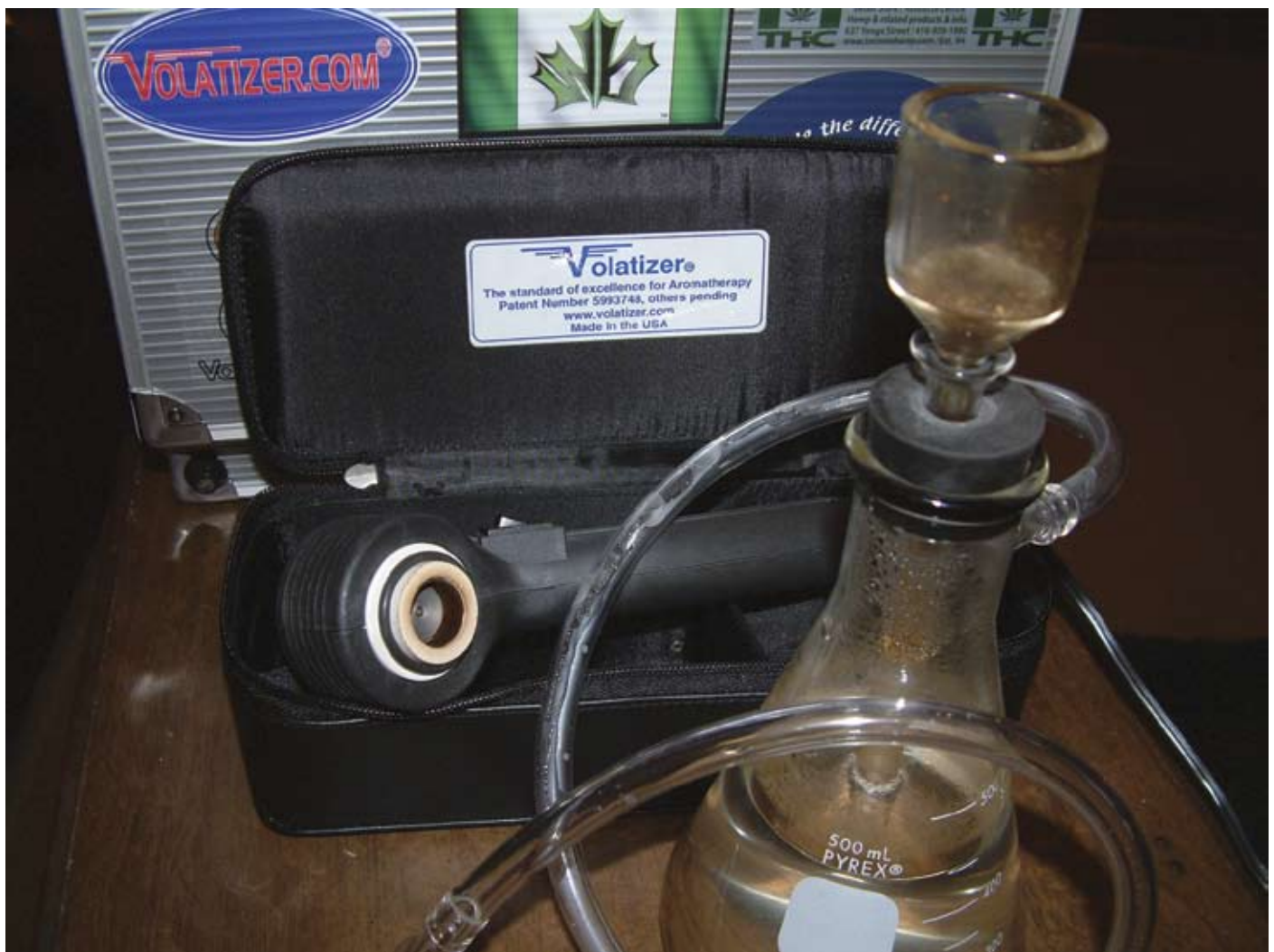
To use the unit you need to pre-heat the wand for a second or two (* insert lit up *), then place the wand flat on the top of the bowl (make sure that the rubber “O” ring on the wand remains FLAT on the bowl to achieve a decent seal). With the wand toggle switch still depressed take a few long slow deep inhales from the hose coming from the flask. Keep the wand in place for a few seconds after you release the toggle switch as the bowl remains HOT and will continue to vaporize its contents for a time.

I have used this machine with everything from cannabis tincture, crumbled trichomes and some nice buds.... heck I even gave it a try with some Turkish “Sheesha”!

Personally I don’t have any trouble with the unit; though some that have tried it have found the device hard to co-ordinate and some with Arthritis find the handle on the wand to be very uncomfortable. I would love to see the “Wand” reduced to a heating element that is not much bigger than the round end that contains the element. This could be further improved with a few spring tension “legs” that insert into the bowl and assist in holding the heater on the bowl.

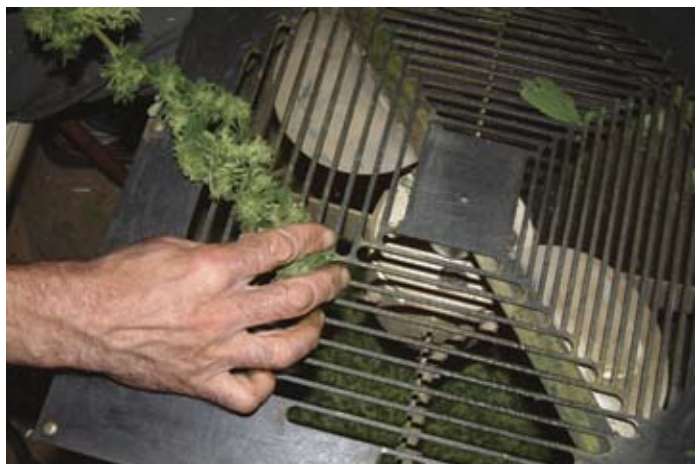
Gord Hume; partially disabled CDN Army veteran, legal grower/consumer of medical cannabis





Need to find that "special something" for that "special someone"? Whether your needs are for a medical patient or for a responsible connoisseur you are sure to find something that will "Fill the need for some Holliday Weed!"

In this issue I will endeavor to evaluate a few products from our current sponsors as well as another that I borrowed from a friend.



I will start my reviews with the one product that is not on our sponsor list... the "un-thinkable" happened. Timings were poor and my garden as well as those of two other medical patients was harvested within literally hours of each other. Now this might not sound like such a bad thing... but we are a "tight knit bunch" around here and as such we tend to help each other out when it comes time to trim the crops.

We were faced with a long trim job ahead!

I remembered that a friend had a "TrimPro" ... truly a "Wonderful Thing"! The unit consists of a mesh bag that collects the "clippings", a set of four sturdy legs and the "clipping table". The table is a square surface with a grill "slot cut" in a circular shape. The grill is divided into two different width slots set at 90 degrees to each other. The slots are cut at the different widths to accommodate either "Indica" or "Sativa" dominant strains (sativa = long thin leaves... narrow slots, indica = short stout leaves... wider slots). The electric motor itself can be moved closer or further from the cutting table surface to vary trim depth as well ;)



The cutting action of this unit is rather simple; a razor sharp bar of some considerable weight is whirled around at a very rapid rate of speed. This bar has part of an aluminum fan blade attached to the "backside" of the cutting edge, thus creating a rather powerful "suction" action taking place amongst the leaves along the stem to be trimmed.



Upon setup I was immediately concerned with how damaging the trimmer might be to the trichomes on the buds! After all this IS medicine and we do NOT want to loose potency of our medicine through poor handling/trimming! So a "test bud" was selected and the "Trim Box" went to work!

We quickly learned the reason for the two slot widths.... We also learned in very short order that this was a job to be done either outside or in the garage.... Or as we did it... with a BIG piece of plastic for a drop cloth! Another lesson that was learned luckily with NO casualties was that this blade once fully in motion... would not hesitate in the least to lop off a finger tip or two without even skipping a beat!

It was soon found that if the person trimming adopted a sort of "flat handed" approach and "rolled" the buds over the trim grate that a satisfactory trim could be easily and SAFELY obtained.

Keep in mind that this IS a labor saving device and as such it is subject to imperfections, to date the biggest "imperfection" that this machine suffers (in my opinion) is that it just might leave a tiny bit too much leaf on for some folks approval. To me this is rather subject to the point of view of the trimmer and the smoker.... For myself... I'm in both positions and I can say in all honesty that I don't mind a little bit of bud leaf still on my buds! When you consider



King Kong Garden for Peanuts



continued...

that this plant only took a grand total of 34 minutes to trim "top to bottom" I can surely suffer some leaf crumbles when I get to the bottom of an ounce ;) With practice and care a very fine level of trim can be achieved.

If you have a LOT of trimming to do I haven't found an easier way to trim than this! I'll leave you with a "parting shot". I like to call this "Two Tireless Trimmers," the fellow in the picture sat for a total of eleven hours to "trim the whole bunch". For those with smaller requirements for trimming there is also the "little brother" to the "TrimPro"; the smaller unit is called the "TrimBox".

Now take that big bag full of "medical mulch" and spread it out nice and thin so it can dry out thoroughly... you are going to need it if you want to use the next item up for review ;) Don't forget to use a razor to scrape the cutting edge clean now and then... it gets VERY gummed up with ultra sticky resin!

Gord Hume partially disabled CDN army Veteran legal producer/consumer of medical cannabis.



Well folks it's been a while since we visited the "King Kong Grow for Peanuts". The garden is now totally under the control of my best bud "Pain Pal" and his devoted wife "Pickles". There have been a couple of "misadventures" so far with this homemade system. First we had a catastrophic nutrient pump failure, we did our best to remain "in the spirit" of DIY and lowered costs... as such we purchased a "pedestal" style sump pump to replace our low cost submersible pump. The pedestal style also broke down prematurely!

Pain Pal did not want to risk crop failure due to another low grade pump, so he went out and bought a \$129.00 CDN submersible pump complete with a tethered float switch (Homehardware Canada). This pump has been performing flawlessly for two grows now. An unforeseen result of our pump upgrade was the interior piping inside the grow tables... as it turns out the new pump is MUCH more powerful than the last two pumps. This resulted in a hose splitting under the table top. The cure for this is simple ALL piping must be "heavy duty" ABS tubing NOT "standard" grade.

The garden is down for maintenance right now and the new tubing is yet to be installed, once the indicated repairs have been completed

I am confident that this garden will continue to produce more with each successive grow and the systems requirements are better understood.

**Gord Hume;
partially disabled CDN
Army veteran
legal grower/
consumer
of medical
cannabis**



Skyelar Pollack

This is the story of how the book *Tao of Hypnosis – Magic of the Modern Mind and Hypnotic Journeys - The Interactive Multi-Sensory Trilogy* were inspired and created as well as a biographical recounting of my education in trance theory and hypnotism.

I was raised within a small community of nudists and naturalists at a clothing-optional, residential and vacation resort located just outside of the GTA (Greater Toronto Area) in Ontario, while attending private school in Toronto. My daily perceptions and observations imprinted upon me an awareness of the way people view reality differently when exposed to various environments, sensations and life experiences. My social life at the nudist resort afforded me the opportunity to gain musical and dramatic exposure from highly trained, international performers that frequently visited the resort. The nudist community, by its very nature, innately espoused concepts and lifestyle choices such as freedom of expression, openness, honesty, acceptance and compromise. My parents loved reading, especially science fiction and fantasy novels. They expanded my mind and fascinated my imagination by reading Piers Anthony, Robert A. Heinlein, Robert Asprin, Isaac Asimov, Jules Verne and others to me during our morning commutes to the city as well as every night at bedtime. The culmination of my parent's guidance, exposure to amazing authors, talented artists and free-spirited nudists, initiated my interest in language, communications and interaction.

When I was eight, I moved from the resort to a more socially acceptable living environment in Toronto. I began acting and auditioning while attending public school. I memorized hundreds of scripts for stage plays, independent films, feature movies, television shows, animated cartoon voice-overs and commercials. Through perseverance and luck, I became a working actor and *Actra* union member. I cherished every part I played and learned a great deal from the roles that I aspired to perform.

When I was twelve my grandfather, Bill Pollack, gifted me a tattered old book about hypnosis, written in the 1950's, entitled '*Hypnotism Simplified*'. The phenomenon of hypnosis always fascinated my grandpa as he applied his understanding of the human mind to social engagements, tournament bridge, magic tricks and games of chance; especially poker. The hypnosis book showed me a new perspective on the human mind that I had not previously considered. I too became fascinated by hypnotic phenomena and its seemingly infinite potential. Over the next four years I accumulated a large collection of hypnosis and meditation recordings from many different hypnotists, which I listened to nearly every night. Each hypnotist I encountered used their own methods for creating hypnotic experiences. I listened to and experienced a multitude of specialized hypnotic techniques from innovators and experts such as Barrie Konicov, Anna Wise, Paul R. Scheele, Anthony Robbins, James Braid, Dave

Elman, Milton H. Erickson and the father of hypnotism, Franz Anton Mesmer. I personally used hypnosis to improve my memory, sensory acuity, vocabulary, confidence, creativity and to overcome my irrational fears and phobias. I found that a lot of excellent hypnotic recordings were produced without music, so I designed my own relaxation music and mixed it with my favorite sessions. The experiences I accumulated while journeying through each cerebral story continue to directly influence my writing, music and life views.

Living in Toronto gave me the opportunity to frequent a multitude of libraries and specialty bookstores. I copiously meandered through publications that might assist me during the contemplations I was trying to illuminate with information. I studied esoteric topics such as Bruce Lee's, *Tao of Jeet Kune Do*, an explanation of martial arts from a Taoist perspective. This led me to Frijov Capra's, *Tao of Physics*, an explanation of the parallels between modern physics and Eastern mysticism, which eventually led me to English transcriptions of ancient Taoist documents, such as Lau Tzu's, *Tao Te Ching*, Sun Tzu's, *The Art of War*, and Wen Wang's, *I Ching*, known as '*The Book of Changes*'. I continued studying various applications of trance theory in relation to body language, facial expressions, sign language, psychology, physiology, philosophy, self-improvement and other diverse topics. I applied the information that I gained from my hypnosis experiences to every new topic I delved into, so that I could retain and apply new information to my studies.

At sixteen years old, I serendipitously discovered a school that offered certification courses covering many hypnosis related vocations. I finished at the top of my class with a practical education as a certified Ethical Comedy Stage Hypnotist. During the next three years I learned how to express myself creatively using digital audio, visual and animation programs, while studying the dynamics of sound in relation to trance through music theory, vocal harmonic overtone singing, throat singing, Cymatics, drumming, mantras and chanting.

Before and after performing stage hypnosis shows, I was often asked to help people quit smoking, lose weight, eliminate anxiety, control habits, overcome fears and associated concerns. So, at nineteen, I decided to advance my training by taking a course on Hypnotherapy. Through this comprehensive course I received N.G..H. (*National Guild of Hypnotists*) recognition and certification. The N.G..H. has been promoting ethical hypnosis and providing an open forum for a free exchange of ideas concerning hypnotism since 1951. The interactive nature of the course enabled every participant to experience hypnotherapy from the perspective of stu-



Journey of a Dream-Caster

dent, teacher and practitioner. Nearing the end of the course, the entire class was guided on a group visualization exercise through a jungle environment within our own minds. I became a chimpanzee and clearly remember swinging and jumping from one tree to another while playing in the rain. Other people became large jungle cats, while others became birds, rodents and amphibious creatures. While reminiscing in a group discussion after the journey, each student clearly remembered what had happened, what they did, what they became and where they went during the visualization. Some reasoned that the animals people chose were metaphors for the type of personality they were. Others made associations with their current and or future concerns and plans. Still others felt the experience occurred as a result of past memories. Everyone involved experienced a very similar phenomenon in their own unique way. This was the basis for my development of *Tao of Hypnosis* and *Hypnotic Journeys*.

Soon after completing my Hypnotherapist training and certification course, I opened my own hypnotherapy clinic called *Clear Skye's Ahead Hypnotherapy*. I wrote new customized scripts for my many diverse and varied clients and began crafting prerecorded audio sessions. I worked primarily with fellow ACTRA members, as well as a few aspiring actors, utilizing custom visualizations and specialized trance techniques that I designed to eliminate the negative affects of audition anxiety and stage fright. I referenced my knowledge and practical experience with acting, performing, auditioning and hypnosis to create visualization sessions that would guide my clients, via simple memory associations, through the entire audition experience within the imagination, while reinforcing feelings of calmness, confidence, relaxation and readiness. Through sense enhancing, option-based visualizations, similar to the *Hypnotic Journeys*, actors could prepare for their upcoming roles by performing as a character in an imaginary casting house in their mind's eye. The clarity and detail of my clients' experiences were remarkable and the affect was a new perspective on the audition process that allowed them to enjoy becoming characters rather than trying to be actors.

To improve my poetry, song, story and script writing abilities, I began submitting all my work to *fanstory.com*; an interaction based online community of writers and critical reviewers. My first book, *Balladeer* was published by *Publish America LLLP*, of Maryland, USA in 2005 and now, at 21 I own and operate my own company, *Balladeer Entertainment*. The completion of the Official Guidebook, *Tao of Hypnosis* and the Multi-Sensory Audio Trilogy, *Hypnotic Journeys* represent the culmination of my studies on trance, hypnosis, meditation, interaction and existence.

T.H.C. Is Fine By Me – A Rhyming Acrostic Ballad

ADVOCATING THE DECRIMINALIZATION OF MARIJUANA IN CANADA NOW!

All around the world
Devotees join in battle
Virtuous resilient force
Opposing foolish prattle
Cannabis conundrum
Apposing dire campaigns
Tedious defamation of
Ideological refrains
Nostalgic mindful hippies
Gather still persistent

Tokin' in the open air
Happily resistant
Enemy to ignorant

Detractors of the truth
Elucidating our misguided
Conscientious youth
Righteousness remains
Information travels
Machination's truth
Intermittently unravels
Nationally Canada
Anticipates debate
Legalize, decriminalize,
Incarcerate or wait
Zealous propaganda
Agitates our karma
Tie it to our free healthcare and
Independent pharma
Ophthalmologists advocate
Numerous applications

Oculists agree with these
Fantastical temptations

Medical utilization
Alleviates pain sensation
Research showing cancer victims
In appreciation
Justify hemp's contribution
Uphold your right to choose
Advocate pot use at home
Naturalize like booze
Adopt an open attitude

Identify your position
Never waive your right to choose

Challenge indecision
Aspirations forcing change
Not to be ignored
Articulate your right to toke in
Demonstrative accord
Appearances and deceptions

Not withstanding facts
Opinions interpolate the rules
We all should just relax

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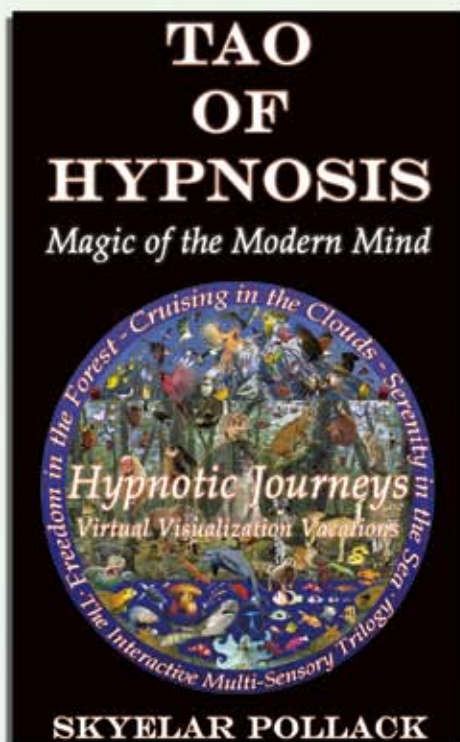
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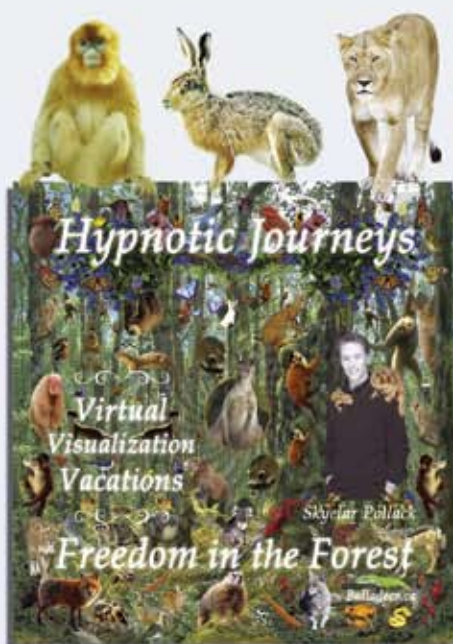


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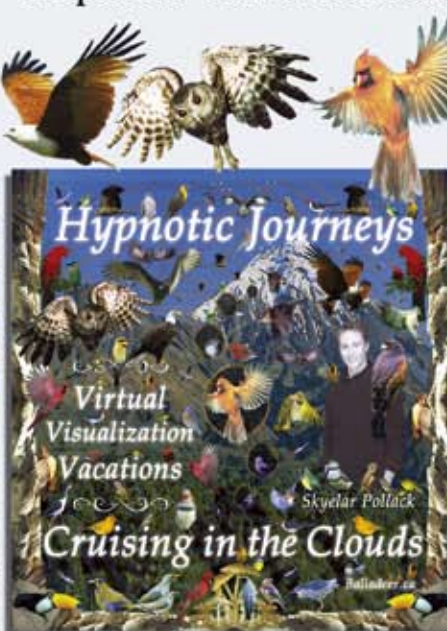


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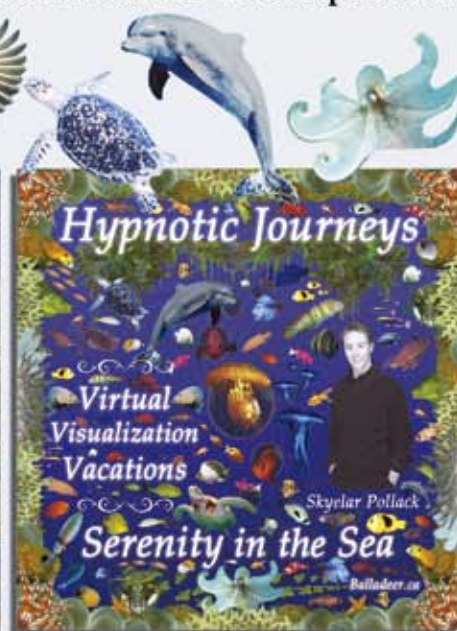


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State of the art
Control Centre



Glass Enclosed -
Air Cooled Lighting System
Producer



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The BloomBox

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- 125 W fluorescent vegetation bulb
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- Custom fit coco carbon filter
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- 85 gph pumps with override switches
- State of the art CO2 injection system
- 4 independent exhaust systems
- Dimensions - 27" x 54" x 51"
- Revolutionary Computer Control Centre

Glass Enclosed -
Air Cooled
Lighting System
BloomBox



Back of
Bloom Box



CO2 and Hydro are Optional with the BloomBox and Producer



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First of all, let me state that I am not a doctor, and I am in no way qualified to recommend a course of treatment to anybody. What I am about to tell you is based on personal experience, lots of research, and a commitment to live my life as free of pharmaceutical drugs as possible, especially the group of drugs known as SSRIs, used to treat depression. I recommend that anyone who is considering trying out a new pharmaceutical drug or herbal remedy first research it thoroughly, especially if it was prescribed by your doctor.

In August 2000 I was in a motorcycle accident that left me laid up for 7 months of isolation and pain. As a result, the depression that I had been unknowingly dealing with for most of my life became unbearable, and I found myself in the deepest, darkest hole imaginable. Since I try to avoid doctors, I turned to the internet to research my options. I quickly determined that the SSRI pharmaceuticals were too addictive, and came with far too many side effects for me to risk trying them.

Instead I decided to try an herbal remedy called St.. Johns Wort, after reading a couple books and many articles online. I read that St.. Johns Wort was used successfully in Germany to treat 80% of depression cases, which sounded good to me, and there were virtually zero side effects, which sounded even better. I combined this with another herbal remedy called 5-HTP which boosts the body's serotonin level. I also added hemp seed to my diet as a meal replacement because the depression had removed my appetite and will to eat. My weight was down to 127lbs from my usual 160lbs. That's quite a bit considering I am 5'-10" tall.

After two weeks of using 900mg of St.. Johns Wort, 50mg of 5-HTP and drinking a blender shake with 1 cup of ground hemp seed cake every day the effects began to be felt. My mood and energy level improved, and I stopped losing weight. As the weeks progressed, I was able to start putting weight back on and in no time was back over 150lbs again, and my weight stabilized with about 10% body fat. My wife really noticed the difference in my mood and energy level, more so than even I did.

Today I still use 1 cup of hemp seed cake every day as a breakfast replacement, high protein, high fibre blender shake (see recipe below) to maintain a healthy mood, energy level, and body weight. The high fibre component of hemp seed also keeps my bowels functioning the way they are supposed to. This is a great benefit to anyone taking intestine binding opiates regularly. I only use the St.. Johns Wort and 5-HTP now in the dead of our Canadian winter to offset the "cabin fever" depression that comes from lack of sunlight. This all-natural treatment was so successful for me that I shared it with friends, who also found comparable results. Due to increasing interest, I recently began selling bags of certified organic hemp seed cake through the TreatingYourself.com website in the hope of helping other medical users realize the same benefits I have. I can be reached through that site by anyone interested.

Although Ally (aka pflover on TreatingYourself.com) did an excellent job explaining the benefits of hemp seed in issue #2 of this magazine, I think it will be useful to revisit some of the key points here; Hemp seeds are the most complete, and usable, edible protein in the vegetable kingdom. Although soybeans are said to contain more protein, much of it is unusable by the human body. Hemp seed protein is free of the trypsin inhibitors found in abundance in soy which block protein absorption. Hemp seed protein is also free of oligosaccharides, also found in soy, which cause stomach upset and gas.

Hemp seed protein is comprised of approximately 65% of edestin which can be found only in hemp. Edestin aids digestion, is low in phosphorus and is considered the backbone of human cellular DNA. The other one third of hemp seed protein is Albumin, another high quality globulin protein similar to that found in egg whites.

The main function of dietary protein is to supply the building blocks called amino acids so that they can be used to reconstruct other proteins needed for the growth and maintenance of body tissue. Hemp seed protein contains all 21 known amino acids, including the 8 essential ones adult bodies cannot produce. Proteins are considered complete when they contain all the essential amino acids in sufficient quantities and ratios to meet the body's needs. Hemp seeds contain an adequate supply of these high quality proteins (EAAs) for a well balanced diet.

Studies have demonstrated that many common illnesses are related to deficiencies or imbalances of specific essential fatty acids (EFAs) in the body. Symptoms are often related to a lack of Omega 3 and Omega 6 fatty acids and their derivatives, the prostaglandins. Most people eating a healthy diet, one that includes a balanced ratio of essential fatty acids, also have healthy skin and a strong immune system. Yet some individuals may experience shortages in specific fatty acids or their metabolites due to dysfunctional enzyme systems or other inhibitions in their metabolic pathways caused by genetic, immune-system-related, or even environmental factors. Since hemp seed contains both EFAs in a desirable balance while also providing two of the EFA metabolites, it is a good resource for the prevention and treatment of many illnesses.

A pound of hemp seed would provide all the protein, essential fatty acids, and dietary fiber necessary for human survival for two weeks. Try finding a pound of any other food that will do the same!

Some benefits of consuming Hemp Seed & Oil

- Excellent source of essential fatty acids including Omega 3, 6 and GLA
- Lower blood LDL cholesterol levels
- Lower blood pressure
- Improve cardiovascular circulation & function
- Improve organ function
- Improve immunity levels
- Regulate moods
- Increase energy levels & metabolic rate

- Reduce symptoms of PMS & menstrual cramps
- Reduce inflammation and the symptoms of arthritis
- Improve recovery of muscles after exercise
- Reduce & treat dry skin and hair conditions
- Reduce many degenerative diseases through preventative measures
- Hemp products are GMO-Free, gluten-free, herbicide & pesticide free, peanut free, THC free, vegetarian approved, kosher certified, oligosaccharide and trypsin inhibitor free.
- Hemp products have a tasty, nutty flavor that can easily be incorporated into your diet while providing a powerful daily supplement.

High Energy Hemp Seed Shake Recipe

- 1 cup hemp seed cake
- $\frac{3}{4}$ cup uncooked oatmeal
- 1 banana
- 2 egg white (I use half carton of Naturegg™ egg white, sold in a 250ml carton)
- 500 ml orange juice

Blend until smooth. This is one serving for me. The goal is to get a thick enough shake to hold the hempseed in suspension within the shake. If it is too thin, all the hempseed hits the bottom and you end up with what feels like a mouthful of sand at the end of the drink. You can also add other fruits, yogurt, or anything else healthy.

Low Calorie Hemp Seed Cake Recipe

- $\frac{1}{4}$ cup hemp seed cake
- $\frac{1}{2}$ cup water
- $\frac{3}{4}$ cup low fat yogurt
- 1 banana
- 4 or 5 ice cubes

Blend until smooth. This is one serving for my wife, who doesn't want to blow her diet every morning.

Analysis of my Organic Hemp Seed Cake

Protein	32.7%	
Crude fat	7.0%	
Moisture	9.9%	
Mineral Ash	6.4%	
Carbohydrate	44.0%	
cis-Polyunsaturated fatty acids	5.7%	
cis-Monounsaturated fatty acids	0.6%	
Saturated fatty acids	0.6%	
trans-Fatty acids	0.05%	
Omega-3 fatty acids (linoleic acid)	1.4%	
Omega-6 fatty acids	0.2%	

by Twistaspliff

The Jef Tek Evolution

Hello Treating Yourself Magazine, Jef Tek is my name and growing medical-grade marijuana is my game.

I grow my own marijuana because I figure you have to roll up your sleeves before you can roll up the sweet-leaves. I'm a self-confessed Pot-head and take absolutely no offence to the term. I smoked my first joint when I was only 11 years young and have never let pot deter me from any of my goals. I never believed the negative propaganda associated with marijuana but wholly believed in the more spiritual aspect that sometimes accompanies a strong medicine like marijuana. I'm not saying that each and every time I spark a doobie I commune with god, but if you are spiritually inclined, a serious bake-session will definitely get you in the right frame of mind to see what condition your condition is in. I worked in an electronics repair store from age 11 to 14 and fixed high-voltage color televisions, amplifiers, radios and every appliance you can imagine. Stoned! I guess that's where I got the tek. I built over 30 bicycles from alley-scrap salvaged, saved and reassembled into some of the most unique and cool bikes you've ever seen. My best friend Nino was not allowed to let anyone ride his bicycle but he always let me ride it because everyone knew that if I ever borrowed their bicycle they would get it back in better condition than they left it. (The chain guard wouldn't hit the crank anymore, the handlebars were straight, tight and the brakes worked better than new.) I never had any money growing up but my mechanical finesse gave me respect because I could literally fix anything that you can break! I never would have learned to play the Bass guitar without the company of Mary-Jane, I never would have the friends and experiences that I've had without the guidance of Ganja. Marijuana affects everyone differently and this is what makes marijuana so interesting. It has become a quest for me to identify beneficial strains of marijuana to prove to the world that Pot is nothing to be afraid of. Now is time for full legalization of marijuana, period.

Marijuana has always helped me to "entertain my brain" but it wasn't until I hurt my back, then spent over a year taking tests-seeing specialists-taking more tests-taking physical therapy-seeing more doctors and being prescribed massive amounts of pain medication, that I really started to evaluate MY OWN HEALTH. I became so depressed from constantly taking pain medication that my doctor prescribed Paxil* to control my anxiety and depression. Frustrated, I tried Traditional Chinese Medicine and just let me say there isn't one single western-trained medical doctor who has over 2000 years of combined herbal knowledge like TCM does. TCM advocates herbs and teas be used in their natural state because whenever a "concentrate" is made or whenever the active ingredient or ingredients are isolated and then used on a patient there is always greater side-effects and greater risks due to the increased potency. I asked my Chinese doctor if marijuana was causing or exacerbating my health. After translation and a good laugh he assured me that marijuana would only help my muscles relax after a back spasm and also help me sleep if the pain was severe. He assured me there was no health issues associated with marijuana, pakalolo, weed, or grass. I went back to my regular doctor the following week armed with this knowledge, and now demanding answers. I explained that the only reason I came to the clinic over a year ago was to find out why my back always hurts, like when I mow the lawn, not to get on a merry-go-



round of medication and office visits! She told me that I shouldn't be mowing my lawn!!! Incredulous! (Spell checker accepted it so I know it's a word!) Undaunted, I told her that mowing my lawn was nothing compared to my daily duties as a maintenance manager, like jumping off the 4 foot dock dozens of times a day. She then told me that she cannot recommend a light-duty profile or in anyway interfere with my work situation. I pleaded for her to just tell me why my back hurts so she told me that I had 3 herniated discs, osteo-arthritis, rheumatoid-arthritis, and degenerative bone disease. That all sounds serious at first but everyone on this planet has arthritis to some extent and Degenerative Bone Disease sounds like a bad heavy metal band or maybe a good Rodney Dangerfield movie. Come on! We build bones, then they degenerate, nothing lasts forever, right? I looked her right in her eyes and told her these drugs were useless and making me into a walking-talking zombie and that her medical degree was useless to me, she then did something that completely blew my mind. She got a quiet tear in her eye then took me by the hand and led me into her office where she pointed to the pile of pill bottles on her desk and sighed, "I'm taking the same thing that I prescribe for you and this is the best that modern medicine has given me." I just laughed and told her I was discontinuing all my present medication cold-turkey!

At first I was shocked, then amazed that I actually got her to crack like that. Then I started feeling bad for all the other people who have blindly fallen into this trap. Then I actually felt sorry for her. Here's a woman in her early 40's with a 6 year college degree that she'll probably be paying off for another 10 years. She has a perfect recipe for making human zombies, after awhile living on Vicoden I remember driving to work one night, (or was I driving home?), and I remember coming to a familiar intersection with all the pretty red and green lights and for a split-second I couldn't actually remember which colors were "friendly" and which colors were "deadly" and for a split-second (within the first split-second) I got this warm and fuzzy complacency feeling that neither color really mattered anyway, did it? The same day I heard a news report from Hawaii that Vicoden* and Oxy-Contin* were being abused so regularly that addicted people oftentimes run right thru red signal lights in full awareness and total complacency because this is what these drugs do to us, they give you a false sense of safety and over-confidence just like alcohol does after the first two shots!!! Only the drugs are worse because we get too used to them too soon, acid and mushrooms kind of regulate themselves as does marijuana as long as you don't eat massive quantities and fall asleep like the novice tourists in Amsterdam. I look at it like this, western doctors are like a carpenter who only has a hammer and saw. The Hammer is Medicine and if that doesn't work there's always the SAW! Carpenters need levels to build straight foundations and standardized measurement

systems so all doorways will accommodate standard appliances and furniture. Carpenters need a myriad of skills and tools and engineering just to construct a simple out-house but here's our hypothetical doctor armed with only harsh Drugs and Surgery thugs. Come-on people and wake up, doesn't it alarm anyone that the wrong limbs and body parts routinely get removed so often that these stories have been retired from "News of the Weird" as too common to even record any longer. People slated for limb removal have begun writing on their healthy limbs, "do not remove" with permanent marker before the surgeries, yuck, Gross, and mostly just pathetic. When is the last time someone took their car in for a tune-up and got the air-conditioner and the gas tank removed accidentally? Western medicine is a crock of shit and I finally saw the light, (no not the light of God), the light at the end of my jay, which by the way, just happens to be, some pretty good shit!!!! My doctor warned me not to abruptly stop the Paxil*, (there were warnings all over the packaging that I couldn't have missed even if I were Stevie Wonder), then she coincidentally, (or maybe not so coincidentally), told me that she was scaling down her practice and no longer will be servicing my insurance policy, I said goodbye without a referral or a final co-payment. I quit taking Vicoden*, Valium*, and Paxil* that day and never looked back. I was in agony for two weeks, sweating bullets all night then feeling like death all day long but Pot saved my soul.

I started growing just a few months earlier out of pure frustration at how much pot costs and how hard it is to acquire when you're always at the mercy of your dealers time schedule. Not to mention that if you go into the wrong neighborhood in Chicago you will be offered crack, cocaine and heroin 7 out of 10 times and piss off a lot of gang-bangers because you aren't buying their wares, or you risk the cops thinking you are here for crack and then decide to impound and sell your car as crime-proceeds. How about the cable guy in San Diego who got busted in a sting operation and the cops actually kept the municipal Cable-companies truck. That is cool huh; it's not bad enough to get ripped-off trying to get your medicine, how about loosing your wife and your truck and your job and your house and your kids and your dog just because of



The Jef Tek Evolution

a dime-bag of pot??? Hell, I remember going over to some dude named Dominick's house, with the intention of buying a quick bag of buds then going down to the lake to blaze before the sun goes down, but instead getting stuck watching pop-music videos and black-and-white boxing documentaries because the dude only has ½ of a neck and no friends so I get stuck hanging with someone that I have nothing in common with except that baggie that just won't get filled and weighed until the goofy-lonely-dude is ready to let me get back to my life. My time is valuable, so I made the fateful decision to cut-out the middlemen and grow my own. It can be very rewarding.

I was shaking pretty bad when I packed the first-picked first-dried bud from my first crop into my trusty metal bowl pipe. I was shaking partly from anticipation and partly from the sudden detoxification that I put my body through, I touched a wooden match to the top of the lime green bud and inhaled the fruits of my 4 months labor. The flavor scared me at first because I never remembered pot tasting "blue" or sweet! I took another deep-long toke and let my lungs fully expand to capture all of nature's goodness and as I exhaled I caught a glimpse of myself in a Harley Davidson mirror and started laughing so hard that I had to just stop-and really look at myself, yes I was, indubitably, stoned. Wait, puff, puff, what? Yes. Stoned! The exhilaration was supreme when I came to grasp that not only was I more stoned than I ever had been in my entire life but the fact that I had done this myself. Epiphany! Self-Stone is what I call it and it is the most independent moment that I've had in my life. Can you imagine what it would be like to know that from now on you will be Treating Yourself?...

There were no medical marijuana magazines like this one back then and in America the propaganda is thicker than asphalt so I still thought that marijuana was a crutch like the prescription drugs I just quit to some degree, the hobby of gardening slowly started permeating every facet of my life, though. The fact that before I started growing weed I was never able to project plans into the future, but now I was able to see plants 8 weeks down the line and I'd lie awake at night figuring when to cut the next batch of clones so they would be ready when my bud room has been harvested but not so big that they get stunted and crowded unnecessarily. I'd think of how many clones I needed to cut to make up for the ones that just don't root or get damaged in some other unconceivable way but not so many that the state decides to turn it over for federal prosecution if ever I were to get caught growing the devil's weed. I honed my craft and read every book I could find and not only my back but my attitude started changing, and they were changing for the better. I graced my friends with Mikado and Blueberry-Skunk and none of them had ever tasted or even smelled anything comparable. I know this sounds corny but my friends in Chicago kept telling me that California is the place I ought to be so I loaded up the truck and I headed for S.D.! The climate in San Diego is just about enough to heal you all by itself, add to this one 3-bedroom house and a man with a plan and look what happened.

I grew out every strain I could find from Blueberry Skunk, Mikado, Jack Herer, Maple Leaf Indica, Sweet Tooth HempStar and Hashplant, to local strains called P-91, G-13 and Afghani Bullrider. I grew indoor and outdoor and I tried every organic fertilizer and natural additive on the market. I watched the birth of the charcoal filter and the automatic climate controllers like Harvest Master® but that is another story. In the middle of my new "career" I realized that my back was getting better every week and I even bought a Honda 250R dirt bike and tore up the California desert without any repercussions to my health. Without physical therapy,

without drugs and without medical insurance I moved to California and **grew** myself back to health, wealth and most importantly life!

I now find myself on a brand-new and very serious parallel journey fighting the extradition to the United States of my Canadian wife Michelle Rainey. Michelle and I met before the Toker's Bowl in 2004 and were on a mission to help Marc Emery get marijuana legalized and create marijuana awareness, and then we got married at the last party of the 2005 Toker's Bowl, after the judging was finalized. To most everyone's surprise a Justice of the Peace showed up, (who also happened to be one of Michelle's grammar school teachers). Michelle's favorite band busted out an unbelievably perfect and touching rendition of U2's 'ONE' while every one watched us wed and then dance right before their very red and not-so-dry eyes. Michelle is a Crohn's survivor and without medical marijuana she would be bed-ridden, but with marijuana she is the most dynamic and outspoken advocate for medical marijuana that anyone has ever seen. We are on a mission to teach and encourage everyone to take responsibility for themselves and start telling their doctors what works for them and refuse to take unnatural and dangerous drugs that sometimes cause more-deadly side-effects than the original symptom they were supposed to help. This is why Michelle is a Medical Marijuana Patients Advocate, among other things.

Less than a month after we were married, the big-bad United States Drug Enforcement Agency (DEA) in conjunction with Vancouver Police Department served arrest warrants on Marc Emery, Michelle Rainey and Greg Williams for cultivating marijuana in America, selling seeds and money laundering. Hello, the money was for The British Columbia Marijuana (Political) Party and Karen Tandy stuck her big foot directly into her mouth July 29th 2005 on the national news when she admitted their goal at the DEA was to stop Marc Emery's **political** aspirations. Case dismissed, I say, isn't political persecution supposed to be illegal in the States, or does it only apply to Americans? I guess Nelson Mandela, Sad Saddam and every other political opponent that America has ever had knows what wrath is when you oppose mother-nature. I sometimes wish for the simpler times like when saying 'dam' in a movie was news, or when the government didn't tell people they couldn't smoke whatever-the-hell they felt like smoking. My step-father told me that he and his siblings smoked wood-chips when they were kids, thinking the wood on their father's rocking-chair must be tobacco-soaked from all the tobacco-pipe smoking he did in that chair. They actually carved wood from the bottom of their father's rocking-chair and then smoked it! Are you with me, here? Second thought, I guess I wouldn't be satisfied with times THAT simple!!!

I now proudly provide advice for medical marijuana patients by writing for every magazine that will publish my stories, reviews, and grow articles. I have stories in the UK's Red Eye Express #19 and #24, Heads, Skunk and Cannabis Culture Magazines with up-coming stories and photos in High Times, too. I have some off-the-hook videos on YouTube and Pot-TV @JefTekGrowCam. My whole goal is to help teach people to rely on themselves for medicine and vote their government smaller and pot-educated. Self reliance and knowledge can go a long way to helping this whole planet and everyone on it. Marijuana has to be re-Legalized in



our lifetime, it's an herb, it's a weed, and not one human has it killed, indeed. We have consumed millions and even billions of her kind but she hasn't killed even one single human being. Unless you count the people imprisoned, tortured and murdered in the name 'war on drugs'. I say let's have a war on politicians who don't feel like taking a pee-test themselves. Now that Treating Yourself has introduced us, I hope you will read future installments I will tentatively name **The Jef Tek Evolution**. I will keep you up to date with the latest growing techniques for the 'real' world and some high-tech techniques for the more adventurous. Stay tuned, and stoned, and healthy.

Peace, jef tek

P.S. Legalize Marijuana, please.....
pretty-please with trichomes on top....



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PHOTOS ABOVE AND TO THE RIGHT: Mitch's bountiful harvest from his BloomBox.

Let me describe my ultimate personal medical assistant to you. It starts with a beautiful, clean, sleek, white aluminum box. Inside that box, grows the world's most useful plant. Cannabis Sativa in my case, though I have been known to break out an indica once in a while, after sundown only. Everything I need to do to change a little green/black seed to the medicine I need. Seeds, clones, mother, babies, little girls, and beautiful ladies. It's an amazing thing, and I am mostly amazed that I can do it myself. No dealers, no government programs, no dispensaries. Just me, as it should be, and my BloomBox. My name is Mitch, and I have MS.

MS. Doesn't sound that bad. Like the model of a car where they put some extra speakers in the stereo, and give you some leather trim on the seat – the MS model. Well, the only extra shit I have is more like numbness, pain, and double-vision. I don't think they would charge you extra for that on a car, unless maybe you're Catholic.

So, I was working on a boat – my Uncle Emmett asked me to come by and help him put in a few gas appliances. He's a bit of a nut, but a good one, and he lives in the harbour. There I am, lying on my back underneath the counter of the galley kitchen. I've got a small pipe wrench in my hand. You know, I still have a little scar next to my eye from that wrench. I was just about to put the gas fitting on the back of the new stove – then – whack! I can feel the blood dripping down the side of my face, and I try to get up but I can't – my legs are numb. Somehow, my arms and legs went suddenly, deeply, numb. I couldn't take it – like a million tiny hammers pounding on my skin...I passed out, and woke up in hospital. The next years of my life were what I might describe as purgatory. Not really hell, because I wasn't feeling it all the time, but definitely not heaven, either, because someone was telling me that I needed to put more time in, to do more (with less, I guess?).

It was Thanksgiving, after my diagnosis, 2003. Everybody's sitting around the table, eating turkey. I'm upstairs in my old bedroom...lying on my old bed...thinking that I might like to get a rope around my neck, if only I could get up to find a rope. Everybody's talking and laughing, and doing the family dinner thing. It's killing me to listen to all the happy voices, excited conversations about politics and war, school and work, romance and divorce. I can feel myself wanting to cry. But, I don't want to cry. I just want to walk. I just want to be at the table with everyone else. But, I can't. All I can do is lie here. Part of Uncle Emmett's family reputation is due to his weed-smoking. Of his brothers and sisters, he has the most education, the most money, and the best health. I thought that was a bit ironic.

Anyway, everyone comes upstairs to see me and talk to me after dinner, some have their coffees, some have a scotch or a glass of wine. After the last one leaves, I hear heavy feet on the stairs, and Uncle Emmett comes into the room. He sits down quietly in my old desk chair, and pulls out a joint. "Do you mind if I smoke this here?" he asks. "Nah," I said, "as long as you share it." Emmett's face kind of lit up. I hate clichés, but there really seemed to be a light of some kind behind his skin. "Well, funny thing that, I was doing some reading on the subject matter. I read that some MS patients use medicinal marijuana. I guess it's not a cure or

anything, but helps to relieve the symptoms without really any side-effects." "Hmmm," I said. "Spark it up."

Twenty minutes later, Uncle Emmett and I were standing close to the window, looking at my old school football pictures. I was caught up in talking about football, and reliving school days in general. I caught the empty bed out of the corner of my eye. I was standing. How long had I been standing for? Why wasn't I feeling the hammers? I was filled with that warm feeling, the one you get when you do something nice for someone, except this time, the someone was me. It must have been the weed!!!

The next few weeks were exciting. I spent a lot of time with Uncle Emmett, smoking weed and talking about everything. The best day of that year, had to be December 23rd. I headed down to the harbour, with a gift for Uncle Emmett. Little did I know, he had a gift for me as well. Instead of meeting me at the boat, he stopped me halfway, and directed me to come with him to the private storage sheds above the harbour. There, he opened his storage space, and I set eyes on my new BloomBox.

"There" he said. "It's all yours, and I can help you with it too." I didn't know what to say...I gurgled a "thanks." It looked impressive...top to bottom, and it looked like a serious machine for a serious grower. And everything was there – he had picked up the CO2 tank for me, and he even had the clones, ready to start. This time, I couldn't hold back the tears. I knew that box was expensive. I guess my well-being was first-in-mind for him...so...the tears.

He told me to stop blubbing, and let's get to work. We set it up in 30 minutes, and by the time we left, those little girls were bathing in the light of their new home. I'm sure those guys at BC Northern Lights got tired of me calling every day, but they were never grumpy, always helpful. I know I was doing and saying stupid shit on the phone, but they always listened, and always put me back on the right path. I have since pulled 15 crops off of my BloomBox, and still going strong. My MS is still there, but when I am relapsing, I have the medicine I need to make it through the rough patches. So, that's my story, about MS and my BloomBox. Thanks, Uncle Emmett! The world could use a few more crazy people like you.

by Mitch



Here, There, and Everywhere

Since my last article, so much has changed in the world of Medical Marijuana. San Diego closed 13 of their medical dispensaries in one day and has started a backlash against prop 215. Torrance has also been doing similar things while other clubs in Southern California have been under the gun as well. Last time I wrote about THC in Van Nuys and coincidentally they were raided shortly before my article was published with all their medicine and cash being seized in what was described as a horrible multiple hour fiasco ultimately ending with their shop being allowed to reopen. In addition to that another shop down the street was also raided, North Valley Discount Caregivers and these are two examples of prosecution many medical dispensaries are facing these days.

Sad to say, but medical marijuana in California needs reform. There is obviously a great deal of confusion as to what is "legal" and what is not. In addition, prop 215 was passed to allow sick patients access to the medicine they need, but now we are seeing poor business practices along with prices being driven up so high that AIDS and Cancer patients cannot afford the "high quality" medicine they used to be able to afford and desperately need. With all these things going on, it is hard to argue with opponents who say Medical Marijuana has become a simple way for greedy individuals to make money on the sick and dieing. Still some places are fighting the good fight and trying to do the right thing, but sadly these places are not getting any better treatment that one would think they deserve as they attempt to follow the letter of the law. All too often these reputable places are lumped in with the prevalent cannabis dispensaries in existence simply to make huge profits rather than help the unfortunate and the disabled.

My favorite dispensary was in Oakland (actually to be specific it was in San Leandro which is exceptionally close by). The shop was called the ACRC and focused on trying to help patients by providing excellent service matched with reasonably priced medicine with exceptionally high quality, there was a small focus on lower priced medicine for those who are treating less serious illness. The level of business was top shelf and the way they conducted themselves was exemplary. Still despite all their efforts to be legitimate and make a good name for themselves and medical marijuana in general, still they were forced to close down while nearby neighbors, who are not attempting to serve the medical community, have been allowed to continue to operate and maintain the exact same business practices. I could go on and talk more about my opinions, but since I have the ability to speak to the people at the source, I have taken the opportunity to allow the head cheese from the ACRC to give his first hand experience in an interview. A little bit of a change for this article, but I assure you this will prove to be more than useful.

TY - What was your official title in reference to the former Alameda County Resource Center (ACRC)?

D - I was the owner/sole proprietor

TY - When Where and How was the ACRC started, and what inspired its creation?



William's Wonder



Urkle Haze



Soma

D - The ACRC was started the Day I left the HPRC ("Your services are no longer needed") I signed the lease, filed papers with the county for business license, etc. It was open in San Leandro for a little over two years. It was very karmical and fitting.

The ACRC was inspired by a real need to serve patients honestly. That means telling them what you know about a given strain, and creating a comfortable clean safe place for patients. When I created the ACRC I saw a real need for patients to have medical grade cannabis in a functional honest environment. A dispensary that put selling "Service" in front of selling "Product". A dispensary that has consistent clean medical grade product and concentrates that have a great bang for the buck.

Most dispensaries sadly dispense with the "First Do No Harm" philosophy. Product with excess moisture, leaf, rust, rot, fungus, and bug shit is just rampant throughout the dispensaries. There is very little product purchased that is bought for its "medical grade" qualities, and sadly, most patients are not knowledgeable or trained to spot the bad stuff. Another place where "medical grade" doesn't happen is packaging. The dispensaries using the seal-a-meals, jars, pill bottles or sandwich bags are really letting down their patients. None of those are produce grade packaging, which is what medical marijuana is. Without food/produce grade packaging, it is not medical grade packaging, is it?

I really wanted to take all the good parts of the clubs I had visited; my own perceived needs, and mold them into a great little dispensary. That's what inspired me.

TY - During your time being open what are some of the experiences you had running this dispensary?

D - Free Food Friday was awesome, along with ASA peer counseling. A lot of birthday parties, a lot of patients bringing in home cooking and pies. THC TV was also a first, and an awesome inspection tool. Fiber optic macro camera's rock! It was overall a very fun job. Serving the patients and earning their trust is a sacred position. You know you are doing the right thing when people are bringing in the home cooking and pies!

TY - What was the ACRC like on your average day, how much business did you do and how did you conduct your business?

D - The Volcano try-b-4-u-buy was in full effect, so patients could be sure of getting the right medicine. I conducted business very above board, accepted only government verified MMJ cards, and tried to run a clean safe honest shop.

TY - In comparison to some of the other cannabis dispensaries located near by, how did your shop serve the community? What were some of your best strains and/or other items you had for sale?

D - We had great MLT hash and "Jolly Rancher" concentrates. Also we featured a sweet smooth line of soil grown organic cannabis that was very popular. Our edibles, olive oils, bhang, and other stuff like penlights (to spot those trichomes) rounded out what we had to offer. Naming strains "Rick James" and "Charlie Murphy", and having them be very popular was also a lot of silly fun.

We always went for clean smooth medical grade product.

TY - I had noticed on a few occasions that there was a sign that read, "we do not carry purple", why was that there and how did it affect your business?



Skunk Train



HGK O2



Heaven's Gate 1



Jeremy Norrie

D - At one time the ACRC had the CCAC, THC, and CCC all very close by. These are very large clubs that basically dispense to the widest base of patients, the "lowest common denominator", if you will. The clubs close by tried to continually stock "purple" of many varieties and strains. Due to experiences we had at our counter regarding "purple" inquiries, we just retagged all our "purple" strains and gave them other names.

The funny and sad thing was at least every day some one new would come in, and ask if we carry purple. We would open up our "retagged" strains, which were often quite pungent and colorful, "dark" even, and we would just get a U-turn out the door because of the name.

It really showed patient inexperience/ignorance, which we also countered with education at the ACRC.

TY - Did the ACRC have problems with crime?

D - Yes, the ACRC was burglarized twice. We were never a direct target of an armed robbery, although we were "cased" by the same people who robbed "A Natural Source" the next day. The reason we did not get robbed? I was paying a security guard company to have a man with a uniform and a gun to protect the patients and staff. It could have been us, and we could have died, or shot and killed a criminal, but paying for the security guard prevented it from happening.

TY - Recently, the ACRC was forced to close. Why?

D - We had our application accepted by the County of Alameda, we were in the same "zone" as the CCAC. So it came down to a "lottery", a ping-pong ball you see. The day before the lottery, the CCAC brothers, along with their father, offered me half a million cash to go out of business and thereby guarantee them the "coveted permit". I rejected their offer, and then lost the lottery the next day. Big balls I guess.

TY - What was your reaction to that? How do you feel about the decision to close the ACRC?

D - I suppose either party in the lottery could have sued the County. A lottery to decide a business is ridiculous at the least. Jeff Jones at OCBC said it best to me over a year ago. When the County ends up with two more clubs than it had two years ago permanently, that is good for the patients. Those were in effect, his words, and from a patient's perspective, I have to agree, because I am a patient first. Regardless who is there or who "won", there is three times the safe access there was, which is a good thing.

I cannot help but be sad, as it was my baby, but I cannot control fate either. Knowing how much one can control destiny is one thing. Knowing what your destiny is supposed to be and ending up where you want is entirely a different dish.

TY - Since the closure, you have become affiliated with a new location in Santa Cruz called the Santa Cruz Patient's Collective, can you give us more details as to how this came about and your feelings about how this will work out in the future?

D - I am an employee right now at the SCPC. It is the best dispensary by far I have ever worked at or been involved in. The owner is patient in every aspect, and uses his own deep holistic knowledge to better serve his patients. Seeing his knowledge of the human body put to good use is an impressive thing! I am very happy and fortunate to be able to still do what I love to do in an even better location. As for how it will work out in the future, time will tell.

TY - Is there anything else you would like to mention here in regards to the state of Medical Marijuana in California or any other area where you might want to see a little more attention?

D - Yes. Prop 215 is a voter-approved initiative. That means it was chosen by the people to be their law. Everyone in the democratic Republic of California is now bound by it, as we agree to be bound by our democratic principles in our Society of Man.

Why does our Federal Government not respect democracy and the laws it enacts? Every time the Federal Government raids a dispensary or persecute a patient, they are saying this, "Democracy is wrong!" Your vote is wrong and doesn't count then does it? A democratically enacted State Law ignored by our own government is just another sign that we are not really in a Republic or a Democracy, are we?

TY - Thank you for your time, I greatly appreciate it.

I thought the interview turned out to be more than informative thanks to the great information provided by Dante, but also a sad example of how ridiculous Medical Marijuana has become. All in all I personally will really enjoy visiting SCPC in Santa Cruz as it is a much better neighborhood and all in all a better location all around. Still I can't help but point out the obvious injustice going on with Medical Marijuana today when a shop like the ACRC is forced to close while places like "The Sunset Club" are allowed to stay open perpetuating misinformation and selling cannabis hand over fist for \$100 an 1/8th and from what I have heard as much as \$140 a 1/8th. God bless the SCPC and may there come a day when all dispensaries are operated like this place, but that may only be a dream. Still it's nice to think about, and there is at least one, so there is still hope for the future.

Thanks for reading, hope you were able to find some good pointers here. Maybe you'll give the SCPC a try and find that strain you've been looking for. Any way you can use this info is great. Next issue will have strains from Amsterdam, yes that's right, Cannabis Cup entries. Also, keep your eye out for my DVD coming soon called "The Battle of the Buds: California vs Amsterdam" more info can be found @ www.AmsterdamDVD.com. Take it easy, have fun, don't believe the hype and find what works for you. Good luck.

Written by Jeremy Norrie – AmsterdamDVD.com
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(Special thanks to "Dante" formerly of the ACRC now of SCPC)



I recently qualified for and received my “Marihuana Medical Access Regulations” (MMAR) permits from Health Canada.

These allow me, under the full protection of the law, to grow, store and use marijuana for my personal medical needs. Requiring only a doctor's signature to obtain, I am, surprisingly, among a group of less than 1,500 Canadians with the same permits. The reasons for this involve anti-drug propaganda, fear of the reactions of doctors and others, poor public-awareness, oh, and the small matter of billions of dollars in pharmaceutical and insurance company profits. However, a discussion of that subject will have to be saved for another time.

My immediate reaction to the card showing up in the mail was a feeling of intense relief. After all, there would be no more need to hide my use of medical marijuana (MMJ); no more worrying about the odor on my clothes and hair, whether the police are nearby when in a ‘public’ situation, or if the neighbors can smell it coming from my apartment when I use it at home. It also meant that I would not have to obtain my medicine from unreliable dealers selling poor-quality pot at black-market prices; I would be free to choose the strains best-suited to me and maintain the quality to a much higher standard. As you can see, in some ways my new ‘exemptee’ status was truly life altering.

Still, how would others see it? I had heard stories of Law Enforcement Officials (LEO) using their authority to harass MMJ users. Would my permits and the information on them be abused? Should I approach my local Police Force or should I quietly ‘do my own thing’ and hope to slip under everybody's radar? What about my landlord, my neighbors and my family? Would they understand that I'm not just a ‘legal pothead’? Would I be avoided or treated differently in any way? Would members of the public be accepting of my legal exemptee status? I was beginning to wonder whether I would still be spending much of my time hiding my use of the ‘healing herb’.

Fortunately for me, I was invited to attend the Northern Ontario Hempfest gathering shortly after receiving my exemption. In addition to all of the other celebrants in attendance, there is usually a good turnout of TreatingYourself.com members each year. This gave me an opportunity to speak with other MMJ users, exemptees and activists about the things that were on my mind. When it later occurred to me to write this article, a number of them were only too happy to speak with me over the phone or the internet. I would like to acknowledge their anonymous assistance both in this article and in my own learning process.

First and foremost: the police. Should I speak with them? Should I avoid them? Should I smoke a pipe on their front steps to see what happens? What exactly were my rights and how would LEO feel about them? (For starters, it is illegal to smoke in, or within 30 metres of the entrance of, most public buildings in Canada. So, don't try that last option unless your goal is activism. You will almost certainly be arrested.) Some people that I spoke to were

quite certain that volunteering information to the police would only lead to trouble. I knew, however, that my brother-in-law had spoken with his local force on a number of occasions and had nothing but good things to report about the encounters. I was also aware of other exemptees who had had no negative outcome after letting LEO know of their exempt status. I decided to give it a go.

I made an appointment with the head of the drug squad to discuss my exemption, my rights, and my limitations. I arrived at the station quite nervous in spite of the fact that I was not doing anything wrong. I guess that the years of seeing the police as ‘the enemy’ are hard to overcome. Still, the Sergeant who met me and shook my hand was friendly and likeable and did not seem at all negative in his greeting. I relaxed and we spoke at some length about my situation, MMJ in general and even whether it would be a reasonable idea to legalize marijuana and put it in the same class as alcohol (i.e.: heavily regulated and taxed). He was quite receptive to this idea, which surprised me.

He was most appreciative of my offering to come in. It would help to avoid ‘unfortunate occurrences’, he said. I wondered what he meant and he explained that, if a neighbor were to report the smell of marijuana plants growing in my apartment, the police would now know why. That knowledge would prevent them from kicking down my door at 3AM, wasting everybody's time and money. Besides, he put it, “This way we won't be standing there embarrassed, and you won't be rudely awakened and have a broken door to explain to your landlord.” Makes good sense to me.

I wondered how he felt it best to deal with my need to medicate while I am not at home. “How did you do it before?” he asked. When I told him that I always tried to find a semi-private area away from kids and any others who might object, he said that that sounded like a good way to continue. While the exemption that I carry gives me the right to smoke my meds any place that it is legal to smoke tobacco, the lack of universal acceptance and many people's feelings about exposing children to marijuana could result in other ‘unfortunate occurrences’ involving the police and myself. Since I had avoided such things in the past, the same approach should serve me equally well now, he said.

While I agree with the above notion, others will not. They will say that exposing the public to the use of marijuana as medicine will only increase awareness and acceptance. In my mind, I compare smoking therapeutic cannabis to a type-1 diabetic's insulin-use. According to the Canadian Diabetes Association, there are over 2 million Canadians diagnosed with diabetes. Approximately 10% of these have type-1 diabetes, which requires that the person take at least one, daily insulin injection, often more. That makes somewhere between 200,000 and a quarter of a million Canadians out there legally sticking themselves with needles every day. In spite of that, in my 45 years, I've never seen it done. Why? The answer is: discretion. Because it might make the diabetic person or some others around them uncomfortable, medicating is done as discreetly as possible. I have consciously chosen to do the same for similar reasons.

When I asked the Sergeant about the opinions of police forces and individual officers toward MMAR exemptees, he told me that it didn't bother him...one of his oldest friends is exempt.



Richard Koppens

When it came to the attitudes of other police, he personally felt that it would be highly improbable that an entire force would actively harass or interfere with an exemptee's rights. He couldn't say the same about individual officers, however. Different people will react differently, he said, and often, officers have had confrontations with the same people before they received their exemptions. He hadn't personally had experience with an officer taking the law into his own hands but he was certain that it must have occurred "here and there".

When I asked other MMAR exemptees about their experiences with the police, I didn't get a single person who had had a negative experience while staying within the limits defined by their permit. Most confrontations with the law had to do with being involved in demonstrations or other activism or growing or distributing marijuana for compassionate purposes outside of the bounds of the MMAR limitations. (Giving someone a criminal record for an act of compassion is another subject that will have to wait until another day.)

Many times card-holders have related how officers who are visiting for other reasons, will politely ask if they could look at the medical garden. Without exception they have been impressed with the plants themselves and often with the orderly condition in which things are kept. The biggest, best-looking plants can usually be found in a legal garden and, because of their legal-status, the growers have no need to resort to the dangerous electrical and environmental setups that the police often encounter in illegal 'grow-ops'. These exchanges have been the source of a great deal of pride on the part of the exemptees and designated-growers involved. After all, what better expert than the police to tell you your plants are looking phenomenal?

How about other government offices; Health Canada, for example? From my own experience and those of others, Health Canada is just as helpful and inefficient as any other Government office. It took 9 weeks for my application to be processed and my card to arrive in the mail. That seems to be a typical interval. In comparison, the process to receive my Disability benefits took 1-½ years and involved all sorts of 'lost paperwork', unfortunately timed vacations, and a tribunal appeal process. I felt much more fairly treated by Health Canada. From all reports, they deal with MMAR paperwork no differently than any other form. The only real complaint that I encountered was that they were often too slow in getting renewed exemptions mailed out, sometimes leaving people without the appropriate credentials to prove their exempt status.

Would there be any difficulty flying with my MMJ? Not within Canada, apparently. I know a number of people who have taken their meds with them when they traveled. One has even traveled with live plants on more than one occasion. As long as you have your exemption card with you, you can expect to be treated with respect and courtesy. Although it might be wise to show up a little early, as one exemptee put it, "I had much less trouble in getting my medication on the plane than I did my butane lighter".

After speaking with the police and being received well, I felt it would also be reasonable to discuss things with my landlord. I was prepared for a confrontation, but we had had an excellent

relationship to that point and I hoped that he would continue to be open and understanding. That conversation, too, went well. As property owner, he appreciated the extra knowledge and immediately took the step of switching the hall security cameras from 'Monitor Only' to 'Record' mode. His only concern, like mine, was security from those who would stoop low enough to steal medicine from a sick person. He had no issues with my exemption at all.

I have had the opportunity to speak with members of the public about medical marijuana and its benefits at a few different gatherings. My status as an exemptee has been accepted and applauded by every one of them. Far from being against the idea, most people that I spoke to were at first surprised that the MMAR existed (this ignorance of the program was even apparent at Hempfest and the Million Marijuana March) and then eager to learn more about it. The thing that I found most interesting was that they were usually inquiring about a parent or an older relative and how they might be helped with their ailments.

Up to this point, every group that I had spoken to, or spoken to other exemptees about, had reacted positively to MMAR exemptions. Exemptees were treated with respect and were sometimes even offered a private place to medicate or a discount on MMJ-related products. Perhaps life as an exemptee is trouble-free and there are no negative repercussions from telling others about my MMJ use? Nothing, unfortunately, is that simple.

Again the exemptees that I spoke to were in almost perfect accordance. The people that have caused the most trouble for those using and growing MMJ are those who should understand their needs best...friends, family, neighbors and co-workers. Unfortunately, like the rare police officer mentioned earlier, prejudices and previous experiences, along with a pervasive 'NIMBY' attitude, often get in the way of peaceful relations with those we deal with most often. From incidents such as phoning the police or other officials with spurious complaints, stealing or destroying medical gardens, spreading lies or broadcasting an exemptee's name and other personal information, to a friend, co-worker or family member 'turning a cold shoulder' once they learn; the people closest to us are those whom we need to be most careful of.

Keeping in mind that these are the same types of people that we would be most likely to have a falling-out with in any event, it is perhaps understandable that this would be the case. However, it leaves me with a funny feeling to know that the people I can most confidently trust with knowledge of my MMAR exemptions are those I have traditionally distrusted and that those that I care about most might provide the biggest risk to my security and peace-of-mind.

Only greater public awareness and acceptance of the MMAR will change this sad state. Or perhaps legalization is the ultimate answer, as it so often seems to be?

by Richard Koppens



The Miracle of Mobility & Sight

by Gooley

We supposedly live in the day of the “miracle drug,” a title garnished on everything from Prozac to Viagra. Despite the medical marijuana community’s overall contempt for pharmaceutical drugs—or, more accurately, their slew of negative side effects—it’s true that many med pot patients wouldn’t be alive if not for their pills, injections, and other treatments. But is a drug really a “miracle” if it delivers such negative side effects that patients can’t decide which is worse, their disease symptoms or their pharmaceuticals?

Ask Alberta resident Kelsey Krebs about a miracle drug and he’ll point you in a significantly more natural direction than the local pharmacy. Krebs, a 58-year-old multiple sclerosis (MS) sufferer who contracted the disease in 1991, sees no ambiguity in labeling cannabis his personal miracle story. In a wheelchair for nine years as a result of MS, cannabis gave Krebs the gift of mobility in 2004. Unable to walk for nearly a decade, this optimistic Canadian told me how he now routinely strides four blocks to collect his mail and can spend more than an hour browsing his local Costco—without the complimentary battery-powered scooter.

MS is more common in women than men and typically targets those between the ages of 20 and 40. It became a part of Krebs’ life when he was 43. Affecting more than 2.5 million people globally, this neurological disorder normally strikes in a form called relapsing-remitting (but often worsens into progressive forms). Krebs’ initial onset of the disease went straight for the jugular in the form of chronic progressive MS—the most debilitating manifestation. His doctors informed him that he’d never experience a remission. “Which I didn’t... for 13 years,” said Krebs. “It just slowly kept getting a little worse. Until I started using cannabis, that is.”

Krebs is a testament to the power of word of mouth. In 1998, after having suffered from MS for nearly seven years, one of Krebs’ co-workers asked him if he had ever used or considered cannabis to treat his disease. A few days later, his co-worker gave him a gift that would forever change his life: a joint.

The Lame Shall Walk

Considering the example of Krebs, theories that Jesus Christ healed the afflicted with cannabis aren’t so far fetched. After spending nearly one-third of his adult life confined to a wheelchair and being told by doctors that his condition wouldn’t improve, it certainly must have seemed like a miracle to his friends and family when Krebs began walking, unassisted, for significant distances. “I probably had about a fifteen second standing span,” Krebs told me during a phone interview from his home outside of Edmonton. “If you said stand, my legs would just crumble and I’d fall. I would have to sit down. Today, I could probably brace my legs and stand for an hour,” he said. Krebs shared his excitement of no longer being

restricted to a wheelchair. “You’re looking up, always on the ground, asking someone to open the door.... Now I just open the door myself and walk in,” he said. “I’m standing at the same



height as other people. It just feels so good.” In addition to the emotional and psychological benefits of mobility and independence, the exercise gained from walking contributes to Krebs’ overall health, enhancing his ability to battle the slow erosion of his nervous system that is the core destructive force behind MS.

“When I first got MS, I was very strong from hunting and walking,” he said. However, as the disease progressed and he lost his mobility, Krebs became increasingly weaker. “The less you can walk, the weaker you get. The weaker you get, the less you can walk. It’s just a downward spiral,” he said. “Now I’m on an upward spiral. The more I can do, the more I walk. Which means there’s more I can do,” he said happily.

Benefits Beyond Mobility

If going from wheelchair bound to full mobility isn’t enough to convince one of the efficacy of cannabis, Krebs has also gained significant relief from double vision (nearly one-fifth of those with MS suffer partial or complete loss of vision). “Before I used cannabis, when I looked at my lawn, I could hardly see anything. When I had a few drags of a joint, my vision would go back to singular,” he said.

Krebs believes that he has regained normal vision and mobility as a result of the relaxation that cannabis affords his body. Referring to the protective myelin sheath surrounding the nerves that an MS patient’s immune system erroneously attacks, Krebs said he believes the key to the benefits he gains from cannabis lies in its power to relax him. “I truly believe that my body is so relaxed using pot that it gives it a chance to build more myelin than is being eaten away. That’s what I think the whole [benefit] is,” he said.

Reduction of Pharmaceutical Drugs

There’s something perversely exciting about the ability to replace pharmaceutical drugs costing hundreds of millions of dollars to develop—and that carry a laundry list of negative side effects—

with a simple plant one can grow in their back yard or basement (and that carries arguably no negative side effects).

Like many MS patients, cannabis has allowed Krebs to reduce his pharmaceutical drug consumption (in his particular case, from seven to only two drugs). This has reduced his expense to Health Canada and—more importantly—eliminated the negative side effects of the drugs he no longer requires. “Just being off those poisons, I feel better,” he said.

Drugs such as the anti-inflammatory steroid Prednisone, Solu-Medrod (basically a stronger form of Prednisone), and the anti-spasticity drug Baclofen caused Krebs to suffer a wide variety of negative side effects.

“Baclofen was the ugly one, the one that made my ears ring,” said Krebs.

According to the U.S. National Library of Medicine, in older adults, Baclofen can cause “hallucinations, confusion or mental depression, other mood or mental changes, and severe drowsiness.” Krebs explained how he no longer needs Baclofen—or its harmful side effects—now that he consumes cannabis on a regular basis. “Pot takes the tremors right away. I can be sitting here, shaking like a leaf, and I’ll have three or four puffs and I’ll calm right down,” he said.

Prednisone, another drug that Krebs no longer needs because of his use of medicinal cannabis, is one of the most commonly prescribed steroids on the market. It also carries some of the most severe side effects. Symptoms such as dizziness, difficulty sleeping, extreme changes in mood, bulging eyes, red or purple blotches under the skin, and extreme tiredness are but a few of its “less severe” symptoms. The “serious” list of side effects includes seizures, depression, loss of contact with reality, uncontrollable shaking of the hands, vomiting, irregular heartbeat, swelling or pain in the stomach, and difficulty breathing or swallowing.

When his neurologist put him on Salu-Medrod, Krebs was told it was newer and more powerful than Prednisone. All he can remember, however, is that it carried some intense and life-altering side effects. “I know you cannot believe that a person can stay awake for three weeks, but [on Salu-Medrod] you do! Even when you close your eyes, you’re still wide awake. And that lasted for three weeks [after the treatments],” said Krebs. Having undergone a Salu-Medrod treatment once every three months for a period of three years, Krebs reported that, although he no longer takes the

drug, he continues to experience sleep disorders. “I haven’t had Salu-Medrod for two years and I still have to take a sleeping pill and cannabis or I can’t sleep,” he said.

Before adopting cannabis as medicine, Krebs had fallen into the sad category of patients who have become so bombarded with pharmaceutical drugs that their doctors begin prescribing secondary drugs simply to reduce the negative side effects of the primary treatments. Which, in an ironic pattern of treatment escalation with no theoretical end, often requires even more drugs. “Do you see the contradiction here?” asked Krebs. “You take Baclofen primarily to stop shaking, but Prednisone causes shaking. The drugs are working against themselves,” he lamented incredulously.

Krebs also explained how, when watching television, “...my eyes would turn digital.” He explained how his TV screen would turn into moving colored squares. When he inquired with his neurologist, he learned this to be a prelude to migraine headaches. “With cannabis, migraines never developed. The only time I got severe headaches was when I was on Baclofen,” he said.

Strain Efficacy and Tolerance Building

Krebs, a Health Canada MMAR (Medical Marijuana Access Regulations) exemptee with a legal garden of 25 plants, grows five plants each of White Rhino, White Widow, Northern Lights, Northern Berry, and Louie (a Northern Lights hybrid). Krebs reports that he gains roughly equal relief from the tremors, double vision, and pain produced by his MS from each of the strains he’s growing. Because the efficacy of the strains is roughly the same for him, he chooses varieties based on yield and robustness.

“Louie is a very heavy, sappy, gooey, crystalline plant and a good yielder. I like that one,” said Krebs. “White Rhino and White Widow are pretty finicky. I’ve had little problems with them here and there. Leaves falling out or burned or whatever. Whereas the other strains, like Louie, just seem to grow,” he said.

To maximize his harvest and help him remain independent from the dangers and expense of the black market, Krebs employs CO₂, plentiful ventilation, and appropriate lighting for each stage of plant growth (metal halide for the vegetation stage and high pressure sodium during flowering). “I use CO₂ and, you know, I can tell the increase in growth. You can see the difference. To me, CO₂ is very important,” he said.



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"When I first started, I took any F1 female I could get," said Krebs when asked about his early experience growing for himself. "I'd like to get in Blueberry. I'd like to get in Chemo. I'd like to get rid of White Rhino and White Widow." Krebs said he's happy he has a grow license and doesn't have to depend on Health Canada for his medicine. "I've read where medical users have wanted to send their [Health Canada] weed back, it was so rough," he said.

To prevent tolerance building and maximize the medicinal effects of his crop, Krebs (who consumes about three grams of cannabis per day), has devised a rotation schedule based on the five strains he's growing. "Mind you—don't forget this—your body gets accustomed to [a particular strain] in two to three weeks," he said, explaining how once, early in his growing, he had a small amount each of five strains. "I was really happy; I finally had good pot! So I smoked a small amount of four or five of the strains each time. Well, in a couple of weeks, I was immune to everything! I had to quit all the other strains and start going back to one at a time. You want to have one for two or three weeks, cut it off, and go to the other one for two or three weeks," he recommended.

Krebs enjoys vaporizing because he's able to avoid a headstone. "I want a body stone more than a head stone," he said. "With vaporizing, I don't get any kind of head stone. You'd never know I even [consumed]," he added. Like many patients with chronic progressive MS, Krebs reports that he rarely feels "stoned" in the conventional sense, as would a recreational smoker. "To me, stoned is just my muscles relaxing. I don't get goofy or get a head buzz," he said.

Unlike recreational smokers, Krebs seeks only relief from the symptoms of his MS, not to get high. "I don't like that big head bomb when you're seeing triple...that's what you want when you're a kid or want to get stoned. I don't want that. I'm that way when I wake up on a normal day, unsteady and shaky and everything. With MS, it's like you're half stoned all the time. I don't like that. I want to get my feet so when I take a step, it's really a step. When I'm thinking, I want the thought to be there," he said. Krebs illustrates the major difference between hard core medical users and recreational consumption. "I'm not smoking to get high. I'm smoking to get rid of the shaking and the pain," he told me.

A Semblance of Normalcy

"Since I began smoking all the time, I'm surprisingly pain free. I can sit in a chair—I'm sitting here right now, in my TV chair—and, by bending certain ways, I can get to a point

where absolutely nothing will hurt. I'm pretty fortunate for that," Krebs said.

Krebs especially appreciates the reduction in his double vision that daily cannabis consumption has provided. "Without smoking, I can sit and look at a tree and it's like a mirage. I can see green, but I can't tell you if it's four branches or two. It's just blurry," he said. "If I have a couple of puffs, I can feel the range move in...and I can see. Cannabis has definitely helped my vision."

If the ability to walk and see isn't enough to convert the cynical, Krebs enjoys other benefits from his use of cannabis. One of the biggest problems experienced by those with chronic progressive MS is overall loss of muscle control, which often manifests itself in the form of a weak bladder. Since adopting the use of cannabis in his daily life, Krebs has significantly greater bladder control. "When I first started driving again, about two years ago, I'd wet my pants on the way to the city and have to turn around and come home," he said soberly. He explained how his accidents weren't for the lack of a service station or restaurant. In a condition known as Key in Lock Syndrome, MS patients experience the rapid onset of a great urgency to urinate (resulting from one or more bladder contractions). This condition (not limited to those with MS) rarely allows sufferers the time to find facilities to prevent embarrassment. "Using cannabis, I haven't had an accident for a couple of years now," Krebs told me.

Like Alison Myrden in Ontario, Grant Krieger in Calgary, and thousands of fellow patients throughout North America, Krebs is another success story in the use of medicinal cannabis to effectively—and often astonishingly—treat MS. The mere fact that cannabis has single-handedly allowed him to regain the ability to walk is a miracle in itself. However, the reduction in pharmaceutical drugs (and their negative side effects), dramatically improved vision, and the fact that he's now able to drive and work are obviously major improvements in his quality of life.

Not bad for a man who medical professionals advised to get used to his wheelchair because, they said, he'd never walk again. The fringe scholars might just be right: Jesus may have healed with cannabis. After all, anything that can help the lame to walk and give vision to the blind must be considered a miracle.



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Female seed

- Interview with Cees (mr. XX) from Highlife spring 1999 -

Lately there has been a lot of fuss about 100% female seed. Quite rightly, because this could be the big change in the world of the growers. As you know, now it is possible to fill, without (illegal) cuttings, the gardens with female plants, which moreover as a seedling bring in more than the cuttings. Highlife was able to be the first to publish pictures of this miracle of technique and manipulation. But what is even more interesting: we have an interview with the improver of these plants, who will lift the veil and share with us the techniques and materials who until now were only known by a handful of people. This person is a devoted lover and has no need at all to reverse his knowledge into stone-hard currencies. He is a man with a vision and in his story is a message, as well for the improvers of seed as for every blower in Holland. Because of the discretion, we call the super freak 'Mister XX', what, in view of the matter is a very appropriate name.

Highlife: 'Dear XX, could you tell us what has driven you all those years? Because it is such a complicated matter, it has cost you lots of time and you encountered a lot of set-backs.'

Mister XX: 'Indeed I was already experimenting for years, before I got some results. But I am a kind of person who digs in the heels of matters that interest me, certainly when the rest of the world also has no solution for it. By all set-backs I suffered on the road, the desire to succeed is getting stronger. The only disadvantage of all those years of experimenting was, that it was nearly not smokable. Believe me, this matter is for people who want to grow their own smoke not recommendable. But luckily I got that phase behind me.'

Why did you work all those years at producing female seed, and what will you do with it now you 'cracked' that formula?



My goal was to make of really potent XX plants minimal a natural healthy quantity of female seed. When I, after 'eternal' experimenting, was ready, I began to cultivate this seed, to see if it, after a while would decline. Then I discovered that the material where I work with, was also useful to bloom more fully, in a shorter period than we are used to. But, we will talk about that later, because this is not so interesting for me. Certainly not, because I will wizen up the breadgrower, who mostly use pesticides and other stuff, just for the money. Because I believe the chance is very small and because other people in this world where marketing female seed, I did not want to keep this to the persons who also were interested in these matters: in other words: I want to pass that the stuff that I use, is free of poison and work very well.

You have our complete interest, so tell your story and begin at the beginning.

To produce XX seed, you need a 100% XX plant. To determine if a plant really is pure and if this is a XX-plant, can not be too difficult. To disturb the cycle regularly, by using light to recall shock effects, is a good method to commit hermaphrodites. It is optimal if you, while shocking, give the some more CO₂. But, make sure that you give them in time trace elements. By all these strange moves they use a lot of extra, especially magnesium, I noticed. When you finally have one or more pure females, then they will be the base of the improved species. But, look out, because there are very little pure XX plants, how strange this may sound. Inattentive breeding in the past, with especially Asiatic plants, have genetically in depth produced much hermaphrodites. So, when a plant is not pure XX, the pollen can also not be pure XX. This is very frustrating, because all the work has been for nothing. But, if you have found a XX-plant, we go look further. After years of experimenting and seeking, I was three years ago able to cover the XX plant with it's own dust. But it did not really hurry up, because the length of the cycle was very disappointing to the yield.

Most people would be very happy if they would come this far, but we understand that this was only the beginning for you. Yes, this gave me a kick, but more like: 'And now we really get started!'. Now I can also solve this problem. Today I can manipulate every XX plant that I choose, as you can see on the pictures.

You see a plant who is showing on three branches, three different kind of inflorescences. It is a strange and unusual sight, but very exiting to me. Because this was for me the way to good and potent female seed. But also (this appeared later) the way to a 30 to 40% more and full bloom of the ladies, and a shorter blossom-time of almost a week. With this I demonstrated the possibility of the plant to treat one or more branches different.

As you can see, I can take care of full bunches of male flowers in a XX-flower, who is producing a lot of pollen. If one or more full sisters of these plants are in full bloom, put this manipulated plant between them for fertilization. Now the fertilization will take place only if the plants have full blooming tops, and that will give you lots of seed. Only a plant with some big bunches of male-flowers can fertilize a big room of plants.

This was a nice story but the question stays how to get those male flowers in that plant. We have waited long enough, now we want to know what means you use. Go right ahead!

I want to tell you a lot, but not everything. There are different materials where you can manipulate with. The material I have chosen for is Gibberelic acid, that is also known as the German name GIBBERELLINSÄURE. But at this moment there are five different performances of Gibberelic and there is a big chance that the producer has other compositions. The reason I have chosen for this, is because I let it be tested by Dr. Alink, a toxicologist from Wageningen. The result I got in writing is it says black on white that it is harmless for man or animal. This test is executed without questions or any opposition, what says that it is possible for everyone to test materials on harmfulness. So, in other words, we can work much more harmful as we all know. And it costs: nothing! Gibberelic acid is harmless on its own. It is strange that the material has not been added on the list of pesticides who are not allowed in nature.

But you can spray Gibberelic on the plants?

No, that would be very easy. First you have to dissolve it. To dissolve a synthetic acid as Gibberelic is a story at itself. Now I use Natriumhydroxide, a very aggressive material what is used as a purgative. Natriumhydroxide solves very easily and it is not toxicological not dangerous. To find the right proportion is the next question. Then you find out that the condition of the plant sometimes asks for a specific proportion, who deviates to far behind the comma. If you can not weigh to specific, than it is not going to work out. It is that accurate. The difference in doses are so small, that making it is more than a precise job. A pharmacist as a friend will be very useful, but he also can weigh at 0,05 grams. But especially choosing the right moment is the biggest problem.

If all these things are right, then it is just a matter of spraying, and ready we are, I mean Mr. XX is.

Yes, that is true. Surely reality is far more complicated but I lifted a big piece of the veil. I did this because I think that all blowing people in Holland are entitled to know what is happening. So, here I give a piece of my experiences in these matters. I hope that the people who are busy manipulating will test the materials they use in toxicological values. This is free of

charge and the examinations don't ask annoying questions. For me it is the only way to inform people in which materials you use, those which are mentioned on the package. The time that growers and improvers had to work with poisoned materials such as Colchicine, is really long gone.

So far the story of an interesting and driven person who, without any financial meaning wants to share his knowledge and wants to warn against the dangers of the use of pesticides. After this interview, we got a handful of seeds to try out. We keep in touch about this project.



N.B. The Amsterdam cannabisseedcompany 'Dutch Passion' is the only company in the world which will sell female seed. It is not strange that we questioned them how to use poisoned spraying-materials. Owner Henk van Dalen says: We also tested Gibberelic acid. In the market garden it is a common material. Gibberelic acid is a hormone and stimulates in a very small way the male bloom and has for the growing of the plant unfortunate side-effects. We do not use hormones at all, because the plants are acting strange. The material we use is a simple chemical material, you can think of a salt solution and is absolutely free of poisoned materials.

This interview appeared originally on Highlife On Line, in the spring of 1999. We thank the publisher and editor for their contribution. Copyright 1999 'Highlife'



Marco's Music Reviews

For this issue of *TREATING YOURSELF*, I have had the pleasure of reviewing 3 CD's that were sent to me. I suggest that you listen to them and form your own opinion, but I liked them enough to share them with you here.

My # 1 favorite was RECKLESS KELLY WAS HERE by RECKLESS KELLY

I really liked the music on this CD; I would have to say it reminded me of ROCK-A-BILLY music. It was great driving in the country listening to this music. Reckless Kelly Was Here is a recorded event that—in addition to being welcomed by the band's rabid, very loyal, and rowdy fan base—provides folks a chance to see AND hear what Texas Music is ... and what "Getting Reckless!" is really all about!

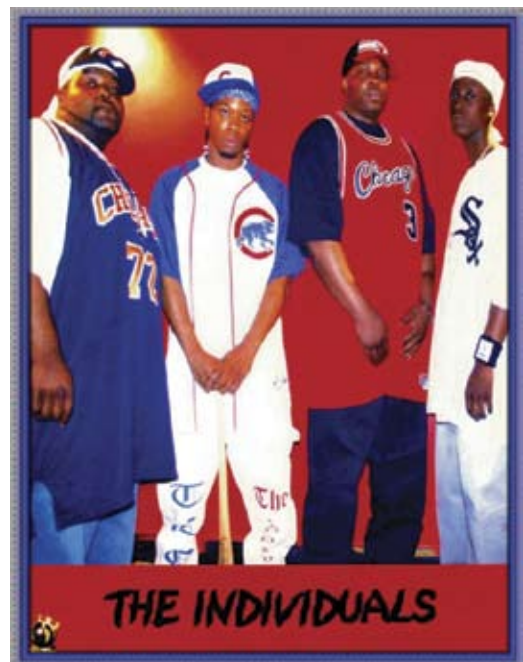
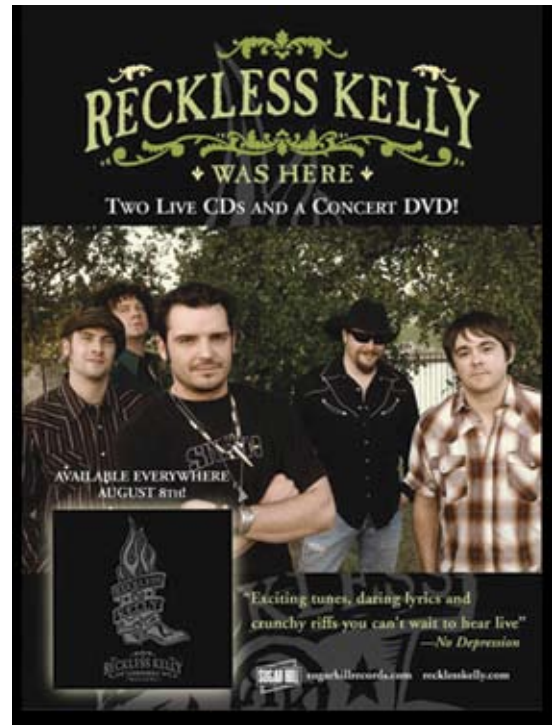
The live set highlights the Austin quintet's energetically brash blend of tequila-soaked vocals, blistering guitars, driving rhythm, and infectious melody. In addition to capturing their live charisma, the accompanying DVD also spotlights Reckless Kelly's penchant for comedy with hilarious bonus footage that includes "Reckless Kelly's Tips From The Road"!

Included are also the two new studio tracks, "Break My Heart Tonight" and "Wiggles & Ritalin"!

The next CD that I reviewed was SOMETHING TO SMOKE 2 by THE INDIVIDUALS now I must say that I am personally not into RAP music but I did enjoy listening to a few tracks that were on this CD. I would have to say that this kind of music is really aimed at the younger generation (Under 30)

The last CD that I reviewed was HERBAL NATION by Herbal Nation. This CD was voted 2006 GMMA & AMMA Album of the Year and features 3 versions of 2006 GMMA & AMMA Song of the Year "WE LOVE THE HERB" I enjoyed listening to this CD while driving around Toronto, and it took my mind off all the crazy drivers who normally stress me out.

Marco Renda



Escape to Canada - film review

Calgary International Film Festival September 30 / 2005 9:30 PM showing

<http://trailervision.com/>

After a brief introduction from Albert Nerenberg (the director) with encouragement to voice opinions during the film and a promise of a question and answer period after the film we all studded in to watch the film with popcorn in hand.

What is Escape to Canada about in my opinion? Marijuana, gay marriage and USA - AWOL soldiers that escaped the Draconian laws enforced in the USA today!

Why Marijuana and gay marriage, the year of legal marijuana and gay marriage at about the same time was under way, both very important issues to many people.

A number of times the close to full theater erupted in to cheers and clapping during the film. Everyone enjoyed the film! Sedative Ocean, my wife Debbie and myself as did other people all voiced opinions loud enough for the whole theater to hear during the film. Each time GB was shown on the screen there were boo's being voiced. Bill O'Reilly was shown to be mouthing off with proven totally out right bald faced lies during one of his shows.

There were a number of very interesting parts in the film way to many to list here., but one scene in particular is worth mentioning here:

The De Kine coffeeshop sold marijuana openly in Vancouver for months.

The shop was stormed by swat teams waving guns, yelling and all, violently entering the coffee shop and arresting people. A interview with a Da Kine neighbor and business owner, she stated right off she was against all drugs period. Then went on to say ALL the drug dealers were gone and the violence and crime had stopped since Da Kine opened their doors selling cannabis products. It had opened her eyes to the many good things that would come if cannabis was legal to purchase in a store or coffee shop. Additional the extra customers the Da Kine business neighbors were enjoying while Da Kine was open for business.

The saddest and most disgusting scene for me was, when three big cops surrounded and intimidated a 70 year woman in the coffee shop while she was smoking cannabis. Right then and there she had a stroke and had to be taken by ambulance to the hospital.

It makes me so very mad when I see this going on still in the year 2005. I will stand up and fight harder and longer due to the complete madness of the cannabis laws that are making millions world wide suffer due to these laws that are so very, very wrong.

Gays stood up for themselves and they now enjoy legal marriages in Canada.

Cannabis consumers must do the same and stand up for what is right. Alcohol and cigarettes are legal and they kill millions around the world every year. Cannabis has many proven health benefits, it is so very wrong that it is illegal at any time in the history of the world.

Many more excellent scenes in the film.

At the end of the film the majority of people stayed to ask questions. Albert Nerenberg (the director) was on hand to answer our questions!

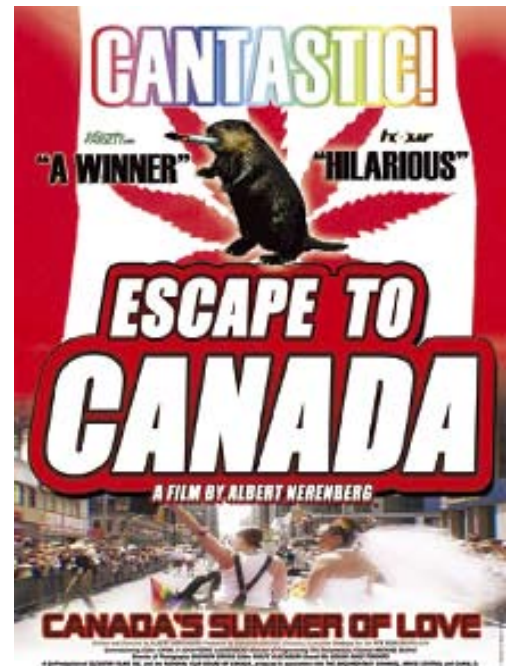
Many good points were discussed, the one that sticks with me the most, If a few police officers had entered Da Kine and asked if they sold cannabis products the owner would of said yes we do (menus and all it was more then obvious), then if the few police officers would have said you are under arrest the people would have gone with the police peacefully with out any violence what so ever, just that simple. Instead the police with full assault swat teams burst in to the shop and wave guns and scare the hell out of everyone there. Totally unnecessary actions and a total waste of resources to say the very least!

After that a number of people went upstairs to the kaboom room to socialize.

A must see film in my opinion so much so that is the first time I have gone to a theatre to watch a film in over 30 years! I will go again to a theatre to watch Escape to Canada again and again, I enjoyed that the film that much so did many others.

We enjoyed the film so much we insisted Grant Krieger come and view the film the second time it was shown in Calgary.

Keith Fagin



Treating Yourself Poetry

Carpool Mom

By Paul Bullock

She's a carpool mom. A revlon blonde. And she thinks that she's so real,
So then why does she conceal the color of her hair?
And wear fake finger nails? And tell tale rumors of a boob job too!
So who's she trying to fool? The other moms that drive the pool?
Or maybe just herself,
because her mental health is what keeps her looking young.
And she just turned forty-one. Has two daughters and a son.
And a husband, his name's Tom. And she's a carpool mom.
Sports some NO DRUG bumper sticker on the bumper of her van.
She's got Prozac in her purse and a cigarette in her hand.
Drinks black coffee every morning. Gin and tonic after dark.
Keeps her sleep-eze in the night stand.
Loves her husband, he's a NARC.
And she's a carpool mom. Chaperoned the ninth grade prom.
Wore a ribbon on her dress that says that she protests the use of drugs
Like crack and cannabis. Because to her they're both the same.
And she pops a pill into her brain. Who let her in this game anyway?
They've told her what to say. And besides; her Valium keep her calm.
And she's a carpool mom, with diet pills clenched in her palm.
And with that tight clenched fist insists drug users should be jailed.
Denied bail. Nailed to the cross. That'll show 'em who's the boss.
Toss away the key. Then maybe they'll see that we mean business.
And she witnesses at her church. She can recite every single verse
Of chapter 23 Book of Psalms. And she's a carpool mom.
A real human time bomb in this war on drugs.
She serves icy mugs of beer, and cheery wine coolers with fruity flavors.
Takes some pills her neighbor gave her, cures whatever ails ya!
Hell she doesn't even know where they come from.
And she's a carpool mom.
Any slight doldrums require a quick pick me up. A cup of caffeine
In between drags of nicotine give her hands something to do.
And she still hasn't got a clue that she's a drug user to.
So my question is the same. Who let her in this game anyway?
And don't say shame on you and tell me to stay calm,
When there are hypocrites out there like the carpool mom.

Treating Yourself Poetry

WAKE UP

by Cher Ford-McCullough

There is a bloody War raging in our country
Amerika is now in the firm control of Nazis
Insanity and reality are one in the same
As the lives of our own People are claimed

Wake Up! Wake Up!

So this nightmare can end

Wake Up! Wake Up!

Before it's too late to mend

The shreds that our Freedoms are in

The SS is alive.. killing and arresting us
And, it's looking like we are the new 'Jews'
Being lead to the slaughter,
Your Sons and your Daughters
Because of the medicine we choose

Cannabis is a gift from God that heals
That soothes the body, spirit and mind
Given us to ease the pain that we feel
It's been used safely since Eden's time

Wake Up! Wake Up!

So this nightmare can end

Wake Up! Wake Up!

Before it's too late to mend

The shreds that our Freedoms are in

WAKE UP!

Three Blind Mice

by Jef Tek

Mark, Michelle and Greg, Freedom they must beg.
Because they chose to fight, for a cause that's just and right.
They wanted Marijuana to be free, now the DEA wants the BC-3.
To be under lock-and-key, but this isn't how it has to be.
It's now up to you and me, to spread the word of the BC-3.
I will be the first to beg, to free Marc,
Michelle and Greg...jef tek (3 blind mice)

Mark, Greg and Michelle, are facing life in jail.
Marijuana is herb, life and tree, and it was meant to be free.
As the now famed BC-3, they were speaking for you and me.
Now their lives are Hell, with bail, court, and jail.
Raise awareness and ring the bell.
For Mark, Greg and Michelle...jef tek (3 blind mice)

Greg, Michelle and Mark, were protesting in the park.
Marijuana is their cause; they just want to stop the wars.
The DEA said, "no way" are we going to let you say,
"Marijuana is oK", and roll another jay. Everything has now turned dark.
For those activists in that park,
Greg, Michelle and Mark...jef tek (3 blind mice)

Treating Yourself Poetry

Mr. Zag

By Paul Bullock

We call him Mr. Zag.

Can you believe that cat has never bought a bag?

And he is always high on pot. You see what Mr. Zag has always got, papers.

Now Mr. Zag well he reads that High Times rag. And he orders papers by the ton.

So consequently he's the one guy that everybody knows gets high.

So at parties or at clubs. At restaurants or at pubs. At the beach or backyard tubs.

Well you can bet and never lose. Hell you can bet your children's shoes

That Mr. Zag has paid his dues by holding papers.

Now Mr. Zag he will never ever brag about all the hippies that he knows.

He knows them all both young and old. And there's not one he hasn't rolled a joint for.

See, Mr. Zag he knows the score. He preaches peace and protests war.

Cause he's a lover, not a fighter. Prefers the standard size

Leaves those wider rolling papers for the beginners.

You know they roll them real fat in the middle Then both ends get much, much thinner.

That's because they roll the seeds and stems up in her.

But with practice they'll get better and in time I know

They get her down just perfect like Mr. Z.

Who will advise "Keep reefer free of seed and stem." Hell you can just get rid of them.

A pinch or two of nice clean weed is all that you will ever need

Cause Mr. Z. is holdin' papers. Now I have seen Mr. Zag handle someone else's bag,

And he's nimble and he's quick.

And he rolls a perfect stick up every times man, I ain't lyin'!

And then he'll proudly hand it to it's owner.

And then the fellow stoner says "Spark it up and toke.

And why not roll yourself a smoke up for the road?"

Then Mr. Z damn near explodes with joy Cause his simple little ploy has worked again.

And so he twists another little friend.

And he puts that reefer rocket. Neatly down in his shirt pocket

And he never would have got it. If he wasn't holding papers.

Now I am not here to complain about how the Zag Man entertains

Cause I myself I threw a party and the Zag Man he was tardy

And we had such a hard time getting' started

Till Mr. Z burst through my door and then he waltzed across my floor

Handing out brand new packs of Zags, to anyone who had a bag.

So my tiny pipe it was retired and the Zag Man he was hired to roll the night away.

And I venture now to say that when he woke up the next day

A bunch of reefer rockets were neatly nestled in his pocket.

Enough to last a man a week. But Mr. Zag well he's no sneak or thief.

Oh no good grief. He's just devised the prefect capper. See, he's always holdin' papers.

Yeah we call him Mr. Zag. Can you believe that cat has never bought a bag?

And he is always high on pot. You see what Mr. Zag has always got,,,,,, papers.

Ten Facts All Canadians Need To Know About Cannabis



1. In 2002 the Senate Special Committee on Illegal Drug Use studied the cannabis issue extensively. Their unanimous recommendation was that cannabis be legalized in a regulatory framework similar to alcohol.

The Senate report online: www.SenateReport.ca

2. The decision to criminalize cannabis was made "without any apparent scientific basis nor even any real sense of social urgency."

- Senate Special Committee on Illegal Drugs, 2002. P. 274

3. "Scientific evidence overwhelmingly indicates that cannabis is substantially less harmful than alcohol and should be treated not as a criminal issue but as a social and public health issue."

- Senator Pierre Claude Nolin, Chair of the Senate Special Committee on Illegal Drugs.

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

- Senate Special Committee on Illegal Drugs, 2002. Summary P. 45

5. Cannabis has NOT been decriminalized or legalized in Canada.

Canada's **Le Dain Commission** recommended the decriminalization of cannabis back in 1972! Over 30 years later and we're still only talking about it.

6. The so-called "decriminalization" bill proposed by the Liberal government was an "alternative penalties" bill.

Under this bill, possession of small amounts of cannabis would remain illegal, but a fine would be rendered instead of a criminal charges being laid. In addition, the bill proposed to double maximum penalties for growing cannabis.

The core flaw of the bill was that it was crafted without acknowledging the dynamics of the black market and the considerable harms caused by the policy of prohibition. The bill would have actually made matters worse with its contradictory and confused approach.

7. Legalizing and regulating the production and sale of cannabis does NOT send the "wrong message."

The government dismisses the possibility of legalizing cannabis saying it would increase use by sending the message that cannabis use is OK.

The policy of cannabis prohibition has been shown to have no impact on rates of use. The vast majority of people who are interested in trying cannabis have already done so.

Our government's current cannabis policies are neither effective nor evidence-based. In a modern liberal democracy, policies should be based on common sense and compassion, not fear, prejudice and misinformation.

8. The U.S. government applies pressure on Canada to back away from cannabis law reform.

U.S. government officials have issued strong warnings that if Canada goes ahead with "decriminalization" the result will be border slowdowns due to the need for increased scrutiny at the border.

FACT: Twelve U.S. states have already enacted some form of decriminalization, some states going even further than what the Liberal government proposed.

9. The U.S. Drug Enforcement Agency has had offices in Ottawa and Vancouver since 2001.

The marijuana industry was given as one of the key reasons for the Vancouver office. The RCMP have been working closely with the DEA for many years.

10. Canada is NOT a major source of cannabis to the United States.

"Frankly, I'm worried about Canada beginning to look like Mexico as a major supplier of drugs into the United States." - U.S. Drug Czar John Walters

FACT: "Canadian-produced marijuana accounts for only approximately 2% of overall U.S. marijuana seizures at its borders."

- U.S.-Canada Border Drug Threat Assessment, Oct. 2004

FACT: Mexico supplies about 46% of the U.S. demand for cannabis.

- United Nations Office for Drug Control and Crime Prevention (UNODCCP) Global Illicit Drug Trends 2002

Cannabis prohibition is expensive, ineffective, and causing significant harms to Canadians. For the good of all Canadians, it's time to end cannabis prohibition.

09/06

More details & source links at: CannabisFacts.ca

More cannabis info handouts at: FrankDiscussion.net



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Welcome to my Kitchen...

I am Chef Uni also known as Unicorn on the TY website, but you can also call me Maggie. I have had the pleasure of writing for the Treating Yourself Magazine for a year now and it sure has changed my life.



I would like to share a little info about myself with you the reader's. I've been married for 21 + years to my best friend Gord aka zardoz. We are the proud parents of 2 fantastic kids, one girl and one boy. Some would say we have a millionaire's family without the mega bucks. We are originally from Ontario, Canada but now call Nova Scotia our home. I enjoy spending time with my family, photography, taking walks on the beach, reading, chatting (if you didn't know this already), and I love cooking and baking.

Treating Yourself is a big part of this family. Besides my Cooking Corner, Gord writes the D.I.Y. section and product reviews, and our daughter you will all know from the Non Using Teenager section. Our son has yet to join the force, but give him a few years.

I am proud to be part of the TY Family. I've met many members over the years and can say that along with Marco, many have joined our extended family becoming more than just friends. TY has taught me many things and I am proud to be able to share my knowledge and experiences with others around the Globe, hopefully making just 1 more person's life a little bit better.

I love trying out new recipes and converting recipes into MMJ Treats and Dinners. I have many legal taste testers that I call my guinea pigs and I'm happy to say I haven't killed any of them yet. I will share their reviews with you and in each issue I will feature a quick and simple tip anyone with a little canna butter or bud can make in 30 minutes or with little fuss. I also would love to feature other Member's recipes as Gord and the other guinea pigs will get rather large always being taste testers.

If you have a recipe you want me to create and showcase for you or you have created something yourself and have high resolution pictures or you have tried out one of the recipes in the magazine and have a review, please email them to me at chefuni@treatingyourself.com.

See You In The Kitchen....Hugs Chef Uni



This was a 'made-up' recipe, like most of mine are. I wanted a fancy dessert to serve PainPal, Pickles, Unicorn and Zardoz. (Thanks again to all of you for a great visit!) The idea began as a Fruit Stew, with large pieces of fruit and berries; but I changed it to a Fruit Soup when I realized that it would

be best to remove the seeds from the Wild Blackberries. Anyway, whenever I make a soup or a stew, I consider whether it would be good with dumplings. I decided that, here, cheese-dumplings would be a nice compliment. Almost any variety of fruits and cheeses can be substituted; I just used what was on hand. Here are the results...highly-successful, by all accounts.

Fruit Soup with Canna-Cheese Dumplings

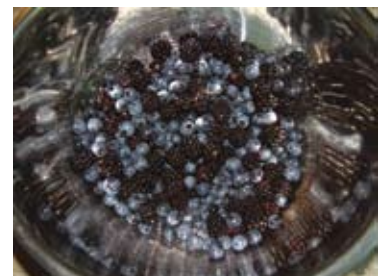
- submitted by Raton

Soup

- 3 cups Wild Blackberries
- 2 cups Wild Blueberries
- 2 Apples – pared and cored
- 2 Pears – pared and cored
- 2 Peaches – skin and stones removed
- 2 Red Plums – skins and stones removed
- 1 – 2 cups Brown Sugar
- ½ teaspoon Cinnamon
- ¼ teaspoon Ginger
- ¼ teaspoon Cloves

Dumplings

- 1 1/2 cups Flour
- 2 cups Cheese – shredded (I used Jarlsberg for this occasion)
- ½ cup Milk
- ½ cup Canna-butter
- ¼ teaspoon Salt
- 2 teaspoons Baking Powder
- ¼ cup White sugar
- combine flour, salt and baking powder in a large bowl
- cut in canna-butter until mixture is crumbly
- add milk all at once and stir briefly (only until ingredients are mixed)
- add cheese and stir just enough to mix it in (less stirring makes fluffier dumplings)



Directions:

- put berries in a large pot with enough water to barely cover them
- bring to a boil and crush with a potato-masher while cooking for 5-10 minutes
- add other fruits and return to boiling
- continue to mash the fruits while they cook for 20 minutes
- strain through a wire-sieve to remove seeds, skins and fibrous material
- prepare dumpling mixture at this time (recipe below) and preheat the oven to 400 F



- add brown sugar (start with 1 cup and add more until it tastes 'right') and spices to the soup (I think booze could be added as well, if all the diners can have alcohol)
- cover and return to a boil for 10 minutes to combine flavours

- drop spoonfuls of dough very carefully into the soup, trying to keep them from submerging (as you can see in the photo, I didn't think of this until afterwards)
- cover and place in the oven for 10-12 minutes
- uncover and sprinkle dumplings with sugar



- return to the oven using the broiler to brown the tops
- Serve with more berries and ice-cream or whipped-cream

Quick and Simple Tip

Nacho Baked Dip

– Submitted by Chef Uni

If you have a sudden crowd and are fortunate to have these ingredients on hand this is a fast crowd pleaser, but be warned if served too quickly there is chance of burned mouths.

- 8 oz cream cheese cut into small cubes
- 1 lb sharp cheddar cheese grated
- 2 – 3 cups Salsa
- 1 med onion chopped
- 1 large chopped tomato

- Jalapeño peppers (optional)
- Salt and pepper to taste
- 2 – 3 tbsp finely ground Marijuana

Combine above ingredients and bake at 375 degrees for 20 minutes or until cheese bubbles. Let stand for at least 5 minutes...stir and serve with nacho chips...scoops are the best.



Yummy French Toast

a Schwab family recipe

– submitted by Yrekagrow

Break open three eggs and beat them in 3/8 Cup of milk and a touch of ginger, dip both sides of each slice of Patients Choice RX bread in the egg mixture and grill them till they are golden brown on each side. Take them off the grill and give the slices a generous swathing of butter and pour boysenberry syrup over them until they are covered in it (but not smothered)....Enjoy!!

BTW...I don't think this would be a good breakfast, unless you didn't have anything strenuous to do for the whole day you're eating it on, it is a very couch lock...maybe good for camping, then it would be hammock-lock...

Poppy seed RX-Bread can be found in Issue 2 (Vol. 1 Issue 2)

Fruit Leather

– submitted by zardo

- 1 cup white sugar
- 4 tbsp honey
- 2 tbsp corn syrup
- 4 cups mashed mixed fruit (I used the leftovers from Raton's Soup)
- 1/2 cup volcano ash

Mix together in food processor.
Spread out on parchment paper.
Put in dehydrator till done.
Cut into strips.

There was a slight medicinal effect. Better product would have better results.



One Pop Pot Cookie Review

– submitted by John aka Pain Pal

These little treats are nice bite size nuggets of relaxation and sleep inducing for sure. I had 6 of them at 10 pm and by 10:45 pm; my head was becoming very heavy. I had to lie down and within 15 or 20 minutes, I was dead to the world.

I woke up at about 3 am with a bit of a stiff neck from the way I was laying on the sofa. I guess that I should have gone to bed as I didn't get to see the rest of the movie we were watching.

Now if I only knew what kind of MMJ was used, I would be growing some for sure. Perhaps Chef Uni will find out what it was and tell me her secret ingredient.

Thanks again for letting me be one of your guinea pigs.

To answer Pain Pal's question, the MMJ used was what I call a fruit salad mix...a combination of different strains. This recipe can be found in Issue 5.

See you in the Kitchen...Chef Uni



Marble Madness Review

– submitted by John aka Pain Pal

Chef Uni does it again.... I am a licensed MMJ user and grower and one of Chef Uni's taste testers.

Warning to anyone who says that these treats are not quite strong enough or are too small of a sample...This tasty treat was a real stop everything, sit down and hold on. Very potent in all areas, with a body/head coordination and thought provoking, knock me down and pick me up spinning effect. They totally affected my whole body and mind to the point of me not being able to do much of anything. As for pain relief, it works great. I don't know how much pain relief there would have been if I had been doing anything strenuous, but I couldn't do anything anyway, it was a super good experience, one that I had not experienced in quite a few years.

So all I can say is WOW...what a treat in more ways than one!! Chef Uni your treats are awesome....

This recipe can be found in Issue 4...

See you in the Kitchen...Chef Uni



Patients choice

Pineapple Upside-Down Pound Cake

Schwab family recipe

- Submitted by Yrekagrow

This one's a real treat, all the unforgettable flavor of a pineapple upside-down cake merged seamlessly with the basic buttery rich taste of pound cake, plus a healthy dose of canna-oil (3 cups total) enough to heavily medicate even the most tolerant MMJ patient with only a small piece.

TOPPING INGREDIENTS

- 2 cup of firmly packed brown sugar
- 1 cup canna-oil
- 1 can (20 oz) of pineapple slices

CAKE INGREDIENTS

- 3 cups cake flour
- 6 large eggs
- 2 cups canna - oil
- 2 cups sugar
- 2t vanilla flavoring
- 2T butter flavoring
- .5t salt
- .5 cup buttermilk
- .5t baking soda
- 1 t baking powder

First take two tube or bunt cake pan and oil it with butter. Then lightly flour the oiled pans. Shake the excess flour from the pan.



Now sift the flour, baking soda, butter flavoring, and baking powder into a large mixing bowl. Then using a big wooden spoon, stir in salt and the sugar then set this mixture aside. Now it's time to make the caramel topping: Completely melt canna-oil in a saucepan on medium/high heat then combine the brown sugar and mix until sugar dissolves and the mixture is bubbly, this should take several minutes. Pour mixture into your bunt or tube cake pans. Now place pineapple slices neatly in a single layer on top of the caramel mixture.

Next add the 2 cups melted canna-oil and the six eggs to the dry ingredients, now use an electric mixer on low to start mixing the ingredients and slowly adding the buttermilk, and then the vanilla extract. After about two minutes turn the mixer up to medium-high for a few minutes to ensure it is thoroughly mixed. If the mixture is still a bit thick, just add a touch more buttermilk. Preheat the oven to 325 degrees. Now Pour the batter in the cake pans, on-top of the pineapple topping and bake the cake for about 60-70 minutes. All ovens are a bit different, so it's always a good idea to do the toothpick test (or you can use a small, thin, straight mj stem) you do this by poking the stem/toothpick into thickest part of the cake. If the stem/toothpick comes out dry then the cake is done baking. Allow the cakes to cool 5-10 minutes then flip the cake pan over onto a serving dish, you should enjoy these cakes warm or at room temperature. the recipe can be halved for just one cake if you want.

Herbed Stuffing

- Submitted by
Chef Uni



8 cups dried bread cubes

- 1 med onion chopped
- 3 tbsp fresh sage (3 tsp dried)
- 1 tbsp fresh rosemary (1 tsp dried)
- 1 tsp thyme dried
- 1/4 tsp fresh ground pepper
- 1 tsp salt
- 2 tbsp dried ground Marijuana
- 1/2 cup melted butter (for extra potent canna butter)
- 1/2 cup chicken broth or warm water

Combine all ingredients except butter and broth. Let stand for 1/2 hour or longer if possible.

Add melted butter and enough broth till the mixture is moist enough to form a ball but dry enough to crumble apart.

Cook at 350 degrees for 1 hour in a covered dish. Serve as a side dish or alone if you really like stuffing.

TREATING YOURSELF MAGAZINE CONTEST BONANZA



ISSUE # 6 Contest

Prizes available to be won :

Volcano Vaporizer , Set of Bubble Bags, Complete Set of 6 Celebration Pipes, M2 Vaporizer, Hoodlam Hemp Hat, Deluxe Hands Free Vapor Box, Vapolution Vaporizer, Vapir One 3.0 Vaporizer, Hand Blown Glass Piece, Concerto JR Grinder Combo, Rolling Tray, Book from Quick Trading and last but not least a DVD from FS BOOK CO.

The above prizes were sent in by the following sponsors:

Celebration Pipes, Chiro-Tech, East Side Impex Fresh Headies, FS Book Co., Hempworks, Laplaya Glass, One Drop Design, Quick Trading, Vaporizer.ca, Vapolution, Vapor Store, Wolf Productions.

I would also like to thank the following companies who have also contributed to making this contest possible: Apothecary Seeds, BC Northern Lights, Duke of Amsterdam, H.E.L.P, H.U.M.A.N, KDK Distributors, Online Alien, Paradise Seeds, Peak Salesm, Planetary Pride, Semitalia, Sensi Seeds, Skunk Magazine, THSeeds, Wong Bong.

Contest Rules:

You must be a resident of Planet Earth and have reached the age of consent in your state, province or country. No purchase is necessary to enter. Hand drawn facsimiles of entries will be accepted. Mechanical reproductions will be accepted. But only 1 entry per person

Treating Yourself and contest sponsors are not responsible or liable for entries that are lost, misdirected, delayed, destroyed or lost in delivery.

Entries that are late, incomplete, illegible, damaged, irregular, have been submitted through illicit means, or do not conform to or satisfy any condition of the rules may be disqualified.

Winners will be notified by telephone, Email and announced in Treating Yourself as well as online at <http://www.treatingyourself.com>.

Treating Yourself and contest sponsors are not liable for any damages or injuries as a result of participation in any contest or as a result of attendance at events where prizes may be awarded.

Chances of winning depend on the number of eligible entries received.

Treating Yourself reserves the right to amend these rules as and when they deem necessary. Rules may change from time to time in any given contest. Treating Yourself and contest sponsors are not responsible for any typographical, production or distribution errors that may occur during the contest or in any contest material.

Decisions of Treating Yourself and contest sponsors are final in all cases.

Prizes must be accepted as awarded and cannot be transferred, assigned or redeemed for cash. Contest sponsors reserve the right to substitute a prize of equal or greater value if the described prize cannot be awarded for any reason.

The Sponsors are not responsible for commencing, continuing or completing the contest in the event of circumstances beyond their control. The Sponsors reserve the right to cancel or modify the contest if, in their sole discretion, they determine that the contest is not capable of being run as originally planned for any reason (such as tampering, fraud, technical failures, printing or distribution errors or any other causes or occurrences have compromised the fairness or integrity of the contest).

All entries become the sole property of Treating Yourself and cannot, nor will not, be returned for any reason. All entries will be destroyed four weeks after conclusion of the contest.

This contest is subject to the laws of Ontario and the federal laws of Canada as may be applicable.

By entering this contest, you acknowledge that you accept and will abide by these rules and regulations.

TREATING YOURSELF MAGAZINE CONTEST BONANZA



Winners Issue # 5



It is my pleasure to announce the winners from issue # 5 I was happy to see that 75% of all entries received had the correct answer. Eddy Lepp had 17 articles in issue # 5

I would also like to thank all of our sponsors who sent us these great prizes to give away to our readers. You can also win these GREAT PRIZES online at <http://www.treatingyourself.com>

Congratulations goes out to the following winners

L.L. Upper Lake CA
C.M. Hanover, Ont.
M.H. Newport, N.S.
K.H. Newport, N.S.
C.N. Redbridge, Ont.
M.L. Niagara Falls, Ont
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Wolf Rolling Tray
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CONTEST ENTRY FORM ISSUE # 6

Please Print Clearly

Name: _____

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Are you a member of TreatingYourself.com? YES! ____ NO! ____

If yes, what is your TY screen name: _____?

Skill Testing Question= What is the TY mascot's name?

Mail entries to Marco Renda 250 The East Mall P.O. Box 36531 Etobicoke, Ont. M9B 3Y8

TY Contest Winners

Prize Review for Vapolution Vaporizer – won in issue 4

I suffer from a disease called Sympathetic Reflex Dystrophy (RSD). As a result of the disease I have developed severe arthritis in my left arm and shoulder. I suffered with this for the past 4 years and have tried virtually every Dr. prescribed narcotic on the market. With these meds I was always groggy and dealing with terrible side effects. I mentioned to my doctor that smoking marijuana helped me more than the meds he prescribed with "no side effects". I'm in the process now waiting for my papers to come from Health Canada to become a legal marijuana (medical) user. Recently I won a prize through the T.Y. magazine. The prize was a Vapolution Vaporizer. This little green machine has got to be the best little product I have ever tried! It's so simple to use and very convenient. You just plug it in and in 4 minutes you have a very smooth dose of meds with perfect results. It takes little or no hassle and I'm very happy with it. I strongly recommend this product to anyone who needs their meds and wishes to receive them in such a smooth and easy method. Thank you T.Y. for promotion contest to help medical marijuana users lives so much easier.

Thanks Again...L.M., Newport Station, NS



Winner JS of Walton, NS receiving "The Good Bud Guide" he won in Issue 3 from the TY Prize Patrol.

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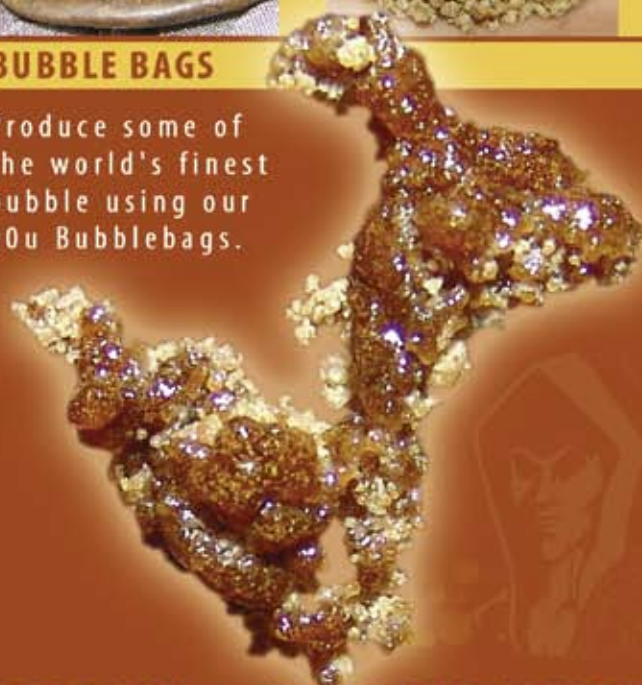
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