

# Treating Yourself

Issue 7

**LEPPTOMANIA with  
EDDY LEPP  
Cannabis Activist**

**ANTHONY.C BRUCATO  
- Becoming an Activist**

**AL GRAHAM - Treating Yourself  
at the Home Show**

**ALLY aka Pflöver  
Cannabinoids and Cancer**

**MIKE - The Psychoactive Effects  
of Chocolate and Cannabis**

**KEVIN SMITH - The Benefits of Hemp**

**SUBCOOL - Cannabis Pollen and Use**

**ZARDOZ - Product Reviews**

**MED USER'S JOURNALS**

**CHIEF'S TOKIN'TOONS**

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# Mission Statement

**The Treating Yourself website was created in May 2002 to provide medical marijuana users with information to assist them in their responsible use of medical marijuana.**



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

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

Team TY would like to welcome all respectable, responsible marijuana users. We would like to see a concerted effort on behalf of all respectable, responsible marijuana users world-wide, helping in the effort to abolish prohibition as prohibition must be abolished! As individual "interest groups" we are at the mercy and whim of the governing bodies of the world, however if we were to unite and begin to demonstrate to the world that we are responsible and respectable members of society, the choice will be clear. Marijuana must be made fully legal to any and all who have obtained the age of majority!

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

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

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

It is long past due that we remove the stigma that is attached to marijuana. To date there are hundreds of legal marijuana users in Canada who would rather that the "public" not know who they are. Not for fear of being ripped off. They would rather remain anonymous because society has allowed the stigmatism of "pothead" and "stoner" to continue. They would rather remain anonymous because they don't want to be harassed by police for their legal gardens. They don't want their professional careers to be interfered with. All they really want is to be allowed to live a more pain free productive life! There are literally hundreds of thousands more that use marijuana as a relaxant to help manage stress, stress kills!



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

Even for the social user, marijuana is used at parties and other gatherings, much in the same way that alcohol is used, with far less addicting effects and without the morning after hangover. Marijuana is of course among the most benign of the so called "party drugs." Far greater threats can be found in the form of crack cocaine and crystal meth!

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

By removing the archaic laws that continue to prohibit the free use of this wondrous herb, we would free up multiple billions of dollars currently being eaten up by police agencies around the globe, in an effort to stamp out a relatively harmless plant!

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

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

Team TY and all of the members of TreatingYourself.com, wish you good health and good grows.

# Help Marco Help You



**A Donation to the Marco Renda Defense Fund will help keep Marco free and able to continue publishing *TREATING YOURSELF* Magazine.**

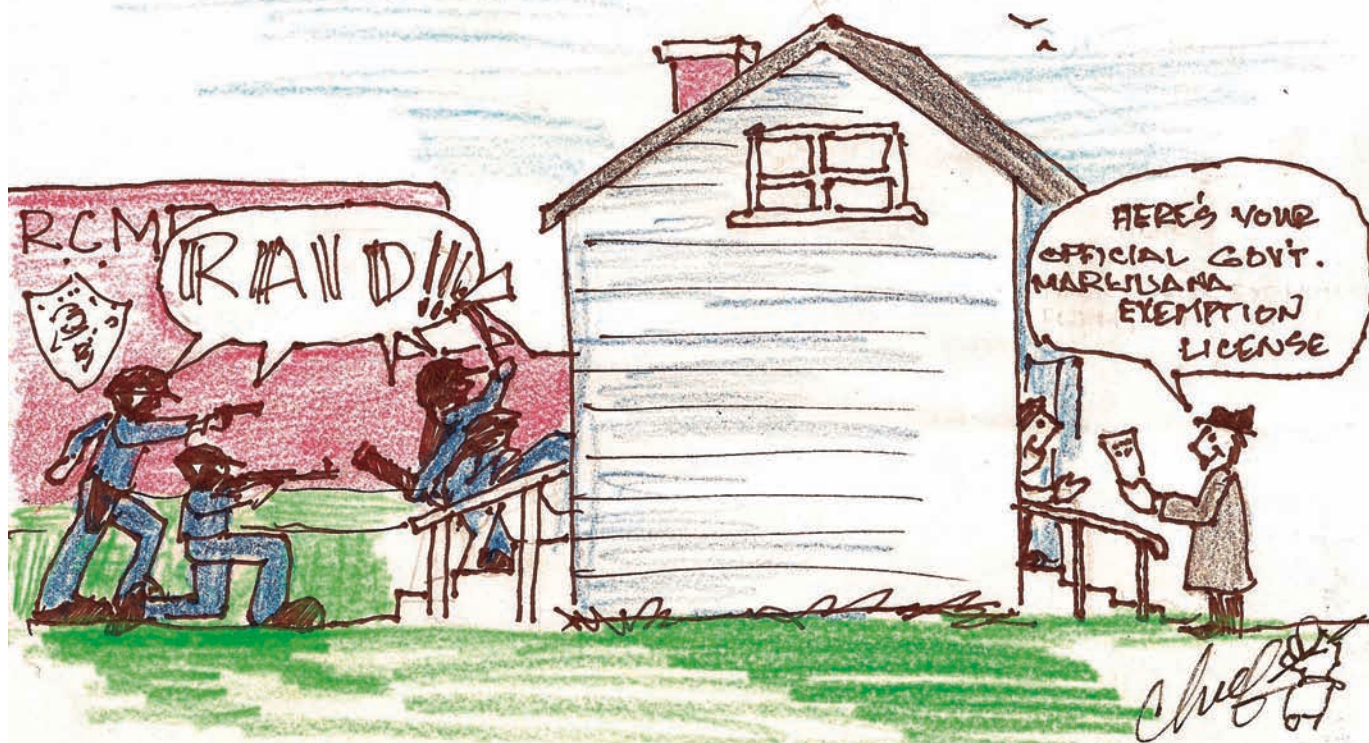
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It is a shame that I see more of this going on in the news - stories about how our police forces are raiding legal medical marijuana grow rooms. The police agencies need to get better informed as to how the medical marijuana program works, or shall I say how inadequate it is.

Here I am a legal grower who has recently moved to Toronto and sent in a request for my permits to be amended. It took Health Canada two months to respond to my original request via telephone, only to be told by Peggy that medical patients must be one hour from their grow facility. Nowhere in our current regulations does it state this. I mentioned this fact to Peggy verbally as well as in writing. I then contacted my local MP who in turn contacted the Minister of Health. It took Health Canada another two months to respond to my request by sending me a letter stating that I live too far from my grow facility so they are not going to amend my permit.

I responded immediately and sent a copy of all correspondence to both my local MP and the Minister of Health. A couple of days ago I get another call from Peggy, at Health Canada, where she repeated that I needed to be within one hour of my grow facility. Once again I stated to Peggy that I would be more than happy to abide by all the regulations of Health Canada, but she must prove to me that it states in our regulations that licensed growers must be within one hour from their grow facility.

Well Peggy and the rest of the gang at Health Canada I am still waiting! Why do they have to put so much added stress on us patients? Why do they also state that there is a waiting period of seventy-two hours before they will answer your queries over the telephone? In actual fact, it took them no less than twenty-one days. Do they operate in a parallel universe where time is of no consequence? For the sick, this is often the opposite and displays a complete lack of empathy. I would like to interview the folks at Health Canada for a future issue of our publication. This might help determine whether or not there is any written documentation to back up this nonsensical rule that states that the geographical area surrounding the grow must be within one hour's drive.

In ending I would like to give a thanks to Eddy Lepp and Craig Lemire for all they have done this past year. I would also like to thank Linda Senti. She is a very special lady and I hope that I will one day get to meet her in person.

Take Care and Peace,

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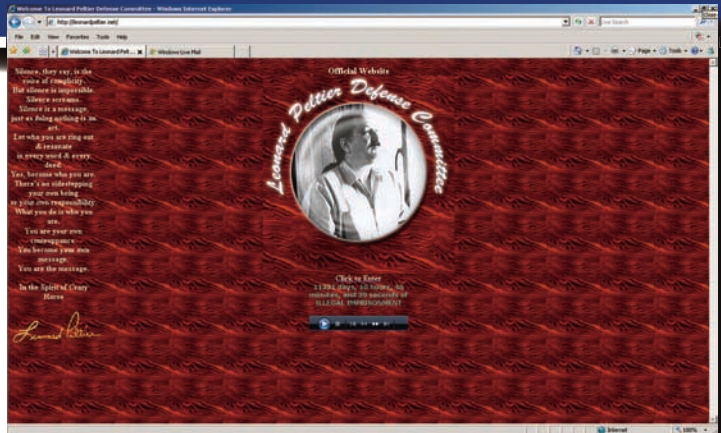
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Dr. Lester Grinspoon (December 1996) Lester Grinspoon M.D. is a Professor Emeritus of Psychiatry at Harvard Medical School. He is the author of *Marijuana Reconsidered* and *Marijuana: The Forbidden Medicine*. [www.marijuana-uses.com](http://www.marijuana-uses.com)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



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## A Non-Using Teenage Point of View



In a world where information is claimed to be available anywhere, I ask why it is so difficult to find unbiased information on marijuana. When I was writing my second article

for this journal, back in 2005, I had the idea that maybe a little research would aid me in my writing. I realized I was mistaken after sitting in the library of my school for 15 minutes. The information I found was anti marijuana propaganda. A good percentage of said propaganda was old too, looking to be dating from at least the 80's.

Being an MMJ supporter (not to mention a trivia nut and an information hound) I find it quite irritating that a place of education and knowledge would contain such outdated and biased info. I

know from first hand experience that schools are continually raising money for new books. While I may see one of these fabled, never been read before books, I scarcely see any on marijuana. I think since leaving elementary school and rising up a notch on the reading level scale, I have found one newer looking book on marijuana. However, as new as it was, it still had slanted viewpoints.

Now at this point, I'd like to pause for a moment and comment on the whole biased issue. To be perfectly fair, about a quarter of the literature I have come across does mention medicinal marijuana briefly (about a page or two's worth.)

Anyway, the point of the matter here is how are we suppose to educate the world if we don't provide our learning centers with the means needed. I applaud Treating Yourself for trying to supply free journals to our schools and libraries in an attempt to educate the masses further. If only more people and organizations would step up to help properly educate, explaining both the negative aspects and the positive of responsible use of marijuana; everyone, in my father's wise words, would go to bed a little less stupid.

Krysania, age 17

If you have any suggestions or would like to contact me, you can reach me at [krysania@treatingyourself.com](mailto:krysania@treatingyourself.com) Picture copyright MaggieH/06

A colorful advertisement for Laplaya Glass. The background is a mosaic of small, multi-colored tiles. In the center, the text "Wholesale &amp; Custom" is written in large, white, bold letters. Below it, "MADE IN CANADA" is written in smaller, white, italicized letters. The main text "LAPLAYA GLASS" is written in large, stylized letters, with "LAPLAYA" in blue and "GLASS" in green. At the bottom, the phone number "Tel.: 705-356-5780" is written in yellow, and the email address "e-mail:laplayaglass@sympatico.ca" is written in white. The advertisement is decorated with various glass pieces, including a large, colorful, abstract glass sculpture on the left and a smaller, yellow and blue glass sculpture on the right.



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# Benefits of Hemp

By Kevin Smith

Hemp was first cultivated in China more than 6,000 years ago, and was used as a food source long before soy foods.

Hempseed is considered by leading researchers to be one of the most nutritious super foods on the planet- packed with protein, vitamin E, Omega-3 and GLA. Hemp contains pure, digestible protein, with a good balance of all eight essential amino acids. Hemp is not only delicious, but comprised of smaller-chain edistin and albumin protein, making it the gold standard of plant foods. Hemp has three times the vitamin E of flax and twice the iron and magnesium (a key mineral often depleted by industrial agriculture) contained in flax.

## Hemp Oil: For use in cooking

Hemp Oil, which contains Omega -3 essential fatty acid (EFA), is fast becoming a popular oil that promotes optimal health including improved memory, concentration and focus, improve skin, hair and nails, bright eyes, a strong immune system, healthy heart and helps reduce cholesterol. Omega-3 is found popular health supplements such as Focus Factor and Dr. Atkins supplements Unlike flax oil, hemp oil contains valuable Super Omega-3 (SDA) and Super Omega-6 (GLA), which help our bodies metabolize fat, especially vital to combat effects of stress, pollution, and aging.

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## Snacks:

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Hemp Clothing, the oldest cultivated fiber plant known, hemp has a history of use in textile and fabrics dating back as far as 8000 B.C... The reason for hemp continued popularity throughout the years are still applicable today and are the basis for the renewed interest in cultivation and use. Hemp is strong, warm, long wearing and one of strongest natural fibers, excellent wicking properties, helps block harmful UV and UVB rays, and naturally resistant to bacteria and mold. Hemp is used in making men/women shirts, Hoodies, shorts or pants and coats; mixed in with Cotton, Lycra, Raime Chambray, or even fine Silk for that fashion statement. Hemp can be made into a variety of fabrics, including linen quality.

## History Facts:

- \* Hemp has been grown for at least the last 12,000 years for fiber (textiles and paper) and food. It's has been prohibited in the United States since 1950s. George Washington and Thomas Jefferson both grew hemp. Ben Franklin owned a mill that made hemp paper. Jefferson drafted the Declaration of Independence on hemp paper. When US sources of "Manila hemp" (not true hemp) was cut off by the Japanese in WWII, the US army and US Department of Agriculture promoted the "Hemp for Victory" campaign to grow hemp in the US.
- \* Because of it's importance for sails (the word "canvas" is rooted in "cannabis") and ropes for ships, hemp was a required crop in the American colonies.
- \* Henry Ford experimented with hemp to build car bodies. He wanted to build and fuel cars from farm products---sounds familiar! BMW is experimenting with hemp materials in automobiles as part of an effort to make cars more recyclable.
- \* Much of the birdseed sold in the US has hemp seed (it's sterilized before importation), the hulls of which contains about 25 % protein.
- \* Hemp Oil once greased machines, most paints, resins, shellacs, and varnishes used to be made out of linseed (from flax and hemp oils) Rudolph Diesel designed his engine to run on hemp oil.
- \* Kimberly Clark (on the Fortune 500) has a mill in France which produces hemp paper preferred for bibles because it lasts a very long time and doesn't yellow.
- \* Construction products such as a medium density fiber board, oriented strand board, and even beams, studs, and post could be made out of hemp. Because of hemp's long fibers, the products will be stronger and/or lighter than those made from wood.
- \* The products that can be made from hemp number over 25,000.

## Hemp Pulp and Paper Production:

The use of fibre hemp (*cannabis sativa* L.) for pulp and paper dates back more than 2,000 years. The oldest surviving piece of paper in the world was discovered by archeologist in 1957 in a tomb near Sian in Shensi province, China (Temple 1986).

It's about 10cm square and can be dated precisely between the years 140 and 87 B.C. This paper and similar bits of paper surviving from the next century are thick, coarse, and uneven in their texture. They are all made of pounded and disintegrated hemp fibres. Paper historians agree that the earlier Egyptians papyrus sheets should not be referred to as paper, because the fibre strands are woven and not "wet-laid". The Chinese paper-making craftsmanship was transferred to Arabic and North-African countries and from there to Europe. The first European paper making was reported in the first half of the 16th century. Until the early 19th century, the only raw material available for paper making was rags. Rags are worn out clothes, since at that time clothing was solely made of hemp and flax (sometimes cotton).

## Renewed interest in hemp paper:

The recent renewed interest in hemp paper as a paper-making fibre seems to originate from a strong environmental motive. All primary forest in Europe and most in North America have been destroyed, amongst others for paper production. Now we accuse the nations which still have primary forest of not guarding theirs. In Europe all trees harvested for paper making were intended for that purpose, so there seems to be no valid reason to switch to a non-wood or "tree-free" fibre source. The Americans, Asia and Australia, where primary forest are cleared at huge environmental cost.

## Pulping and Paper Making:

Paper making is essentially the rearranging of elementary fibres from whatever source (a tree, a hemp stalk, an old pair of jeans or even a scoop of algae) into flat thin sheets. Elementary fibres are the basic building blocks of trees and many plants.

Pulping (from fibre source to Pulp): Cleaning: all non-fibrous components need to be removed from the raw materials, and the remaining fibres must be cleaned of dirt, rocks, and other contaminants. Fiberlizing: the elementary fibres are taken apart by either chemically removing the glue that holds them together, or mechanically tearing the fibres structure apart. From this step on, the material is referred to as "pulp". Papermaking (from pulp to paper): Dilution: in order to lay the fibres evenly into homogeneous sheets, the pulp is diluted with large amounts of water (sometimes up to 200 times as much water as fibre pulp).

## Remainders of the hemp industry:

Although there are thousands of non-wood paper mills in the world, only a few of them use hemp as a fibre source.

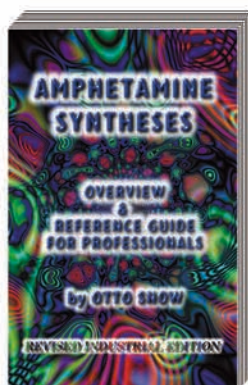
At present 23 paper mills use hemp fibre, at an estimated world production volume of 120,000 tons per annum.

Most of the mills are located in China and India, and produce moderate quality printing and writing paper.

Typically, these mills do not really have a fixed source of fibre, but they simply use whatever can be found in the region.

About 10 mills are located in the western world (US, UK, France, Spain, Eastern Europe, Turkey), and these mills produce so-called specialty paper such as: Cigarette paper, filter paper (for technical and scientific uses) coffee filters, tea bags, insulating papers (for electrical condensators), security papers and various specialty art papers.

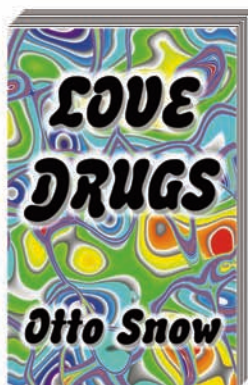
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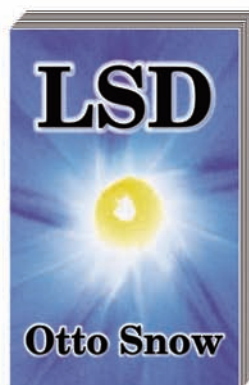
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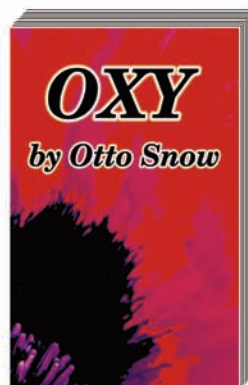
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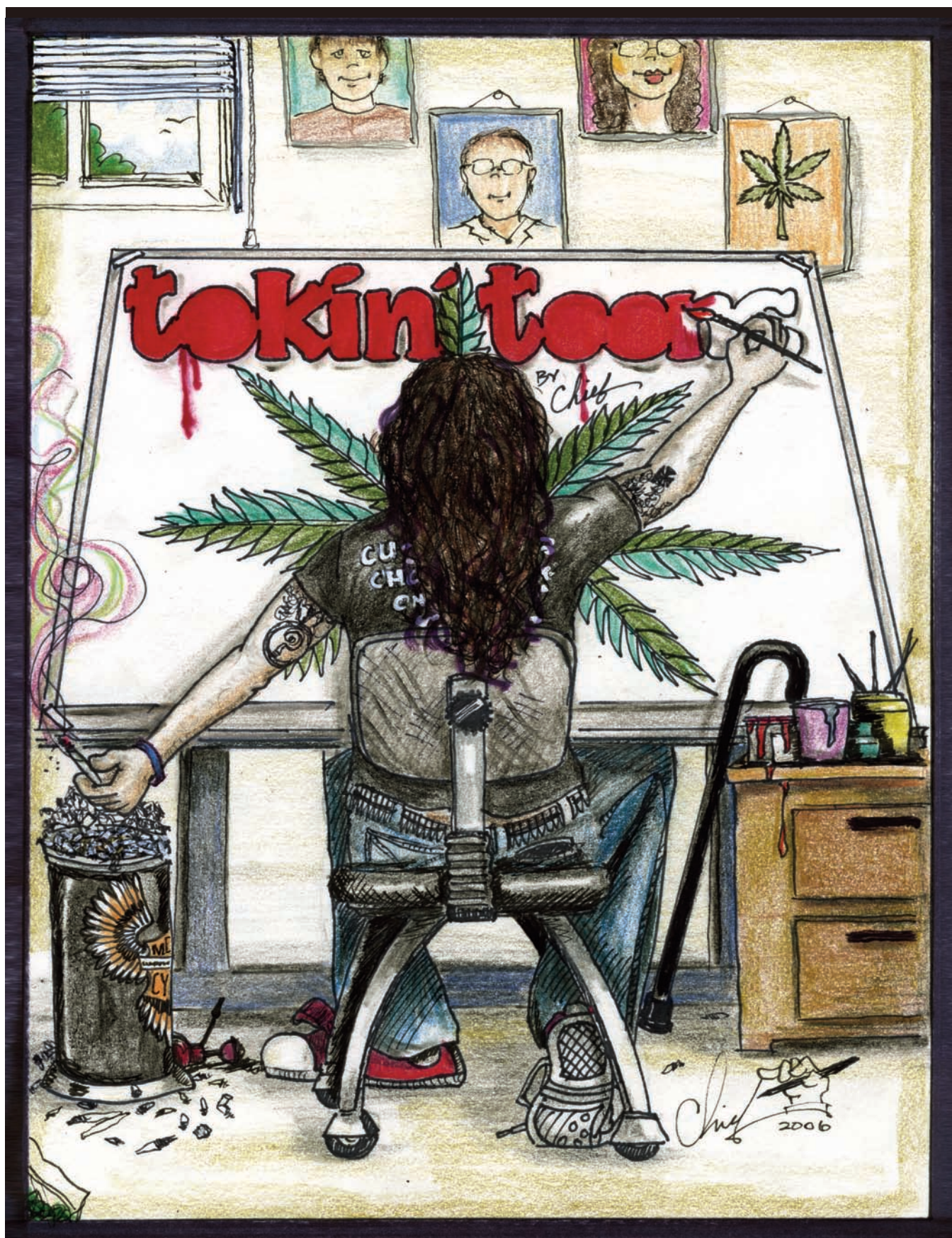
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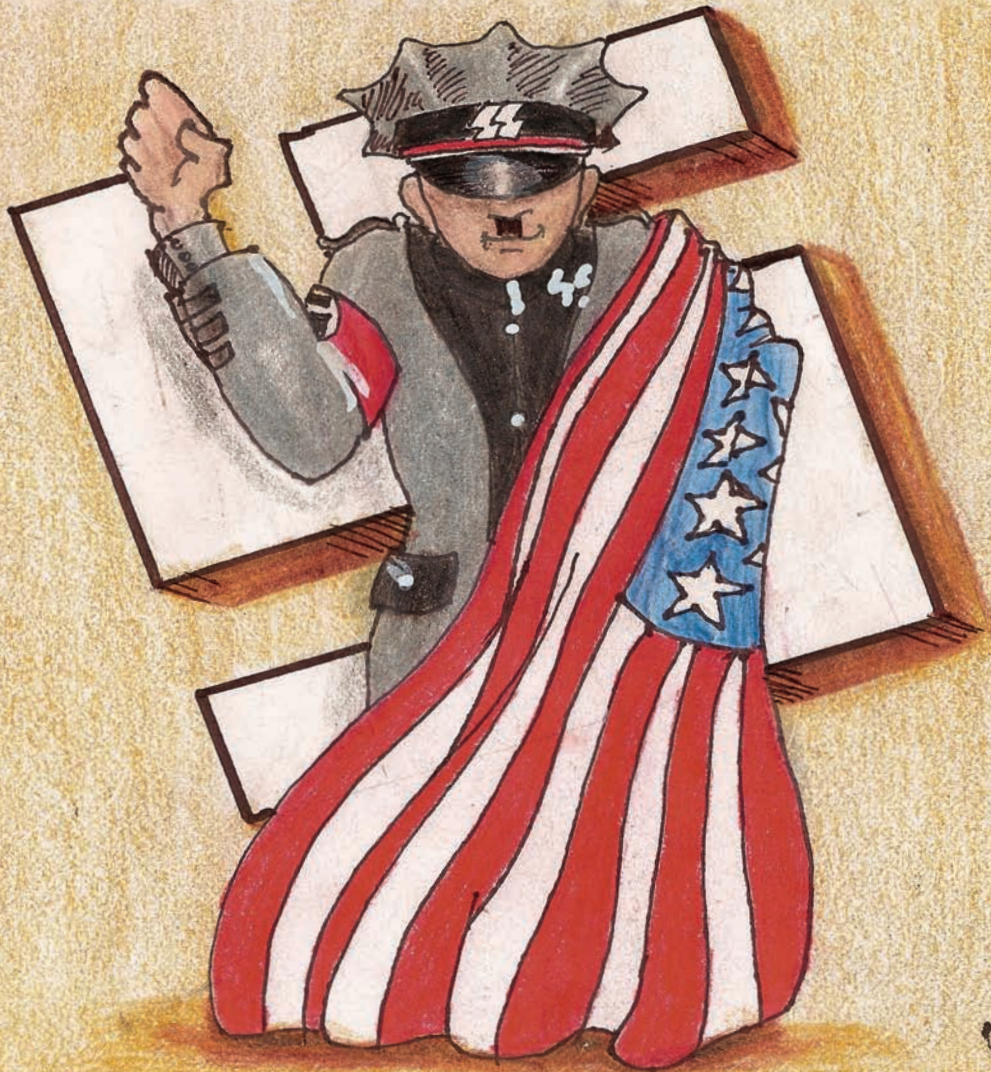




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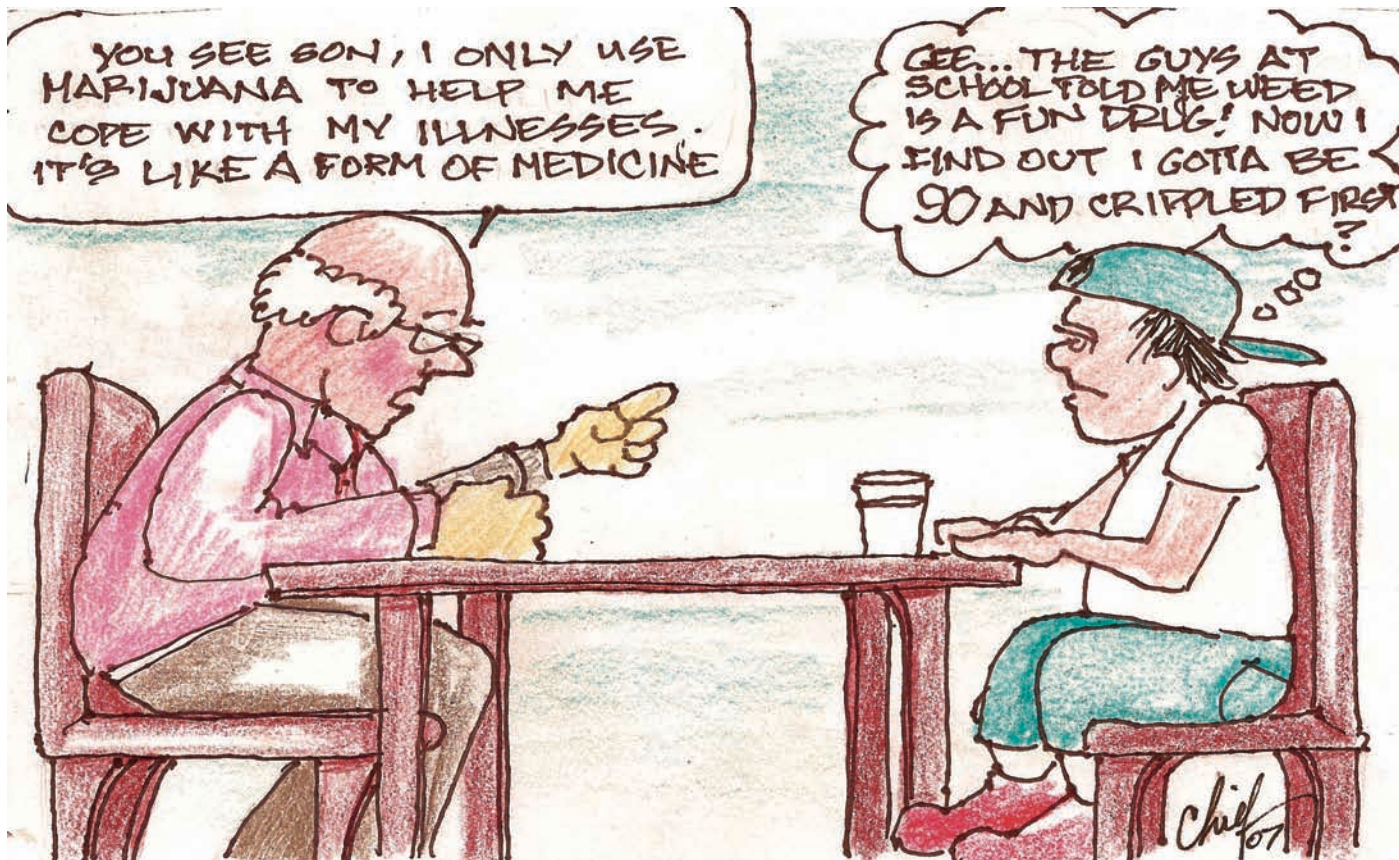
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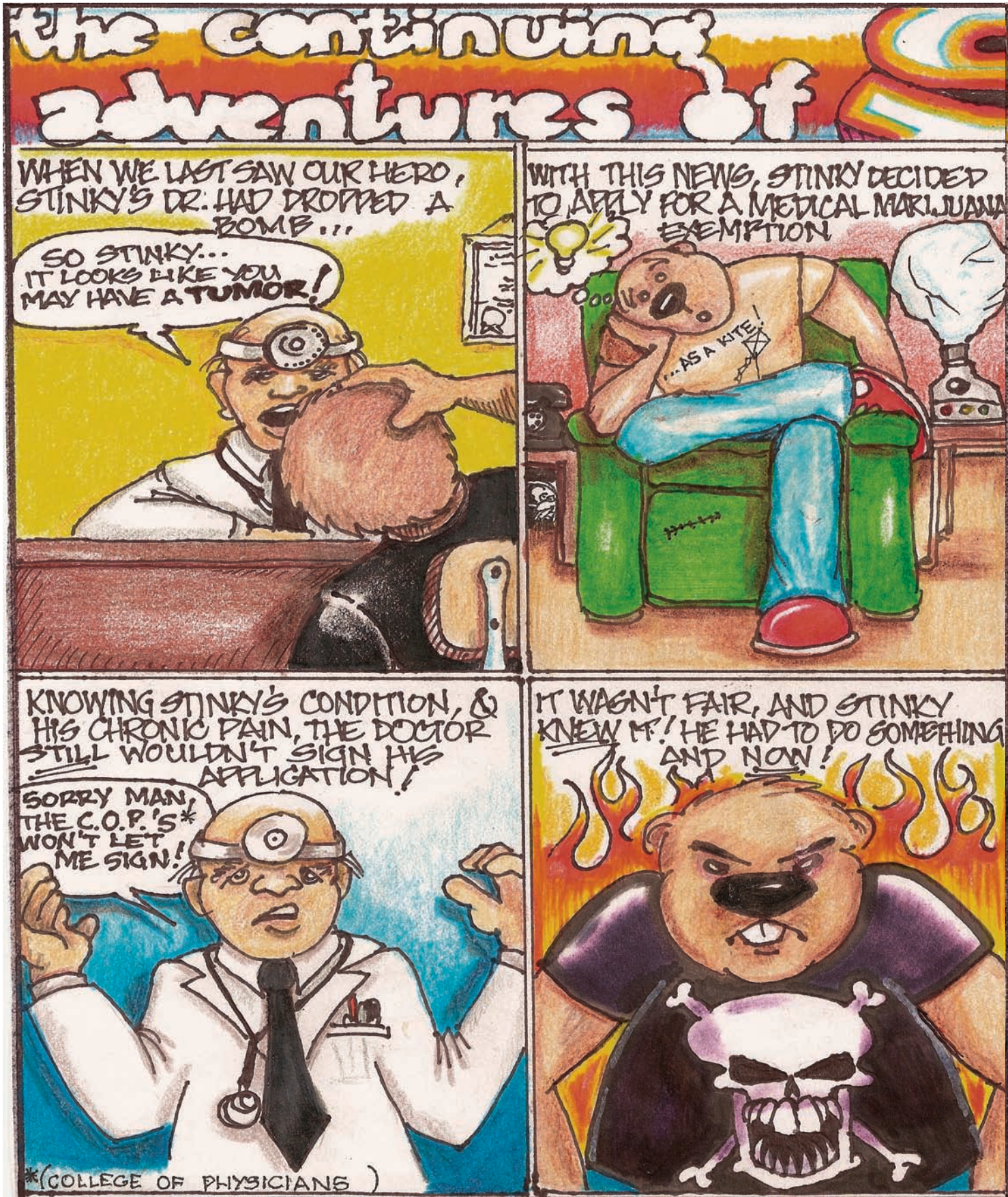
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THE WAITING ROOM WAS FILLED WITH PEOPLE ALL THERE FOR THE SAME REASON STINKY WAS



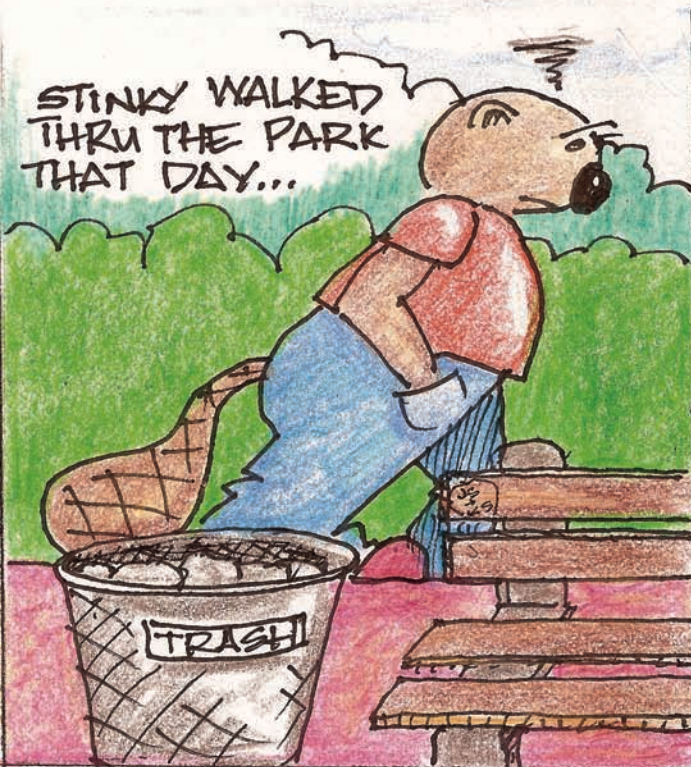
THEY WERE ALL LOOKING TO GET THIER EXEMPTION FORMS FILLED OUT BY THIS DOCTOR, AND IT SEEMED LIKE HE WAS SIGNING FOR ANY REASON!





STINKY WANTED HIS EXEMPTION SIGNED LEGALLY AND FOR THE RIGHT REASONS. THE SEARCH WENT ON.

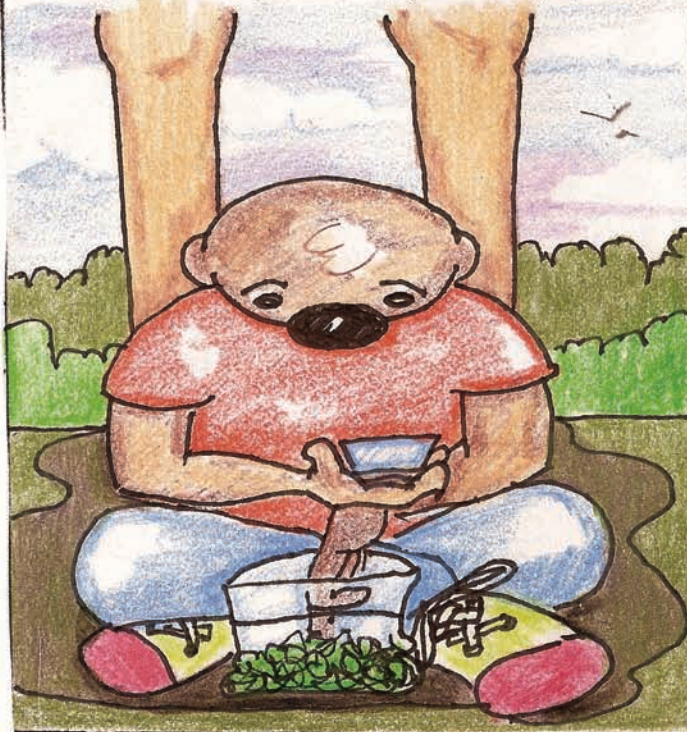
STINKY WALKED THRU THE PARK THAT DAY...



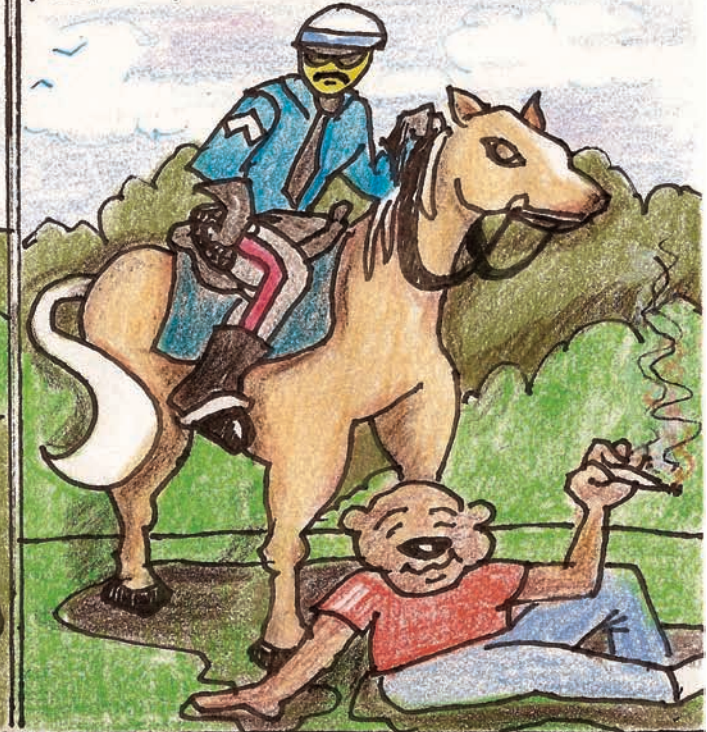
...AND INTO THE NIGHT



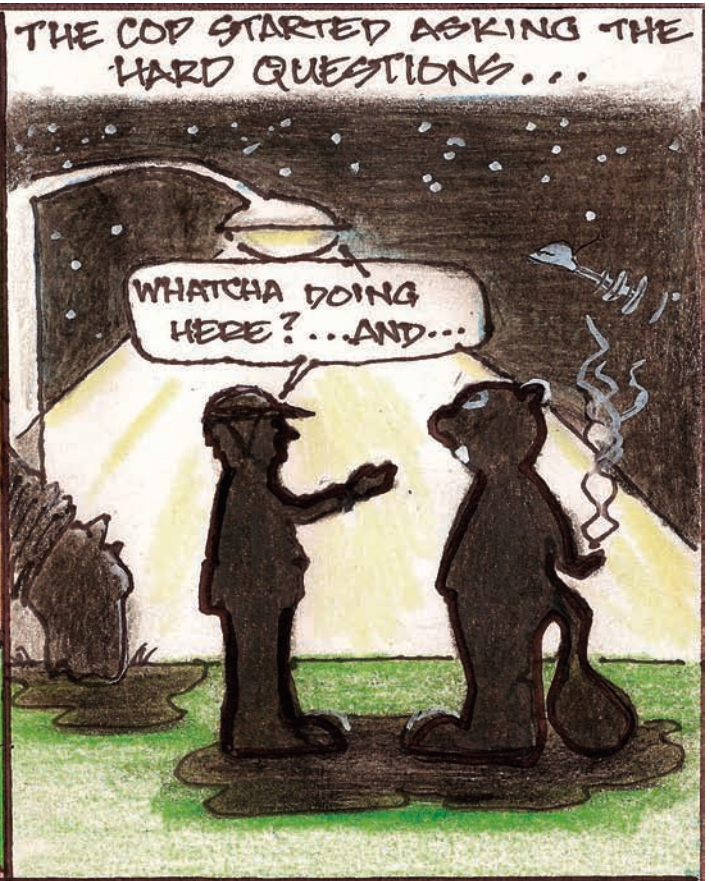
HOURS LATER, TIRED & SORE, STINKY SAT DOWN IN THE SHADE AND SPUN A THAT ONE



WHAT HE DIDN'T REALIZE IN HIS BLISS, THE SHADE CAME FROM AN UNFRIENDLY SOURCE!









THE SPIT WAS ABOUT TO HIT THE FAN AND STINKY KNEW IT!



WHUTTIZIT?  
HYDDO? SOIL?  
INDICA? SATIVA?  
INDOOR OR OUT?

THE COP'S NEXT WORDS HAD STINKY DUMBFOUNDED...



HAND IT OVER,  
**NOW!**

THE COP LOOKED THE JOINT OVER, THEN, TO STINKY'S AMAZEMENT...



STINKY & THE COP SAT AND TOKED FOR HOURS... HIS PALS WOULD NEVER BELIEVE THIS STORY... EVER!



WATCH FOR THE NEXT ISSUE FOR MORE  
MARIJUANA & MEREEMENT!

Chris 107



## Michelle Rainey; Epitome of a Medical Marijuana Activist

By: Jef Tek

She is: wanted by the U.S. DEA for extradition, the Vice President & Financial Agent of the BC Marijuana Party, the hostess with the most-est of 4 Tokers' Bowls in Vancouver BC. She has Crohn's Disease and she is licensed to grow her own medicinal Marijuana by Health Canada. Who is Michelle Rainey?

Michelle Rainey was brought up in the Health Food and Vitamin industry and raised by her widowed mother Emilie. It was Emilie who taught her the value of hard work, commitment and self-reliance. Michelle was diagnosed with inflammatory bowel disease when she was 17. In the middle of a successful 10-year banking career, she had to undergo two surgeries to remove damaged parts of her bowel, almost dying both times in the process. (Crohn's Disease has no known cause or cure) She returned to her banking career after each surgery and continued suffering with constant nausea, diarrhea and weight gain due to Prednisone, and other prescription drugs. The doctors had her on a cocktail of the usual medication to curb those nasty symptoms but, of course, nothing to control the actual disease, or the suffering.

Around this time, Bruce, her first husband and childhood friend suggested that she try some Marijuana for her nausea. It worked!!! It relieved her symptoms so much she was able to take herself off of every prescribed medication that she was taking. Medicine that has been doled out by the best doctors and discovered by the best scientists and synthesized in the best pharmacological manufacturing facilities should not kill you. Every one of the drugs she was prescribed was tested and okayed by the Food and Drug associations and even used by some doctors themselves for the same symptoms as she had. She documented the return of her regular weight and health after using only Marijuana to her specialist and general practitioner. Michelle wanted to use medical marijuana but her doctor explained that there was nothing he could do to help her because he didn't want to suffer the consequences that the Canadian Medical Association would place on him. Michelle was on her own, trying to figure out how she could keep her career and smoke marijuana illegally for her Crohn's, so that she could work, so that she could afford the \$80-\$100 a week for a bag of pot to keep going, without succumbing to the uselessness and debilitation that prescription drugs cause. Prescription drugs were slowly killing her body and her spirit and marijuana was the light at the end of the tunnel. Enter: Marc Emery...Literally!

Vancouver Mayor Phillip Owen had a hard-on for Emery, and from 1997 to 1999 Marc's store was raided by the Vancouver

cops too many times to count. Marc Emery made an exodus to the Sunshine Coast to let the political nonsense in Vancouver blow over. When Marc Emery walked into the bank and up to Michelle's kiosk, that one magical day, she knew that it was the sign she had been looking for. She told him all about her finding relief from Crohn's with pot and what a hero he was in her eyes for trying to get marijuana legalized for all the medical users and for all the victims of the drug war in general. Not long after their first, chance meeting, Michelle quit her successful banking career to join forces with Emery to help blast marijuana prohibition back to the Stone Age where it belongs.

Together, Marc and Michelle created the BC Marijuana Party, and the BCMP Bookstore. Did I mention that they sponsored 79 candidates in 79 ridings in the 2001 Canadian federal election? Marc Emery's political slogan was and has always been, "Overgrow the Government" and in doing such he became the biggest marijuana seed merchant in Canada and maybe even the world. Cannabis Culture magazine was the vehicle that pushed the Marijuana legalization movement in Canada to where it is today and the movement never would have come this far without the 100% dedication on the parts of Marc and Michelle. Unfortunately, they have a major hurdle to overcome now that Uncle Sam has declared war on their politics. Is political persecution only a crime if it happens to an American? Ask Saddam...whoops, too late to ask him.

On July 29th 2005 the Vancouver police, in collaboration with the United States Drug Enforcement Administration, enforced an American Grand Jury Indictment for Marc Emery, Michelle Rainey and Greg Williams and served it on Canadian soil. The US Government wants to charge these three people with conspiracy charges that could give each of them a 10 year minimum sentence for being political marijuana activists. The maximum sentence would be life in jail without parole, for selling seeds!!!

There are thousands of marijuana seed businesses around the world. Not one of these seed businesses puts their profits back to the legalization movement except Emery's. The funny thing is that those businesses are all still in business, the only seed merchant that the big-bad USA went after was Marc Emery's. Vancouver's very-own Larry Campbell, (voted 2006 best Mayor in the World), stated on a recent 60 Minutes television interview when asked if he considered Marc Emery to be a threat to society, I quote, "Marc Emery isn't a serious (pause) anything." He pissed somebody off on the south side of the border, that's for sure!

The laws in Canada regarding medical cannabis have changed for Michelle and she has finally been able to petition for and receive her Medical Marijuana Exemption to grow her own medicine. Blessed with a sympathetic, socially-conscious, highly intelligent and upstanding medical specialist, she got



her papers signed. Now Michelle is legally allowed to grow 49 marijuana plants. Under the Health Canada guidelines, Crohn's Disease was a class 2 disease until 2005 but, ironically enough, is a class 1 disease in the Country that wants to Extradite-Try-and-Jail Michelle for the rest of her already compromised life. How can a Country (Canada) send a medically exempted person with a class 1 disease to stand trial in a Country (America) that says marijuana has no medical value? Will the courts let her smoke her medicine while on trial? Their extradition hearing begins in May 2007.

This is Michelle's daily purpose, to educate the educators and to persuade the legislatures of this world that marijuana is medicine and it should be legalized. In addition to coping with Crohn's, working full time and fighting extradition proceedings, she has launched [www.MichelleRainey.com](http://www.MichelleRainey.com) to spread the word about her real-life story and how marijuana is saving it. There's a real-time marijuana news update. There are links to all the people and organizations that support legalized marijuana and her "pictures of health" file that clearly demonstrates that she is fit and beautiful despite the situation she now finds herself in. Michelle has helped 13 Canadians receive their medical marijuana exemptions. The whole process of filling out the correct paperwork and getting the required doctors signatures is not easy, even for a healthy person. When you add a debilitating illness to the equation this only compounds the difficulty. Michelle helps patients by facilitating the paperwork and answering the questions that these patients desperately need answered so they can successfully petition to treat themselves with marijuana. Have you ever had to fill out 25 pages of documents and get a specialists signature just to get a prescription for Tylenol? (Nobody has ever died from Tylenol though, have they?)

Confused? Don't be, the truth is always simpler than lies and mendacity. Human beings most-likely learned to farm by growing and harvesting marijuana. Some believe marijuana may be the tree of life or the key to man's conscious awareness. Some simply find relief with marijuana that all the pharmaceuticals in the world would not cure, Michelle is this person. She wants you to treat yourself, with a little help from nature. Medicinal marijuana is not a dirty word anymore. You simply cannot overdose on pot.

Now visit her website, then write your senator, congressman or Member of Parliament. Call someone you know who has debilitating side effects from prescription meds and ask them if they have tried pot. Write a letter to Karen Tandy,

the head of the DEA in Washington, D.C. who thought up the idea to make an example of Marc Emery, Michelle Rainey and Greg Williams. Welcome Canada's new minister of justice the Honourable Robert Douglas Nicholson. It is free for Canadians to send mail to Parliament Hill. Watch JefTekGrowcam and Michelle Rainey videos on YouTube and Pot TV. See Michelle's Medical Garden of Afghani Bullrider then make your own video and submit it to YouTube or Pot TV for everyone to watch and share. Pass the knowledge, please. We are all in this together.

To many, Michelle is an angel. Her whole life revolves around helping others. She doesn't have a mean bone in her whole body. Now Michelle needs your help, your support, because she can't do this alone. This is the true meaning of the word ACTIVIST. Be Active. If you aren't living on the edge then you are takin' up too much space.

Peace, jef tek





# Becoming a US/Canada Cannabis Activist...

I became a cannabis activist soon after I first heard that California legalized medical cannabis in 1996. After I enrolled at Rochester Institute of Technology (RIT) in 1997, I researched more about the medical use of cannabis. There was an organization on RIT campus that was interested in legalizing cannabis for both medical and responsible adult use of cannabis. Rochester Cannabis Coalition (RCC) was my first step to meetings, conferences, and cannabis-related issues. Some students who were involved in RCC were also the original members of Students for Sensible Drug Policy (SSDP). I did not have much interest in SSDP as much as RCC because I was more concerned about legalizing cannabis than repealing the Higher Education Act (HEA) Drug Provision passed in 1998. Later on, I learned that repealing the HEA of 1998 is as important as legalizing cannabis. I think students being barred from receiving federal college aids over the possession of cannabis or a pipe with resin is counterproductive in creating healthy communities. After the fall of the original RCC, I remained a solo activist such as writing college research papers on medical cannabis, reading cannabis and different drug policy books, contacting local representatives to sponsor the pro-cannabis bills, attending meetings, rallies, and having open-discussions with the individuals and different groups about the legalization of cannabis.

As a graduate student at Canisius College, my first term paper was to write about cannabis as the modern medicine. I wanted to interview a few medical cannabis patients and cannabis activists. After contacting the National Organization for the Reform of Marijuana Laws (NORML) about attending the 2004 NORML Conference and Congressional Lobby Day through e-mail, I received two free tickets from Keith Stroup, one for me and one for the sign language interpreter, because NORML could not afford a sign language interpreter for the two days conference. I contacted and I asked Dr. Gail Rothman if she would volunteer to be my sign language interpreter at the 2004 NORML Conference and Congressional Lobby Day. She agreed. At the conference in Washington, D.C., we met many recreational and medical cannabis activists all over the U.S. country. There were industrial hemp activists too. I heard many wonderful speeches from different speakers. I listened to Eric Schlosser, Angel Reich, Randy Barnett, and other prominent activists. I had the opportunity to meet and talk activists and students from different local NORML chapters. The trip to NORML conference was a profound American political experience.

Due to the financial situation after completing my first semester, I left Canisius College for a year before I returned back to finish the graduate program. I was living in Rochester as a full time employee. I was still interested in legalizing medical and recreational cannabis. Through e-mail, I met Reverend Dustin Fineout after Jen Rog from the New Yorkers for Compassionate Care (NYCC) organization introduced us. Reverend Dustin Fineout and I met at RIT library and we both agreed to establish a NORML chapter in Rochester, NY. By the spring of 2005, Rochester Cannabis Coalition, Rochester, NY was officially recognized by NORML.

Our very first project was to join the 2005 Highway 420 Conference/Rally in Niagara Falls, Ontario. A few RCC members joined the conference room. Reverend Dustin Fineout took the opportunity to join the panel discussion with the Canadian activists. With Dr. Gail Rothman who volunteered to be the sign language interpreter again, I gave a brief speech about the New York medical cannabis bill. Also, during the 2005 Highway 420 Rally, I learned that Loretta Nall

was an American activist from the U.S. Marijuana Party. She inspired me for her successful abilities in working with both the Canadian and American activists.

At the 2006 Peace Summit II in Toronto, I heard Marc Emery's speech during the conference. I learned more about the U.S. raid in British Columbia. Unlike the American government, I do not see Marc Emery, Michelle Rainey, and Greg Williams as threatening people in the war on drugs for selling cannabis seeds. The British Columbia Three (BC3) should not be extradited to the United States of America.

RCC hosted two events to raise awareness and money for the BC3. Solomon Blaylock, from the music band Lobster Quadrille in Rochester, NY, contributed large amounts of his energy and enthusiasm hosting both events. The first event was "Burn It Down" and the second event was "Smart Puffs." The Burn It Down event was taken place at the Bug's Jar on Monroe Avenue in Rochester, New York. We did not get a lot of people but the RCC members and supporters showed up. We lost money. However, the Smart Puffs event, which was taken place at Broadway Joe's in Buffalo, NY, RCC managed to get enough people to pay the cost of hosting the event and made some extra money for the BC3 donation. Big thanks to the Deepthinka Records from Buffalo for providing outstanding local music artists such as DJ Cutler, DJ Rukkus, and Wise Meccca. The groups from Rochester, World Wide Cipher, Higher than You, Atlas, and DJ Wizz performed at Smart Puffs too. Ben Verbeck shared his marijuana comedies with the audience. Despite the facts that Smart Puffs did not get a lot of people due to a bad snowing evening and maybe the need for more advertising and promotion, the event did not accomplish our \$500 donation dream. However, RCC donated the rest of the profits to the BC3s.

The skills I developed from being an activist and attending events both in America and Canada will be very useful in my future career whether it will be cannabis-related or not. I would like to see more American and Canadian cannabis activist work together as a team in ending the cannabis prohibition of North America. The annual Highway 420 Rally in Niagara Falls, Ontario is a wonderful location for the American and Canadian cannabis activists get together.

**~Anthony C Brucato**  
**Rochester Cannabis Coalition**



*The BC3 Greg, Marc and the lovely Michelle  
Photo by Jef Tek*



### **I am oppressed, depressed, and suppressed.**

Oppressed because of the nature of the environment I have lived in all my life – middle-income status, sometimes bordering on “low” income or even “poverty stricken”. Although I didn’t realize I was this poor until I qualified for “supplemental help” to pay for my Medicare part D.

I am depressed, probably just because I’ve been that way all of my life. “Chronic-Major” Clinical Depression, it is termed.

Why I was born this way I’ll never know. I was NOT an abused child and only went through the “normal” traumas of growing up in the 1970’s. (Yeah, I LOVE the 70’s Show!).

My depression is “controlled” by medications somewhat. But I never seem to get out from under that cloud above me. I expect the worst about everything and then am cautiously optimistic when things turn out for the better. (Something could still happen, you know...)

I am Suppressed by capitalism in its purist form. Because I cannot score a 200 on an IQ test, and I wasn’t born independently wealthy, I must succumb to “labor” to make money. And because I am depressed, I cannot keep a full-time, 40 or more hour per week job. And even if I could, I still wouldn’t be able to make enough money to support a “decent” life-style.

So where does that leave me?

Under Bush’s right foot!

Right alongside all of the other oppressed, depressed and suppressed citizens of the great USA.

With the “War On Drugs,” Afghanistan, Iraq, and coming soon to a theatre near you, the wars on Iran and possibly North Korea! (Wow, that should be a fun encounter.) Our country is not helping to liberate anyone. Only oppressing as many more as possible.

Keep us needy, and keep us under control.

Then, eventually, Bush’s NWO (New World Order) will start showing its face for ALL to see. But by then it will be too late to do anything about it, unless we undertake another bloody civil war, in our own country. And how many of us would be willing to endure that? Not nearly as many as we would need to make an impression on the White House! And honestly, would we have a chance in Hell against them?!

We, as American citizens, are not geared toward a physical fight of that magnitude, and no one could stand the pictures of it on the “evening news”. Not in our country anyway. As long as it is someone else’s country we tend to be “twice removed” from the situation, except for our soldiers families, who pray everyday for their kids to come home safe.

Therefore, unless we can somehow get representation that will not succumb to the idiotic ideals of the ongoing Bush Administration, we are going to continue to be under “someone’s” right foot from now on.

After Bush, who will be next?

It took a good 75-100 years for the United States to get into this predicament. We might very well not live long enough to see the end of it. And who knows what the outcome will be?

I fear for the young children coming into the world today. What have we left them? A big f\*\*king mess! Are they supposed to fix it?

I know I am not educated enough to be presidential material. And I would not want to be. But if I were, the first thing I would do is call a moratorium on the death penalty. (It is the Lord’s job to determine when it time, not just for us, but for everyone, no matter their sins).

Secondly, I would put another moratorium on the prosecution of simple possession of most drugs. Anyone serving time for such an offense would immediately be freed. No probation, No fines.

Next, I would get the eight nations together, almost immediately, to discuss an end to the madness that “Our” country has caused. However, trials for “crimes against humanity” would continue on, and a few from the US might be up on charges next!

I would make healthcare for everyone who earns under \$17,500.00 year, effective immediately, using the Medicare structure to start with. Then we could work from there, but at least everyone would have coverage until something else better could be done. There would be no charge for this coverage, and Medicare premiums would cease also. The money we save from engaging in unnecessary war overseas and unnecessary prosecution for minor drug offenses here should pretty much cover the cost of it.

And LAST BUT NOT LEAST: Doctors of all kinds, would immediately be able to research, and come to their own conclusions about whether to prescribe medical grade marijuana. And they would not have to be in fear of their government DEA or any other department of the government pulling their license or closing their practice for doing so.

At that point, we could begin to set up our farmers to be able to utilize the hemp and cannabis industry.

Pharmaceutical companies would have to compete for the business of “medical cannabis” versus home-grown. But everyone would be able to have legal access for personal use.

Just think of all the industrial and medical jobs could be created just by repealing the prohibition on marijuana!!

(I bet the Hearst Empire has!)

If we are to be true capitalists then let us have an equal opportunity for all.

Every citizen has a right to “higher education” – if they can even get a sufficient primary education.

And...

If need be, we can tax the “store front” marijuana – but not prescription grade. I know that this is mostly wishful thinking, but what IF?

This is only my opinion, what is yours?

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# Treating Yourself

By Al Graham

Last year Thanksgiving got a new meaning for me. Not only did I get to spend time with my family but I also got to spend some time with my extended family. My extended family would be those of you, like myself, who are sick and use cannabis as a way to treat your ailment.

Last year I spent much of Thanksgiving helping out Marco and Treating Yourself Magazine at their information booth, at the Toronto Home Show. The Home Show was held at the International Center, in Mississauga Ontario. A home show and marijuana, how do they mix? Actually, very nicely I must say.

As a person who lives in a small Ontario rural town outside of the big city, I find myself at times holding back from educating those who need to know. Why hold back? Being involved in the community doesn't make things easy, but spending the Thanksgiving weekend with Stinky at the booth has really helped. Not only has it helped me speak up, but it also has helped my wife to speak up when required.

It all got started when a great friend of many medical marijuana people by the name of Lady Di, asked if I was interested in going to Mississauga, to help out at the Treating Yourself booth. Help? How could I help a booth at a home show? Never mind helping out, I was worried if I could take a day of standing? Could I make it throughout the day before my energy ran out? As a person who suffers from Crohn's, I then add on bathroom and eating concerns, and would we be allowed to medicate, as we all have exemptions?

On the Friday of the show, Lady Di and I met up and made our way to the show. We were also meeting up with Sonnyboy for the day. We were hoping for a good reception to the booth for all involved. When we arrived Marco and Soulmate were already hard at it, and it looked like they needed some help. The booth was covered with people looking for and getting much needed information.

When we got in and settled down, I quickly learned how I was going to help, and help I did. Marco had 20,000 copies of Frank Discussions' *Top 10 Cannabis Facts that all Canadians need*



**Lady Di medicating in the booth**

*to Know*. Also spread out on the two tables in the booth, were every issue of Treating Yourself Magazine, two Volcano's, volcano information and the TY Stinky Pumpkin. The pumpkin was drawn and donated by Lady Di's Bud. The artful character pumpkins are well known in her area.

The two most attention drawing items were in the middle of the booth, their base all wrapped up in a decorative blanket and sitting up high for all to see. The fully blooming, big cola'd Hash plants drew the biggest gasps and awe's while I was there. People even



**Steve Bacon, Lady Di, Marco, Al Graham**



screamed in excitement and then yelled gleefully "is that a pot plant?" Of course we got to answer this with a big smile on our face "yes, would you like a closer look?" The people who had never seen a marijuana plant before were really eager to take a look and even have a smell. Then to hear them say "what's all the fuss about? It looks pretty harmless to me" was nice to hear.

As Soulmate and I handed out brochures, it was almost comical to see people as they walked by. You could watch them walking the aisle as they made their way along, reading all the banners over the booths. Then they got to TY's booth and read the banner stating "Promoting the Respectable and Responsible use of Medical Marijuana" and huge smiles would quickly appear on many faces. They would either walk by taking a good look, or would come in for some education. The people were also very receptive to our handouts. Many would read the heading on it and stop, turn and take a look. Then walk over for more information. While others read the heading, folded it over and put it away to read later. Only one person I'm aware of gave it back. There was even one guy I handed it to and he said "you don't need to sell me on this, I'm in law enforcement and I support you 100%". I can tell you it surprised me to get that reply. This allowed me to take my talk into a different direction as my conversation turned toward Law Enforcement Against Prohibition (L.E.A.P.) to make sure he was aware it was out there. After a brief conversation I gave him their website address and then he was on his way. Then there was a mother that was walking along with her kids, she read the overhead banner and then told her daughter to take the handout. Obviously, she was a mother who is educating her children, with the truth and not government propaganda.

While Soulmate and I were busy handing out the brochures, Marco, Lady Di and Sonnyboy were busy teaching people the medical benefits of the Volcano. Using literature provided, they were able to show pictures of trichomes before vaporizing. Explaining how a vaporizer works was non-stop occurrence. People wanted to learn,

**"Is that a pot plant?"**

**Of course we got to answer this with a big smile on our face.**

**"Yes, would you like a closer look?"**



**Hash Plants in full bloom, week 8**

and of course no Volcano education session would be complete without a demonstration. Sonnyboy and Marco would each put on their own demo as one did it with medical marijuana and the other with plant matter removed. The people were very interested as they watched the bags fill up with vapors. Some people would question the appearance, but once you explained the process again, and compared it to steam in a bag, they understood better. With the booth being so busy there were several demonstrations and a lot



## Treating Yourself at the Home Show

of medicating going on, which to me was very beneficial. There was no way that I could keep up with everything without medication. We were told it could be smelled quite a few booths away. This attracted even more people.

We were told, "I heard about you guys and I had to come check it out" by so many people. This made me aware that we were making an impact. People were talking and spreading the word about the booth and its whereabouts. I couldn't tell you how many people come out of their closets to talk to us because it was uncountable. There were young people questioning us! But I'd say our crowd was more middle aged to older people and not the criminal element that it's usually associated with in the media. People wanted to know more and more information so we gave them what they asked for. We talked education, we talked health, but most of all we talked the truth.

Of course you can never keep everyone happy. In the beginning one of our neighbours was very supportive. She was very friendly and we all worked together for sometime. Of course this came to an end mid-way through the weekend. She started asking us to stop our Volcano demos and medication because it was making her staff sick and nauseated. She then complained to one of the organizers about it, who was in the middle of bringing some people by the booth for a demo.

When people would bring up the concern about smoking not only did we give them a demo on the Volcano, but we also told them about butter. "Butter," they would ask? This would turn out to be very popular. As it turns out not many people have heard about making butter. Of course we gave them a good description on the process of butter making, as well as showing them the process in one of TY's editions. We would explain to people how medical users get the pain relief from eating edibles. Something that's not hard to make, doesn't cost more than a few dollars, is good for them and isn't full of harmful chemicals. Of course they would want to know how they could use the butter. They were surprised to hear "however you use butter now". They were quite surprised that you could make scalloped potatoes, put it on your vegetables, in cookies, cakes and even butter your toast!

As you talked with people and they felt more comfortable, their questions would go deeper, wanting to know more and more. Since



we were there for that, we gave them the information that is hidden from the public. To have people come up to you, who I believe would normally ignore you, and keep them fascinated by your teachings, felt good to me. To have people saying "thank you so much," in a heartfelt way made me feel very good inside. I'm very thankful that I had such an opportunity to speak out loud. Lady Di said it best as "we are very proud to be part of something so important and so wonderful, how could we not come out for such an important event. I'm so proud for what we accomplished this weekend." Thoughts echoed by all involved.

I know for those that were in attendance this weekend, it was wonderful event. I will be back for the Spring International Home & Garden Show March 15 – 18, 2007 occurring, at the International Centre 6900 Airport Rd.



## The Intricate Web of Effects and What a Cancer Survivor Should Know

### Introduction and History

Since the beginning of the therapeutic cannabis movement many have touted the palliative use of Cannabinoids to treat the pain, nausea, and vomiting associated with cancer and chemotherapy treatments. More recently, another reason has enticed cancer researchers to express increasing interest in drugs targeting the endocannabinoid system. Cannabinoids

inhibit tumors. In many malignancies these drugs suppress tumor growth, activate programmed cell death (apoptosis), suppress tumor blood supply, and inhibit metastatic processes. In contrast, in normal tissue Cannabinoids differentially protect healthy cells. The knowledge that Cannabinoids can potentially inhibit the growth of some tumors has been known since at least 1975 when Munson et al. found that THC inhibited Lewis lung adenocarcinoma growth in mice (1). However, it was not until the endogenous Cannabinoids system had been discovered in 1990 by Herkenham et al. that research into this topic really began to flourish (2).

Today, researchers appear to be making new advancements everyday in our understanding of the dynamic relationship between cannabinoids and the almost endless varieties of malignancy. Although most new insights demonstrate promising potential for anti-tumor applications, some represent serious reason for caution when considering cannabinoid based cancer treatments regardless if it is for palliative or curative reasons. We may be quickly approaching the time when individuals with cancer will be able to specifically target tumors through the endocannabinoid system in a fashion intimately designed for the given tumor. Without question, cannabinoids do not share the generalized toxicity of conventional chemotherapeutic agents, produce minimal psychological impact compared to strong opiate treatment, and are generally very well tolerated in humans. Most simply put, cannabinoids offer the potential for a serious quality of life improvement for those undergoing treatment.

### Epidemiological Evidence

Cannabis smoke contains many of the same carcinogens as tobacco smoke and often in higher quantities. It also contains some pro-carcinogenic agents as well. When people smoke it they often breathe deeper and hold the smoke in longer than is common with tobacco resulting in greater relative exposure per inhale of cannabis smoke. It is there for reasonable to expect to find a similar prevalence of tobacco-related cancers in both tobacco and cannabis smokers, even though more tobacco is usually consumed per day by the average smoker. In 1999 Zhang et al. went looking for such a relationship and found one. This study has frequently been quoted by opponents of the therapeutic cannabis movement for "proving" the link between head and neck malignancies and smoking cannabis. Yet the authors themselves warn that the small sample size (173 participants, 176 controls) and potentially biased sampling methods, among other possible confounds, severely limit any potential interpretation of their results (3).

Indeed, at least two different studies of significantly higher sample size and involving fewer confounding factors have not confirmed the head and neck connection. Kaiser Permanente performed a longitudinal study of 64,855 individuals over an 8-9 year period and found no link between head and neck cancers and any reported level of cannabis consumption (4). More recently, a case-controlled study examined 407 individuals newly diagnosed with oral squamous cell carcinoma (OSCC). To reduce the potential of sampling bias, controls were obtained by random telephone dialing and were matched by geographical location, age and sex. Known risk factors were also analyzed and controlled for. No association between OSCC and cannabis consumption at any level was found, nor did cannabis appear to increase the risk of other known risk factors (5).

So far, other epidemiological studies have reported equally conflicting observations (6, 7) but most agree that in general the cancer risk with cannabis consumption has not been well assessed in people. To put the matter to rest, larger more stringently designed studies are required so that confounds can be properly controlled. That said most available evidence to date points to minimal mutagenic risk presented by cannabis.

### Not All the News is Good

Although the majority of studies have found that activation of the cannabinoid receptors in tumor cells results in tumor inhibition some distinct negative trends have also appeared in the research. It is both a boon and a bane that no universal mechanism, or even set of mechanisms, exists through which cannabinoids exert their inhibition effects on tumors. Nonetheless, several trends have appeared. The effects of cannabinoids on tumors also vary widely depending on such factors as dose, duration of treatment, route of administration, the receptor subtype preference of the cannabinoid used (CB1, CB2, or vanilloid receptor a.k.a. VR1), and tumor classification, receptor profile and location. This degree of variance both confounds the practical application of cannabinoid anti-tumor treatments and offers the potential for the development of targeted treatment strategies when proper biopsies have been performed (8).

Most recent attempts to investigate cannabinoid manipulation of tumors have yielded promising results. Numerous cannabinoids show various degrees of anti-tumor activity in both animal models and human cancer cell cultures in the lab. General tumor suppression and increased life expectancy have been observed in an animal models of Lewis lung carcinomas (1, 9), human breast cancer carcinomas (10), rat glioma (11, 12), human astrocytoma (grade IV) (12), K-ras-transformed thyroid cells (10, 13), mouse skin carcinoma (14), pancreatic adenocarcinomas (15), malignant lymphoblastic disease (tumors of immune origin) (16), and human leukemia (17). Experiments on cell cultures help elucidate the mechanisms of action for cannabinoids on the various types of cancer. In human breast cancer (18, 19), several different prostate cancer cell lines (19, 20), and human leukemia (including acute myeloid leukemia - AML) (21) cannabinoids inhibit mitogen-induced tumor proliferation through alterations in gene expression. In the first two, down regulation of pro-cancerous receptors is also observed with cannabinoid treatment (18, 19, 20, and 22).

Apoptosis, or programmed cell death, is one of the more common mechanisms through which cannabinoids exert anti-tumor effects. One cannabinoid activated apoptotic mechanism or another has been observed in the following malignancies: several types of prostate cancer (22, 23), rat glioma (11, 12, 24, 25), human astrocytoma (12), human glioblastoma multi formed cells (26), human umbilical



**Apoptosis** – Genetically programmed cell death

**Metastasis** – A secondary cancerous growth formed by transmission of cancerous cells from a primary growth located elsewhere in the body

**Adenocarcinoma** - A malignant tumor originating in glandular tissue

**Endogenous** - Originating or produced within an organism, tissue, or cell

**Squamous Cell Carcinoma** - The most common form of skin cancer, aka cancrroid

**Glioma** - A tumor originating in the neuroglia of the brain or spinal cord, a class of cells that form a supporting structure for the neurons and provide them with insulation

**Astrocytoma** - A malignant tumor of nervous tissue composed of astrocytes, a star-shaped neuroglial cell

**Leukemia** - Any of various acute or chronic neoplastic diseases of the bone marrow in which unrestrained proliferation of white blood cells occurs, usually accompanied by anemia, impaired blood clotting, and enlargement of the lymph nodes, liver, and spleen

**Glioblastoma Multiform** - A virulent brain cancer that is usually fatal

**De Novo Synthesis** - In biology, the production of new quantities of an organic chemical from precursors

**Angiogenesis** - The production of new blood vessels

**Intra tumor Administration** - Direct administration of a substance into a tumor

**Provided by:**

The American Heritage® Dictionary of the English Language, Fourth Edition Retrieved October 29, 2006, from Dictionary.com website: <http://dictionaryreference.com/browse/hepatoma>

vein endothelial cells (27), pancreatic adenocarcinomas (15), tumors of immune origin (16), and human leukemia (including AML) (17, 21, 28, 29). For three of these kinds of cancer the biochemical mechanism by which apoptosis occurs has been studied in more detail. In rat glioma and leukemia, cannabinoid induced apoptosis occurred as a response to both ceramide de novo synthesis and activation of the caspase cascade. In pancreatic adenocarcinoma apoptosis has only been observed as a result of cannabinoid triggered biosynthesis of ceramide. This is in contrast to healthy brain tissues where cannabinoids also trigger a mechanism which protects against ceramide induced apoptosis (30).

Anyone who has cancer, or has a loved one fighting it, knows that one of the greatest fears often concerns metastasis. Metastasis is the spread of cancer from the first location it appeared to others around the body. In many cases, cannabinoids not only inhibit primary tumors but also inhibit the spread of cancer. Differentiation and migration are the processes that initiate metastasis yet are important in many normal biological functions. Cannabinoids have been observed to inhibit these processes in human breast cancer cells (31), mouse breast cancer (31), human umbilical vein endothelial (27), pancreatic adenocarcinomas (15), and colon cancer (32). In human breast cancer cell lines cannabinoids were also found to inhibit adhesion of metastasized cells to new sites (10, 31). Furthermore, cannabinoids produced greater inhibition of growth in metastasized thyroid cells than was observed in the parent tumor cell line (9). In animal models, using both mouse breast cancer (31) and Lewis lung cancer (9), a decrease in both the number and size of metastatic sites was observed in cannabinoid treated animals but not controls.

In the world of the tumor one process which is very important to both parent tumor proliferation and the success of new metastatic sites goes by the name angiogenesis. Angiogenic processes form new blood vessels. Without a blood supply of its own a tumor will not grow past a very small size. Limiting the angiogenic ability of cancer cells also inhibits their ability start new colonies during metastasis. A treatment which inhibits all angiogenesis would have negative side effects on the body's ability to heal itself. In many malignancies, cannabinoids appear to selectively inhibiting angiogenesis in tumor cells while they have zero to minimal effect on normal tissues. Cannabinoids selectively down-regulate the angiogenic growth factor called vascular endothelial growth factor (VEGF), and a receptor for VEGF in androgen-dependent prostate cancer (LNCaP) (22), rat glioma (27), human astrocytoma (grade IV) (27), human glioblastoma multi formed cells (33), K-ras-transformed thyroid cells (9), human umbilical vein endothelial cells (27),

and Lewis lung cells (9).

In any cancer treatment the desired effect of the treatment should be observed significantly more intensely in malignant cells than in healthy cells of the same type. For example in radiation treatment the beam of radiation is moved around a focal point (the tumor) creating a "hot-spot" of absorbed radiation here but subjecting any other part of the body to only brief exposure. As a result, hopefully the tumor receives a lethal dose of radiation while other tissues go relatively unscathed. So far cannabinoids appear to produce such a targeted effect not only on angiogenic processes but also cell migration in colon cancer (32) and apoptosis in most brain cancers (30), pancreatic adenocarcinomas (15) and several lines of prostate cancer (22, 23).

So if cannabinoids are so good what's the catch, you might ask? There are some effects of cannabis and cannabinoids that qualify. The most notable and possibly the most important is that drugs which activate the CB2 receptor induce apoptosis in immune cells. Down stream the death of these cells can lead to a decrease in anti-tumor immunofunctions (34). Delta-9 THC binds to both receptors and many other chemicals found in cannabis bind just to the CB2 receptors. As result, in certain cases cannabis may actually be pro-cancerous. There are a few situations where we have observed this to be the case. THC was found to promote growth and metastasis in varieties of human breast cancer cells which responded well to endocannabinoids and some synthetic cannabinoids (34). In mice with mouse mammary carcinoma (4T1), THC reduced the anti-tumor immunofunctions and increased tumor proliferation (34). As a result of suppressing the immune system cannabis and cannabinoids that activate the CB2 receptor promote tumor growth and metastasis in CBR and VR1 deficient malignancies. The frequency of such tumors as of yet is unclear.

The growth of prostate cancer (LNCaP) treated with endocannabinoids and synthetic cannabinoids was inhibited. This was at endocannabinoid concentrations at least ten times higher than are likely to occur naturally (20). When this test was performed at concentrations expected to be found naturally in tissues the same endocannabinoids produced the opposite effect (35). There is more evidence of this phenomenon. Glioblastomas treated with a concentration of THC three to ten times higher than commonly found in the serum levels of patients who use cannabis underwent a decrease in tumor proliferation and an increase in cell death (26). In contrast when the lung carcinoma cell line NCI-H292 and the glioblastoma cell line (U373-MG) were treated with common serum concentrations of THC they proliferated (36). This indicates that at least when administered alone, such as in Marinol, systemic THC could make can-



cer progress faster. It is unclear yet how whole cannabis performs in these tests but with normal consumption habits cannabis use may also increase the progression of some cancers.

The effects of cannabinoids and cannabis smoke on the respiratory track are both complex and controversial. To call them directly carcinogenic would be a bit of an exaggeration in most cases. Even so, many of the effects of cannabis can fairly be considered pro-cancerous or pro-mutagenic, especially on cells of the lungs and airways. Pre-cancerous changes have been observed in the bronchial epithelium cells of cannabis users (37). Compared to tobacco tar, cannabis tar produced a greater production of an enzyme which metabolizes non-carcinogen precursors into carcinogens, known as CYP1A1, in murine hepatoma cells. Unlike what is observed with tobacco tar however, THC in the tar deactivated most of the CYP1A1 before it could produce an increase in carcinogen concentrations (38). In another lung cancer cell line (A549), THC inhibited part of the caspase cascade resulting in an inhibition of apoptosis (39). In endothelial cells THC can increase oxidation stress by inducing production of reactive oxygen species (ROS) which in most cases are pro-cancerous (40). (Note: For Leukemia this may not be the case (17).) For both Lewis lung cancer cells and a cancer cell line derived from alveoli (microscopic air pockets in the lungs) THC and CBD have been found to produce CB2 related immunosuppression resulting in an increase in tumor growth (41).

## What You should Know

Overall the package of effects on cancer presented by cannabinoids is quite complex and can be difficult to interpret. Individuals hoping to treat cancer through the cannabinoid system should take the following factors into consideration. First, if possible a biopsy should be performed to determine the specific cannabinoid profile of your tumor. If the tumor does not contain cannabinoid receptors, or only a very few, treatment with cannabinoids should be reconsidered. By inhibiting the anti-tumor functions of the immune system cannabinoids produce a pro-cancerous effect on these tumors (34). Tumors with a high cannabinoid receptor profile are likely good candidates for cannabinoid treatment. Lung cancers may also respond poorly to cannabis smoke. The fact that cannabinoids may be contraindicated for some cancers should not be a reason to condemn their use to fight cancer altogether. After all, many drugs may have a negative effect on some cancers but not others. For example, hormones can be pro-cancerous for breast cancers and reproductive cancers but may have no effect on brain cancers. (Note: To the contemporary medical community the psychoactive effects of cannabinoids present a negative side effect and this will be taken into account here.)

In many cases, routes of whole cannabis administration available to patients may be poor choices. The three most common routes of choice are smoking, vaporizing or eating the cannabis. All three are systemic routes of administration that do not provide a targeted effect. The blood levels of cannabinoids obtainable through these routes may also promote cancer growth in some cases (35, 36). When administered through one of these routes cannabis and its derivatives inevitably produce intoxication. Furthermore, THC may produce pro-cancerous effects when other cannabinoids do not (18, 19, and 34). This has obvious implications for the general use of cannabis as a palliative treatment for cancer survivors. At least in some cases, cannabis use may actually work against attempts to treat the tumor itself.

There are some interesting options available that may help sidestep these complications. Slow continuous administration of high

cannabinoid concentrations directly into tumors does not produce noticeable psychoactive effects, even in the CNS (42). This form of administration also does not produce significant levels of CB2 induced immune cell apoptosis because systemic cannabinoid levels do not significantly rise. Artificially boosting endocannabinoid levels can be used to inhibit tumors expressing high levels of cannabinoid receptors without significant CB2 induced immunosuppression or psychological effects (8). Drugs which inhibit the break down of endocannabinoids also have a use. In cases where the tumor naturally expresses higher concentrations of endocannabinoids already these drugs selectively increase the effect of endocannabinoids on these tumor tissues but not elsewhere (30). It appears that weak CBR activation may actually be pro-cancerous while strong CBR activation inhibits tumors. Most traditional drugs that bind to the cannabinoid receptors are lipid (i.e., fat) soluble. As a result it is difficult to administer them in a quickly absorbed and safe fashion, especially orally. One solution to this is the development of more drugs like O-1057, a potent new water soluble cannabinoid with a very fast and efficient absorption rate. Through oral administration drugs such as these could produce a strong CBR activation where appropriate (43).

In the brain CB2 concentrations are generally low in healthy tissues. In brain cancers like astrocytoma and glioma CB2 receptors are often expressed in exceptionally high numbers. Indeed, the more CB2 receptors found in an astrocytoma the more malignant it is likely to be (12). These kinds of brain cancers represent some of the most malignant cancers known and the current treatment prognoses for these cancers are very poor. Therefore, drugs which show a preference for binding to the CB2 receptor such as cannabidiol (CBD) may provide a means of substantial brain tumor suppression where other drugs have failed. Here the best route of administration is probably directly into the tumor. A pilot study of intra tumor administration of THC in nine patients with re-occurring glioblastoma multi formed was completed in Spain in 2006 (42). In all cases, the patients had not responded to surgery or radiation therapy and the cancer was clearly progressing. It is possible that this stacked the deck against a positive result. Only 2 patients showed signs of inhibition of proliferation of tumors. However, cannabinoid administration was well tolerated in all patients and even with direct administration of THC into brain tumors psychoactive effects were not observed.

## Potential Treatment of the Future

Contemporary treatment options available to individuals fighting cancer present an unpleasant enigma. If they take the treatment(s) they risk disfigurement and/or general toxic effects, both which produce serious negative impact on quality of life and ultimately might not significantly inhibit the progression of cancer. The other option is to let the cancer run its course and hope for the best while enjoying what life offers them. The treatments might offer hope but they also offer potentially increased suffering for all involved. Cannabinoids do not have the same level of general toxicity of most current chemotherapy treatments or radiation therapy. They do not produce hair loss. They have anti-tumor properties against many forms of cancer, perhaps even a majority, and produce these effects through a diverse array of bio-molecular mechanisms. Quite simply, cannabinoids are safe and well tolerated in comparison to more conventionally accepted treatments currently in use.

There is still much to be learned about the complex relationship between different cancers and cannabinoids. As our understanding develops new treatment procedures will likely emerge. The relatively near future will probably see the advancement of cannabinoid recep-



tor profiling in tumor biopsies, intra tumor administration procedures, and the development of drugs which bind specifically to the CB1 receptor but are unable to pass the blood brain barrier.

In the fight against cancer it seems clear that we should not limit our options. This is true both in the use of cannabinoids as novel compounds with anti-tumor properties and in the development of novel drugs which manipulate the endocannabinoid system to produce anti-tumor effects. There is often a tendency in the therapeutic cannabis community to immediately speak ill of synthetic medications which act on the cannabinoid system. As a result, the community may be doing a serious disservice to its members who are fighting cancer. The chance of significantly increased survival rates though new drugs which carefully manipulate the endocannabinoid system may provide many individuals with hope not possible with preparations of cannabis alone. By the same token, the official party line where therapeutic cannabis is concerned states that even if cannabis is useful to treat some conditions cannabis only treats symptoms but produces no cures. Most drugs fit this category when viewed honestly, so why should this factor matter with cannabis? Even if this argument had a rational leg to stand on, here is one medical application which represents strong evidence to the contrary. When so much suffering is at stake such biases should be set aside in search for a solution.

## By Ally (a.k.a. pflower) "Preserve Neuroplasticity!"

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# Cannabinoids and Cancer

Tumor Type	A	B	C	D	E	F	G	H	I	J	K	L	Receptor type
Human breast cancer	*	*				*	*	*					CB1&2, VR1
Mouse breast cancer							*	*	*				
Androgen-dependent prostate cancer (LNCaP)	*	*			*						*	*	
Androgen-independent prostate cancer (PC3, DU145)	*				*							*	
Rat glioma			*	*		*					*	*	CB2 VR1
Human astrocitoma (grade IV)					*	*					*	*	CB2
Human glioblastoma multiforme					*						*	*	CB2, VR1
K-ras-transformed thyroid cells						*				*	*		
Mouse skin carcinoma						*							
Human umbilical vein endothelial					*		*				*		
Pancreatic adenocarcinomas (particularly malignant)			*			*	*				*		CB2
Malignant lymphoblastic disease (tumors of immune origin)				*	*								CB2
Colon cancer							*				*		CB1
Leukemia	*		*	*		*							CB2 & CBR independent
Lewis lung carcinomas						*			*		*		CB1

## Anti-Cancer Effects of Cannabinoids

Key to Columns: Inhibition of mitogen-induced proliferation, G1 arrest/gene expression alterations - A, Decrease in protumor receptor expression - B, Apoptosis via ceramide de novo synthesis - C, Apoptosis via activation of caspase cascade - D, Apoptosis (mechanism unknown) - E, General tumor suppression in vivo - F, Inhibition of migration - G, Inhibition of adhesion of metastasized cells - H, In vivo, reduction of number and dimension of metastatic nodes - I, Selective effects on secondary compared to primary carcinomas - J, Selective effects on angiogenesis - K, and Selective effects on malignant cells compared to healthy cells - L.

# WE DROP THE DANK



WWW.CANNASEUR.COM

In the distressing times of today with so many sick people the need for fine cannabis genetics worldwide was needed. A small group of cannabis breeders united and developed the finest medical cannabis possible and the ultimate delivery method was born. The sound of roaring engines appeared on the horizon in the rural dankland country side, a sound that hasn't been heard in ages. A group of cannabis green painted F4U corsairs. Keep your eye in the sky and watch as they spread the seeds that will heal the nations. **THE GREEN AVENGERS**



TGA

SUBCOOL SEEDS



# Cannabis Pollen and Use

## by Subcool



High times is famous for its amazing pictures of Cannabis flowers, mostly of females. Cannabis is a dioecious plant, which means that the male and female flowers develop on separate plants, although monoecious examples with both sexes on one plant are found. Sibling crosses draw genetic traits from both the mother and father plant. The male plays just as important a role as the female, but it's rare to see male cannabis plants in full bloom. Pollen collection and use is almost a mythical craft. I will do my best in this article to shed some light on the ways pollen is collected and dispersed.

Before we talk about collecting pollen, let's talk about staggering. This is a trick I learned by trial and error that allows us to get the maximum number of seeds per plant. This doesn't apply to those just working with a branch or two.

When pollinating a mother plant for seed, I will start her into 12/12, a full 7 days before I move the male into budding room. Keeping in mind that each strain is going to be a bit different on time frame, but this 7 day rule has worked very well for us. Once the male is flowering well, the females will be entering a window around day 21-24. Most Hybrids I work with are done in less than 9 weeks, so 3 weeks in is good place to start. You can pollinate up to day 30, but you stand a

good chance of the seeds never getting mature. So I find each strain's perfect window. Apollo-13 is closer to 21 days and Jack's Cleaner is better at say 26 or so.

One thing I must add, and I am not trying to be rude to you younger inspired breeders out there. Concentrate on producing the best herb you can, and mastering the craft of room set up. Again, no offence but you can't breed properly in a cab. I do it in a limited space, granted, but I have been growing successfully for some 32 years, and didn't start breeding till I had around 20 years under my belt. It doesn't hurt to experiment. That is how we learn. But I think at least a few years as a grower are in order before anyone attempts breeding, even though I lay out every single step. If you think its easy, ask a grower how many complete garbage strains he's grown out from so called "Established Breeders." It takes an eye, and that is gained from experience.

OK, so now we have our male in full bloom, and we have our females in the breeding room. This area should be completely separated from the main bud area, preferably in another building completely. If the two rooms share a common HVAC

**"Collecting pollen is a bit like milking a gnat."**



# Cannabis Pollen and Use



duct system you will get pollution into your main area. Pollen is serious stuff and flies everywhere, and you cannot see it. It will stick to your clothes, pets, etc. You must change clothes and bathe after entering your breeding area.

Over the years I have budded out quite a few males and each one acts a bit differently. Some bud extremely fast while others tend to release pollen over a longer period of time. The best males to work with are one that matures in a short window, maturing and releasing pollen in a short time span.

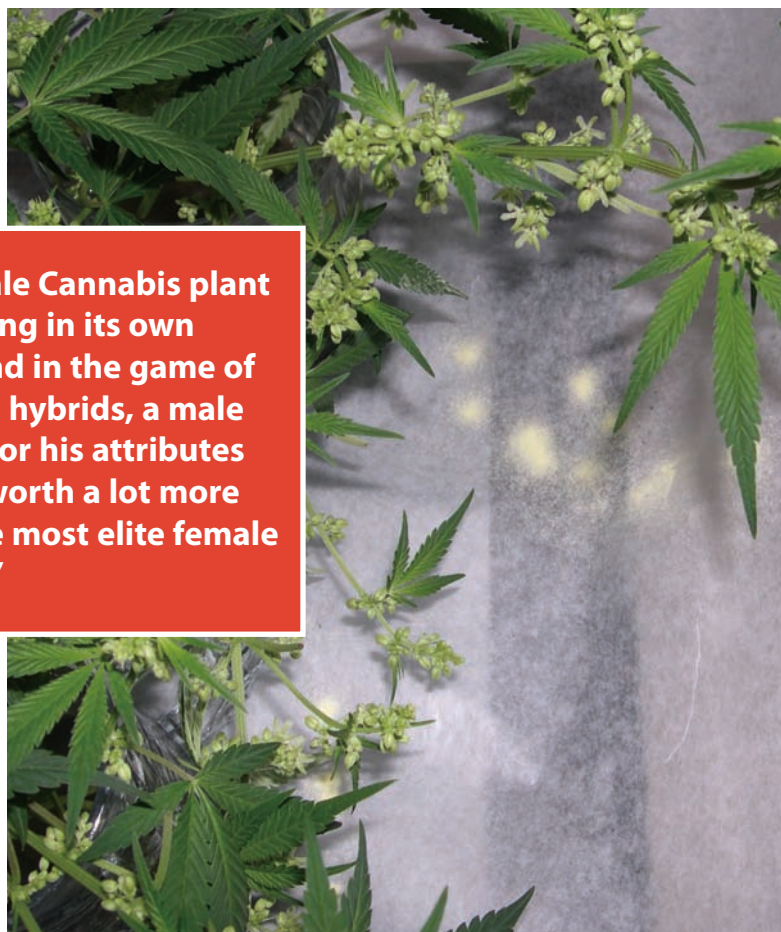
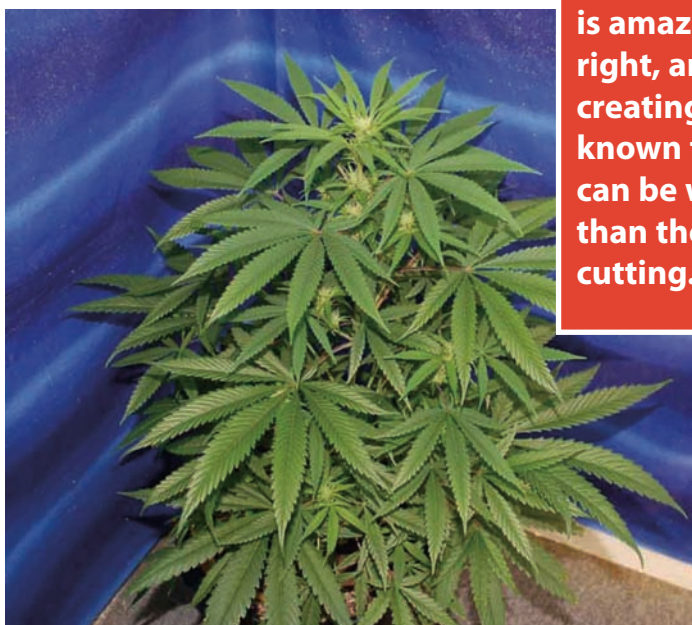
I prefer to simply allow my males to hang out with my mothers for a few days, with a small fan positioned on the male with females in the air stream. As the stamen open the pollen naturally flies into the air providing max coverage. We also like to pluck off ripe pods and gently roll them between our fingers over each cola head. This is how we capture the amazing suspended pollen shots I set as a standard, and later Jill perfected.

## The Pollen Trap

One trick I have used in the past is the pollen trap. This trick takes a good eye for when the male is about to open. If you can figure that out, simply take two large Tupperware containers and form a box that will hold a cup with water. Place wax paper in the bottom, and along the sides. Place the tops to hang over the wax paper and tape the entire box shut this allows you to



**"The male Cannabis plant is amazing in its own right, and in the game of creating hybrids, a male known for his attributes can be worth a lot more than the most elite female cutting."**







## An orgy in progress.

have it in a non-secure place, like a vegetation room. Warning! Don't spill the water. It ruins the pollen. Don't put more into the glass that you need to. I used a heavy bar glass that wouldn't tip over.

One thing we should cover is male cluster formation. When selecting a male for breeding, we run him as a mature full size plant, and we want to see even if he has met all our other breeding criteria. Making big gnarly male clusters indicates the bud formation he might pass on. If your male produces small clusters, he most likely will not pass on larger yields to the offspring. This is not set in stone but it is a very good indication.

Once the plants are fully pollinated, I wash the females off with a spray bottle of water, and if it's raining I place them outdoors for a night, up high on a barrel where no bugs could possibly get to it. I prefer a gentle long rain to a spray bottle, as it removes any excess pollen. Once I have redundantly rinsed, I place the mothers back into my main bud room, but not in the main air stream of my blowers

### More Tricks

Back to the male we have used for the breeding party. I will bend his branches over and cover them with a V shaped hanging trap I make from wax paper. This is the process I will get Jill to shoot in about 3 weeks and add to the thread on the website. One thing to watch out for is the male flowers, they contain water and must be removed from pollen. I find the hanging traps I make can be shaken, and the flowers being heavy fall to the corners and can be removed from the pile.

This next trick comes to us from Pistils, and it worked great, so I am going to add it to the process. Collecting pollen is a bit like milking a gnat, when you manually roll a pod and it falls, it may be a million grains but it is barely visible to the eye. It also tends to stick to the wax paper but the solution is to mix in some dry flour. I used a ratio of about 5 to 1 and ended up with a yellow looking mix that resembled cake batter. I allowed the flour to dry well, and microwaving wouldn't be a bad idea to remove any moisture that might remain in the flour.

The male Cannabis plant is amazing in its own right and in the game of creating hybrids, a male known for his attributes can be worth a lot more than the most elite female cutting.

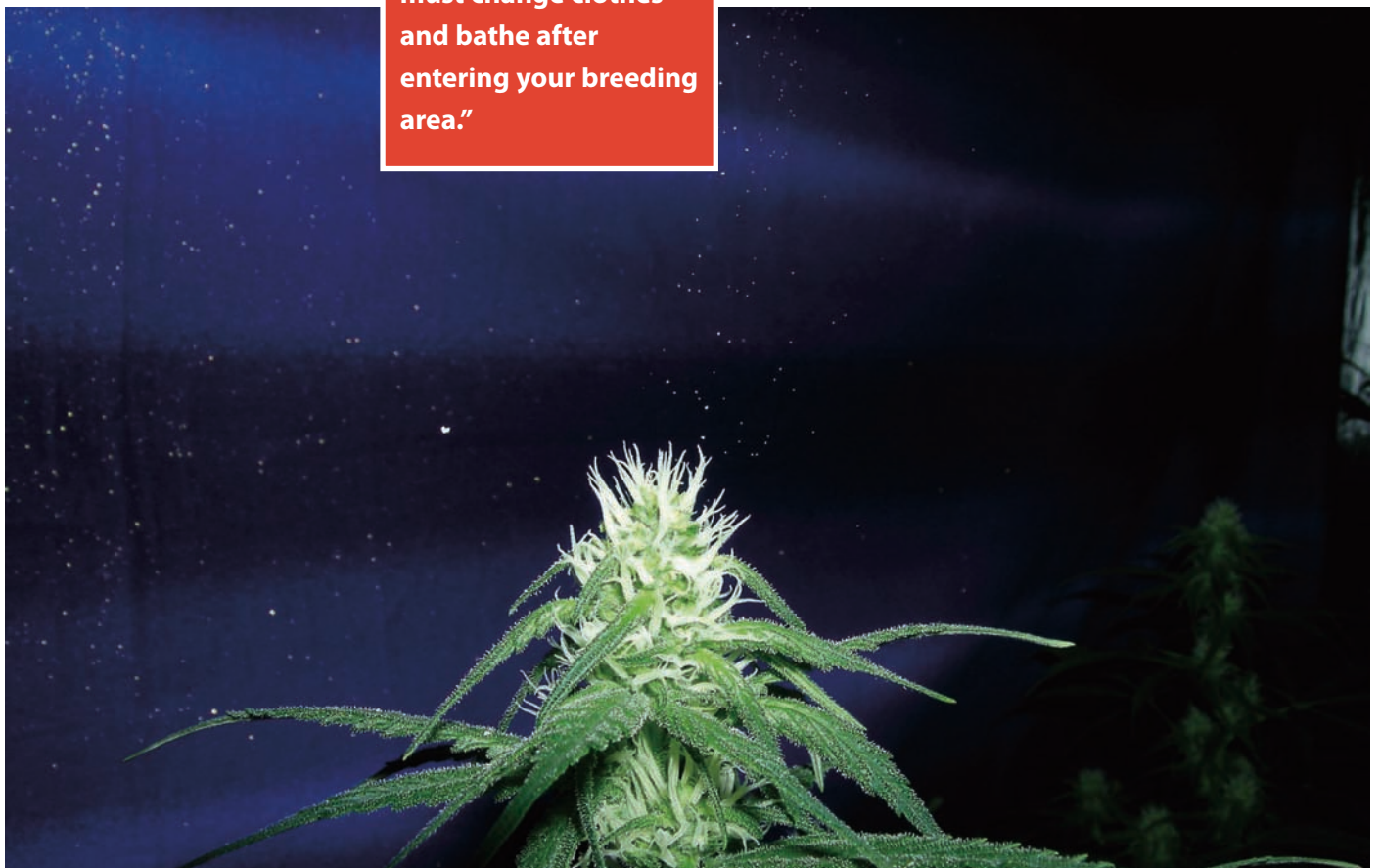
If you have any questions you can reach Subcool at the [www.breedbay.co.uk](http://www.breedbay.co.uk), [www.cannseur.com](http://www.cannseur.com) and [www.treatingyourself.com](http://www.treatingyourself.com) websites.



# Cannabis Pollen and Use by Subcool



"Pollen is serious stuff, and flies everywhere. You cannot see it. It will stick to your clothes, pets, etc. You must change clothes and bathe after entering your breeding area."





# Portrait of a Crohn's Sufferer

When one hears the phrase “medical marijuana user,” Ontario resident Al Graham isn’t the stereotypical image typically envisioned. Neither a pothead nor a rebel, this Crohn’s sufferer is more likely to be found at a 4x4 tough truck competition than a Hempfest. But like millions of others, Graham knows one thing that permeates all cultures: His pain and suffering are decreased through the use of medical cannabis.

Graham, a 45-year-old father of three, began experiencing the symptoms of Crohn’s disease in December of 2002. Since that time, his life has been turned upside down. Fear, painful and sometimes humiliating symptoms, and a barrage of intimidating treatments have disrupted his life for the past four years. Being forced to abandon his career and face steep financial challenges has only added to his stress and worry.

## The Onset

Crohn’s disease is a disorder afflicting nearly a million people in North America. It features chronic inflammation of one or more sections of the gastrointestinal tract, typically the intestines. Although its cause is unknown, one theory stipulates that Crohn’s is caused by abnormalities in the immune system’s response to the contents of the bowels. Symptoms include abdominal pain, diarrhea, and bleeding. Complications encompass bowel obstructions and perforations, cancer of the bowel, and inflammation of the joints, spine, eyes, and liver.

During the six-month period between the onset of Crohn’s symptoms and his official diagnosis in the summer of 2003, Graham’s life changed significantly. He suffered such significant and rapid weight loss that his illness was virtually impossible to hide. “I thought, oh, great, I’m losing weight. And then, all of a sudden, it got real bad,” he said during an interview at an Ontario smoking café, explaining how he lost 60 pounds in only six months.

“I didn’t wear my clothes; they hung off of me. It got to the point where at work one of the guys said ‘Hey, Al, why don’t you use this piece of cotton wrap to hold your pants up,’” Graham told me. “The time came when my boss approached me and said, ‘Al, you’re obviously very sick. We would prefer you to stay home and get better than struggle through your work.’”

A busy Type A prior to his diagnosis, Graham has experienced difficulty with the fact that Crohn’s has forced him to slow his daily pace. Hospital stays characterized by sheets full of blood and a jar beside his bed that became his lavatory have served as shocking and pronounced reminders that his life may never be “normal” again.

It would have been understandable if Graham’s medical use of cannabis was limited to simply getting high to dull his pain and forget his worries. Instead, he told me he felt an obligation to get educated. “As soon as I got sick, I went looking for information,” he said. “I wanted to find out how [cannabis] was going to benefit me and look for strains that would help—instead of just relying on any ol’ bag of weed.”

## The Education

While his doctors were able to educate him regarding Crohn’s disease, it was Graham who had to educate some of his doctors about how cannabis could help not only his symptoms, but also the negative side effects of his pharmaceutical treatments. He said his research wasn’t just to educate himself, but also to inform those around him. “It’s not just me and my wife, but I have to educate all of my close family,” he said.

But convincing friends and family of the efficacy of cannabis hasn’t always been an easy task. His teenage daughter, for example, completed the D.A.R.E. (Drug Abuse Resistance Education) program in her public school. After admitting his use of medical cannabis to her, she cried and told him it would lead to harder drugs and harm his health—sincerely believing that it could even kill him. While Graham has countered much of her taxpayer-supported brainwashing with the facts, his own daughter initially asked him not to medicate in her presence. Fortunately, a year later, she no longer fears the medication that provides such relief to her father. “She’s more comfortable about it now and understands that people can use cannabis as a medicine,” said Graham. “I’ve been able to show her the truth about cannabis, not what she learned in the D.A.R.E. program.”

His wife—always supportive of his choice to use cannabis to treat his disease—was at first skeptical of its efficacy. “Then the doctor came out and didn’t have any question [regarding its efficacy],” said Graham, adding, “She was quite surprised.” Now, after a year of openly using cannabis to treat his Crohn’s, his wife has joined him in helping to teach others about its medical benefits.

This humble Canadian has been a trailblazer in the career of his physician specialist, who had never before filled a prescription for marijuana. “So I brought the paperwork to his office. We talked about the facts,” he said. When his doctor raised concerns that cannabis might act as a gateway to hard drugs, Graham reacted calmly but sternly. “I said, hey, I’m 44, I have three kids. Have I ever missed a doctor’s appointment?” His physician had to admit that Graham, since his diagnosis, had been fully cooperative, accepting all recommended treatments for his condition. “Now my family physician has now asked me to update him on my use so he can talk to his other patients about medical marijuana,” said Graham.

“When they wanted to stick a needle in my rib cage and take a piece of my liver out, I did it,” he said. “When they wanted to stick a six foot hose...heh, yeah,” he said, stopping himself and holding back tears while bearing a painful smile. A smile earned through years of enduring treatments that, while helping to sustain his life, have threatened to dehumanize him, stripping away his hope of regaining normalcy within his life. Graham, however, remains optimistic.

## The Treatments

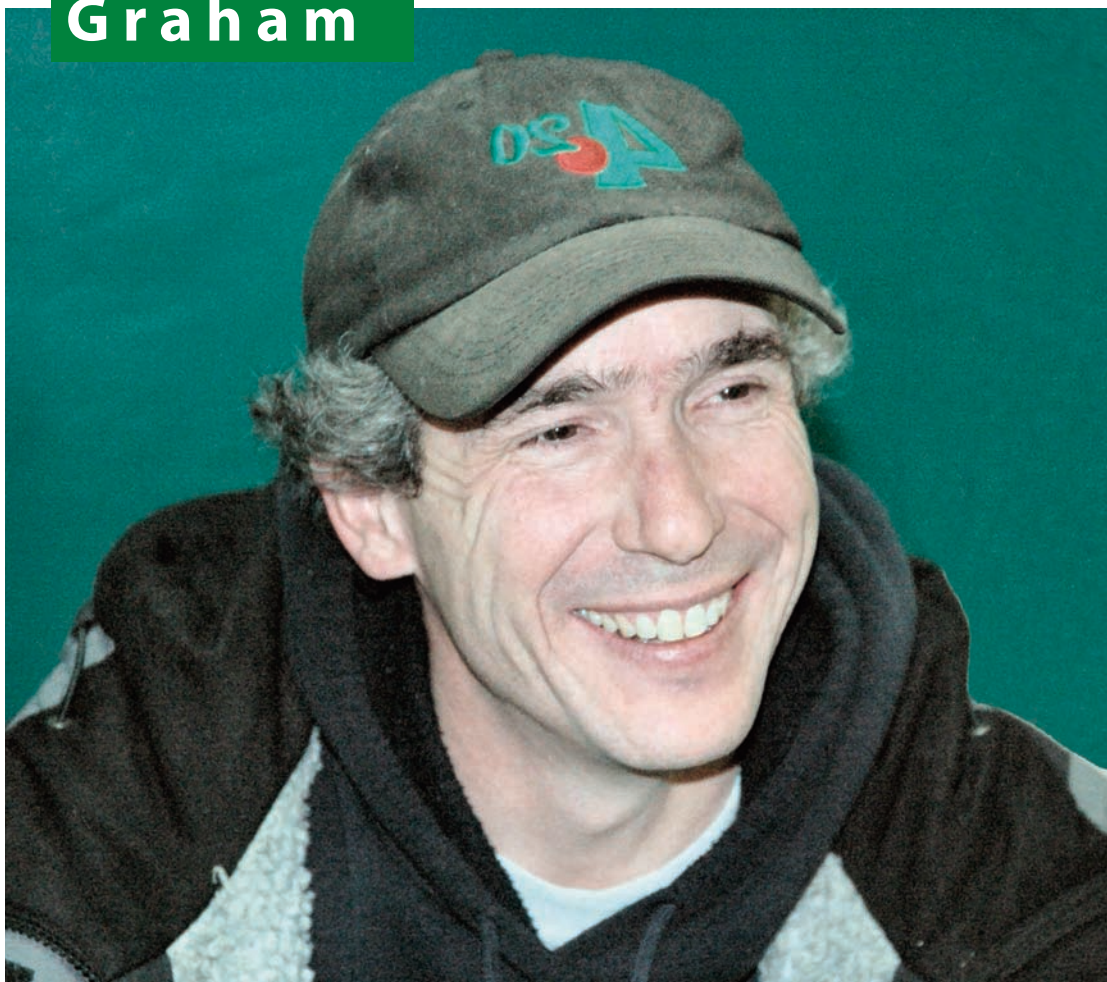
If the direct symptoms of Crohn’s aren’t enough to frighten you, consider the side effects of some of the pharmaceutical medications commonly prescribed. In strong enough doses, they’re all seemingly designed to kill either the disease or the patient in a modern wild western medical metaphor of “this body ain’t big enough for the two of us.”

Graham’s lifestyle wasn’t altered merely by the necessity of taking dozens of pills every day to treat his Crohn’s symptoms. “You’re always getting stabbed or they’re sucking twelve tubes of blood out of you,” he said, only half joking.

His family has had to learn to shop for groceries differently, carefully reading labels. “It’s no fun looking at food and wondering what it’s going to do to me,” he said. “Can I eat it? Am I going to be in deep pain? Fears of what you can and cannot eat get to you.” For example, Graham recently ate something that set him back for the following seven days. “I ate nothing that I haven’t had in the last few months, but I still suffered. It makes it very hard to trust anything. If I can’t eat something now that I had no problem with before, what am I to do?” Graham is thankful, however, for the fact that marijuana helps him simply want to eat.



# AI Graham



At one point, Graham was consuming 33 pills each day. He described how pharmaceuticals affected his life. "You go into the drug store and you're looking for a container so you can organize your pills, one that has separate containers for Monday through Sunday," he said. "But the whole container doesn't have enough room to hold one day worth of pills," he exclaimed.

One nasty drug commonly given to Crohn's patients is Prednisone. During our interview, Graham elaborated on the negative side effects of this anti-inflammatory steroid commonly administered for a wide variety of ailments. Among its more pleasant side effects are bloating, nervousness, and increased joint pain.

Several other strong pharmaceuticals, each with its own set of sometimes significant side effects, entered the picture. "My doctor put me on Methotrexate," he said. "It's used for treating Chemo patients with cancer." Also known as Biotrexate and Neotrexate, among Methotrexate's listed potential side effects are nausea, vomiting, diarrhea, and—death. While more gastrointestinal and stomach problems isn't exactly what a Crohn's patient needs, death isn't on anybody's gift list.

It's easy to say, with distant objectivity, that Graham's symptoms and negative side effects are "bad things." But consider injecting yourself once a week in the stomach with a drug that warns, in large capital letters, METHOTREXATE IS A POTENT AND POTENTIALLY FATAL DRUG. "It's not the kind of thing you wanna read, eh?" he

said, sporting a nervous laugh.

Methotrexate also often causes decreased bone marrow activity, further complicating the fact that Prednisone carries the potential side effect of diminished bone density. "I was on Prednisone so long and so many different times that both of my doctors sent me for bone density tests," he said. These tests have proven that Graham's bone density has, in fact, been compromised.

Graham detailed his Methotrexate routine. "It's an injection that I have to take once a week, in my stomach," he continued. He explained how he had never before given himself an injection, so he went to his family doctor and requested that the nurse perform his first injection to show him the ropes.

Smacking of legal policies that serve mostly to alienate and dehumanize patients, Graham described how the nurse donned a mask, gown, gloves, and protective glasses in preparation for the injection. "I asked her what she was doing and she said she had to in order to give me the drug. I asked, 'If you're afraid of getting a bit of this medicine on your hands, what do you want me to do?'" he said incredulously. "Allow this to be put into my bloodstream?"

A full account of Graham's treatments can be both intimidating and depressing. In addition to the daily pill regimen and weekly Methotrexate injections, he must every six weeks undergo infusions of a drug called Remicade. A solution targeted at Crohn's patients with moderate to severe symptoms who have "tried other therapies without success," Remicade's goal is to reduce flare-ups, inducing and maintaining remission.

When asked if he gets high before such unpleasant treatments to better cope, Graham said no. "I wait 'til after. I just prefer to do that," he said. "Afterward, when we get out of town with my wife driving, down comes the window."

## The Side Effects

Graham says he often suffers from the negative side effects of his pharmaceutical drugs. "I feel like an old man, like an 80-year-old with a cane. My joints, my muscles...and it's from the medications," he said.



# Portrait of a Crohn's Sufferer

Graham is quick to point out that cannabis helps not only the symptoms of his Crohn's disease, but also the side effects of the pharmaceutical drugs he must take. "I'm currently on two of the hardest drugs my doctor can prescribe to me," he said, referring to Mexothrexate and Remicade. "There's no other drug that he can give me."

Remicade carries possible side effects of blood and nervous system disorders. Both it and Methotrexate are last resorts on the doctor's list of escalated treatment therapies. And both sometimes seem as bad or worse than the disease they treat, giving patients like Graham twice as much to worry about.

Graham isn't without a sense of humour regarding the negative side effects of his pharmaceutical treatments. "At one point I was on so many different medications that I made a long list of all the potential side effects," he said. "I just took the data from the information packets and listed it on the computer. I had about seven eighths of those side effects," he said. "It was just brutal."

After describing the irony of the pharmaceutical drugs that keep him alive while simultaneously torturing him, Graham smiled while talking about the efficacy provided by cannabis. "It has allowed me to keep my sanity," he said. "Being sick and taking pharmaceutical drugs often leads to bouts of depression," he said soberly, describing tearful sleepless nights and paralyzed body parts. Sadly, he was describing pharmaceutical drug side effects, not symptoms of Crohn's. "Marijuana helps put a smile on my face and lifts my spirits while I wait to have some tube or needle stuck in places that people just don't talk about," he said.

Graham was brave enough to be starkly honest about the personal impact of the side effects of his treatments. "I'm going through periods that I find myself having a shortness of breath, dizzy spells, and numbness in my hands and face," he told me. "It gets me to a point that it makes me cry. I just hurt all over," he confessed. "Cannabis helps me deal with what I'm going through, without the severe side effects."

## The Finances

When a disease like Crohn's strikes, it affects more than just the patient. After 21 years of employment and working his way from entry-level yard assistant to plant supervisor, Graham was forced to permanently resign his job with a local hydro power company.

Currently on long-term disability, Graham says he's actually fortunate. "I was lucky. I had a benefits package that included long-term disability. They give you [a percentage] of your wage," he said. He and his family, however, are now deprived of the bonus money he used to earn on his job, costing them \$10,000 a year. "All of the sudden you're down to making next to nothing on your unemployment and it doesn't even cover a mortgage and a car payment," he said.

Graham's bi-monthly Remicade infusion carries a cost of \$3,500. While he's receiving financial assistance from the Trillium Foundation, a provincial patient assistance organization serving Ontario, this expense still has a significant impact on his family's finances.

"I had an infusion about three months ago. That's \$3,500 that goes out the door to the pharmacy. I haven't received the cheque yet," he said. Until he actually receives a reimbursement payment, he can't repay the pharmacy. "So I'm paying interest on that credit, plus I have to pay my deductible," he lamented. "By the time I'm done, it costs me about \$500," he said. That's five hundred dollars, every six weeks, that the Graham household cannot recoup—in addition to

lost income, other significant health-related financial burdens, and the \$10,000 in lost bonuses from the job he can no longer hold.

## The Strains

Strain efficacy is a topic close to Graham's heart. When queried, he mentioned Williams Wonder and Juicy Fruit as especially helpful. "Juicy Fruit makes me hungry and gives me the munchies," he said. Not a trivial thing for a patient who lost 10 pounds per month for half a year and is fighting to maintain a healthy weight.

"I'm presently trying a few new strains. I'm told AK47 can put many people to sleep with one pass around the table. This to me sounds very relaxing. Crohn's and stress go hand in hand, so I like the idea of a good sativa to keep my stress down," he said. Graham is also fond of Nutcruncher, Early Pearl, and Shishkaberry. "It's loaded with resin and trichomes," he said of Shishkaberry. "It's a very sweet tasting way to take your medication. With its high quantity of trichomes, I'm also looking forward to using it to make butter for my edibles," he said.

Graham's favorite forms of cannabis are edibles and vapor. "Edibles have reduced my trips to the bathroom. They slow the process," he said. He explained that he prefers smoking for help with sleep, stress, appetite, and pain. Edibles, however, provide him with more of a gastrointestinal benefit than smoking, striking at the heart of his ailment. Graham also uses edibles to deal with muscle pain. In addition, certain edibles are a good source of protein, supplementing what he loses because his Crohn's prevents him from consuming red meat.

## The Glass Half Full

Fortunately, Graham has noted some benefit from his current situation. When asked if his disease and the resulting hardships have strained his relationships with his wife and children, he said no. "It's actually brought us closer together. This past school year my daughter did a school assignment and part of it touched on our family and our situation here at home," he told me. "In the project, she said how much closer our family is now than before I was sick."

Possibly most remarkable is the fact that, despite his pain and suffering, Graham isn't a bitter man. In fact, he's frequently expressing his thanks to those who have helped him in one way or another since the onset of his condition. "Every time I needed something done, my doctors, my wife and family, and my friends were always right there to do it," he said sincerely.

Graham's reliance on cannabis has decreased his capsule consumption from 33 to four pills a day. Sympathetic doctors, new coping skills, the responsible use of cannabis, and a supportive, caring family are slowly giving him his life back.

While he breaks many of the traditional stereotypes, Al Graham's story is nearly identical to that of any patient who takes refuge in medical cannabis. Regardless of their other commonalities—or lack thereof—these are people who use cannabis to alleviate the symptoms of a deadly disease for which a treatment better than mother nature's seemingly can't be conjured. Not even by a species that has walked on the moon and developed weapons of mass destruction.

*by Gooley Rabinski*



# Reverend Tom Brown speaks his mind



## To all our relations, Mitakeoyase - Greetings

Today we will look at the federal lawsuit filed in the name of the Multi-Denominational Ministry of Cannabis and Rastafari.

As you know, Rev. Eddy Lepp founded Eddy's Medicinal Gardens and Multi-Denominational Ministry of Cannabis and Rastafari in Upper Lake, California. In August 2002, he was raided and the DEA stole several hundred plants - but did not file any charges. In 2003 he harvested 5 acres of marijuana. In August 2004 he was arrested for growing 32 acres of marijuana. In February 2005 Eddy was arrested for growing 11,500 plants and sale of one pound to a narc.

Eddy's pre trial release conditions forbid him from attending church services and taking communion. That is unconstitutional, unlawful, and just plain wrong, but that's what the federal judge says.

So, you would think that the fed's had stopped the church. Not!

Eddy's wife Linda Senti, and eight other folks incorporated Multi-Denominational Ministry of Cannabis and Rastafari in 2006. They planted marijuana plants on the church property on July 5, 2006 and filed for a federal court order to stop the police from raiding the church.

You can keep up with these legal filings at- <http://www.first-churchmagi.org>, -in the "Documents" section.

The attack on prohibition made by this lawsuit is based on several U.S. federal laws, international treaties the U.S. is party to, and the federal and state of California constitutions.

Basically, in the United States the law says that the police cannot raid, invade, attack or otherwise disrupt a church or an individual who is doing sincere religious establishment or exercise. Those laws, treaties and constitutional provisions are laid out in the court filings for your inspection.

The federal government has avoided the contest between church and state on marijuana by claiming that the drug laws are enacted to protect public health and safety and that they cannot be challenged on a factual basis in court. The drug laws are just too "special" to be examined for factual integrity.

Imagine, the legislature passes a drug law and they say the drug law is passed to stop condition "A".

Good citizen that you are, you notice that the drug law is not

stopping condition "A". Your church has been doing something prohibited by the new law. In fact, your religious exercise is extinguished by the new law - although your religious exercise never caused a condition "A" in over 5,000 years of recorded history. You know this because the government agency that regulates the drug law in order to stop condition "A" has made an official report that says this - "the drug law is not stopping condition "A", and that part of the drug law (the marijuana part) never caused any condition "A" anyway in over 5,000 years of recorded history."

Now, up till 1993, you had no legal right to go to a court and file for a decision on whether or not the drug law actually stops condition "A".

In 1993 Congress enacted the Religious Freedom Restoration Act. That law says that if the government substantially burdens your religious establishment or exercise then you can challenge that burden in a court of law. If you do challenge it, then the government has to prove that the law is stopping condition "A", that condition "A" is a dire physical threat to the public, and that without the law enforcement, physical damage would immediately occur to the public.

So, how does the government prove that the drug law is stopping a threat to public health and safety where the drug that is prohibited has never caused any threat to public health and safety in over 5,000 years of recorded history according to their own official report?

Ya can't prove it, that's the problem for the government.

If you have been following the press accounts you know that the U.S. federal drug scientists are able to hire themselves out as consultants to the drug companies that try to get permission to sell us drugs. These "scientists" take consultant fees from the drug companies and then do the tests on the drugs that the companies want the government to give them permission to sell. That's how Vioxx got to be sold. You know the drug that gives you heart attacks and the company knew about it before they sold the drug. But their favorite government scientists covered that up, so we are buying poison instead of medicine - and nobody is getting busted for that. If you want to check that out go to- <http://www.vioxx.com/rofecoxib/vioxx/consumer/index.jsp> -for more from the guilty parties on that.

So, the new church has filed for a federal injunction to keep the DEA and local police out of the church gardens. The governments (state, county and feds) have responded with a Motion to Dismiss. This is standard procedure and is set to delay the case. They always do this so be prepared.

On a Motion to Dismiss the government has to prove that you have no conceivable legal theory that the court can "see" or "take cognizance of". The legal theory that MDMCR claims is that the law requires the government to prove the threat to public health and safety caused by the church. The MDMCR had a hearing on the government's motions to dismiss - one from each so it gets complicated - on December 21, 2006. The ruling on the Motions is pending now so this article cannot report the outcome - but. . .

On January 9, 2007, the U.S. Supreme Court issued a ruling on this very question - validity of a Motion to Dismiss where the claim is that the government will enforce a law that causes harm to the church.

In MDMCR the governments have claimed that even though the church is doing things that are against the law, that the church cannot claim "standing" in the federal court prior to being arrested.

Go to - <http://www.supremecourt.us/opinions/06pdf/05-608.pdf> - to see the decision (Mecimmune, Inc. v Genentech, Inc. et al.; No. 05-608, argued October 4, 2006; decided January 9, 2007) for yourself.

Next issue we will look at specific legal arguments and evidence you need to focus on in your church case.

## One Love revtombrown



**To all our relations,  
Mitakeoyasey.**

**Greetings in the name  
of the most high, Jah  
Rastafari, ever faithful,  
ever sure, Jah Rastafari.**

**One Love Brethren.**

Brethren, we have great good tidings to share.

On Saturday, January 27, 2007, a founding member of the Multi-Denominational Ministry of Cannabis and Rastafari was pulled over by a California Highway Patrol officer. The officers' cause to pull him over was the drivers failure to mount a license plate on the front of the vehicle. California code requires two license plates on the vehicle. Our founder has California license plates.

Our founder was found to be in possession of a bag of marijuana flowers and his medical recommendation. Two officers decided to confiscate the marijuana. They failed to give a receipt for it or the medical recommendation that they also took - without a receipt.

Our founder contacted the church, we immediately filed a complaint thru the non-emergency dispatcher line and requested to speak to the duty Sergeant. Said sergeant refused to speak to us and told us - thru the dispatcher - to come to the California Highway Patrol office on Monday. Immediately the dispatcher was notified that this is a religious establishment and exercise matter, that the lawsuit over this was already filed in July 2006 and that he should tell the sergeant these facts and that we demand to speak to him immediately. The dispatcher told us that he would not pass on any messages and then hung up.

On Monday morning, January 30, 2006, at 9:00 am the founder and Rev. Tom Brown, chairman of the Multi-Denominational Ministry of Cannabis and Rastafari legal committee, appeared at the office. We spoke to the officer who stopped and stole the marijuana and recommendation without receipt. A county supervisor apparently approved or ordered this act.

The officer refused to return the marijuana, told the founder that he would have to become some kind of county registered "caregiver", and that maybe then, and if, and why, and but for maybe, the founder might get his flowers back.

The founder turned to the legal committee chairman and asked for assistance. The chairman then instructed the officer in the religious exercise and establishment issues extent in

the situation, the fact that the founder was well within the Trippett decision boundaries for transport of medical marijuana, and that a lawsuit had already been filed - when the officer stopped the conversation. The officer was told to pass the founder and chairman to his supervisor - which he did.

The supervisor then asked us into his office, got a chair for the founder to sit in and we proceeded to talk. The founder told the circumstances of the theft of the marijuana. The sergeant then proceeded to repeat and reinforce the same lies about 420's county guidelines and licensing procedures. The sergeant agreed that the marijuana flowers might never be recovered.

The founder then asked the chairman for assistance and the chairman proceeded to inform the sergeant about all of the above on religious establishment and exercise, the fact that under Proposition 215 the founder was totally in compliance, that the CHP Director had instructed the sergeant in writing to not interfere with medical marijuana, and the lawsuit had already been filed to which we would be glad to add his name as defendant also - whereupon the sergeant jumped up, ordered us out of the office and into the waiting room, and promised to return after conferring with his supervisor. The chairman informed the sergeant that they should contact Jack Woodside in the California State Attorney General's office for instruction on how to handle this case as Woodside is the lawyer representing Gov. Schwarzenegger in the lawsuit.

On a recent motion to dismiss the lawsuit for injunction, the governor wrote that he would never cause his National Guard or CHP officers to violate state law in regards to medical or religious use of marijuana. Now we have concrete proof to the contrary, happening to a church founder.

After a ten minute wait, the sergeant returns with smiles and tells us that the founder should really get with the county attorney to properly document his "420" status and that the marijuana is to be returned - as soon as they can find it - and yes a receipt should have been issued to the founder for whatever the officers took.

A few more minutes for the officers to officially weigh (it hadn't been done yet?) - the flowers, all 32 ounces of the finest Northern California Grade 1 medical marijuana flowers, were returned.

How do you get something into the evidence locker without weighing it? You can't, you got to fill out the paper. The paper receipt is dated the 27th, but the chairman saw the officer tear the multiples apart as they approached with the bag on the 30th, and the sergeant and officer both said that they had just weighed the evidence for the first time and hadn't known how much it weighed prior to that.

So if the evidence had never been logged into evidence, if we had never shown up on Monday to claim it, would the evidence even be evidence?

So many questions, so little time!

**One Love revtombrown**



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# A message from Leonard Peltier

**"Much of the government's behavior at the Pine Ridge Reservation and in its prosecution of Mr. Peltier is to be condemned. The government withheld evidence. It intimidated witnesses. These facts are not disputed."**

## BACKGROUND

For over 30 years I have sought justice from the United States Courts which have failed to provide me with any relief despite acknowledging numerous acts of Government misconduct. For example, after my trial, my lawyers issued Freedom of Information Act Requests ("FOIA") and discovered that the Government fabricated the ballistics evidence which it used at trial to argue that I shot the agents in cold blood. Once we revealed this egregious misconduct, the Government has had to admit on several occasions in open Court and before the Parole Commission that it could not prove I shot the agents and that it could not prove who shot the agents.

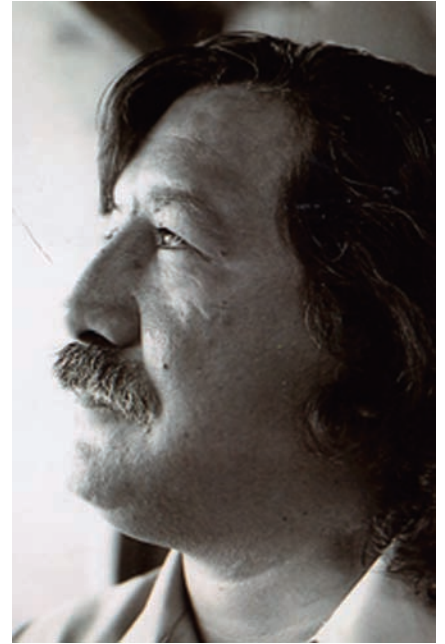
Despite the Government misconduct recognized by the Courts, I remain in prison. When we exposed the Government misconduct, the Government stopped arguing that I "shot the agents," and began arguing that my conviction should be upheld on aiding and abetting grounds, even though the only two people I could have aided and abetted, Robert Robideau and Dino Butler, were acquitted on self-defense grounds. In the Robideau and Butler trials, the Court allowed them to present evidence to show that they were shooting in self defense at unknown assailants who were shooting at houses occupied by women and children. In contrast, my case was moved to another Judge, Judge Benson, who prevented me from introducing evidence of self-defense and evidence of the war-like climate that existed on the Pine Ridge Indian Reservation because of marauding groups of vigilantes hired by a corrupt tribal government, supported by the United States government.

Just as significant, no Court has ever explained how my conviction could be upheld on aiding and abetting grounds since I could not aid and abet myself, and I could not aid and abet my co-defendants since they were acquitted. So, just who did I aid and abet to warrant two consecutive life sentences? The Courts and the Government cannot answer that question. Yet, I remain in prison.

My case demonstrates the illegal means which our Government will utilize to ensure that I, a native American, am punished for the death of two FBI agents, without regard to whether I did it, which I did not, and without regard to the deprivation of my rights. All the Government cared about was that someone was punished for an incident provoked by the FBI, the corrupt tribal government, and its private police, known as the GOON squad. And yet, I remain in prison.

The United States Government keeps me imprisoned to justify the continuing abuses against, not only Native American people, but anyone who seeks to fight criminal abuses such as those committed and/or aided by the FBI on the Pine Ridge Indian Reservation between 1973-1976. This Country

has waged, and continues to wage, war not just against native Americans but against any form of domestic political dissent. Secret domestic intelligence programs, such as the well documented Cointelpro program and the Patriot Act, have eroded and destroy the constitutional rights and liberties of all peoples of this Nation. But, most people would rather ignore injustice, then take a stand against injustice and face



the wrath of our Government. What I was not allowed to introduce into evidence was the indisputable evidence that United States Government and a corrupt tribal government committed war crimes against the Oglala people during the so-called "Reign of Terror," from 1973-1976. Yet, these crimes have never been investigated, and, if anything, they have been ignored and certain propagandists have revised history to say they never occurred, similar to those who espouse that the genocide of Native American people never occurred in the Americas. The one exception is the murder of Anna Mae Aquash which the United States Government began pursuing earnestly nearly 30 years after her death, in order to smear me to harm my chances at parole through the use of hearsay testimony and unsubstantiated innuendo. I unequivocally deny that I had anything to do with the murder of Anna Mae, and I condemn those who murdered her and those who seek to smear me and make me a patsy for the crime they committed.

The indisputable Government misconduct which led to my wrongful conviction represents a threat to the liberties of each and every one of us. Perhaps this is what ultimately struck the conscience of Judge Heaney (a judge of the United States Court of Appeals for the Eighth Circuit who despite the glaring evidence of Government misconduct, wrote a strained and legally embarrassing decision to deny my first habeas petition), and compelled him to write a letter supporting my request for presidential clemency.

As recently as the fall of 2003, the United States Court of Appeals for the Tenth Circuit stated:

"Much of the government's behavior at the Pine Ridge Reservation and in its prosecution of Mr. Peltier is to be condemned. The government withheld evidence. It intimidated witnesses. These facts are not disputed."



# A message from Leonard Peltier

As my lawyers wrote in a recent brief, the United States Court of Appeals for the Eighth Circuit has repeatedly recognized specific instances of FBI misconduct in my case: The Eighth Circuit found that the FBI withheld critical ballistics evidence which raised questions “regarding the truth and accuracy of [FBI agent Evan] Hodge’s testimony.” The Eighth Circuit acknowledged that the FBI withheld critical evidence which was “newly discovered evidence indicating [that the government’s ballistics’ expert] may not have been telling the truth,” and that the evidence withheld by the FBI created “inconsistencies casting strong doubts upon the government’s case.”

The Eighth Circuit also addressed the government’s coercing of witnesses and extracting perjurious affidavits including the three fabricated affidavits of Myrtle Poor Bear which were used to extradite me from Canada. The FBI knew that Ms. Poor Bear was mentally incompetent. Yet, they had her sign three fabricated affidavits which falsely stated that she was my girlfriend and that she saw me kill Agents Coler and Williams. Poor Bear never knew me, and she was never at the Jumping Bull Compound on June 26, 1975, or any other date that I am aware of. The Eighth Circuit described the Myrtle Poor Bear episode as follows:

In February and March, 1976, Myrtle Poor Bear signed three affidavits which related her eyewitness account of the murders of the two agents on June 26, 1975. Two of these affidavits were considered by Canadian officials in the extradition proceedings. In testimony given outside of the presence of the jury at the trial, Poor Bear disclaimed virtually every allegation contained in the affidavits. She testified that she had been forced to sign the affidavits, which were prepared by FBI agents Price and Wood, under threats of physical harm.

The Eighth Circuit court recognized that “[the Poor Bear... testimony was certainly consistent with [my] theory [that the FBI framed me by manufacturing evidence and inducing witnesses to testify in accordance with its theory of the murders.]” Even in the face of this fraud, one of the prosecutors, Lynn Crooks, belligerently stated on television in 1990 that, even if he knew the affidavits were false, he still would not have hesitated to provide them to the Canadian prosecutor.

## THE FBI’S ILLEGAL TACTICS IN ITS WAR ON THE AMERICAN INDIAN MOVEMENT AND ME

I was a member of the American Indian Movement who, like many others, was subjected to a number of Counterintelligence (COINTELPRO) type activities by the FBI. “COINTELPRO” is the FBI acronym for a series of covert action programs directed against political domestic groups. This program was investigated and condemned by a Congressional hearing in the 1970s. With this unauthorized program, the FBI engaged in covert actions designed to ‘disrupt’ and ‘neutralize’ target groups and individuals,” engaged in political dissent. One of the COINTELPRO type tactics used by the FBI and, in particular against AIM, was the infiltration of the legal defense by paid informants, violating attorney-client privilege. We have recently discovered evidence that the FBI did this in my case.

## RECENTLY DISCOVERED EVIDENCE

In the face of Court expressions acknowledging and condemning the Government misconduct, the Courts continue to allow the FBI to engage in wrongful behavior by allowing them to withhold more than 140,000 documents which are located in FBI Field Offices throughout the country. Despite the passage of over 30 years, the Courts have justified the FBI’s behavior by ruling that the Informant Files in my case must be protected because the release of such documents could impact the war on “international terrorism.” Such a ludicrous and unfathomable reason can only undermine any remaining confidence we could possibly have that our system is based on justice and fairness.

With respect to AIM, and me in particular, we now know that the FBI used confidential informant sources to compromise attorney/client communications they illegally used to develop strategies for conviction. We recently discovered FOIA documents establishing that the FBI utilized Douglas Durham, a paid FBI confidential source who infiltrated the highest levels of AIM and was exposed on March 7, 1975, in my extradition proceedings from Canada. As one Court recognized, “Mr. Douglass Durham, infiltrated the American Indian Movement under instructions of the FBI, won the confidence of Dennis Banks and other leaders of the movement, occupied a series of high level positions in the organization.”

These FOIA documents show that the FBI utilized Durham not only to provide information to William Halprin, the Chief Prosecutor from Canada, against me in connection with the extradition proceedings, but also as an “expert adviser on AIM.” Halprin requested Durham’s involvement “to enable him to utilize the source [Durham] to refute statements made by Peltier’s defense.” To purportedly avoid legal liability, Durham was told by the FBI not to execute any affidavits or to travel to Canada. “Durham has been instructed to provide information requested by Crown Attorney [and]. If recontacted by Halprin, he would cooperate fully and would keep Omaha [FBI] advised of developments.”

As my attorneys recently wrote, the Courts have indicated that this type of conduct crosses the line:

The informant, Douglass Durham, had worked in various undercover capacities prior to the Wounded Knee incident. His relationship with the FBI began in March 1973 when he supplied the FBI office in Des Moines, Iowa, with copies of photographs he had taken in an one-day visit to Wounded Knee. He later served in various leadership positions within AIM, including national security director and national administrator. He became a close companion of AIM leader Dennis Banks during the period including the Banks-Means trial in St. Paul. Throughout this period of intimate affiliation with AIM and its leaders, he was supplying information to the FBI.

In analyzing this issue, the Eighth Circuit described the troubling conduct by the FBI:

Were we concerned on this appeal with the question of whether the convictions of Dennis Banks and Russell Means, tried in St. Paul, could be upheld, we would have another



case. There is evidence in the record and FBI files to indicate that Durham was privy to numerous conversations between Banks and his lawyers, that he was present in St. Paul during the course of the trial, and that he was in constant communication not only with Banks and the other defendants during the trial, but with the FBI. As the record here is devoid of that type of close proximity to the defense of these appellants and as no prejudice has been shown, we refuse to set aside the convictions of the appellants because of the activities of the informants.

The FBI permitted informants to attend both my trial and that of my co-defendants. In an FBI internal memo, the FBI discussed the circumstances under which informant sources could be approved to go to our trials: "If approved by FBIHQ, sources should be specifically instructed to refrain from being parties to Defense Litigation strategies. Furthermore, they should be instructed that in the event they are unexpectedly placed in the position of being parties to such discussions, they should, where their informant status will not be compromised, leave such discussions immediately."

Durham himself acknowledged that this caution was little more than a wink and a smile. In the Wounded Knee Trials, Douglas Durham was similarly advised by the FBI not to engage in any activity that would violate confidences of the defense, nor to engage in any activities or relate to the FBI any information that had to do with defense tactics, or any legal aspect of the operations of AIM or the defense at that point. In spite of the advice he allegedly received from the FBI, Mr. Durham testified in the United States Senate about the 1974 trial of AIM leader Dennis Banks: "If Dennis and I were sitting in a room and an attorney would walk in and start talking, I couldn't jump up and say, 'I can't be here, the FBI won't allow it.'"

In a Teletype dated July 7, 1975 from the Special Agent in Charge of the Buffalo Field Office of the FBI to the FBI Director and Mr. Richard Held, Special Agent in Charge, Pine Ridge, South Dakota, The FBI indicated that a confidential source, much like Durham was allegedly advised by the FBI not to engage in any activity that would violate any confidences of my defense. The FBI however refuses to produce the name(s) of their informants and has been given unfettered discretion by the courts to keep this information from my legal team.

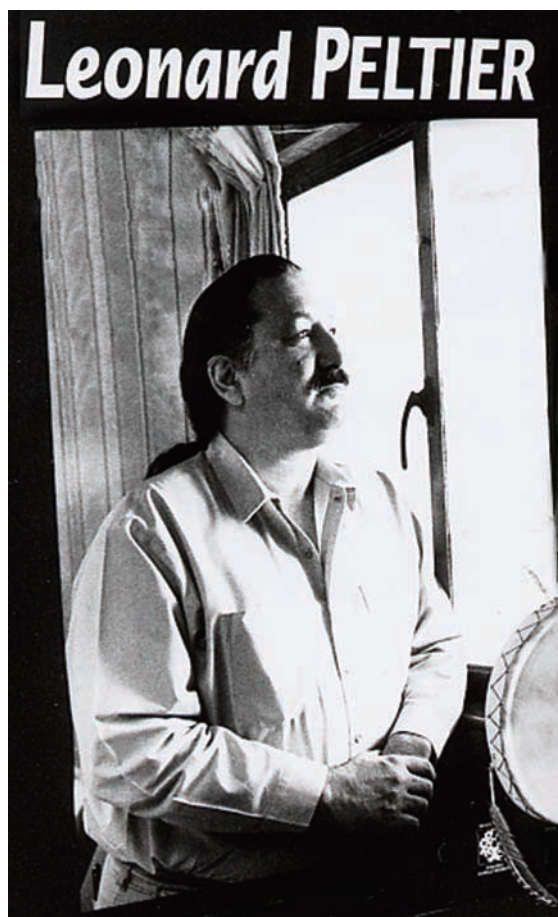
Despite our discovering this information, the Courts have let the Government be the arbiter of what documents to produce and what they can withhold. As such, the FBI has unfettered discretion to withhold documents from which it can be determined whether it engaged in misconduct, because it will not acknowledge it. As it is, the FBI deliberately failed to produce any documents from the time period of my trial in the exemplar of documents which it recently produced to the Court to allow it to determine whether the informant documents should be produced to me in an unredacted form. It is clear that it did so to prevent me from finding information they have hid that could affect my due process rights.

Indeed, a document recently produced by the FBI and

recently introduced by my lawyers to a Magistrate Judge established that the FBI intentionally took actions to try to avoid producing documents in discovery in my case. But again, this seems to have had no impact on the Court. The United States Federal Courts have recognized overwhelming evidence of FBI misconduct in my case which has already been revealed, yet it has continued to allow the FBI to use exemptions under FOIA to shield its illegal tactics in this case, depriving me of my rights to a fair trial. I urge all of you who believe in justice to join my fight and cry out for the production of all documents related to my case. Why is the FBI still withholding documents? Why won't they produce all documents to me? To me the answer is obvious. I believe the answer is obvious to you also.

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## Europe: Cannabis clubs on the advance

**Words & Pics: Green Born Identity – G.B.I.**

For many years, we Europeans have been looking over the Big Ocean towards America, being fascinated by the fact that medical cannabis buyers clubs are juridically possible there in several states, although exposed to federal police busts from time to time. We felt that under the current drug laws in the European countries, it was impossible to openly found and run such a club or dispensary, so if at all, such initiatives have only existed, in the underground. But now we are tired of waiting for a cross-national European drug law that would decriminalize the cultivation, possession and sale of cannabis in small amounts as well as legalize the same activities for medical purposes. Such a European drug law reform is not likely to come in the near future, as there are too many powerful third parties interested in keeping up the present status quo: The pharmaceutical, oil, tobacco, and alcohol industries for example. As a consequence, courageous people in several European countries have decided to take matters into their own hands. The ENCOD (European Coalition for Just and Effective Drug Policies) plays a crucial role here, having elaborated the concept of “Cannabis Social Clubs” (CSCs, see [www.cannabis-clubs.eu](http://www.cannabis-clubs.eu)). ENCOD is a coalition of 150 civil society organizations from 24 European countries, which is lobbying for a crucial change in international drug policy. The group is lobbying for an open debate in order to reform current drug legislation, which is based on a UN Convention from 1961.

CSCs are not necessarily meant as medical institutions, but basically associations of cannabis consumers striving to organize the cultivation of a limited amount of cannabis that is enough in order to satisfy the personal needs of its members. CSCs are controllable by authorities. They may generate official jobs and in addition, they offer goods and services that can be taxed. Authorities can monitor health, hygienic and safety conditions during the entire process from cultivation to consumption. The CSCs are a concrete result of ENCODs “Freedom to Farm” campaign, “aimed at the right of every adult citizen of the world to grow and possess natural plants for personal use and non-commercial purposes, using all technical equipment that is available for this”.

CSCs are already in place in Spain and Belgium, while in other countries, initiatives are being taken to work out similar models. Due to the fact that the drug laws of the single European countries are different, e.g. very liberal (the Netherlands), quite liberal (Spain, UK, Switzerland, Italy) or severe (Sweden), different forms of such a cannabis club have to be checked and chosen, the concrete form depends on the respective legislation and political practice in the single countries. At the moment, Spain is the country with the most CSC

initiatives (five); several interesting models for legal cannabis cultivation in the framework of a club have been developed and put into practice. Their lawfulness was confirmed last year by courts in Catalonia and the Basque region. In Spain, trading with cannabis is prohibited, but possession for personal use is legal. In the Spanish CSCs, people join to grow cannabis together and distribute it to members of the club at cost price. Only members have access to the grow rooms and the cannabis. Last summer, a court in Bilbao, the biggest city of the Basque region, acquitted four defendants of the CSC “Club Pannagh” (Bilbao, 70 members) from the prosecution of illegal cultivation of 150 kg of cannabis (fresh whole plants that resulted in 17.4 kg dried cannabis). Club Pannagh represents the basic model of a Spanish CSC: Adult cannabis consumers create a legal association. This association facilitates the cultivation of cannabis for personal use and advises its members on medicinal application and effects. The members pay a certain amount to cover the expenses of cultivation and have the right to receive an amount for own consumption. The member obliges him/herself to only use the cannabis for own consumption. ENCOD reports: “Club Pannagh has



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rented a greenhouse, where cannabis is cultivated and harvested. The association monitors the entire process of cultivation, makes the necessary purchases (seeds, growing material etc.) and controls the plantation. Every member has a right to receive a fixed amount for personal consumption: 3 g for medicinal users, 1 g for others. The cannabis is sold to medicinal users for 3 euro/gramme and to others for 4 euro/gramme. Nobody receives more than what he/she considers as for personal consumption. Non-members have no access to the harvest of the club. Members oblige themselves not to pass on cannabis to third persons. The association is their safe source of cannabis, and they are not interested to risk losing it. The authorities can be sure that cultivation and distribution of cannabis takes place in a controlled way."

There are more Spanish CSCs in operation such as the "Ganjazz Art Club", located in a little village near San Sebastián sited on Basque Country, officially registered with the government of the Basque country since 2002, presently having 200 members. People behind the 'Cañamo' magazine of Barcelona have developed the concept of the "Consumers Club". This model - yet to be accepted by legal authorities - is meant as an example of how to introduce cannabis on the legal market in the future, considering that this serves an objective that is shared with the authorities, namely to reduce the risks of illicit drug consumption. And there is the "Cannabis Consumer Organization Amigos de Maria- Gasteiz" that even has gained the support of the regional government of the Basque Country and various political parties. This organization runs the first Internet pharmacy for medical cannabis in Spain, facilitating the contact between patients and growers through the Internet. The growers donate parts of their harvest to the patients - it's the same system as introduced by the German web-based cannabis pharmacy ("Hanfapotheke") in 2005.

Also Belgium saw the foundation of a CSC last year, but in December, the initiative "Trekt Uw Plant" got busted by the police on occasion of establishing their plantation with six cannabis plants. Four





# Green Born Identity

people, amongst them the ENCOD coordinator, were arrested, although there is a ministerial guideline that regards the possession of max 3 grams of cannabis or one plant as a minor offense that should only be registered by police and not punished. Nevertheless, a court case might follow soon. But ENCOD is prepared for this, considering such a court case as something useful, since it may provoke a political discussion on the legal status of cannabis in Belgium and draw public attention to the necessity of CSCs.

In Germany, at the beginning of 2007 the ACM (Association for Cannabis as Medicine) filed an application with the Federal Institute for Drugs and Medical Devices for establishing a patient's initiative that intends to supply its members with medical-grade cannabis, grown by other members of the initiative. If the Federal Institute allows such an initiative, this will be a strong signal for other European countries to do the same, as in the medical sector, Germany plays a leading role, because its medical system is widely regarded as exemplary. Good to know that a majority of the German population (77%) supports allowing a treatment of ill people with marijuana or hashish, as shown by a study by the Institute for Opinion Polls Allensbach which was conducted last June. The decision of the Federal Institute is yet to come.

So CSCs and similar models are definitely on the advance in Europe. More and more people, both citizens and politicians, are realizing that cannabis is a precious versatile medicine and that it is inhumane to refuse ill people the medicine they need. Also in Switzerland, the Netherlands, Denmark, Poland and the Czech Republic, respective groups have announced that they are about to start a CSC soon. It should only be a matter of time that CSCs will find their way into every single European country.

Green Born Identity – G.B.I.



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# The Psychoactive Effects of Chocolate and Cannabis

Chocolate is a complex and intriguing food. A captivating confection, it contains more than 300 known chemical compounds. Chocolate is psychoactive. Just like cannabis, it promotes a mental state of happiness and feeling of well being, as well as increasing physical relaxation and decreasing pain.

Chocolate can mimic the action of cannabis on the brain by its ability to bond to and activate the brain's cannabinoid receptors. It accomplishes this because of a chemical called Anandamide, the main one of 5 naturally occurring chemical compounds mainly responsible for the psychoactive effects of chocolate.

Anandamide is an endogenous cannabinoid that binds to and activates the cannabinoid receptors, CB1 and CB2, found in the body. The CB1 receptors are found in the brain, central nervous system, and organs such as the heart, uterus, testis, and small intestine. The CB2 receptors are located around the spleen and other cells associated with immunochemical functions, except the brain.



Phenyl-ethylamine, or "the love chemical", is another key ingredient in the make-up of chocolate. It helps mediate feelings of attraction, excitement, giddiness, apprehension, and euphoria. It is naturally occurring in the brain and peaks during orgasm. Pure phenyl-ethylamine affects the body more intensely than amphetamines.

Tryptophan is also present in chocolate. Tryptophan is the production manager of the natural mood modulator serotonin. It is also a sleep aid and an essential amino acid. Increasing tryptophan enhances serotonin function and in turn diminishes anxiety.

Chocolate also contains Theobromine, a stimulant that is mild, long lasting, and mood elevating. It has also been recently discovered that Theobromine is superior to opiates, such as codeine, because of its effects on the vagus nerve. It is often confused with caffeine, which has very different effects.

Caffeine is another psychoactive chemical found in chocolate, it has a strong and immediate effect that increases alertness and heart rate. It is found in 60 known plants and has been used as a stimulant for centuries.

Caffeine is the world's most widely consumed psychoactive substance.

Chocolate's complex chemical make-up solidifies it as a substance worth noting in the holistic medical field. Eating chocolate triggers the release of endorphins. Endorphins reduce pain sensitivity and increase the overall feeling of contentment and happiness. Dark chocolate is best for frequent consumption rather than calorie rich milk chocolate. It also has a higher content of the psychoactive chemicals we just discussed.

When chocolate and cannabis are combined the cannabinoid receptors are literally saturated with cannabinoid, from both the cannabis and the chocolate. Chocolate increases the effects of the cannabis to the consumer, while increasing and prolonging the presence of our own endogenous cannabinoid Anandamide. This means that, the amount of cannabis needed for medicinal purposes may be decreased as long as taken with dark chocolate. This also means that the medicinal qualities of cannabis are actually raised when taken with chocolate and vice versa!

So go find yourself a fine chocolate bar with a cocoa content of at least 52%, and a large sack of your favorite cannabis and do some research.

Until next time, peace, weed, and happiness.

**MIKE (the candyman)**

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# Silver Surfer Vaporizer

My first product review for this issue is for the "Silver Surfer Vaporizer". Upon receipt of this vaporizer the very first thing that struck me was the "Art" that is involved with each and every unit... these are truly a finely crafted combination of "form and function", with neither quality taking a back seat to the other.

I began unloading components piece by piece; first out of the box was one of SSV's own personalized 4 piece grinders. At first glance it appears much like most other grinders, closer inspection will reveal that the grinder is a "kief gathering" style ... the bottom is a two piece section that contains a fine mesh stainless steel screen that separates and stores the resin gland heads as you grind your product (open on a "pick-up able surface"). The grinder is hard coated with your choice of anodized colour; choices to date include red, black, blue and silver. The four piece grinder is available in the 2.2" in diameter X 1.5" tall and the 3" in diameter X 2" tall. Along with colour choices in their grinder line-up there is also a choice to select a two piece grinder with no kief catcher. Don't be fooled by the innocent looking "teeth" in these grinders folks.... they are SHARP! Now to top off this awesome little grinder SSV has managed to find a grinder that does NOT use that troublesome paper thin Teflon washer (you know the one... it either gets lost or worn and the grinder refuses to work right ever after...), I've ground quite literally Oz's of meds with this grinder and haven't had to clean it yet nor has it even tried

to bind! That's not all though... no... Just when you think you can't pack many more features into a simple hand grinder SSV went and found one that "has it ALL". It's pretty difficult to "loose" the grinder lid (almost impossible) as the lid is held firmly to the base by means of two very cleverly located countersunk "neodymium" magnets. The magnets ONLY hold the lid on ... they do not offer any resistance to grinding... "Neodymium" magnets are VERY strong!

Next out of the box came three of the softest pieces of food grade vinyl tubing I've ever handled, this tubing is especially made for SSV so don't bother trying to find the same stuff at the local hardware store. Despite its suppleness the hose does not kink easily... very nice stuff!

The SSV is supplied as a "base order" with the following;

- 1 SSV 120v or 220 volt unit.
- The temperature knob is a hand crafted colored PYREX glass marble & the hand crafted heater cover is made from colored PYREX glass as well.

- 1 standard whip (includes standard patent pending PYREX quick change wand, food grade vinyl tube, and clear glass mouthpiece)

- 10' power cord

- Patent pending glass/ceramic heater

- 10 free screens for your wands!

- 1 instruction manual and 3 year warranty!

- Free SSV classic grinder!!!

- 1 glass marble and stainless steel stir tool.

Along with all of the above, Steve over at "7th Floor" also sent a "custom" quick change wand and an AWESOME Ice Chamber/bubbler! The fun wasn't over yet... nope... Steve also sent along an "Aroma Top" AND a "Hands Free Adaptor"... this was setting up to be a FUN review!

OK, now down to the business of reviewing the actual vaporizer! First things first...





## Zardoz Product Reviews

assemble the pieces (SIMPLE, push the hose over the fittings). Now plug this baby in and turn up the heater control knob all the way clockwise to the full on position... leave it here for a couple of minutes to burn off any oils that may have gotten onto the heater during construction. I find the best position for the heater knob for my herb is approximately at "1:15 on the clock" (I get a reading of 347 degrees F on my Temp Gun).

Here we go, the vape is heated to temperature and I've got some ground up meds... I put about a quarter of an inch of ground meds into the quick change wand and place the open end of the wand loosely against the heater cover. Here is where the learning curve comes in... I say "loose-ly" because with the "Ball and Socket" style joint you keep a decent air seal throughout the entire "rotation" of the joint, kinda cool once you learn that you don't need too much med's in the wand you will find that all you need to do to stir your meds is to "roll the joint a couple of times". If you breathe in FAST you will get cooler air and LESS vaporization, conversely if you breathe in SLOW your material will be subjected to much warmer air and coincidentally much MORE vapor will be produced. A word of caution is in order here... this is a SERIOUS medical device, you need to get to know your vaporizer... it's pretty easy to forget that this device is delivering pretty much straight THC! The quick change wand and stock mouthpiece are a great way to medicate quickly and efficiently!

Next up for review are the attachments that are available as accessories for the SSV. First I tried the "Hands Free Kit" ... I've gotta admit... I am one of those guys that just doesn't



read all of the instructions "first", so the hands free kit had me baffled. That is until I took a look at the diagram and directions... it's SIMPLE and it WORKS! Once fitted, the hands free kit allows you to vape without holding the wand (however it must be removed to stir up your ground meds from time to time).

Now it's time to move on to the Ice Chamber! SSV put some thought into this chamber, the ice chambers have a removable glass tube insert that connects to the chamber by way of a ground glass fitting... you remove the glass tube so your ice cubes don't break the glass bubble tube when filling the chamber. Add a little water and slip the ground glass fitting together, now enjoy a wonderfully chilled and medicated inhale (or two or three or four...). In my humble opinion an Ice Chamber for your vape will spoil you very quickly, go ahead... spoil yourself a little! An added bonus of vaping through a water cooler is that you will suffer less "carpet mouth" (fuzzy tongue and throat from dry vaping) and will require to drink a little less water during your vape session.

Last but by no means least I trialed the "Aroma Top", this is a simple piece of gear to use. Simply insert the Aroma Top attachment ring to the base unit then slip the Aroma Top adaptor over the ring... set the "Pyrex" dish onto/into the adaptor then melt some quality wax into the "Pyrex" dish and add a few drops of

your favorite essential oil. As I wrote this article it was commented... "What is that? Eucalyptus?" It was in fact some of the last essential oil that I received with my very first vape... Eucalyptus, a couple of folks commented that it made their



lungs feel more open and found breathing easier.

Now let's speak of the quality... "Unsurpassed" is the first word that comes to mind! The thick plastic base is interchangeable with different colour options. The heater is one of the best I've seen in the industry, it is entirely encased in ceramic making it 100% non toxic. When I spoke with Steve over at 7th Floor I learned of an SSV that has been running continuously for a little over three years 24/7!!! The custom glass knob is NOT interchangeable at the time of this writing, however during my phone interview with Steve I've learned that this will likely change soon. The base unit is darn near indestructible being made from approximately 1/4" thick aluminum tube by 3.5" across. This all sits on top of a pleasing to the eye Oval shaped piece of quality coloured plastic, lots of room for customization again...pick your colour!

It was suggested that I shoot my pictures for the review "before" I used the product... well what can I say? I opened the package and was using the SSV... BEFORE the "suggestion" was made.... so if you want to see "pristine brand new pieces" go look at [www.silversurfervap.com](http://www.silversurfervap.com). Mine are all "well loved" and do NOT need cleaning yet... notice the amber coating on the inside of the stock wand? That's "Goosey GOLD" folks!

The design! Here is where it all comes together! It's ALL about angles... Steve and his crew have been working hard to provide a product that WORKS and LOOKS GREAT! Here is a direct quote from SSV's web page:

"The Silver Surfer Herbal Vaporizer also does what no other vaporizer in its class can do by the wand aiming up instead of down!! All of our competition uses a heater that points up in the air. Gravity is a matter of life so when you go to use the competitions models all your herbal matter falls out. This is not the case with the SSV! The glass heating element is at a 90 degree angle. The 90 degree angle combined with the angle of the SSV gives you a heating element that is pointing down. Gravity now becomes your friend with the SSV and the herbal matter does not fall out of the wand! Can you dig it!!"

Yes Steve... I "Can Dig It"! You have addressed a problem (and solved it) that I have identified from my first wand style vape. The level of commitment from the folks at 7th Floor is incredible, Steve was asked if he could provide a "ground glass" heater cover as well as a matching ground glass wand for a patient that has limited use of his hands.... of course Steve was happy to oblige. Steve and his crew will do their best to customize your SSV in just about ANY way you can think of... just call them up and ask.

So to Steve and the rest of the folks at 7th Floor I say thank you, thank you for closing the gap between "Form and Function" and for providing such a nice unit for patients.... look out all you other vapor makers.... there is a new kid in town and he's riding a "Silver Wave"!

You can find your very own "Silver Surfer Vaporizer" on the web at [www.silversurfervap.com](http://www.silversurfervap.com), go get your hands on your own SSV... trust me you will NOT be sorry!

*Gord Hume retired CDN Army Mechanic, legal medical marijuana grower/consumer.*





# Hydroponic Sprout Grower

Next up on the list for product review is a neat little kit we received from "Tony's Sprout growers". You can see the kit in action at [www.sproutgrowers.com](http://www.sproutgrowers.com). I received this kit with the wrong notion in my head... I was told "Hydroponic Sprout Grower" What I heard was... "Hydroponic Seed Germinator" LOL

So bearing my mistake in mind I sat down to learn about the kit that was in front of me. As a Sprout Grower I was interested... as a medical marijuana patient that gardens SOLELY in hydroponics I was intrigued! I had to find out if I could use this little kit to successfully germinate my marijuana seed!

Once I learned the basics of "Hydroponic Sprout Growing" it was a short jump to draw associations to sprouting MMJ seeds. The ONLY thing that I could suggest that might make this "handier" for germinating MMJ seed's would be the inclusion of a half dozen or so plastic "pill cups" (you'll see why).

The kit consists of a stainless steel sprouting screen, a base pan and a humidity dome... nice and simple!

For the purposes of this experiment I placed just enough water in the base to cover the mesh in the bottom of the pan. I then selected three or four or five seed's from each of my chosen strains. I marked the bottom of each of my pill cups with the name of the genetics that was to be placed beneath it. I then set each strain selection in a little pile and placed the appropriate cup over them (the cups keep the genetics separated), cover the whole setup with the humidity dome and watch Mother Nature do her thing!

As you can see I already have four of my six "Blueberry X Lowryder" popped and beginning to sprout! This is after only about 32 hours. I have a separate experiment for these "small stature" plants, I plan to place all of the germed BB X LR seeds into a ten inch mesh pot for a five gallon bubbler bucket... the bucket will then be placed into my mother room and finished out (hopefully there is enough Lowryder influence to force flower in the 18/6 lighting cycle). This experiment will be monitored in the up coming issues of TY publication, as will the germination rate achieved for this product be reported once it is known.

In our next issue you will see the Sprout Grower functioning as it was designed to do... growing sprouts! After all we could all use to be a little healthier couldn't we? Do yourself a favor and go have a look at the [www.sproutgrowers.com](http://www.sproutgrowers.com) website... these sprout things are GOOD for you, lots and lots of minerals and vitamins and other good for you stuff in them!

*Gord Hume; retired CDN Army Mechanic, legal grower/consumer of medical marijuana.*





## Hemp Hoodlamb

This review is for a Hemp Hoodlamb "Men's Classic" style winter coat, it was presented to me by Marco as an "Early Christmas Gift" and you can purchase these from [freshheadies.com](http://freshheadies.com)

This is an EXCELLENT coat!!! The outer shell is VERY tough and durable, with a soft and luxurious "Vegan Lamb" lining. OK now the first thing I wanted to know was "just what the heck is a "Vegan Lamb"? Well I can tell you a vegan lamb is not the opposite of a "Carnivorous Lamb" LOL. "Vegan Lamb" is a polite way of saying "fake fur"... I can understand why our friends at Hemp Hoodlamb don't like to use the words "fake fur" ... the lining in this coat is better than ANY "fake fur" I've ever been close to!

The exterior of the coat has two nice and large slash style "Kangaroo" pockets at the waist, these are lined with "Vegan Lamb"... sooo cozy! The left sleeve has a nifty flap pocket that uses magnets to keep it closed, very slick! As I mentioned the exterior is VERY tough and durable! The coat has a "two way" zipper that reminds me of the industrial zipper that was on my CDN Army Parka, except that this one works nice and smoothly and I'm certain it is a superior zipper that will stand the test of time! The hood is lined and has a draw string. The hood on this style is NOT removable, this suits me just fine... a removable hood typically allows a slight draft to reach your neck. COLD is my sworn enemy and the non-removable hood and long coat length, making this a PERFECT coat choice for me!

Inside the coat we have a "stash pocket delight"! On the right side inner lapel we have two pockets, cloth lined and fastened by dome snaps. On the left side inner lapel we have a really cool pocket feature! It's a large inner pocket perfect for an MP3 player or whatever you wish, what really kicks this pocket into the "Cool Zone" is the "Rolling Paper Dispenser"! Yes sir this coat was made just for folks that like to stay warm, fashionable AND prepared (Ya gotta have papers on hand ALL the time). There is also a secret "Hidden Pocket"... if you want to see it you are going to have to go buy a Hemp Hoodlamb for yourself, after all ... if I show it to you it's not really a secret anymore is it? To finish off the interior the manufacturers have provided tiny little elastic "loops" to help you control your headphone cord for your MP3 player, cell phone headset



etc... To finish off the interior features Hemp Hoodlamb has installed waist "cinch straps" allowing the coat to be very form fitting when wanted and also to help prevent drafts up your "backside".

In the pictures my daughter and I are in -26 degrees C weather, I know that I was warm as toast... I'm pretty sure my daughter was toasty warm as well (she has a "Ladies Drop Top" style Hoodlamb). My coat is Black and my daughters jacket is I believe referred to as "Diesel Blue" (pretty colour!).

Marco must have known that I really needed a new winter coat and it had to be a WARM one... I love my Hemp Hoodlamb Coat!

I would like to thank Hemp Hoodlamb for making such a nice product, I'd also like to thank "Fresh Headies" for becoming a Canadian distributor for this fine product... last but not least I want to thank Marco for making a gift of such a wonderful coat!

*Gord Hume: retired CDN Army Mechanic, legal medical mari-*





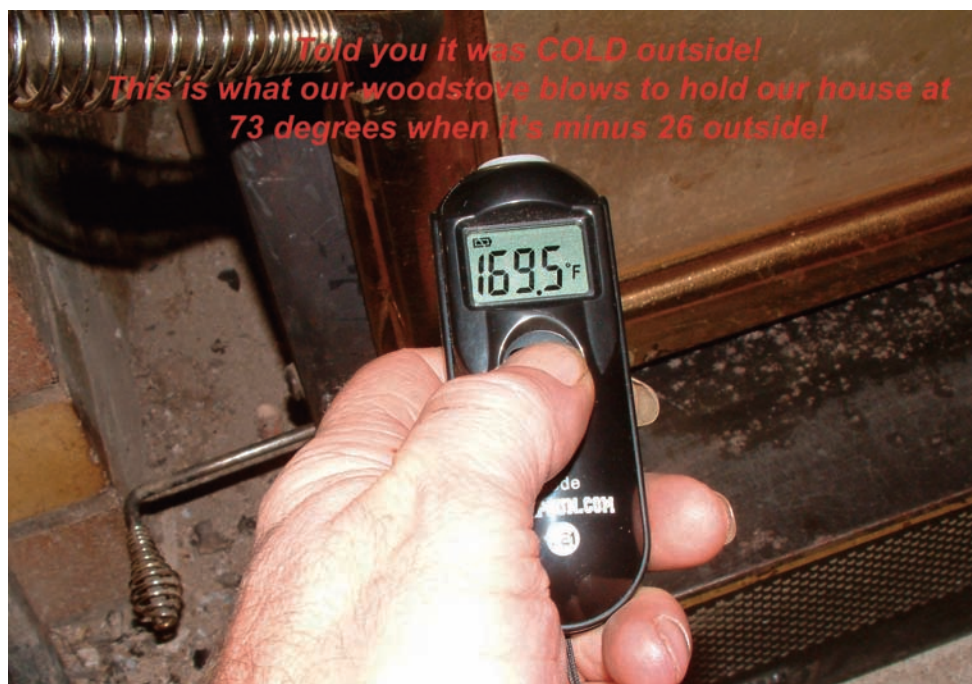
juana grower/consumer.

## Temp Gun

Well folks here is a little gadget that will prove it's self useful to ANY grower! What we have is a VERY accurate and VERY affordable temperature gun! I'm going to quote the good folks at [www.TempGun.com](http://www.TempGun.com) here "The PE-1 is a fantastic tool!" This is no word of a lie.

We all know how important the health of our "Green Beauties" is to us... we can optimize the use of our lamps if we can easily tell the temperatures that the plants are subjected to. With this little gem that's a snap! The PE-1 is an inexpensive way to measure your plants surface temperatures at ANY location throughout the garden. I used the PE-1 to find my best lamp heights through my entire last grow (the woes of digital media caught me...I've lost those pictures of the PE-1 in use on that grow). I also used it to determine the best oscillating fan locations to maintain proper cooling and fresh air exchange at and below the plant canopy, as well as to confirm my existing instruments readings of my reservoir temperatures.

For such a small and inexpensive unit this little infrared temperature gun is loaded with features. You can select for Celsius or Fahrenheit readings, maximum and minimum temperatures can be observed; example: the MAX setting is very helpful in locating "hot spots" in an indoor garden. You can take "spot" readings simply by pointing and pressing then releasing the SCAN button or you can take "running" readings by holding down the SCAN button, the unit will display tem-



perature changes VERY rapidly! Another VERY "worthy" use is to track down and eliminate the drafts in your home... you know, the ones around the window frames... that broken door sweep on the bottom of the backdoor? You will soon find that you are "getting a kick" out of hunting down and eliminating all sorts of heat losses around the house... Just imagine ALL the MONEY this little \$25.00 TempGun PE-1 is going to SAVE YOU!

I have access to a competitor's temp gun that is in a category above the PE-1. It has "laser sighting" and is more similar to the PE-3 although less function rich and at a higher cost at that! The PE-3 sure looks like it will be a winner as well, go on over to [TempGun.com](http://TempGun.com) and have a look at that little jewel... talk about feature RICH for a VERY reasonable price! Grab yourself one of these little beauties and you won't be sorry.... neither will your "girls" nor your wallet!

I would like to thank [TempGun.com](http://TempGun.com) for providing this unit to the retail market for such a reasonable price, it's nice to see quality technical instruments at basically bargain basement prices... now if only other manufacturers would begin to price their instruments more reasonably. I know we would all like to see such things as "system/environmental" control systems... "Nutrient monitoring" systems etc... Placed within the reach of "the common individual"! For now we will just have to be happy that we have [TempGun.com](http://TempGun.com) to fill at least this one much needed consumer market.

Gord Hume; retired CDN Army Mechanic, legal medical marijuana grower/consumer





# 10th Anniversary for the Toronto Compassion Centre

**By Marko Ivancicevic**

The Toronto Compassion Centre (TCC) is a not for profit organization established in 1997 to serve two purposes: provide information relating to the therapeutic use of cannabis, and facilitate access to a consistent, safe, and dependable source of medical cannabis products for people suffering from ailments for which cannabis has been shown to be effective. TCC is run by sick people, for sick people.

The Toronto Compassion Centre looks to improve the quality of life for many people suffering from HIV/AIDS, Cancer, Hepatitis C, Fibromyalgia, Arthritis, Chronic Pain, Glaucoma, Multiple Sclerosis as well as people with mental health conditions and the many other ailments for which cannabis has been proven to be effective in their treatment.

**Statistics for membership of TCC**

Ailment	% of Members
HIV/AIDS	25.5%
Chronic Pain	16%
Hepatitis C	13%
Fibromyalgia	8%
Arthritis	5.5%
Cancer	4.5%
MS, Glaucoma, epilepsy, crohns etc.	27.5%



Not just anyone can get a membership with TCC. The potential member must go through a very strict, yet easy process. Every application must include a Doctors letter of diagnosis or a letter stating that the Doctor agrees with the patients' therapeutic use of cannabis. Once the application is received, it could take as little as 2-3 days to become a member. The volunteers will follow up and confirm the Doctor and patients' information is valid. Once confirmed, the member will go through what is called an "orientation."

## The Orientation Process

The orientation will usually last anywhere from thirty minutes to an hour long. There are usually up to three new members that go through the orientation at the same time. The orientation will begin with them being asked about how cannabis helps them with their ailment. The volunteer will discuss the difference between Sativa and Indica and the various methods of consumption and will find what is best for the member, whether it be smoked, edibles, cannabis sprays or vaporization.

The rules and guidelines for the centre will also be discussed. Due to the Governments rejection to legalize Compassion Clubs, we are still an illegal entity. TCC's main rules are to keep our location private and for members not to re-sell their medication. If a member is caught reselling their medication, their membership will be revoked. We want to make sure that the medication is actually going to the patient. Members will sign a code of conduct to state they will abide by the rules. We believe the rules and guidelines is one of the reasons why we have been open for so long.

TCC's location has been kept private because of the robberies, raids and beatings received in the past. To keep the members and volunteers safe, we beg to keep the location confidential. TCC has a "care giver" program setup for members that do not have the ability to get to the Centre

themselves due to hospitalization or being "bed ridden". "Care givers" will go through the same orientation, but will not be able to purchase medicine themselves, unless they become a member.

The volunteer will explain how the members can access various Sativa and Indica strains of marijuana, hash, oils, foods and also tincture sprays. Some of the edibles provided in both Sativa and Indica are: a vast variety of cookies, brownies, nanaimo bars, ginger snaps, sesame snaps and the ever so popular "Hempshy's" Chocolate bars (in over fifteen flavors). Members can even have their sativa or indica tincture spray flavored as well!

One of the best perks that come with being a member is the ability to receive discounts from Toronto Hemp Company (hemp and smoking products), Sacred Seed (medicinal plant seeds), The Herb Collective (garden supplies) and Kindred Café (with members only rooftop smoking patio and private rooms) – all branches of the Dom Cramer family of organizations and conveniently located in the Yonge/Bloor area of Downtown Toronto. All you need to do is present your TCC card to receive the discounts – thanks Guys!

TCC sees its members as a part of their family; once you've been through an orientation and become a member, you will understand and take pride in the family like atmosphere.



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## The Beginning

It was 10 years ago, under the name of the Medical Marijuana Resource Centre (MMRC), that Warren Hitzig hopped on his skateboard and began a crusade to help sick people in Toronto access medical marijuana; a substance that still hadn't been recognized as a "medicine" at that time. In the beginning most of the support came from hemp shops, local Doctors who agreed with Medical Marijuana and the Toronto People with AIDS Foundation.

So many leaps and bounds have been made by the TCC in the last 10 years. In the first location, there were only two rooms. One room was the reception area and the other was where the members were served. Most days there were only two strains of cannabis available.

There was a period of time before the move to the Bathurst location, where the TCC had no place to hang their buds and call home. Door-to-door was the only way to service the members in the interim. By the time TCC moved to its Bathurst location, there were about 200-300 members.

Once the transition took place, the centre was open for 6 days a week. The orientation process was different at the time, 4 people would be orientated at once and it would generally take up to 2 hours – this would occur about 3 days out of the week. Members with support from their doctors were coming in flocks!

## Raids and Robberies on Bathurst

Many risks are taken by people involved with Compassion Centres. On any given day the police can walk in and shut them down. People filled with greed and evil intentions may see the Compassion Centre as an opportunity to make a few bucks, and break a few bones in the process.

Unfortunately, both of these things occurred numerous times to the Toronto Compassion Centre while at the Bathurst location. A couple men went into the Centre, closed and locked the door behind themselves, pulled out an extendable baton and started to beat the hell out of Warren Hitzig. Repeatedly they hit Warren's head while he begged them to stop hitting him and take anything they wanted. These types of vicious attacks would normally force some people to close down the centre, but Warren had many members to look after – so he continued down the road of compassion.

December 21st, 2001 was a day that many involved with the Toronto Compassion Centre will never forget. It was a day that was seen as just like any other during the holiday season, until five men in balaclavas rushed into the centre. All the men were armed and savagely beat Warren, Zack, Jim, "Mary Jane" and the doorman Markos – all of whom now suffer from permanent physical and emotional damage. The robbers made off with a dozen muffins – certainly not worth the crime they had just committed.

In the process of the attack, someone repeatedly pushed the panic button on the security system. Moments after the perpetrators ran out the back, a dozen or so police officers cautiously made their way in the front -as if entering enemy

territory. With guns drawn, the police handcuffed the already badly beaten group and proceeded to search the premises. They confiscated a large amount of cannabis, baked goods and cash. After confiscating everything, they released everyone without placing any charges.

Members and volunteers were obviously very shaken by the occurrence and it took a lot of time for the centre to recover. Members had to do without medicine for a bit, while the volunteers were recovering from the heinous beating. Members that were very close to the heart of TCC volunteered to help, the Compassion that they had given in the past was returned.

Over the next eight months, the TCC got back on its feet and continued operation ever more cautiously at its Bathurst and St. Clair location, beefing up security to a point where the Centre was, and is now more than ever, virtually impenetrable.

During that 8 month period, the legal representation for the TCC (Alan Young) attempted to keep in touch with the local police division, making repeated offers to calmly and without fanfare surrender the admittedly law-breaking staff members to police custody and any related charges. The TCC was not unknown to local police – there had been numerous visits before the beating due to unrelated local initiatives and occurrences (apparently there was some kind of mental disorder patient facility across the street from the Bathurst location which brought unexpected occasional inquisition). Local officers had been in the Centre, even into the back service room with medicine clearly visible, on numerous occasions. But that comfortable cooperation did not prevent the shocker that came next.

Just when you thought they were done. On August 13 2002, operating as usual at the Centre when unbeknownst to the volunteers, one of the members was followed by Toronto Police as he left the Centre, and then run off of his bicycle with their cruiser and arrested for possession of two grams of medicine. At least one other member was harassed and arrested, around the same time. After making the arrests, police proceeded to perform a tactical "take-down" of the centre, using battering rams, shotguns and some of the least compassionate officers we've encountered. Police seized approximately \$1,600 and a quantity of cannabis and hash. For the second time in 9 months, police had played God and taken away peoples access to medicine.

Four volunteer members were taken into custody and held until bail hearings the next day. The conditions of bail for the four co-accused prohibited them from being within 500 meters of the Centre's address, and from distributing Cannabis. Charges against Co-Founder and Director Warren Hitzig and Manager Zack Naftolin were the only ones that lasted through to an eventual trial date. Due to this, both men had to stop communicating with one another and drop their beloved positions with the centre.

After 17 months of bail conditions, legal effort and expense, protests, Centre re-birth and re-location, the first



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real court date finally came, but before the trial could commence all charges were simply withdrawn by the Crown with absolutely no explanation! Alan Young's dedication to TCC and the medical marijuana movement will never be forgotten.

### TCC Festivus

For the last few years, TCC has been able to help alleviate the holiday stress from its members by holding the members only holiday party called the Festivus, aptly coined by Frank Costanza from the show Seinfeld. As the years pass, TCC strives to make each year better than the last. It's an amazing opportunity for the members and volunteers to share a smile and laugh with one another. Members are able to meet other members who have found a safe haven in TCC. For some, it may also be the only "family event" for the holidays. They can proudly say that through the hard work of the volunteers in combination with the amazingly generous and compassionate sponsors, they have been able to put together some amazing parties.

In 2005 the Festivus was held at the Kindred Café. About 80 members attended and packed the café from top to bottom. Every beautiful room was packed with a row of members passing along the Volcano bag. Even the roof-top patio had standing room only. There were plenty of prizes donated by members, THC and Kelly from KDK Distributors flew out from Calgary just to enjoy a day with our members and do a demo and giveaway for the Volcano Vaporizer. Entertainment was provided by a TCC volunteer who strummed his guitar until he ran out of picks. When the smoke cleared, a great day was had by all.

The Festivus party in 2006 topped all the previous ones. There were about 115 members that attended the party located just south of the Kindred Café. Every member was given a ticket for giveaways upon arrival. About 80 prizes were up for grabs and almost everybody walked out with a prize. For the first time there was a medicated chocolate fountain. Simply dip your strawberry, cracker, cookie or anything else in sight and within minutes, you were fully medicated. Several members and volunteers entertained the crowd with music, speeches and a few jokes along the way to keep the crowd lively.

Treating Yourself was a huge sponsor for this year's Festivus. Marco Renda joined in on the fun and donated a dozen TY shirts, 8 books signed by Ed Rosenthal and a box of magazines. The Toronto Hemp Company as usual donated a total of at least 35 prizes which included various prize packs, shirts, books, bongos, and a jersey won by TY's own Marco Renda. TCC's beloved lawyer Alan Young was gracious enough to donate several copies of his book. Puff Mama provided various gift packs. Kelly from KDK came out once again and did a demo for the Herbal Aire and Volcano. This past year he gave away a Herbal Aire Vaporizer as well as a new smoking device called the Erbpope – he has a heart that never stops giving.





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Last but not least, Ian Levine from Pardons Canada (an organization designed to help people erase their criminal records), donated a free Pardon. It's valued at over \$500 and was won by longtime member, Steven Bacon. A very well deserved win for a man who has a true understanding of the word compassion and has fought long and hard for our medical community.

If a member didn't walk out with a prize they at the very least left the party very well medicated with a Treating Yourself magazine and a full stomach.

### TCC Now and in the Future

It's really amazing for the TCC to still be open considering the road traveled. There have been many changes which have enabled the Centre to remain open and continue to be Toronto's Primary Compassion Centre. Security has been beefed up numerous times to keep the volunteers and members safe. Since the new security systems have been in place, TCC is happy to say that there have been no robberies. Heavy steel doors, combined with a multitude of cameras help to ensure the area is safe.

TCC volunteers try harder everyday to take that extra step to make a member feel special. Whether it be going "one point over the line", a smile, a hug or just a simple "we love you", they do their best to make sure you know you are a part of their family.

For members that are unable to make it into the centre, TCC now has a mail order service. Members can simply fill out a mail order slip, and they can receive their medicine. Whether the member lives in Toronto or in another Province they can still receive their high-quality medicine.

The volunteers realize that networking with local organizations will help to remove the stigma attached to medical cannabis users. TCC has been involved with various local events relating to HIV/AIDS, Cancer, MS, harm reduction and many others. In the next year, TCC currently plans to be involved with at least 8 events to promote medical marijuana.

A portion of the membership is comprised of Medical Marijuana Exemptees; TCC encourages members to apply for an exemption to keep them safe from unnecessary harassment for consuming their medicine. Volunteers will even assist the members through the process. TCC plans on continuing to push for Health Canada to produce better quality cannabis for MMAR Exemptees and a more stabilized program. If an exemptee is looking for a designated grower, or is willing to be a designated grower, TCC will do their best to connect them together.

TCC currently has just over 1,800 members and holds the largest membership in Ontario. In the future, TCC looks forward to expanding its membership, by the end of the year the membership will be well over 2,000 people. There is hope in the future, that a convenient downtown location can be opened, to make life easier for the many members that reside in the downtown core.

The belief is that through a large cohesive unit, much can be accomplished. The Director of TCC, Dom Cramer, was voted "Best promoter of medical marijuana" by NOW magazine in 2006. Dom, the TCC volunteers and every member, want to see legalization by the end of their life. With Dom and a family of over 18,000 members, they will fight to make it happen. If you would like more information or would like to become a part of the TCC family check out our website, <http://www.torontocompassioncentre.org> for more information.



**Kelly from KDK Distributing with Herbal Air and Volcano**



## Medicinal use



Cannabis has always been used as a medicine. Medical patients around the world noticed that the Paradise Seeds varieties are excellent to help relieve pain and suffering, reduce nausea, induce appetite and treat a range of other ailments for people who require medical marijuana.



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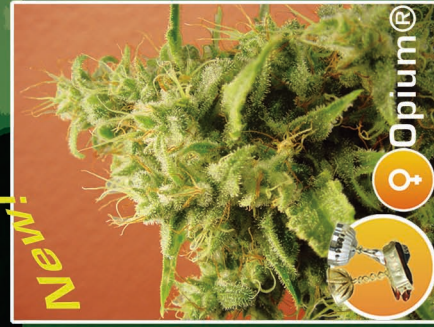
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# Welcome to Yongesterdam and the new Toronto Hemp Company (THC)!

Welcome to Yongesterdam and the new Toronto Hemp Company (THC)!

Could this be the finest Cannabis (marijuana and hemp) Culture Shop in the known world? Come visit and judge for yourself! There's no place like it anywhere.

They finally did it. 12 years of hard work and struggle, good times and bad, and Toronto Hemp Company (THC) has finally



found and settled into its long-term home. And wow, what a home it is! Since unveiling this new space (after moving from their previous location literally overnight), there have been rumours of stores similar in size and scope, but rumours they remain, and we've never experienced a hemp shop anything like this!

Standing outside looking up at the pristine glass storefront and almost overbearing 2-storey presence on Yonge Street deep in Toronto's heart, one has to wonder 'can this really be THC?' In fact, the dignity and class of this space is so unexpected that almost as many customers reportedly have trouble finding it as they did when THC was hidden away up a staircase occupying the second floor of the building next door. By the time this article is published, we're told there will be a huge lit-up box sign and neon around the window in a 'green-light district' type of fashion – maybe that will make the difference!

As you enter the new Toronto Hemp Company, your first encounter will likely be with either a friendly staff greeting, or the big 'welcome wall' dedicated to informing every visitor about the benefits of this incredible and underappreciated plant. Just a glance at the 'Hemp Uses' chart makes you wonder how so versatile and beneficial a gift from God can ever have been made illegal. Reading the massive encyclopedic description below, you may learn that the first laws governing this plant species actually demanded every citizen to cultivate and harvest it! For those interested or dedicated enough to read through the entire wall-sized mural of information, much more shocking and amazing information will be gleaned.

If you have any specific interests or questions, you can share them immediately with the clerk at the front counter, or venture forth into the cavernous and intensely diverse space that can only be referred to as a Cannabis Superstore. First stop is Industrial Hemp World – the entire ground floor is dedicated

to the environmental and health benefits that come with the use of such items as hemp fabric and paper, twine and rope, hemp-oil based foods and cosmetics, clothing and accessories made of solely hemp or various hemp-blended fabrics, not to mention all the other little 'hemp store' stuff like incense, stickers, t-shirts, posters and other little lifestyle accessories. With 6 ample and comfortable change rooms and a truly incredible selection of designer and casual clothing from all over the world, it's easy to get stuck on the main floor of this store for hours, enjoying every second.

You could easily and reasonably expect the experience to end there, but connected to this first floor of family-friendly fun, there's a floating metal staircase beyond which you'll find ever more cannabis-related wonders. At this point you get to choose your own adventure – where to explore first – up the stairs into the realm of smoking and vaporizing heaven, or down those stairs into perhaps the best-equipped 'Herban Garden Centre' around!

Whether you aim to cultivate medicinal cannabis, peyote, tomatoes or anything else, whether indoor or out, using organic or synthetic chemicals, natural or artificial lighting, The Herb Collective (THC) (which is the name still being used to describe the Garden Supply branch of Toronto Hemp Company) has what you need. Start by checking out the numerous garden displays – flood-and-drain and dripper hydroponics, potted soil less-mix organics, two functioning closets and a thousand watts out in the open centre of the store. For pointers, the staff is always available, smiling and helpful. For the best pricing on everything you need to 'grow your own,' with the small scale licensed medicinal cultivator in mind, you need look no further! And since they're affiliated with the Toronto Compassion Centre, THC even offers a substantial discount to exemptees and compassion club members. From the newest technology like digital 600 watt High Intensity Discharge ballasts and T5 fluorescent, to the amazing TrimPro trimming system and CAN activated charcoal filtration for odour reduction, what more could you possibly want? Well, if there's something you can't find they'll find it for you – just ask! This is a truly KIND operation, folks.

Now don't think we're skipping over that all-important upper floor! And don't think there's no consideration of people who can't maneuver those stairs, either. If you are wheelchair-bound or otherwise unable to make the trip, just ask for whatever you like, and the kind staff will bend over backwards to take care of you. THC management has assured TY that they're looking into mobility solutions, with possibilities from headset and monitor based roaming staff services to actually installing a wheelchair lift on that amazing staircase. One way or another, THC exists to help people, so they will not let you down.

Venturing up that crazy staircase, the anticipation of what you're about to see becomes almost overwhelming – looking around from the staircase it's a phenomenal view, way



beyond anything you'd expect of a 'cannabis culture shop.' Once up the stairs enough to catch a glimpse of the 'wall of fame' where items of interest such as awards, custom and autographed items are on display, then you can't help but notice the 'bling-bling' of gold-trimmed and well-lit cases and shelves just packed full of pipes, water pipes and vaporizers of all kinds! Thank goodness the prices don't match the class of this place! Oh, and did we mention that substantial discount for med-users – well, it's worth repeating, especially since it isn't restricted to the lower floors - even low-profit products like the amazing Volcano vaporizer from faraway Germany can be had for a virtual steal. And that's not the only excellent vaporizing tool THC carries, in fact there are no less than six different vaporizer/volatizer units of the proper 'hot-air technology' variety, ranging in prices from under \$20 to over \$600! It seems THC has also sweetly expanded its variety and selection as far as, well, everything goes – they now carry the fine lines of glassware manufactured by ROOR and PHX among so many others. And all that was what you experience if you turn left from the top of the staircase, we haven't even gotten into the right hand collection, virtually a store unto itself – a huge selection of books, rolling papers, blunts, rolling accessories and various smoking accessories, scales and all sorts of other cool stuff abound.

It's also worth mentioning that there are no fewer than 4 television sets throughout this store displaying various educational video presentations about growing and enjoying Cannabis. Also very worthy is the [www.torontohemp.com](http://www.torontohemp.com) website, which is a veritable wealth of information relevant to all kinds of cannabis consumers.

And then there are THC affiliates, all of which are within a few blocks of this superstore. Starting with the southernmost friends of THC, KindRed Café is at 7 Breadalbane Street which is just off Yonge Street, south of Wellesley, right beside the



huge YMCA. KindRed Café is similar to THC in that it's shockingly upscale. The ground floor is an 'organic, fair trade and fresh-roasted' coffee shop, frequented by all locals in the know including the 'suits' from the nearby government buildings. What a beautiful place! It's only after you purchase a reasonably priced 'membership' (half price discount available for med-users) and seek out the 'rooftop smoking patio and three private rental rooms' that you are exposed to the most dignified Cannabis connoisseur experience we can imagine. Like THC, there's no place in the world quite like KindRed Café.

Just up the street is Canada's foremost walk-in retail medicinal and otherwise exotic seed and plant shop, Sacred Seed. Also just off of Yonge street, and just a stone's throw north this time of Wellesley, Sacred is a refreshing little taste of Amsterdam, Holland – quiet, casual, discrete and comfortable. Sacred Seed caters to licensed gardeners, researchers and doctors alike, carrying a really impressive plethora of genetic variety - too many green gifts of Nature to list. Now that Dom Cramer, the co-founder and president (or should we say Mayor) of all this 'Yongesterdam' activity as well as that of the Toronto Compassion Centre, has polished off THC and KindRed Café over the past couple years, he tells us that the next project will be to transform the old The Herb Collective space next door to the new THC into a concept unlike any other. On top of serving as Toronto's premiere source for lampworking (glassblowing) supplies and instruction, the new space apparently will incorporate some truly unique and impressive functionality that remains, at least for now, top secret. We can't wait to see what Dom's got up his sleeve this time! Whether you haven't been to Toronto in a while, or (perhaps especially) if you have, it's high time to visit Yongesterdam!

-kindred spirit





# Whirlpool Relaxation Visualization



**Greetings!** I'm your meditation guide, Author, Poet and Hypnotherapist, **Skyelar Pollack**. Today I'd like to share a way to relax your mind and body through visualization and sensitization. Visualization and sensitization are powerful skills that anyone can naturally access.

Visualization occurs when you access memories that were created visually (with your eyes). Sensitization occurs when you access memories created through all of your other senses (sound, touch, smell and taste).

Most people share a variety of word association memories that cause automatic visualization and sensitization reactions. If I say the words "dog, cat or mouse", you can probably imagine a picture of each animal. Similarly if I were to say the words "cold, warm or hot", you may be able to imagine feeling a tactile (touch) memory association. Word associations also apply to sound, "clap, bang or whisper" or smell and taste, "sweet, sour or spicy". There are thousands, if not millions of word concepts that everyone individually relates to through their own memory associations. Accessing and maintaining visualizations and sensitization can be achieved through descriptive story telling.

You can read this Whirlpool Relaxation Visualization aloud to and individual or group, have someone read it to you or you might want to record yourself reading it so that you can play it back for yourself. For optimum comfort, the listener(s) should be in a relaxing location/position, with their eyes closed at a time when it's unlikely you'll be disturbed. Never use visualizations while driving or while doing anything that requires your complete attention. For optimum effectiveness and safety you should be sitting or lying down at all times. You may want to remove any restricting jewelry or clothing before beginning. Remember, when reading any hypnosis, meditation or relaxation script, to speak slowly, to annunciate clearly and to give any listener(s) processing time between words and concepts.

## Whirlpool Jet Massage

"Take three long, slow, deep breaths...

One... Inhale deeply... Exhale...

Two... Breathe in... Relax...

Three... As you exhale this third breath, allow your eyelids to gently close...

Imagine yourself standing before a steaming hot, clear, luxurious whirlpool... It can be inside or outside; it's up to you... There are five steps leading into this whirlpool... With a long brass railing leading right down into the steamy water... Under the water there are soft, comfortable seats on all sides of the large tub awaiting you... In a moment you will be guided slowly down each of the five steps, gently easing your body into the hot tub...

Walk to the edge of the tub and take hold of the railing there... Begin to slowly lower your right foot onto the first step in the water... Feel the wonderful... Hot water all around your right foot... Instantly relaxing your right foot through... The water is the perfect temperature... Now slowly lower your left foot onto the first step in the water... Feel the heat around your left foot... You can feel the warmth washing over you... Both of your feet are fully submerged now... Right up to your ankles... The next step will bring the water just over your knees...

Take the second step with the right leg now... Submerge your entire right calf, ankle and knee in the hot, healing water... The water is surrounding the lower portion of your right leg and relaxing it through... Now follow with the left leg... Lower your left leg down to the second step and your left calf, ankle and knee submerge and relax...

The third step will submerge you to just below your hips... You can lower both legs to the third step now... Feel the steam on your thighs as you move down to the third step... Your entire lower section is now soaking in the hot, still tranquil water of the whirlpool... You can feel wisps of the steam against your face... On the fourth step you will be submerged to the top of your stomach, just below your chest...

Take the fourth step now... Feel the water rise to just under your chest... You're almost fully submerged now... With only one more step to go... On the fifth step you'll be all the way in the tub... The water will be up to the top of your neck... Engulfing your entire body...

Take a deep breath now and take the fifth step into the whirlpool... Feel the hot healing water surrounding your entire body... Warming and relaxing you inside and out... Now that you're fully submerged to the top of your neck, just wade over to a wall and take a seat in this large, hot, placid whirlpool and take a deep breath of the moist, fresh air.

As you relax into your seat... Notice a button on the lip of the tub with the word "jets" written on it... don't push it yet... Just take notice that in this whirlpool there are hundreds of imbedded jets pointing in every possible direction... In a moment you can turn those jets on simply by pressing the button... You can focus the pulsating, massaging energy to any area where you feel tension... As you sit in this hot, placid tub...

Hit the jets button now... Instantly the tub goes from clear to white... Your face is gently splashed by bubbles... Steam fills your nose, clearing your nose, throat and lungs... Take a deep breath as you notice the jets around your lower back... As the jets glide up and down over your lower back... Melting the muscles there... Allow yourself to feel the power of the air jets... The deep, penetrating jets move up to your middle and upper back... Gliding up and down your mid to upper back... Relaxing every area instantly as the water rushed over you... You can make the jets pulsate ever so slightly too fully melt every muscle...



Guide the jets up toward the top of your head... Relaxing your scalp... Waves of relaxation are flowing through you... Into your neck muscles now... feel the air and water penetrate right through your shoulders... your neck and shoulders feel loose, limp and lazy...

Move the jets overt into the tops of your arms now... Starting with the left arm... The jets glide down... Over from your shoulders, through the upper portion of your arm, right to the elbow. Then down the forearm, to the wrist and hand... right out to the fingertips... Feel your left arm, relax and let go...

Direct the powerful jets down the right arm now... The heat glides down... Over from your shoulders... Through the upper portion of your arm, right to the elbow... Then down the forearm, through the wrist and hand ... Right out to the fingertips... Feel your right arm relax and let go...

Now focus the relaxing jets over your legs... Starting with the left leg... The warmth glides down... Through the upper portion of your left leg... Right down through the knee... Then down the shin and calf... Through the ankle and foot... Right out into the tips of your toes... Feel your left leg relax and let go...

Direct the jets down the right leg now... The warmth glides down through the upper portion of your right leg... Right down through the knee... Down the shin and calf... Through the ankle and foot... Right out into the tips of your toes... Feel your right leg relax and let go...

Feel the heat from the water penetrating all the skin, nerves and bones in your mid section... Right into all your organs, systems and sub-systems... The water infuses your inner components with warm, healing energy... As the warmth flows through your body your subconscious mind automatically takes note... Beginning repairs to any damaged, un-maintained or malformed areas...

This is your time to relax and enjoy... To learn and to heal... Scan your body over in your mind... Direct the jets to any area still holding any tension or to any areas you want to relax even more deeply... I'll be quiet for a few moments as you do so...

**{Wait 2-5 min}**

It's time to finish your whirlpool experience for today... Let any thoughts or images drift from your mind... In a few moments I'm going to awaken you; simply by counting from one to ten... On the number ten, you'll be fully alert, fully awake... Follow my voice upwards as I count... One... Take a deep breath... Two... As you begin to feel your body... Three... Energy is rushing through you... Four... Wiggle your toes and fingers... Five... As you notice the surface underneath you... Six... Move your arms and legs... Seven... Open your mouth and yawn... Eight... Energy pulses through your entire body... Nine... Coming up, up... Ten... Eyes open... Fully alert... Fully awake!"

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