



Issue 18
FREE

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"... polite conversation
is rarely either."

Fran Lebowitz



**Happy
Danksgiving**



What's Right for You:

MMJ

METHODS

POW

WELDON ANGELOSIS

Back Door Medicine:

CANNABIS SUPPOSITORIES





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Submissions/Articles

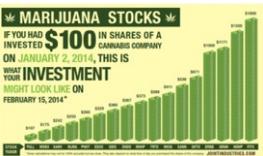
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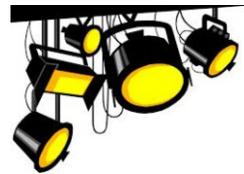
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Editorial... At Graham

Time4AlternativeChoices

Back in April I wrote an editorial titled Time4Alternatives but at that time it had to do with Owen Smith's victory before Canada's Supreme Court. It was a victory that allowed patients the right to have alternatives to just smoking their medication, which was something that the government was pretty well forcing upon sick and dying Canadians.

I thought at some point that weed touch on a few of the alternative choices that people can pick from and today seems to be the day. Another reason and an important one for us up here in Canada is because we're going to legalize cannabis and the uneducated can use a bit of education. As a cannabis patient advocate, who has assisted at many non-cannabis events over the years to help educate the grass roots, I can tell you many people still believe that you can only smoke cannabis. Quite often this past summer, while doing non-cannabis public events with my friend Wayne of CannaDaze.ca, I was still finding people who didn't realize that there were alternative ways to consume and use cannabis than smoking.

To help educate those who aren't aware of these choices I have picked an article that lets people know there are options out there. These would include not only smoking but also vaping, eating, tinctures and topical lotions which are all very good ways for everyone to get their daily requirements of cannabinoids.

While these are all great options there are some patients who can't use any of them. To help with this I've picked an article written by Nicholas Fraleigh about cannabis suppositories. While these are not for everyone there are some people with no other choice or maybe it is a new choice for them. Using this method is like putting medication under your tongue, it absorbs quickly. Not only have I included his article from cannabisdigest.ca but I've included the link to an interview with Nicholas his friend Owen Smith and myself on The PACE Radio Show at the bottom of the article.

As more people learn these alternatives methods more people have been using externally or consuming cannabis. As North America and other countries start to legalize cannabis some of these non-consumable and non-smoking uses should be made available to the general public. For example topical cremes and balms containing cannabis could be sold at stores. Especially at those who sell these items without the cannabis infusion. I recently spoke to a friend who just returned from a trip to Colorado. As a non-consuming person (business trip) they told me that they had access to some CBD infused cremes. When it came to a headache my friend had they just rubbed some of it on their temples and problem was gone. They mentioned it was the same with her sore neck and shoulder area. Rub some in and the pain went away.



Al Graham & Casper Leitch



PACE and CannaDaze spreading education and knowledge

So when it comes to these non-consumable choices I say, get them out into the public at regular stores these products because its Time4AlternativeChoices.🌿

Legalization

Uruguay (finally) names companies to grow public marijuana



By Will Carless Oct 5/15 GlobalPost.com
RIO DE JANEIRO, Brazil — In the latest twist in Uruguay's haphazard legal marijuana rollout, the country's government has awarded two companies permits to grow government pot, and said the weed will be available for sale in pharmacies within eight months.



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U.S. Attorney General Says She Supports State Cannabis Laws



By TheJointBlog Oct 5/15 thejointblog.com
U.S. Attorney General Loretta Lynch says that states should be allowed to decide their own cannabis laws, even if that means they legalize it for recreational use. "I think states have to make those decisions on their own", Lynch said in an interview with NBC on Thursday.



People Advocating Cannabis Education

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Recreational Pot Rejected In Berlin



By Jess McHugh Oct 6/15 ibtimes.com
A German pharmaceutical authority struck down proposed plans Monday that would have allowed for the creation of "coffee shops" in Berlin similar to those in Amsterdam in the Netherlands where customers can recreationally buy different kinds of marijuana alongside a cup of coffee. Despite the setback, proponents of the law are still hopeful for the future of marijuana legalization in Germany.



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What would marijuana legalization really look like in Canada?



By Sarah Leamon Oct 27/15 straight.com
The legalization and regulation of marijuana was a key platform issue for the Liberal party throughout their campaign. From the very beginning, Trudeau was very clear about his intentions to legalize marijuana, saying that he would begin the process "right away" if elected to office. He contends that the legalization of the drug will keep it away from minors, while also keeping money away from gangsters.

German Scientists Have Debunked Hair Testing for Pot



By Sirius J Oct 9/15 hightimes.com
In a monumental scientific finding published on October 7, researchers from the Institute of Forensic Medicine in Freiburg, Germany have concluded that finding cannabinoids in hair does not prove cannabis consumption. In a surprising discovery they found that THC and its metabolites do not pass from the bloodstream into hair follicles and hair in any relevant amount; any cannabinoids detected in people's hair comes from external sources.



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Native tribes want pot business, but financial gain may cost their sovereignty

By Julian Brave NoiseCat Oct 9/15 theguardian.com
In what some view as a sort of second-coming of gaming for native reservations, tribes from Wisconsin to Washington have said yes to marijuana. In South Dakota, where marijuana is still illegal, the Flandreau Santee Sioux will build what has been dubbed as the nation's first "marijuana resort." The Menominee and Ho-Chunk Nations in Wisconsin, where weed is also illegal, are pursuing legalization.



Marijuana Could Change the 2016 Election

By Thor Benson Oct 11/15 attn.com
Several states will be voting on whether or not to legalize marijuana in the 2016 election. We know for sure that Arizona, California, Nevada, Maine, and Massachusetts will be voting on the issue, and that Missouri, Michigan, and Florida might join that group soon.



Taxation and regulation: The long jurisdictional road toward legalizing marijuana

By BJ Siekierski Oct 29/15 ipolitics.ca
When Craig Jones, executive director of The National Organization for the Reform of Marijuana Laws in Canada (NORML Canada), started reaching out to the provinces about a year ago to see what steps — if any — they were taking to prepare for the possibility of cannabis legalization, no one wanted to talk to him.



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Leaked Report: UK Legalization Would Generate 100s of Million for Government

By Tom Angell Oct 13/15 marijuana.com
Legalizing marijuana in the United Kingdom would generate new tax revenues and savings totaling over half a billion pounds, according to a newly leaked report from the nation's Treasury. The analysis finds that ending cannabis prohibition and legalizing sales could "generate notable tax revenue" somewhere in the range of £397-£871 million per year.



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Bernie Sanders signals support for marijuana legalization

By Christopher Ingraham Oct 14/15 washingtonpost.com

Asked by CNN's Juan Carlos Lopez whether he'd support Nevada's 2016 ballot measure to legalize recreational marijuana in that state, Senator and Democratic presidential candidate Bernie Sanders answered "I suspect I would vote yes" to applause from the crowd. Sanders' answer is significant because it marks the first time a 2016 candidate has openly declared support for legalizing recreational -- and not just medical -- marijuana.



Relax laws on possession of drugs, urges Dáil committee



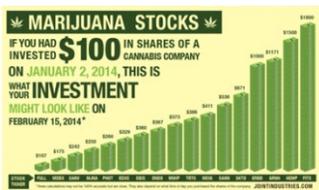
By Philip Ryan Oct 19/15 independent.ie
The Oireachtas Justice Committee is preparing to recommend the Government decriminalise the possession of small amounts of all drugs in a bid to alleviate pressure on garda resources and the courts from low level crime. The committee - chaired by Fine Gael TD David Stanton - is expected to urge the Government to introduce drugs laws similar to those in Portugal. Their possession of certain quantities of all illegal drugs - including cannabis, cocaine, and heroin - is no longer a crime.

Could Iran be the next country to legalise cannabis and opium?



By Maziyar Ghiabi Oct 27/15 independtent.co.uk
After Uruguay courageously legalised the use of cannabis under a new drug policy, could Iran be the next country to make it legal? From the outside, the image of Iran as retrograde and inherently conservative hardly fits with the reality of a more dynamic domestic political debate within. But drug policy is one of the areas of debate in which the Islamic Republic has produced some interesting, yet paradoxical, policies.

Marijuana legalization could draw U.S investment bonanza to Canada



By The Canadian Press Oct 26/15 cbc.ca
Friendlier laws on medical marijuana use in Canada are already drawing American investment north of the border, and the trend is likely to further ignite if the federal Liberals make good on their promise to allow recreational use of the drug.

What happened when U.S. states legalized marijuana



By Daniel Dale Oct 26/15 thestar.com
WASHINGTON—The sale of marijuana for recreational use became legal in Colorado and the state of Washington last year, Oregon this year. (Alaska and Washington, D.C. now allow the use of marijuana, but selling marijuana is still illegal.) While it's still too soon to draw firm conclusions about the impact of U.S. legalization, here's what has happened so far.

Pot smokers don't need rules. We need an apology!



By Dana Larsen Oct 30/15 blogs.vancouver.sun.com
While it's nice that Trudeau says he wants to legalize marijuana, let's be clear that the reasons he's giving for legalization are all wrong. While it may be politically wise to call for legalization mainly as a way of limiting access to minors while also raising some tax revenue, these are actually not at all the real reasons cannabis should be legalized. Cannabis should be legalized because it is a wonderful plant, and because Canada's 100 year war on cannabis has had no redeeming features whatsoever.

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Weldon Angelos Serving De-Facto Life for Pot

By Cheri Sicard Oct 1, 2015 cannabischeri.com

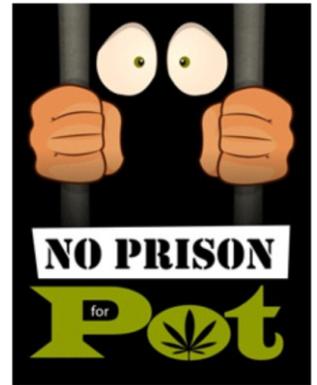
De-Facto Life for Pot: Weldon Angelos is serving a sentence of 55 years, de-facto Life for Pot

Offense: Possessing and selling marijuana and selling marijuana while in possession of a firearm.

Sentence: 55 Years Plus 1 Day

Priors: None, first time offender

Family: 3 Children, Sister

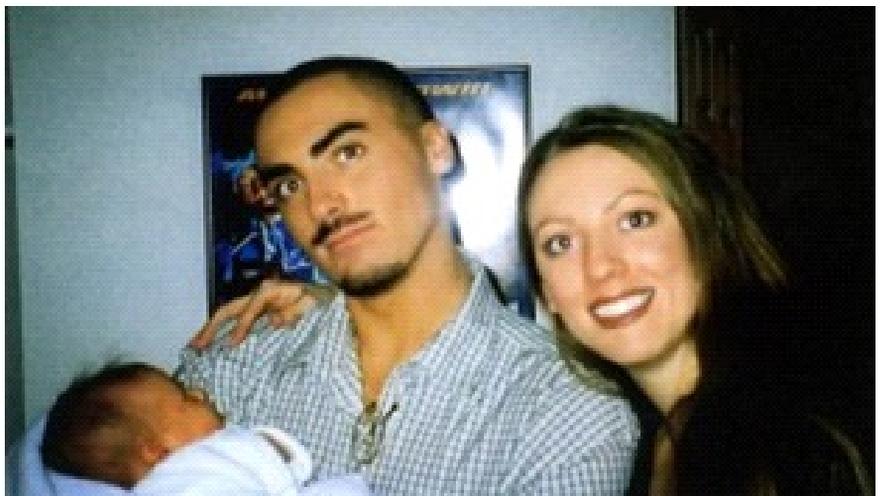


The story of Weldon Angelos perfectly illustrates what can happen with an out-of-control federal system of justice that over zealously focuses on cannabis, often at the expense of actual crimes with real victims.

Despite having no prior convictions, Angelos received a sentence of 55 years and one day for selling a small amount of marijuana on three occasions. He was 23 years old, a young father, and an up and coming music producer and artist when he was first incarcerated. He will be 78 years old before he is eligible for parole.

So how is it possible that someone selling a little bit of weed can get a sentence FAR longer than those recommended for airline hijackers, kidnappers, 2nd degree murderers, and child rapists? By unjust prosecutors playing a life destroying legal game by piling on charges to make sure the defendant gets the maximum amount of prison time possible.

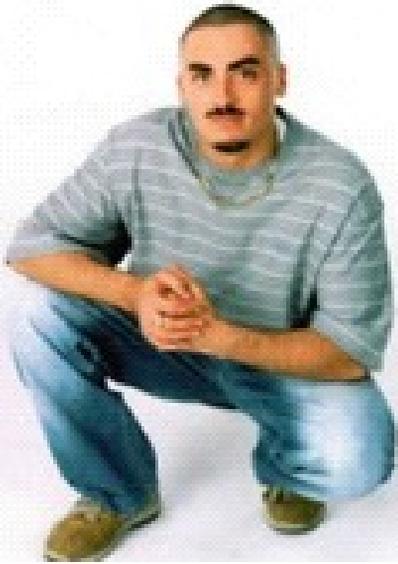
In Weldon's case, he sold marijuana on 3 different occasions to the same childhood acquaintance, who unbeknown to him was working for the DEA in order to avoid doing prison time himself. The total amount of marijuana sold was under 2 pounds – just 8 ounces per transaction — but the prosecution counted each one as a separate “crime,” and as they say, “three strikes you're out.”



To make matters worse, Angelos owned a firearm. Not an illegal firearm, a legally permitted one. He did not use that firearm in the “crime,” nor did he brandish it or even threaten to use it. The mere fact that he owned a gun added SIGNIFICANT time and severity to his sentence, something all gun owners reading this should take particular note of. Weldon Angelos's actual charges were:

“Possessing and selling marijuana and selling marijuana while in possession of a firearm.”

Legalization



Judge Paul Cassell, a conservative Bush-era appointee, was appalled at the sentence federal law mandated he impose on a first time offender of a victimless crime. The charges called for five years on a first offense, 25 years on a second offense, and 25 years on a third offense. Those three sales of marijuana constituted Weldon's three offenses. Judge Cassell called the punishment "cruel, unusual, and irrational."

Judge Cassell's hands were tied at sentencing. He immediately called upon the President to grant commutation and called on Congress to stop the insanity. The President and the Congress did nothing.

Since his incarceration, Weldon Angelos has become the poster child for an out of control legal system.

Senators Patrick Leahy and Rand Paul spoke out against his sentence before a senate judiciary hearing evaluating the effectiveness of mandatory minimum sentences. Over 100 powerful and influential people including judges, attorneys, politicians, activists, authors, and celebrities signed a plea through The Constitution Project asking President Obama to commute Weldon's sentence.

So far, to no avail.

At the time of his arrest, Weldon Angelos was considered a fast rising star in the music world. He owned his own record label and worked with luminaries like Snoop Dogg and Tupac Shakur. His incarceration left 3 young children without a father in their lives. His sister, Lisa, remains his staunchest supporter. Between her efforts and the visibility of his rising star, a Change.org calling for President Obama to commute Weldon Angelos's sentence has collected over 250,000 signatures. Apparently it needs more because Weldon Angelos still sits in Lompoc Federal Penitentiary. He will be eligible for parole in 2051.

De-Facto Life for Pot: Write to Weldon Angelos

Weldon loves to get cards and letters from supporters.

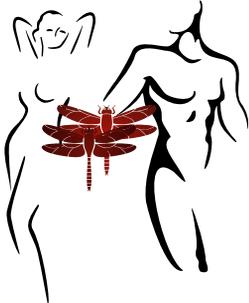
Write to him here:

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10 Most Important Cannabis Studies Released in 2015 (So Far)

By TheJointBlog Sept 7, 2015 thejointblog.com

Despite being far from over, 2015 has already been an incredible year for cannabis science, with numerous studies bringing forth further evidence that cannabis is an incredibly diverse, safe and effective medicine. Although it's extremely hard to narrow it down, below is a list of what we feel are the 10 most important cannabis-related studies released so far this year.



Medical pot producers awaiting approval to sell now-legal cannabis oils in Canada

By Sheryl Ubelacker Oct 5/15 ctvnews.ca

TORONTO -- A number of Canada's medical marijuana growers are poised to release cannabis oils for authorized patients who don't want to smoke or vaporize the dried herb to relieve their symptoms. In July, Health Canada gave growers the green light to begin producing the plant-based extracts, which are expected to be approved for sale in the coming months.



Gov. Brown Enacts First-Ever Regulations For Medical Marijuana Industry

By CBS/AP Oct 9/15 sanfrancisco.cbslocal.com

SAN FRANCISCO (CBS / AP) — A trio of bills aimed at bringing order and oversight to California's medical marijuana industry nearly 20 years after the state led the nation in legalizing pot for medical use won Gov. Jerry Brown's signature, his office said Friday



More people are smoking pot as an alcohol substitute: study

By Lauren Sundstrom Oct 08/15 vancitybuzz.com

Marijuana is often described as a "gateway drug" – a softer drug that might lead to harder drugs – but a study out of UBC Okanagan said many people use it in place of alcohol or prescription opiate-based drugs. In fact, the study of 473 respondents indicates that more than 80 per cent of medical marijuana users substitute pot for pain killers.



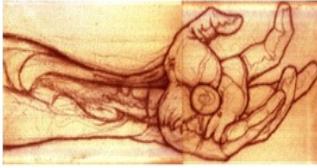
CANNABIS FOR CHEMOTHERAPY

By Gooley Rabinski Oct 7/15 whaxy.com

Most people understand that chemotherapy is a common treatment for cancer, a condition that afflicts 1.6 million Americans each year, killing 600,000 during the same period. However, many don't fully understand exactly what chemotherapy (also known as "chemo") really involves and the side effects it delivers to patients.



CAN CANNABINOIDS POSITIVELY IMPACT YOUR BODY'S ORTHOPEDIC AND MUSCULOSKELETAL HEALTH?



By Stuart Tomc Oct 26/15 cannabishealth.com
Musculoskeletal symptoms and orthopedic conditions are the second-most common reason for physician visits in the United States at a staggering annual cost of close to \$1 trillion. Finding safe, cost-effective therapeutic options is quickly becoming a top priority for those concerned about health and productivity, from practitioners and patients to government institutions.

ADHD Patients Successfully Treated with Cannabis



By Paul Armentano OCT 26/15 hightimes.com
The use of herbal cannabis eases symptoms in adults suffering from ADHD (attention deficiency hyperactivity disorder), according to clinical trial data presented at an international symposium on cannabinoid therapeutics last month. German researchers evaluated the effects of marijuana in 30 patients suffering from ADHD. All of the subjects participating in the trial had previously tried various forms of conventional therapies, but their condition had proven resistant to alternative treatments.

Cannabis to be trialed on epileptic Queensland kids, MS sufferers



By Amy Remeikis Oct 29/15 smh.com.au
Queensland children with severe epilepsy and multiple sclerosis patients will have access to medical marijuana from next year. The Palaszczuk government will work with its NSW counterparts to begin a \$3 million medicinal cannabis trial at the Lady Cilento Children's Hospital to help treat children with drug-resistant epilepsy from 2016.

Study Finds Cannabis May Treat Hepatocellular Carcinoma (Liver Cancer)



By ThejointBlog Oct 27/15 thejointblog.com
Hepatocellular carcinoma (HCC), the most common form of liver cancer, is the leading cause of cancer-associated mortality worldwide. Despite this, only limited therapeutic treatments are currently available. However, according to a new study published in the journal Molecular Medicine Report, cannabis may provide a treatment option for the disease.

Marijuana Could Replace These 5 Prescription Pills



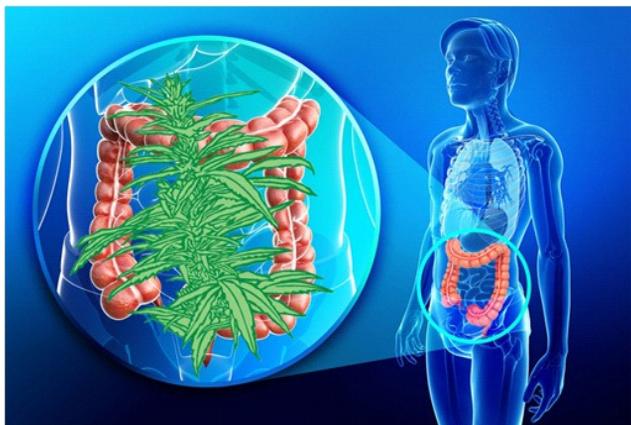
By Sera Jane Ghaly Oct 31/15 thestonerscookbook.com
As research continues on the effects of marijuana and prescription pills alike, we are continuing to learn how the effects of marijuana can treat symptoms otherwise treated by pills. People are treating common sicknesses like anxiety and insomnia with marijuana because its side effects are basically non-existent. What's important is that people are choosing the right strains to treat certain symptoms.

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Justin Trudeau (@JustinTrudeau) 10/11/15, 8:17 PM
Legalizing & regulating marijuana = less money to organized crime, and harder access for kids.
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Backdoor Medicine: How Cannabis Suppositories Can Save Lives



By Nicholas Fraleigh

This is a common reaction to the suggestion that cannabis can be used as a suppository. Rectal administrations (suppositories) have an unfairly bad reputation in North America, despite the diverse benefits they offer. This article aims to educate about the advantages associated with the rectal application of cannabis and provide a simple set of guidelines for the effective use of suppositories.



There are many advantages to the rectal administration of cannabis not afforded by other routes. Medicine may still be administered even if the oral route is impaired (e.g., due to vomiting, an injured jaw or throat, or gastrointestinal difficulties) or disallowed due to the oral intake restrictions that are frequently required both before and after surgery. Avoiding the gastrointestinal tract also prevents first-pass metabolism by the stomach and liver, which break down many different molecules into their constituent parts (including $\Delta 9$ -tetrahydrocannabinol, otherwise known as THC), and allows the active constituents to reach the blood in much higher concentrations.

In the case of THC, the liver transforms around half of what is ingested into the significantly more psychoactive metabolite 11-Hydroxy- $\Delta 9$ -tetrahydrocannabinol. While not harmful in and of itself and potentially of therapeutic benefit, this molecule causes much more intense cognitive effects than THC. Rectal administration not only avoids these effects, but also allows a much greater proportion of THC to eventually reach the blood stream. This increase in overall efficiency is also shown in the different levels of bioavailability that different administration routes afford, as seen in Fig. 1. Rectal administration also allows for medicine to exert effects over localized ailments (e.g., hemorrhoidal tissue, inflammation of the rectum, or tumours in the rectal cavity). This form of use also has a much faster uptake than oral administration (around 10 minutes, on average) and leads to more consistent blood concentrations of the active constituents. The speed and reliability of their uptake combined with their circumvention of many of the issues surrounding both ingestion and inhalation make rectal applications an excellent addition to both new and pre-existing therapeutic regimens.

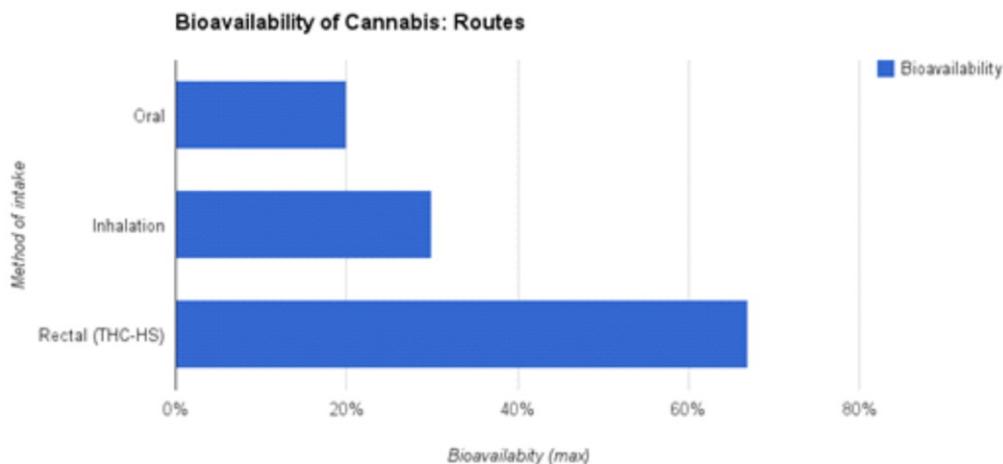


Fig. 1 – Comparative bioavailability of different administration routes

Inhalation : 10 – 25% efficiency, highly variable, depends largely on the individual's level of experience

Oral : around 20% efficiency, highly variable, even between doses within a single individual

Rectal : around 50% – 70% efficiency, with predictable effects even between different individuals

When designing a personalized medication regimen, it is important to know, the various timings involved with a given administration route. With suppositories, most people will begin to notice initial effects within the first 10 – 15 minutes after insertion. These effects usually last for between 4 – 8 hours, depending on the individual's physiology and tolerance to cannabis. This swift increase in effect allows for acute dosing in many cases, although this depends both on the situation and on specific individual needs. There are several issues that can slow absorption from the rectum to the blood stream. Diarrhea and fecal matter can slow or prevent the active ingredients from reaching the rectal wall and being absorbed. Tumours or cysts on the rectal wall can also slow or prevent absorption. In this case, less medicine would reach the blood, but as the tumours are likely the intended target(s) of the suppository, the direct delivery of the active constituents may help prevent an overall reduction in efficacy. Finally, rectal dehydration can drastically reduce the effectiveness of suppositories. Staying well hydrated by maintaining a healthy consumption of both water and electrolytes should prevent this in most cases, but specific medical conditions may cause it as well, in which case the solution may not be as simple. As always, if there are concerns, a medical professional should be consulted.

Anyone who decides to take advantage of the benefits provided by suppositories should do so with a good understanding of the process involved. Although not overly complex, the few simple instructions outlined below will enable their effective use.

Instructions-Before insertion

It is important to wash your hands thoroughly before insertion of a suppository, as germs and bacteria can enter the body through the rectum.

Disposable medical gloves or a finger cot can be used for this purpose.

Ensure that fingernails are trimmed and have no sharp edges.

Ensure the suppository is firm enough to insert.

If it is too soft, harden it in the package by placing it in either the fridge or freezer.

Suppositories can also be quickly hardened in the package by running cold water over them.

If only half of a suppository is being used, cut it lengthwise to make insertion easier.

When cutting, make sure to use a sterile knife or scissors.

Avoid sharp edges! Suppositories can be gently smoothed by hand.

Insertion

Lie on your preferred side with your top leg pulled up towards your chest.

Lift your upper butt-cheek to expose your rectum.

Insert the suppository lengthwise, with the pointed tip first, using your index finger to push the suppository in.

Placement

Ensure the suppository has been inserted past the anal sphincter. If not inserted fully past the sphincter, some or all of the suppository may be expelled without the active ingredients reaching the rectal wall and being absorbed into the blood stream.

It is important to not place the suppository too high up in the rectum. If placed too high, the active constituents will enter the Superior (upper) hemorrhoidal artery, which leads to the liver. This presents the same problem as oral application, as the liver will metabolize a significant proportion of the active ingredients.

The suppository should ideally be placed around 2 ½ to 4 centimetres (1 to 1 ½ inches) into the rectum, just past the anal sphincter.

After insertion

Hold your buttocks together and tightly squeeze the muscles in your sphincter for a few seconds after insertion to help keep the suppository from sliding out. Remain lying on your side for several minutes after insertion to allow the suppository to fully diffuse through the rectum. This will also help to prevent the unintended expulsion of the suppository. Dispose of the glove or finger cot sanitarly and wash your hands thoroughly using soap and hot water, paying extra attention to cleaning under the nails and between the fingers. Be very aware of the possibility of unintended expulsion of melted suppository residue during flatulence over the next few hours after insertion. If you have ANY doubts, use a toilet.

In order to better serve our diverse member base, we at the V-CBC are currently developing a selection of 3 distinct types of suppositories. With the different constituents and therefore different effects provided by each kind, we hope to be able to supply a suppository that works ideally for each member and their specific condition.

Maintenance strength (low dose)

For those with a lower tolerance to the effects of cannabis and for consistent dosing over the course of an entire day. Ingredients: Organic cocoa butter, Three kinds of cannabis inflorescences (flowers) infused into organic coconut butter.

Breakthrough strength (high dose)

A strong dose, useful for those with a high tolerance to the effects of cannabis and for those days in which symptoms are especially intense. Ingredients: Organic cocoa butter - Three kinds of cannabis trichomes (hash) infused into organic coconut butter.

CBD (high efficacy, low psychoactivity)

Low psychoactivity combined with the broad spectrum of medical effects afforded by a 1:1 ratio of CBD and THC. See our "[CBD](#)" pamphlet for more details. Ingredients: Organic cocoa butter, Organic coconut butter infused with the inflorescences (flowers) of two different [CBD+](#) varieties of cannabis.

The unique properties provided by the rectal administration of cannabis have the potential to empower many individuals. Suppositories can be used to refine existing therapeutic regimens to greater effect. Individuals who have been prevented from using cannabis due to an inability to administer via either inhalation or ingestion can potentially derive benefit from this wonderful plant for the first time. At the V-CBC, we believe strongly in the philosophy of empowering our members with the education and resources to heal themselves. We hope that these new products will help to do just that.

Originally published on Sept 23/14 at <http://cannabisdigest.ca/> Article Link <http://cannabisdigest.ca/cannatory/ThePACERadioShow> Interview with Owen Smith and Nicholas Fraleigh on the Benefits of Cannatories 🌿

Therapeutic Cannabis Researcher

Dr Jason McDougall..... was born in South Shields and educated in Glasgow. He received his PhD in Joint Physiology from the University of Glasgow and subsequently undertook postdoctoral training in Canada, Germany and Spain. He is currently a Professor in the Departments of Pharmacology and Anaesthesia at Dalhousie University.

Dr. McDougall's research focuses on the neurobiology of pain and how the nervous system can cause arthritis. His research is currently examining the role of cannabinoids, proteinases and opioids in arthritis pain and inflammation. His research goal is to identify novel drug targets and discover new treatments which will help alleviate chronic pain and resolve joint inflammation.

To learn more about Dr. McDougall click on this [Google link](#), watch this [Youtube](#) video or read this [News article](#)



TOKEsie Roll™ THC Infused Cannabis Chocolate Taffy Candy

YIELD: 20 pieces (Variable) (20 Servings)

PREP: 5 mins **COOK:** 30 mins **READY IN:** 50 mins

INGREDIENTS... 20 Pieces Tootsie Rolls or Caramels *Unwrapped*..1-2 Grams Decarboxylated Hash Oil or Concentrate *Won't work unless you heat your concentrate!!!*

INSTRUCTIONS...Unwrap your Tootsie Rolls and/or caramels and place in microwave safe container (we use silicone mixing cups). Microwave in 30 second intervals until candy is soft enough to mix in hash oil (best to have oil preheated for thinner viscosity). Pour onto Silpat or greased cookie sheet and wait several minutes until cool enough to manipulate into ropes. Roll to desired thickness (approx 3/8") and then lay down a ruler and cut them all to perfect length. This photo was from an early test batch and we made a bar shape and tried to cut that down. You can see the poor results here- by far the best way is roll into ropes around 3/8" diameter and cut into 2" long pieces with a sharp knife. That way, all pieces are consistent and you get a reliable dose every time. Grab some waxed paper or freezer paper and wrap these babies to keep from sticking to each other. Also, *PLEASE* put a warning label on these if you live with roommates or children. They should be treated as strong medicine and be difficult to open. Placed in the fridge or freezer, these should last almost indefinitely.

Potency: This candy is a perfect vehicle for hash oil and works much faster than traditional edibles which have to travel through your stomach and intestine first. This goes directly to work in your bloodstream via the blood vessels in your mouth and tongue. You should start feeling effects within 15 minutes with this method of ingestion. We used to make these extremely strong (200+ mg THC each), but the medicine taste was quite strong, so settled on 80 mg THC each. We have our oil lab tested and put the exact amount in each batch/piece for precise dosing. Of course you can make these as strong or weak as you need them to be for your own personal tastes.



Cannabis Caramel Corn

YIELD: 8 quarts (16 Servings)

PREP: 10 mins

COOK:4 mins

READY IN: 24 mins

INGREDIENTS:

2 C brown sugar
1/2 C light corn syrup
1 C cannabutter without residual plant matter (it will burn)
1/2 t baking soda
pinch salt
1/2 t vanilla
8 quarts popped corn 3 bags microwaved

INSTRUCTIONS:

In a small pan melt cannabutter then stir in sugar and corn syrup. Bring to a boil. Boil no more than 4 minutes to avoid burning sugars.

Remove from heat. Stir in baking soda, salt and vanilla.

Pour over popcorn in 10 qt. pan, mixing well. Bake in shallow layer on cookie sheet @ 225* for 1 hour, stirring every 15 mins.

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Gov. McCrory allows legalization of industrial hemp in North Carolina

By Kat McReynolds Nov 4/15 mountainx.com

On Friday, Oct. 30, Gov. Pat McCrory issued a statement announcing the legalization of industrial hemp cultivation along with his reasons for allowing the Industrial Hemp Bill to become law without his signature.



CBD Bioscience plans hemp processing center at former Boeing building

By D. Darrow Oct 23/15 chieftain.com

A hemp processing company plans to open a plant in Pueblo that will employ 163 workers by 2017, the company and the Pueblo Economic Development Corp. announced Friday. CBD Biosciences, a partnership of global oil extraction leader Thar Process Inc. and oil vaporizer device maker O.penVAPE of Denver, plans to remodel the former Boeing building at the Airport Industrial Park into a plant that processes oil from hemp plants.



Federal Agents Seize Hemp Grown On Tribal Land in Wisconsin

By Kristi Eaton Oct 30/15 indiancountrytodaymedianetwork.com

Federal agents destroyed a Wisconsin-based tribe's industrial hemp crop that was being grown as a research project, and the tribe's chairman says he's perplexed as to why federal agents unilaterally ended a project the tribe believe was legal under the 2014 Farm Bill.



Hemp, the sober cannabis cousin to marijuana, is making waves in SC

By David Quick Nov 2/15 postandcourier.com

Walk along the aisles of Whole Foods Market, Trader Joe's, Earth Fare or health food and supplement specialty stores and you'll see hemp seeds, hemp protein powder, hemp milk and hemp oil. Similar to its nutritional powerhouse seed food cousins, flax and chia, the health benefits of hemp seed are increasingly promoted by some health professionals.



Kentucky Farmers Ready for Growth of Hemp Industry

By Janet Patton Nov 4/15 insurancejournal.com

Tucked away off a narrow country road in Clark County, Kentucky, in the middle of a farm, 27 acres of hemp grew all summer. Now, the plants will be harvested and processed. Kentucky, hailed as a leader by industrial hemp advocates, has grown the hemp. Now the state is working on growing the industry.



Medical Marijuana Consumption Methods: What's Right for You

September 11, 2015 MedPotNow.com



There are many ways to consume medical marijuana and patients find that one method tends to be better than others for their specific needs and conditions. The effects that patients feel varies from method to method, affecting things like length of time for the medicine to take effect to how long it remains active in their system.

We recommend that patients test the various consumption methods, document the results they experience from each method, and ultimately selecting the method that best alleviates their symptoms.



Smoking

Smoking medical cannabis is the most common consumption method. Hash is also consumed with this method. Medical marijuana can be smoked with a pipe, rolled into a marijuana joint, or smoked using a water pipe.

For most patients, the effects from smoking cannabis are felt almost immediately and the effect diminishes quickly as well. Depending upon the patient, their tolerance, the cannabinoid content, and the marijuana strain, the effect of smoking wears off almost completely within 90 minutes to four hours.

Regularly smoking any plant material can have a negative health impact and is not advisable for any patients with existing lung conditions. If you do choose to smoke, here are some helpful hints to minimize the risks associated with smoking:

- Use more potent, higher THC cannabis so that less inhalation is necessary to acquire an effective dose
- Using a pipe allows for a more consistent and predictable dose
- Exhale immediately after inhaling deeply to avoid the tars in the medical marijuana from coating your lungs. It is a myth that holding your breath will create a stronger dosage or enable more THC to be absorbed



Vaporizing

A vaporizer is a device that is able to extract the therapeutic ingredients within medical marijuana – the cannabinoids – at a much lower temperature than is required for smoking. This allows patients to inhale the active ingredients as vapor rather than smoke, eliminating the harmful effects of smoking.

People that are used to smoking medical marijuana initially they report not 'feeling' anything due to the lack of throat sensation that is experienced through smoking. Due to this, we advise patients to use caution and wait a few minutes to feel the full effects of the cannabis. Many patients report that half as much medical marijuana will provide twice the effect when vaporized.

Benefits of vaporizing:

- Free from toxins and tars
- Avoids the risk of respiratory problems
- Immediate relief
- Potent dosage with controlled delivery



Eating

Ingesting medical marijuana through edibles is an extremely popular consumption method. The effects of consumed medicinal cannabis are much different when compared to smoking or vaporizing. Edibles are slower to take effect, slower to wear off, and usually give more of a body versus head high. This can be beneficial to those patients who suffer with chronic

severe body pain.

The onset of effects from consuming cannabis can range from 20 minutes to over an hour. This can lead to over-consumption and over-medication with ingestion. Because it can take longer, we recommend that patients start with a small dose and wait an hour or two before ingesting more. Also, the effects of edibles will be felt much faster if ingested on an empty stomach.

Medical marijuana edibles are usually made from products that have used marijuana infused butter or oil. If you would like to make your own edibles, we have a great post on how to make Cannabutter.

Medical marijuana edibles are particularly helpful to relieve pain, spasticity, and sleep orders. We do not recommend patients that are experiencing nausea or vomiting use this consumption method.

Remember:

- Edibles can vary greatly in potency
- Products often contain multiple doses or lesser doses of medicine
- Weight, metabolism, and eating habits can alter dosage effects
- Eating medical cannabis on an empty stomach can intensify effects
- Learn dosage management that works for you when ingesting medical marijuana

If you feel you have eaten too much edibles, do not panic, your symptoms will subside within a few hours. Remain calm. Stay hydrated and eat food to help symptoms pass.



Topically

Topical medical marijuana products are applied directly to the skin or muscles. They include lotions, salves, balms, sprays, oils, and creams. Our patients report they are tremendously effective for skin conditions like psoriasis, joint diseases like rheumatoid arthritis, migraines, restless leg syndrome, some spasms, and everyday muscle stress and soreness.

Unlike smoking, vaporizing or eating the medical marijuana, topicals are completely non-psychoactive. Topicals have been shown to not only have an anti-inflammatory effect, but also act as an anti-bacterial, shortening the healing time for injuries.

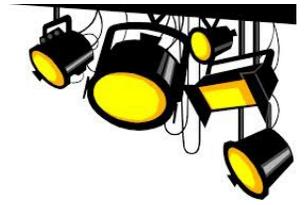
Tinctures

A tincture is a concentrated form of medical cannabis in an alcohol or non-alcohol solution. Tinctures are highly concentrated and require careful dosage levels, starting out small and waiting to feel the effects before adding more. They can be taken under the tongue or mixed into water or other beverages.

Tinctures are particularly useful when experiencing vomiting or nausea, like many patients experience while undergoing chemotherapy.

Typical dosage of medical marijuana tinctures is between three drops and no more than two full droppers. As with edibles, it is best to start slowly and wait to see if the desired effect is achieved. 🌿





MARIJUANA INVESTOR INSIGHTS

Host: David Friedman

When: Friday @ 1pm PST

The Marijuana Investor Insights radio show explores the insights that entrepreneurs and investors have about their businesses and the industry in general. Each week we feature 2 industry leaders who share their vision, experience and wisdom about the industry. We end the show with a weekly market wrap that highlights the biggest stories of the week.

Catch MARIJUANA INVESTOR INSIGHTS every Friday @ 1pm PST

Who is David Friedman?..... is the Managing Member of Panther Capital, a seed stage venture firm, President of CFO Worldwide, an outsource CFO firm for private companies and CEO and publisher of MJIC Media, which publishes Marijuana Investor News. David has been direct investing in non-public companies for more than 25 years. David is a serial entrepreneur who easily blends conservative risk management with free-spirited risk seeking. An accounting professional and Chief Financial Officer, his experience cuts across multiple industries and ranges from start-ups to running a billion-dollar family office.

In addition to direct investing, David also has considerable experience as an angel investor, as well as being a principle in both venture capital and private equity firms. Applying the many skills he's learned from navigating rapidly changing business environments, he has been studying the legal cannabis industry looking for investments that have the right blend of low risk and high reward. 🌿

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About Us ...

'Time 4 Hemp' made its debut Jan 5th 1991, with Casper Leitch as the host. Over the next 23 years this series has blossomed into a Global Broadcasting Network featuring amazing activists, radio hosts, writers, producers and litigation experts who have come together in one voice denouncing marijuana prohibition. Advertising with this team has tremendous benefits!

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